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THE DELT

MAGAZINE 01

RISE UP

.....

PEN & YOU



DELT

**Faculty of Humanities and Social sciences
University of Sri Jayewardenepura**

2022



RISE UP! RISE UP!

*Dear USJ guys & gals,
The globe spins in a frenzy,
Make haste, raise your standards!*

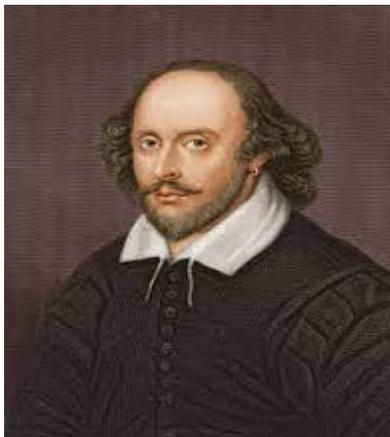
RISE UP! RISE UP!

*Read, write, speak and listen to the Great
Bard,*

HE will take you to great heights!

Can you hear Aurora coming?

RISE UP! RISE UP!



CONTENTS

Message from Dean FHSS.....2

Message from HOD DELT..... 3

Editors' comments.....4

Poetry, Short stories
& Memoirs.....5

Non- fiction – essays-

Miscellaneous musings.....26

Message from the Dean –
Faculty of Humanities & Social
Sciences



“Vijja Uppatatham Setta”, among all that arises, knowledge is the greatest, says the motto of the University of Sri Jayewardenepura signifying the importance of learning in general.

One of the greatest and most precious keys to knowledge is the learning of English language which is the lingua Franca of the world. The responsibility of teaching this language in the university is given to the Department of English Language Teaching (DELT) At this historic juncture of the launch of the DELT E-magazine, I am indeed pleased to note the efforts of the DELT, led by Mr. Sarath Ananda, the head of the department, and his efficient team of lecturers, who have given birth to the first ever E-magazine of DELT. The magazine I

believe has given a wonderful platform to expose the creativity of the 1st year students of the faculty.

I appreciate the DELT magazine committee and the students for their hard work, which made the E-magazine a reality. I hope that you would continue the good work you have started.

As Benjamin Franklin said, “An investment in knowledge pays the best interest.” Dear students, I am certain the time you invest in writing, and reading in English will pay dividends in plenty and make your future prosperous.

With best wishes!

Prof. Shirantha Heenkenda

**Dean, Faculty of Humanities and Social
Sciences**

Message from the Head of Department of English Language Teaching



It is with great pleasure I write this message at the maiden publication of '*Rise Up*' the E-magazine of the DELT which is a commendable effort of the DELT staff and the students of the batch- 2021/2022 of the Faculty of Humanities and Social Sciences.

Department of English Language Teaching is committed to keeping to the vision of the university; "*prosper lives through learning*" and the launch of this magazine is one step towards achieving it. The department is taking the initiative to empower the students in many ways especially, by providing chances to display their talents in numerous ways to develop their English Language skills. I believe that the DELT magazine is yet

another meaningful platform for undergraduates to develop public writing skills in English. Developing writing skills of students is one of the difficult tasks in the Sri Lankan teaching-learning context as the students have limited public platforms to showcase their creative writing skills. Continuous contributions to a magazine that is supervised by an academic department of a national university will certainly be a rare opportunity for the students to develop creative writing skills. Therefore, the DELT E-magazine will be a true helping hand for the students of the Faculty of Humanities and Social Sciences in this respect.

I would like to extend my gratitude to the academic staff of the DELT for helping the magazine in numerous ways and my special appreciation should go to the editorial committee of the magazine for their excellent contribution in making this event a success.

May our students be great writers to change the world tomorrow!

Sarath Ananda,

Head, Department of English Language
Teaching

EDITORS' COMMENTS

"I can shake off everything as I write; my sorrows disappear, my courage is reborn." --Anne Frank

In these turbulent, dystopian times we at the DELT felt the need to give our 1st Year students of FHSS, an opportunity to express their inner-most feelings via poetry, short stories, essays and even photographs. The end result is what you see here today, the very first issue of the DELT E-Magazine of the USJP. Our motive was to encourage the students to express their views in English, and thereby develop their confidence to use English. Thus the magazine is named 'Rise up!'

The DELT magazine- 'Rise up!' contains a potpourri of creative writing of the students. The selected items not only mirror the creative talents of the contributors but also their analytical thinking. We thank all the contributors for their efforts which has made 'Rise up!' a beautiful kaleidoscope of verse and prose.

We express our profound gratitude to the HOD, Mr. D.S.L Ananda for his support and Dr. Sampath Pushpakumara for his constant encouragement. We are also thankful to our colleagues for their cooperation and to Ms Inusha for designing the cover page.

We sign off with a message to all the students of DELT – FHSS, with the words of **Annie Proulx** *"You should write because you love the shape of stories and sentences and the creation of different words on a page. Writing comes from reading, and reading is the finest teacher of how to write."*

Happy reading!!!

The Editorial Board



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Ms.Warsha Ranasinghe, BA(Eng)(USJ), Cert(Shakes.Stud)(HARVARD)

POETRY COMPETITION WINNER

1st PLACE



RUINED RAYS

I look up to the
starry sky,

It's beautiful, it

always is.

It makes me feel happy, makes me feel
safe

To know that I can enjoy a view

As beautiful as this.

But then, I look back down to the
ground,

The grimy, muddy ground where I lay.

And then my eyes fall on the chain,

The chain that restricts me to this
cage.

Filled with sheets of metal and tin

Which I'm supposed to feel safe in.

But no, it just makes me realize,

That this cold cage, is the span of my
life.

It rains loudly against my cage,

The cage where I am supposed to feel
safe.

And when the rain hits the roof,

It brings with it, a terrible sound.

A sound that makes my ears tremble,

A sound that brings me terrible fear,

Not of thunder, not of rain,

But the fear that, I may never leave this
cage

Ever, again.

I was once a happy pup,

Embracing my mother's warmth,

Till I was ripped away,

On a fine sunny day,

To be given away,

To this cage where I lay,

With one meal a day,

Forever, I'll stay.

I look up to the morning sky,

It's beautiful, it always is.

It makes me unhappy, unsafe and
depressed

It brings a reminder that gives me
distress, that all in life I'll ever enjoy,

Is this view, beautiful...yet ruined...

Tavishi Arunatileka

AR102701

SHORT STORY COMPETITION
WINNER

1st PLACE



Swans and Crows

Up and down, up and down went the bus amidst the brown waves of fog on the half constructed rocky road. The bus was full of children, like swans dressed in their white uniforms. There were crows here and there as well. What my eyes caught at once was really shocking. A dark man's hands slithered under the snow white uniform of the little girl standing with a huge bag on her back. Her face was like a fish who was caught in a fisherman's net.

I am still wondering why the hell this society is so cruel.

S.M.Dilshi Samarakoon

AR 102906

PHOTOGRAPHY COMPETITION
WINNER

1st PLACE

'We are inside too blind to see the ozone layer dying'



Location - Wellawatta

Ilma Fareed

AR 102699

POETRY COMPETITION WINNER
2nd PLACE

ORIGINS AND IDENTITY



Origins and
identity,

Where do you
belong?

Are they equal?

Do they walk close

to home?

They're as equal as

Horizontal is to vertical.

Yes, They meet

but,

Are they the same?

No, they're the same, as

The beginning is to

the end

Of a single story.

You're born South Asian

You live in South Asia

But you still

Have a mentality

And a personality

Far from your supposed home,

Closer to your real home

Of a global identity.

A polyfocal culture,

Is life so boring?

That we're supposed to stick to one

Available culture?

Angel Wettasinghe -AR 102661

PHOTOGRAPHY COMPETITION
WINNER

2nd PLACE

'Leaves are falling, Autumn is calling'



Location - Canada Alberta,
Edmonton near the University of
Alberta

Tashiya Dayarathne AR 102376

**SHORT STORY COMPETITION
WINNER 2nd PLACE**



A CALM MIND

Nithya was a child who lost her parents. When she was a child, her grandmother took good care of her. As a young woman she was able to attract others because of her beauty. But she tried to stay away from men and she did not have loving thoughts in the heart. Lahiru meanwhile took an interest in her. He wished she was more beautiful. 'He came today too'...Nithya's friend told her, but she did not pay attention to him and called her friend and left. One day Lahiru expressed her wish to Nithya but she did not like it. 'I would like to talk to you for a moment', but she remained silent. This was a mental agony to her. Unable to hear Lahiru's story, she looked at him with an angry face.

'Oh...What the hell is going on? I do not want to look at you. I do not want you to come and bother me every day. No matter how much you like me, I will not have a space for you in my heart'. Lahiru's face darkened, her rejection made him mad 'Actually, I like you; I'm forcibly making you mine'. He

shouted in the middle of the crowd. Everyone's attention was drawn to her, she leaned her head down in embarrassment and walked away. He was still screaming in anger.... A few years have passed, and she is still suffering from that incident. It is a mental torment as well as pain for her. She was left alone after her grandmother died. Although marriage proposals were brought, she did not like anything, she wanted to be free from everything. Eventually, her mind led her to seek the path of sublime nibbana.

'Someone has come to see you', said the woman who assisted the monk. 'Hmm ...why? What is his name?' 'Mmm... He did not say anything like that'. Climbing the steps, he came before the Nun and bowed down with tears in his eyes. He was very remorseful when she said 'May the Triple Gem bless you!' calmly without any emotions. His eyes filled with tears.

'Relationships are always just only sad, I came to this journey with the realization of that reality you just helped me with that, not a hindrance', she said very calmly and went back to the monastery....

M.F.F. Farwin

AR/101934

POETRY COMPETITION WINNER
3rd PLACE



Purity of White

He heard the loud crunchy cries of the baby,

He felt his legs shivering like when snowing,

He saw something wrapped in white by a lady,

He got a snow ball girl inside the lady's white clothing.

He looked at the girl while his eyes were leaking,

He took her with him beneath the bed of his lady,

He saw only a calm body inside a white covering,

He can't cry for he held in his hands a dolly

Tears of sadness and happiness were flowing,

What will happen to the promises that each other gave?

What will happen to the dreams they were reaching?

The question asked, is this worst world so brave?

The day she was his bride, she was in WHITE,

On their first night, she was in WHITE,

In this deathly macabre, she is in WHITE,

The silly symbol of PURITY is also WHITE!

Dilshi Samarakoon

AR 102906

PHOTOGRAPHY COMPETITION

WINNER -

3rd PLACE

'A little kitten can melt an ice-cold heart'



Location- Jaffna.

D.A.T.THUVARANGAN

AR102686.

SHORT STORY COMPETITION

WINNER

3rd PLACE

WHO IS SHE?

"Oh I am so happy today"

"Oh someone is in a mood today aha", said my annoying best friend Tashi.

"hum hummm you know tomorrow is Saturday"

"Yes of course! actually Shara why do you like Saturdays that much? I was going to ask you from a long time"

"It's a secret"

"Aiyoo Shara I am your best friend, there shouldn't be any secrets between us"

"Do you have a boyfriend?"

"What? nooooo Tashi"

"Then what are you hiding from me?"

"Okay okay I will tell you. I am happy because tomorrow is Saturday and I love Saturdays because I can go to see her"

"Her? Who is she?"

"Do you really wanna know the whole story?"

"Ya yaa I am eagerly waiting for it"

"Okay let me start from here"



"That was a rainy day with cloudy clouds. You already know that I am in love with rainy days."

"Oh yeah I know. That because rainy days are refreshing and calming"

"Of course"

"So as I said before it was a rainy day and I walked on the road with my red umbrella to eat an ice cream. Let's imagine eating an ice cream in a cold weather. I am obsessed with it"

"You always have weird obsessions Shara"

"Hahaha I know"

"So as I said I was walking on the road while thinking will a miracle happen to me at that moment?"

So I walked and walked and walked then I saw her Tashi I saw her!"

"Saw who?"

"That was her looking at me with her big eyes. Tashi she was adorable. Her damn looks gave me goosebumps woah I still get goosebumps. Her adorable and cute looks forced me to hug her sooooo badly. I couldn't control myself from staring at her because she was that beautiful".

"Ohhh Shara I can't wait any longer to know who is she?"

"Have patience Tashi"

I think I stared at her three or four minutes before she ran to me like a thunderstorm. I was frozen in a frenzy I did not know what to do next.

"Just imagine Tashi what will happen when the cutest puppy in the world ran to you?"

"I will probably cry and hug her tightly. Heyyyyy Shara wait, was this whole story about a puppy I mean the one referred as 'she' was a cute puppy?"

"Yaa didn't you get that in the beginning?"

"Seriously Shara the whole story about a puppy"

"Ya about a special puppy"

"It is just a cute little puppy what is special about it?"

"Let me tell you the story first"

"Okay"

As I told you I didn't know what I am going to do with her. So I looked everywhere to find her owner but couldn't find anyone. I couldn't even leave her alone so I decided to take her with me. I actually wanna do that so badly. My amma was also happy about my decision on Memo.

"Memo? who is Memo?"

"Oh I forgot to tell you I named her 'Memo'. Isn't it cute?"

"Ya it is cute and funny"

"Hahaha I know"

So within few days Memo became part of our family and she made friends with everyone easily. So my entire neighborhood became friends with her. Actually my amma loves her more than me.

"Haiioo seriously. Auntie loves animals so much"

"Ya she does a lot"

Those days were few of best days of my life. I spent happy times with Memo. We played together, went for walks, ate ice cream, we even went to the beach. Memo loves the beach so much.

"Aiyo if I were here I would also join with you guys. I really want to meet Memo so badly. Can I come with you?"

"Why not"

"Oh wow I also can eat auntie's fish curry too"

"Actually Memo is not with us now"

"What happened to her Shara? what happened? Is Memo okay?"

"Ya yaa of course Memo is doing well. Let me tell the story first then you can know what happened to Memo"

As I told before the days I lived with her were the best memories of my life. We even had an adventure.

"What? are you serious?"

"Ya. these days we get to hear lots of murder and kidnap cases yeah?"

"Of course. Even one of my friends got kidnapped but her family and police found her before anything happened to her"

"Oh the same thing happened to me"

"What? did you get kidnapped?"

"No no, let me tell you little by little"

"That was kinda windy day with refreshing air but Memo wanted to go to the park so I went with her. She is also a chocolate ice cream lover like me. Then we played football just the two of us. Then we bought ice cream and sat on the bench near the park. I was feeding Memo when I heard someone murmuring under the bench. I was terrified and so was Memo. I was really afraid to look down but I had to; Memo also started to bark loudly. So I slowly looked down. Then could you believe what I saw?"

"What? who was there?"

There was a little girl staring at me with eyes full of tears. She was terrified for some reason. So I smiled and gave my hand to her to come out from under the bench. Then I offered my ice cream to her. She took it and started

to eat it quickly while looking everywhere like someone was going to kidnap her. Then I calmly asked her name and what happened to her, but she just moved her hands and fingers then I got to know she is a mute girl. So I told her to calm down and asked her to go to the police to find her parents. Suddenly, someone touched my shoulder so I looked back. There was a big man with big hands but his looks were terrifying. Then he smiled with me showing his creepy teeth and said, "sorry this is my mute daughter. We came to have dinner from a restaurant but suddenly I got a call. When I turned around she wasn't there. Thank you very much I was so terrified." And then tried to hold her hand but she refused to go with him. That was a bit suspicious to me.

"just imagine Tashi if your father comes to take you with him; will you refuse to go with him?"

"no wayyyy"

"You see then why did she refuse to go with him?"

I had so many thoughts in my mind but I couldn't come between them because I am just a stranger. So I said "oh I see." "Then he took her even though she tried to say something to me while crying. I also said "bye" and turned to go home back with Memo.

But I wasn't happy about my decision. I felt like that she wanted to say something to me. Lots of incidents came to my mind at that very moment I saw he put her to a van covering her mouth so I suddenly took my bicycle and Memo and then started to follow them. I also took a call to my aiya and informed him to track my location and asked him to inform the police. While all this was happening that van disappeared. So I stopped the bicycle and looked everywhere then I saw the van in front of a tiny road. Then went to check the van but there wasn't anyone in the van so I turned back but suddenly....."

"why? What happened?"

"Those wicked men took me and tried to cover my mouth too but Memo suddenly came and bit them. But those wicked men hit my poor Memo badly. I really wanted to kill them at first sight. Then they took me to where they took that little girl. She was crying when they threw me to her. I heard Memo whimpering so badly. Then that man who acted like the father of the girl, came to me and touched my face and said, "oh little girl hasn't your mom asked you to say away from strangers and to mind your own business?"

"Then he took me and tried to throw me into the van but suddenly my aiya and the police came.

They were furious and tried to escape but they couldn't do that. So the police caught him and saved that little girl. Her parents also came. They thanked me and were crying, hugging their child.

Even the police praised me and put my photo to the state newspaper. So I became famous in our city."

"heyyy seriously. I want to see that"

"I will show you later but before that let's go to see our lovely Memo".

"Where is she then?"

"After this happened one day my mom said that one of her friends' dog was missing. Then she showed me the photo of that dog. I was shocked. You won't believe what I saw?"

"What was that?"

"That was picture of Memo"

"oh Shara I am sorry about that. I can imagine what happened next"

"Hmm as you think I gave Memo to them but the good news is; they asked me to come to visit Memo on every weekend. So I can spend my entire weekends with her and we can play as much as we want".

"So I go to visit my sweet Memo every Saturday!"

Shehara Dias

AR 102895



REALITY

In faith, if it becomes pleasant,
The world we see,
Will we need a heaven to find the
blessings?

By killing the humanity,
In the own house we get our birth,
Cruelty has been given the kingship
In the kingdom of hatred.
People have become beasts!
Darkness and corruption,
Has already overwhelmed the world!
By locking the heart People are
searching for where
HAPPINESS is.....

Sandali Waththegedara

AR 102708

'Everything is Aiming'



Location - Arugambe Beach
Sasini Madara Sumanasekara
AR 102354

Sand castles

It was a golden, flashy sunny evening. The melancholy whistle of the wind was blowing through the alluring beach site mismatching the delicacy of the setting. Stunning, simple child-like seated on the sandy beach she was looking here and there. Right in front of her there was a couple making a sand castle, enjoying each and every second.

"Let's make a sand castle" asked the young girl.

"Sure" said the boyfriend.

The boy went scrolling up and down in the Instagram grasping the blistering wind around. The girl sipped cola biting finely fried French fries.

"Didn't you get any fried chicken?" asked Senith, resting his eyes from the phone.

"No" answer the impatient girl dodging his eyes.

"Don't you think it's better to leave here now?" she asked.

"No, I like to stay until the stars shine."

"I'm so tired of this" she said. "I'm so tired of acting like strangers"

Senith was not listening and was scrolling up and down in the Instagram.

His girlfriend looked around the devoid atmosphere. The sun was diving deep in the sea. She looked at the sea waves crashing on the beach.

The sand castle disappeared into the rough sea.

Dhananga Wijesiri

AR 102513



Life

Life is like a coin

Happiness on one side

And sadness on the other,

But one side can

Always be seen

But it is impossible to say

When the other side of that

Coin will turn

C.M. Kaluarachchi

AR102272

The Black Cat

The moon was covered with dark clouds and the whole environment was dark. Gunawathi was waiting for her husband Surasena to come. She waited inside the hut with the thatched roof. "Gunawathii!! If you do not open the door. I will break the door."

"Wait a minute".

Surasena knocked on the door and shouted until it opened.

"I always say don't drink. Think of our new baby and stop drinking and killing animals"

"You don't need it. You go and cook this meat for me to eat"

"You should go to hell for this sinful act"

Surasena ate the cooked meat and Gunawathi and went to sleep. After a while Gunawathi fell asleep. In the middle of night the howls of foxes and screeches of vultures mingled creating the atmosphere of a dangerous event about to happen.

Gunawathi woke up in the middle of the night and cried out in labor pains. "Why are you yelling?"

She was about to deliver her new baby when she suddenly fell on to the ground, dead. Surasena was drunk but

came to his senses now and looked closer at her. He saw red lines all over her stomach. Seeing the image of the black cat he had killed the day before he went into a trance. Suddenly he saw the shadow of a black cat jumping from his wife's body. He was ready to run away in fear but his neck got caught in a meat hook hanging on the wall. "Ammooohh." he screamed...

W.M.R.L. Bandara AR10236

LIFE

Sky is blue - Black at night

Shining stars - And the glowing moon

One day - At noon

Climbed on a rocket - To see the blue

Except blue

All other colours were there

Next day - At night

Climbed on a rocket

To see,

The shining stars and the glowing moon

What a surprise!! I could see nothing

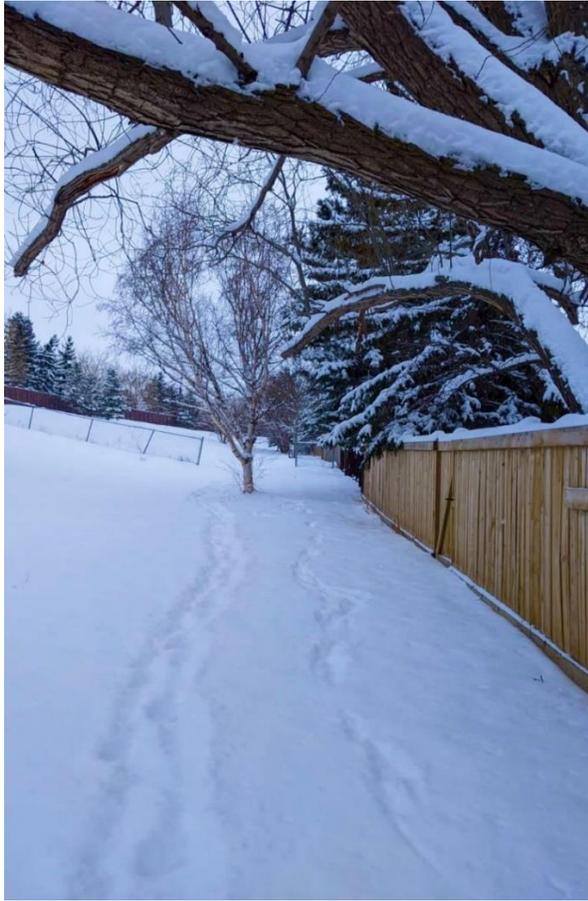
Not everything that I wish for

This is what,

LIFE is

Saumya Peiris, AR 102219

'Walking in a winter wonderland'



Location - Canada Alberta,
Edmonton

Tashiya Dayarathne AR 102376

POISON

Seeing you crossing the road and
coming towards me,
was so therapeutic to my eyes
the way you left me alone in the
jungle was the start for this
the day you left me...
it wasn't that easy, as you think,

my whole world got so crumbled,
like I got caught to a fish bait as I'm
the fish...

like do you still think it was that easy?
You told me to come to you if, my
legs were on mud

and I trusted and came to you

then we ran on the roads and then
into the jungle

and you left me alone there...wild
animals were everywhere,

and they came close, and a snake came
so close

I got scared near to half death, it bit
me

His poison got into my heart and now
into my brain

I knew what was coming.... didn't you
too?

Then why the hell, you let things get
snapped?

K.A.T.R. Amarasinghe

AR 102588

'Natural Beauty'



Location - Wattedgama
Kalani Wickramasinghe
AR 102387

Yes! You are special!

You're the star to light my path
You're the guide to lead my path
You're the teacher to teach my path
Yes! You are special

You're the captain to sail me forth
You're the friend to show the truth
You're the teacher to teach me math
Yes! You are special
You're the source of my strength
You're the one who shows the depth
You're the escort of my faith
Yes! You are special

You're not the one from my birth
You're the one who taught my worth
You're the one to tie north south
Yes! You are special

You're the safe place in my myth
You're the sun in my earth
You're a blessing in my youth
Yes! You are special

Chamudini Fernando

AR 102430

'Red indicates purity in Hinduism'



Location - Jaffna

D.A.T.THUVARNAGAN

AR102685



Without Her

When I was little,

I remember how blessed I was to be with you.

But now,

When I look

At my friends, relatives and unknown people

I realize how desperate I am to be with you.

I see a woman and a child holding hands,

I see my aunt calling her son with a smile on her face,

And I see my dear friend giggling with her mom.

Then all I think is how cursed I am to be without you.

As wind blows from one direction to another,

My thoughts overflow from my soul to yours.

Shattered shadow of life with teary eyes I hide

From the world,

No one knows MOTHER, no one does.

P.H. Gayani Poornima Jayalath

AR 102905

'Food for every living being'



Location - Jaffna

D.A.T.THUVARNAGAN

AR102685

Memoir

An Unforgettable Day

"Thaththa,.... I want a doll.....come back safely"

"Bahinawa bahinwa" conductor shouted. I woke up. My siblings were sleeping soundly like logs. 'Doll...thaththa' those words kept haunting me. Mothers' attention was on the radio blaring on the bus. "Terrorist have attacked the camp in Mavilnaru" it said. My heart skipped a beat. I clearly heard the nervous voice of my mother's heart as she became the pillow for me as always. News was a fairy-ghost for me. The news I heard that day, a scene I witnessed that day, welcomed this journey to Mawilnaru. I kept asking myself if we are on doom's vehicle or angel's vehicle. There was only one moment I wanted to spend once in every 3 months. Thaththa's stuff with its owner. Sister, brother and me, neither of us were blessed to be embraced by him on the very first day of our lives. But we were blessed to see him once in three months. That day, that blessing disappeared, only the stuff was delivered to the doorstep without the owner. That day, I paused my habitual life style and kept asking 'Where is he?' like an incantation. Mothers' warm tears answered my frozen heart. Iron

woman of the world, said "Nanga, let's go to him". 'Raising three children amid the absence of her husband' was the answer, I had and I still have for the strangers who questioned "Why Iron woman in the world?"

Beep- beep, I came into my senses and had a sudden glance at my siblings. "No one can break their chain of hands" I whispered. I had a tight grip on to the last birthday card I got from him. Even though, up to that date three of us didn't get to be with him on our birthdays, we trusted the heavenly mail seeya. I stared at the charming ash sky and her kids and I blamed him. Stars were smiling brightly, as if they didn't see what has happened down here.

"Aren't we here yet?" brother asked for the 99th time and Amma repeated "This is a long journey". Seconds flew, minutes flew, hours flew. I saw the inviting monument 'Mawilnaru'. World of questions baffled my mouth but my mouth only uttered "where is he?". Amma held her three lives and said "Issarahin bahinwa". We got into a cab which had wrinkles all over it. I kept thinking, how my mother risked her life and lives of her three lives to.... Unfamiliar voice interrupted me. "Get down". We got down and waited for the blessing to reach us.

"Chuuty duwa, here's the doll, don't cry anymore. Oya lissanai hina wenakota" the blessing said. Thaththa was in front of us holding the doll I asked for my birthday. And then I realized that we were on the angel's vehicle. Ultimately, I conclude how my mother risked her life and our lives to show me that Thaththa is alive, - news on radio can be wrong..."
Venuri Mettananda, AR102000

Memoir

The Miserable Childhood of a Father

My father is Dilrushan Wijewardhana. His mother is Gunawathee Weerasingha. My father was born to a very poor family in 1971. Two years later, his mother brought a small brother for him. Three years later while he started his childhood with his brother, unfortunately his father died of cancer. Then started my father's miserable childhood. After his father died my father's mother decided to give him to a wealthy family. Then he had to go to Rathnapura with them.

One day he went to Rathnapura town with his employer. That employer told him "You should buy vegetables for me and load everything to my lorry". Sadly, my father decided to do it. The employer gave money to him for this task. While he was in Rathnapura, his

mother got married to another man. Two years later she gave birth to a daughter. Unfortunately, that husband divorced my grandmother.

When my father arrived at his home 13 years later, he saw that a small girl was with his mother. Amazed, he asked his mother "who is this? ". Then his mother got afraid. But she decided to tell everything to him. Then he decided to live with his fatherless sister. But it was a difficult and harsh life, they had to face various difficulties. Because he could not decide whether to give money to his mother or his father's sister who raised him.

Three years later, my father went to Dubai to earn some money for them. He lived in that country for four years. After he came to Sri Lanka, he built a small house for his mother. Two years later my father got married to my mother.

According to my father, he spent a miserable childhood but now he has a great family life and he uses three vehicles for his work. So I can say my father is a courageous man who has successfully overcome challenges. I am very proud of him.

M.A.S.D. Wijewardhana

AR 102297

THE TREASURE HUNT

Once upon a time, there was a treasure trove of precious gold in the jungle. It was owned by pirates. It was full of gold coins, crowns, pearls, necklaces, sapphires and rings. It was priceless.

One day while sailing captain Fiddock heard about the treasure. Later he met Rihana (a forest girl) in the jungle.

"Hello Rihana, one day I had heard about a valuable treasure. If we find this treasure, we will become rich." captain said. "Ok captain, I will tell this to my friends." Rihana said.

Later Rihana told Feza and Remida about the treasure. After that these four began to look for the treasure. Firstly, they had to find the treasure map.

"Wait, wait this is monkey mountain. I guess the treasure map will be there" Remida said.

After that she found the treasure map. All started walking in the jungle using the treasure map.

"Oh no! This is monster waterfall, such a dangerous place in the forest. We can't go through this waterfall." Rihana said.

"Don't worry guys I will help you. (Feza is a young girl who can freeze

everything.) Later Feza used her magic power to freeze the waterfall.

"According to the treasure map, this is the treasure island. But this sea is very deep and full of crocodiles." Captain said. Every one realized that the treasure could not be reached.

"I think Dave will help us to bring the treasure" (Dave is the boy who has a dragon) Remida said.

Then Remida shot her arrows into the sky. Suddenly Dave heard it and came into the jungle with his dragon. Dave went to the Treasure Island and brought the treasure.

Dave returned with the treasure and distributed it among all. Finally, they all became rich and lived happily ever after.

R.G. Chamudi Nirmani

AR 102876



The Golden Frog

A certain woman had a frog made of gold which she had got from her ancestors. She wanted to make some ornaments out of it for her to wear but she would not trust any goldsmith with it. She knew the goldsmiths generally stole a part of the gold entrusted to them. So she made her son learn work under a goldsmith. When the young man had learnt the art, she gave him the gold frog with instructions to melt it and make her the ornaments she wanted. What he did was something that no other goldsmith would have dared to do. He hid a live frog under the furnace where he worked and when he blew into the fire, the frog hopped away. At once the young man shouted to his mother, "mother, see how the gold frog is running away!"

P.H.H.Kokawalage.

AR 102337

The Two Ducks

Once upon a time, there were two ducks in a farm. One was chubby and beautiful the other one was lean and ugly. The ugly duck was always bullied and teased by the beautiful duck. Therefore, the ugly duck was angry with God and felt sad for its appearance. One day a man came to the farm to buy a fat duck to cook.

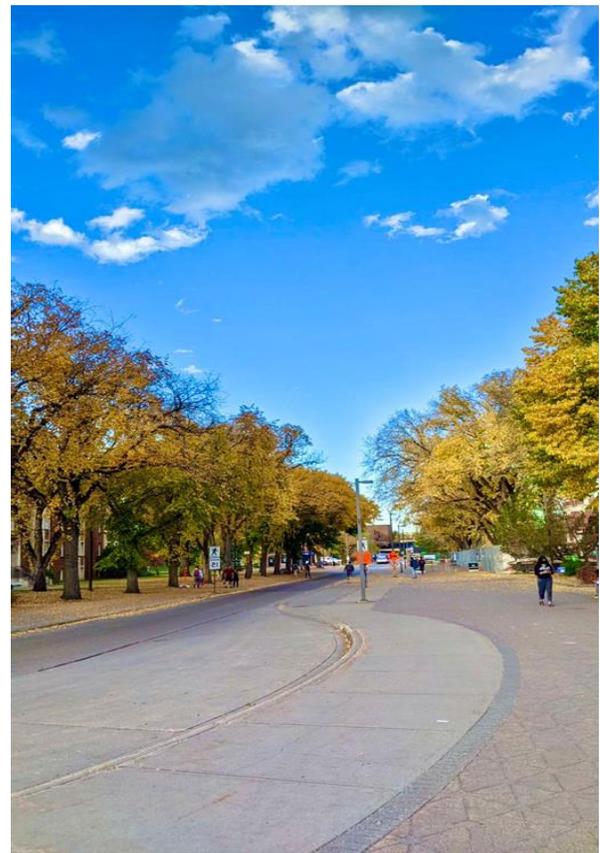
The farm owner sold that arrogant chubby duck to him. Then the ugly duck realized its appearance had saved it from danger. Since then, the ugly duck started to love itself and thank God.

Moral: Everything happens for good

A.AKMAL ANFAS

AR-102695

'Walking on Sunshine'



Location - Canada, Alberta,
Edmonton

Tashiya Dayarathne AR 102376

The Deep Hug

She did not hear the sound of the train
Her heart beat made "lub dub" more than the train
When the train stopped
She didn't know how she moved out
The golden sun made their meeting more romantic and beautiful
But it wasn't a romantic evening
They walked
They talked
They smiled
They looked at each other very smoothly
They kept some feelings inside
Actually she didn't know how to express it
When that golden hour ended
She thought it will be a simple good bye
But he hugged
She couldn't
as she hugged him -Deeply inside from her heart

Dasuni NagodaVithana

AR102543

THE IRONY OF LOVE

Cold was the colour,
Of my light caramel
Thoughts.
Clouded with curious
Coaxes from my past.
Cinderella calls upon happiness
Cleaning her glass shoe clear,
For prince charming, charmed
By morphed chiseled sand,
Carries on community's plan.
Yes carry it on,
Happily ever after could come.
No. Will come.
Couple is the cue for a good cleansed life.
It'll carry you to good cloud nine,
Coloured by the dreams of clear cut,
rainbows.....

Angel Wettasinghe

AR 102661

POSITIVITY

Waking up each morning,
Hopefulness in your eyes.

A new day brings new opportunities,
For everyone who tries.

Past mistakes are long forgotten,

Regrets are put behind

Closed doors that need not be open,

Moving forward in stride.

Every day holds a brand new prize

For every new goal, you have in mind

So keep on pushing, keep on dreaming

And happiness in life you'll find.

Dilumi Hemasinghe

AR102711



'In every living thing there is a desire
for love'



Location - Jaffna

Pic By-D.A.T.THUVARNAGAN

AR102685

ESSAY COMPETITION WINNER

1st PLACE



The Little Things in Life

The drizzle continued. Raindrops gently kissed the parched soil and tried to breathe life into the unfed grass. I sat near my doorstep. A light breeze stroked my skin and meddled with my hair. Gradually, the frail water droplets reshaped themselves into heavy dense blobs and started to hammer the ground. The pitter-patter got louder. The trees started to dance in the rainstorm. The clouds appeared to be crying in sorrow, like a toddler who broke his favourite toy train. My dog tucked her tail between her legs and cuddled into her warm, thick blanket. The violent raindrops scared away all the birds and the birds hurried to their nests. I gazed at the pouring rain. It was beautiful. These little miracles in nature reminded me why life is amusing.

The nature, in its graceful glory, is mystifying. It always manages to astonish me. The universe is infinite. Thousands of suns in distant galaxies

decorate our blue sky like lanterns every night. The moon lights up the dark night like a pearl in the dark sea and surrounds herself with stars. Sometimes when I'm exhausted and worried about my own life, I think of how the sun manages to glow in her noble splendour even after a dreadful storm. The red refreshing glimmer of the sun in the morning and her drained orange light in the evening paint the skies in a divine manner. Even the sea is a work of art. The sea embraces the sand and gloomily leaves the shore like a heartbroken mother who kisses goodbye to her children in an airport. When I sit near the car window on a rainy day, the raindrops entertain me by competing with each other to see who can touch the earth before others do. The leaves turn into ballet dancers when the wind brushes through the trees. The humble wonder of the nature lifts my spirits and reminds me that life is worth living.

Sometimes humans tend to forget the beauty in life. The beauty of life does not lie in A+ grades, high-ranking jobs or bundles of money. It lies in finding joy in the little things in our day to day lives. People are immersed in the materialistic pleasures in life and they don't pay attention to the simple things in life that make life worth

living. Life is not a race. People can live their lives in their own pace. However, many individuals tend to rush through life in order to enjoy materialistic pleasures and in the end, they miss the opportunities to enjoy the little things in life. It is important to live your life. So, try to wake up in the early morning one day to enjoy the warmth of the sun. Get drowned in the rain and admire the cold breeze. Go to the beach on a holiday and run behind the waves. Sleep beneath the stars and get fascinated by infinite stars in the moonlit sky. Appreciate the little things in life. Colour your life and make life worth living.

Nethra Siriwardena

AR 102542



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ESSAY COMPETITION WINNER

2nd PLACE



Social Media: Boon or Bane

Social media is a web-based platform that allows people to join, communicate and share their ideas, thoughts and beliefs. It can take various forms including texts, images and videos. Social media has become a vital part of our lives. Especially with the recent Covid pandemic, the need to connect with each other via online methods using electronic devices has immensely increased. Therefore, at present, the use of social media is widely prevalent among not just the younger generations, but even the older ones. Studies show that an average person spends around 2 and a half hours on social media per day. The social media population has arisen to 4 billion active users around the globe. Some famous social media applications include WhatsApp, Facebook, Instagram, Twitter and YouTube, to name a few. Like most things, social media too has its pros and cons that impact the lives of many.

Social Media platforms can be useful in many ways. Social Media has a lot of information from many sources. Therefore, many news organizations and people share news and data that lead to the spread of information. Moreover, social media is a great publicity tool. It only takes a blink to make anything go viral and for people to gain fame overnight. Celebrities on social media known as "influencers" get fame and a good audience through the use of social media. Social media is also generally recommended for business promotion. It is a fast and easy tool used by many entrepreneurs to advertise their products and services. Connectivity is another main benefit of using social media. If it wasn't for connectivity, how can people get publicity and grow their businesses? With the ease of reaching any part of the world, social media users can make friends and connect with each other, while also being in touch with family, friends and loved ones. Interactive practices such as liking, commenting and sharing have increased connectivity among people. Last but not least, entertainment is one of the main purposes for which social media is used. People across the globe use social media to watch videos, share photos and engage in various forms of entertainment.

Social media has its disadvantages too. One of the many disadvantages is the spread of false news. Due to the hefty amount of information and sources contained, it is difficult to differentiate authentic information from fake ones, leading to many adverse impacts. Since social media has been getting huge lately and a lot of people have been getting involved in it, there have been many cases of Cybercrimes reported. Some of them include cases of threat, harassment, bullying, stealing of private information, thefts, etc. People sharing their personal information on social media have led to the damage of life, property and data of many people.



Increased usage of social media and the more time spent on it can lead to cyberbullying, social anxiety, depression and exposure to content that is not age-appropriate. A 2019 study involving 6595 teenagers from the United States concludes that those

who spend more than 3 hours per day on social media may have a higher risk of mental health problems than those who do not. Moreover, FOMO (fear of missing out) has become a widely prevalent issue that has led to people comparing themselves with others on social media and feeling that others are having more fun or are living better lives than them. This has greatly affected the self-esteem of individuals making them feel envious of others and unhappy with their own lives. Thus, we can see that social media can have a negative impact on a person's physical, mental, psychological, as well as his or her social well-being.

Thus, it can be concluded that social media is a vital part of our lives and has benefited us in many ways, including helping us to communicate with others, be up to date with the latest news, gain publicity and entertain ourselves. However, precautions should be taken so that social media is used in a wise and vigilant manner in order to avoid its negative impacts. Social media itself is not the problem and it's in our hands to make social media a better place for all of us.

F. Sarah Fawaz
AR102649

ESSAY COMPETITION WINNER 3rd PLACE



Puppetry

Puppetry is a form of theatre or performance that involves the manipulation of puppets inanimate objects, often resembling some type of human or animal figure that are animated by a human called a puppeteer. Such a performance is also known as a puppet play.

Puppeteers use movement from hands and arms to control devices such as rod or string to move the body, head, limbs, and in some cases the mouth and eyes of the puppet. The puppeteer sometimes speaks in the voice of the character of the puppet, while at other times they perform to a recorded soundtrack. Puppetry has a long history and it is not possible to say when or where it originated.

Puppetry is practiced in many countries, both Eastern and Western. The standard in Sri Lanka today for puppets is a wooden figure.

Wessanthara drama, Chronological drama, Ehelepola drama puppet shows became popular. Ambalangoda is a famous city for puppetry in Sri Lanka.

Dr. Jayadeva Thilakasiri who was engaged in research on puppetry mentions the names of Surathan and Podineris Guru as the first puppet masters. Podineris is considered to be the father of puppetry in Ambalangoda.

Puppetry in Sri Lanka has been declared a Cultural Heritage site by UNESCO.

Tharushi Nawanjana Abenayake,
AR102355

Endangered Animals

Endangered species is a **species that is very likely to become extinct in the near future, either worldwide or in a particular political jurisdiction.** Endangered species may be at risk due to factors such as habitat loss, poaching and invasive species.

Siberian Tiger

Siberian tiger (*Panthera tigris altaica*), Longleat Safari and Adventure Park, Wiltshire, England.

William Blake's "forests of the night," the stalking grounds of the six subspecies of tiger, are burning bright. Slash-and burn agriculture,

along with logging, and human encroachment, have hugely diminished the habitat available to these felines, which require extensive ranges capable of supporting the large herbivores that constitute the bulk of their diets.

Poaching for trophies and body parts used in Asian "medicine" is thought to pose the greatest threat to tigers. Probably fewer than 4,000 are left in the wild. In 2014, China explicitly outlawed the consumption of endangered species, including tigers, whose bones, penises, and other organs are superstitiously believed to have magical curative powers.

Asian Elephant

Asian elephant (*Elephas maximus*). The IUCN's best guess on the current population of Asian elephants, which inhabit 13 countries, is around 40,000–50,000. That number may be far lower; some regions inhabited by the lumbering pachyderms are inaccessible due to the terrain or political volatility. Over 50% of the population is concentrated in India. The burgeoning human population there—and elsewhere in Asia—creates conflicts for space and resources.

And while the tusks of Asian elephants are much smaller than those of their African counterparts, the Asian species is still poached for its ivory, meat, and skin.

Snow Leopard

Snow leopard (*Panthera uncia*).



Though it's called a leopard and certainly resembles a frosted version of those spotted habitués of more equatorial regions the snow leopard is actually more closely related to the tiger, at least per genetic analysis. Probably fewer than 6,500 remain in the wild, though due to the remote mountainous terrain preferred by the species, and its elusive nature, data is hard to come by. The largest populations are in China and Mongolia, with significant populations in India and Kyrgyzstan as well. Its natural prey include blue sheep and ibex, but in some areas, it is heavily dependent

on domestic animals. The farmers who depend upon the animals shoot the "problem" leopards. Poaching still constitutes a major threat to the species, as does overhunting of its natural prey species.

Sea Otter

Sea otter (*Enhydra lutris*).

The luxurious waterproof coat that insulates



sea otters from the chilly waters that they inhabit almost led to its extinction. A target of the commercial fur trade, the species was almost wiped out, with only some 2,000 of an estimated 300,000 left by 1911. That year, an international ban on commercial hunting was enacted. Though that ban, along with management and

conservation measures taken in the wake of the 1972 Marine Mammal Protection Act, have helped populations recover to perhaps a third of their earlier numbers, they are highly vulnerable to both natural phenomena such as killer whale predation and to anthropogenic factors such as oil spills.

The aforementioned animals are threatened with extinction in the world and their names appear in the **Red Data Book of Endangered Species of the World**. Plants are also threatened with extinction. This is causing damage to biodiversity in the world today. This is all due to human cruelty. So all must make arrangements to protect these animals and it is our responsibility to protect them.

Purnisha Satharani- AR 102385

Masks

Mask art is a traditional art of the Sinhalese people. It is associated with the dance traditions of the Up country, Low country, Sabaragamuwa etc. This mask art is very old. Mask art in Sri Lanka represents a wide variety of cultures. Light weight and durable wood is used for the masks industry. It uses woods such as weeds and tree

trunks. Wood coatings are used to protect the wood from insects and to create an attractive finish.

Also the art of masks has made a significant contribution to the culture of Asia.

Ambalangoda in the Southern Province is one of the most famous masked cities in Sri Lanka. However the city is famous not only for carving masks but also for selling masks.

Natural colors are often used to color these masks, which has been a great help in polishing the naturalness and culture of the masks. There is a museum for masks called Ariyapala And Sons in Ambalangoda.



The masks used for low country dances are displayed here. The mask art of Ambalangoda has been perpetuated by both parties as the descendants of Ariyapala Gurunnanse and the descendants of Gunadasa Gurunnanse for future generations.

There are basically 7 types of masks in the art of masks.

1. Monster masks
2. Sunny masks
3. Divine Person masks
4. Animal masks
5. Devil masks
6. Mythical masks
7. Column masks

Sulochana Gayani Kumari



What is Youth ?

What is youth? Is it just another word in the English Language? Exactly not! We usually use the word youth to describe someone, normally a child before he is being called an adult. This word is also used to refer to the generation that will take over the world in the future. However, the term youth can also be defined as the time between childhood and

adulthood according to biological theories.

The word youth gives us so many unique ideas. Usually, the word youth shows vitality and sometimes it highlights the unbreakable strength. Nelson Mandela once said "The youth today are the leaders of tomorrow". The above quote shows us the true meaning and the idea of the word youth. The young generation acts as the present youth who will obviously become adults in future. The experiences and the enthusiasm they receive as the present youth will help them to become true leaders of the human society in the future. The knowledge they receive as the youth and the challenges they face as the youth will also help them to become true leaders of the human society in future.

The youth is truly influencing the constant change of human society. One particular reason for that is the revolutionary nature of their minds. Former President of Chile, Salvador Allende once said, "Being young and not a revolutionary is a biological contradiction". This quote shows that most of the people that belong to youth have this quality in their lives. They usually think differently. The adult community who lived in the early 1900's said that humans would

never fly. But the Wright brothers, obviously the youth of that time, invented the world's first aircraft and changed the world. Not only that, The Cuban people of the 1950's thought that the military dictatorship of Batista wouldn't end even if Jesus Christ showed up. But the 33 year old Fidel Castro and 31 year old Che Guevara were able to seize power along with the Cuban youth. So we can see that the mind of the youth can change anything. Many of the world's new discoveries were also found by the youth generation. It proves that the youth helps to develop the world constantly.



Nelson Mandela

Another special feature we can see in the youth is that they are overflowing with love. Most of the youth in human society do their actions in caring for their loved ones. Sometimes

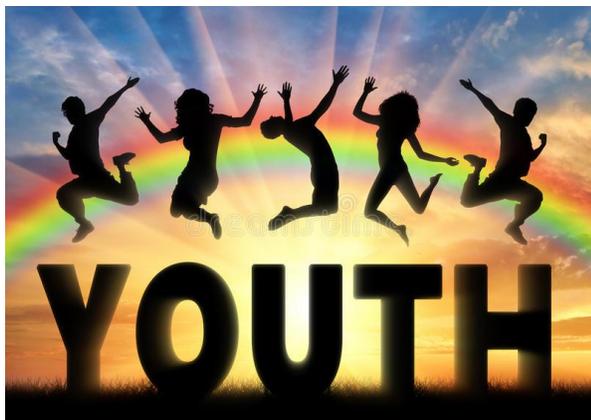
we can also define the youth as an emotional group. They fight for what is right. They try to do what is the best for the people.

However, the youth today also face some problems in their career. Drug addiction is one of them. This happens when the human community does not pay attention to what the youth generation is engaging with. Addictions to drugs destroys the minds of youth and the future of the world. To date, no permanent solution has been found to prevent this crisis. Therefore it will be the responsibility of the youth to eliminate it. Political dictatorship of adults is also another problem. Adults think that only they can be involved in Politics. But we must know that the youth also have an equal right to be engaged in politics. In addition to various problems like this, the youth also faces, unemployment, social discrimination, failure of future expectations throughout their lives.

V.I. Lenin once said, "Give me a generation of youth, I will change the world". This quote is exactly what the world needs to think about the youth. It tells us that the youth generation of the world can overcome any kind of challenges. Lenin got the help of the Russian youth to build up the Soviet

Union and he managed to make it the most powerful country in the whole world. We also need to try to make the world a better place by taking the support of the youth.

N.B. Aritha Binusara Balasooriya
AR 102266



Was Queen Cleopatra truly a woman starved for love or was she a wise Stateswoman beyond her years?

She, who possessed surpassing beauty and irresistible charms; captivated not one but two, powerful Roman leaders: the megalomaniac Julius Caesar and the infamous Mark Antony. Widely known as a „seductress“, her tragic death marked the end of Egypt’s independence as a sovereign state. With the advent of time; the love that Noble Caesar and lustful Anthony

held for elegant Cleopatra, was weaved into a decadent tale of forbidden romance. Unblessed by Fortuna and Venus, her passionate love affairs were ill-fated from the very beginning and they ended with woe: Caesar would never return to Egypt and Anthony died a wretched death.

Although this age-old story has been twisted and churned; Cleopatra would forever remain a seductress: a woman so stimulating in presence, persuasive and irresistible in the eyes of a man. However, such a stereotypical depiction of her character has been rejected by many academics. They argue that the question in contention is whether her scandalous actions when viewed through the spectacles of the year 2022 offer a completely different perspective to this legendary story.



She bore the name of Cleopatra the VII of Egypt and could trace her ancestral roots back to Macedonian Greece, for she was a direct descendent of Ptolemy I Soter, a famed General of Alexander the Great. The Ptolemaic Pharaohs who governed Egypt as Hellenistic Greek monarchs had refused to learn the native Egyptian language. This ironically meant that the Pharaoh ruling Egypt did not even speak their peoples' language and instead conducted all affairs in Greek.

However in contrast to the meaning of her name i.e. "She comes from a glorious father", which in itself paid homage to her ancestry; Cleopatra was the first ruler to learn, speak and write native Egyptian. Educated in the Greek art of oration and philosophy, it is presumed that she studied at the Museum and the Great Library of Alexandria.

The mysterious death of her mother ended her carefree days; for she was appointed joint regent and had to rule alongside her father. Left with little to no choice on the matter, Cleopatra had to acquire the necessary skills and connections she needed to control in-house fighting and maintain internal peace. As such the valuable knowledge and experience she gained during her four-year regency with her father

proved to be helpful. Yet her father's foreign policy of "friendship" with the Romans did not leave a favorable impression on her.

Bribery and lavish gifts could only delay and not stop the Roman conquest. Thus, in 58 BC the Romans invaded Ptolemaic territory, conquered Cyprus, and drove the Pharaoh into exile. Cleopatra, who had accompanied her father throughout his journey to reclaim his throne, would then go on to experience the harsh reality of power within the world of politics from a very young age. The throne was reclaimed in 55 BC with the support of the Romans and Cleopatra was re-appointed his co-ruler. After the death of the king in 51 BC, his will acted as strong evidence to support a forced marriage between her and her brother Ptolemy XIII; because they were to share the throne.

Although incestuous marriages were deemed necessary to maintain the purity of the bloodline, Ptolemy XIII and his advisers refused to acknowledge this arrangement and viewed Cleopatra, who had much more practical knowledge and experience in governing their territory as an enemy. The tension between both factions built up to such an extent that a civil war broke out and

sadly Cleopatra was forced to flee the royal palace.

As fate would have it, during this time Julius Caesar, who had crossed the Rubicon and marched into Rome with an army, was in the midst of fighting his own civil war against Pompey. Caesar's triumphant Gallic wars had left Pompey in a state of constant anxiousness because there was no room for two powerful generals to co-exist within Rome. Caesar won the decisive battle of Pharsalus and crippled Pompey's army. Hence, it was in Pompey's best interest to seek refuge in Egypt, with the Ptolemy's who had been his long-term ally.

Yet, tragedy struck and the newly enthroned young Pharaoh Ptolemy XIII decided that Pompey was more trouble than he was worth and had him executed. The joy and support the young Pharaoh had envisioned from Caesar upon presenting Pompey's mutilated head did not manifest; for Caesar was so enraged and offended by the death of Pompey. Thus, the news of the young pharaoh offending the most powerful man at that time worked in favor of Cleopatra.

Unforeseen to all, Caesar's abrupt decision to stay was not the start of a passionate love affair but rather the

beginning of a strategic political scheme; maneuvered by a woman, to regain the upper hand and dominant position as the ruler of Egypt against her political enemies and co-regent brother.

According to Plutarch, Cleopatra had smuggled herself inside the palace rolled up in a "bed sack" (most likely a carpet or rug); naked and well pointed, onto the very floor of Julius Caesar's private chambers. Although this event has been a source of debate among many historians, one cannot disregard the comments and sarcastic hints made by Egyptologist Joyle Tyldesley: "Ptolemy XIII had gone to bed that night a happy lad, secure in knowledge that his sister, trapped, would not be able to plead her case before Caesar".



Whether she was smuggled into his bed chambers or not; it is clear that Julius Caesar, who was about 30 years or so older than her, had been charmed to the bone. Her intelligence, foresight, strategic skills,

and her youthful appearance which was quite different from the average Egyptian is said to have captured Caesar's attention. As their love story unfolds, Caesar directly intervened in Egyptian politics and proclaimed Ptolemy XIII and Cleopatra joint rulers with a nominal marriage.

It was too much for the 13 year old Pharaoh to bear and he instigated an unsuccessful rebellion. It gave Cleopatra who was already carrying the son of Caesar (Cesarean) a much more powerful position. This is best seen by the merciless murder of her new co-ruler Ptolemy XIV; leaving her sole ruler and queen of Egypt.

Caesar, who departed from Egypt in 47 BC successfully fought against the remaining allied forces of Pompey's followers and proudly returned to Rome, where he was proclaimed dictator. He would never return to Egypt but she used his position of power and the undisputed mother and son relationship she had with Cesareans to consolidate her power within Egypt. She gave precedence to the will of Rome and became one of Rome's main grain suppliers, while Caesar did not invade Egypt. She was considered a powerful ally and in light of the intimate relationship between the rulers, she was well respected.

Her beauty and grace along with the worship of the traditional Egyptian gods shrouded her entire existence with much mystery. She fancied herself the mortal incarnation of an immortal; especially as a single mother who had borne the son of a powerful ruler she was idolized to be the reincarnation of the Egyptian goddess Isis. It may be possible to speculate that the six months she spent with Caesar might have involved some romantic feelings, yet it remains fairly obvious that she did not expect a fairy tale ending.

Caesar was a man of ambition; he would never give up his power nor would he forsake his achievements for love. Caesar would rather become a slave to power than love, for it was only a mere emotion. Thus, it could be seen that this love affair, which is very controversial in modern times given their age difference, was one of mutual co-operation. Caesar's words of „*Veni, Vidi, Vici*“ confirmed that he held undisputed military power over the world except for Asia. She had taken her chances with him; convincing him that she was the better choice for a ruler than her brother. Moreover, she was very pleasing to the eyes, so if he was to form an intimate bond with her and thereby indirectly control Egypt it would be more

beneficial than spending money to conquer Egypt by force.

Cleopatra never lamented over the departure of Caesar nor did she try to have a battle of wits against Caesar's legal wife. She was only concerned with Egypt's affairs and consolidating power for her son. Although it is quite discriminatory, from a subjective point of view it can be said that; she had to do what she could to gain power, even if it meant that she had to use such disdainful methods. Although she retained bodily integrity, it can be said that her intellect and strategic thinking worked in symphony to make her body an instrument; one which could bring her closer to her goals if played properly.

However, Caesar's assassination on the ides of March left her and her son's position as rulers vulnerable. The utterly heartless treatment by Caesar in refusing to include Cesarean as his heir confined her to the bounds of Egypt; and power over Rome was still out of her reach. We do not know if the meeting of Anthony and Cleopatra was a cruel joke of the gods, but Mark Anthony the trusted general and best friend of Caesar would soon be welcomed by Cleopatra; on her recreational cruise ship, filled with

flowers and scented exotic perfumes while she reclined gracefully on the deck, surrounded by servants and trappings of gold. Anthony was no stranger to the pleasures of the flesh but once he saw her, she proved to be other-worldly in his eyes and he was now under her spell.

Cleopatra had faith in her own attractiveness; having formerly and successfully wooed Caesar in her younger days, she was now at an age of maturity and splendid beauty. Her preparations to meet Anthony were well planned and she was confident in the way she approached him. Coy but focused on political affairs, she needed a guarantee that Egypt would remain independent while receiving aid from Rome, to overcome the cost of failed crops due to the overflow of the Nile, which led to inflation and hunger.

Her goals were clearly politically motivated, but as Appian describes; Anthony was so captivated; as if he were a young lad and not a forty-year-old. The persistent courtship of Anthony may have touched the heart of Cleopatra for she continued to have a close and strong bond with him. She gave birth to three of his children, while he accepted Cesarean as his own. Thus, it is likely that she chose him as a suitable king and partner for her

plans of rising against Octavius Caesar; the nephew of Caesar and beneficiary of his will. Her son was a thorn to securing his position and so his behavior and attitude towards Cleopatra were hostile.

For the sole reason of remaining allies with Anthony, who was at the beck and call of his political enemy Cleopatra; Octavius married his sister to Anthony. However, like a moth drawn towards the flame, Anthony slowly but surely went back into the arms of Cleopatra. This insult triggered a full-fledged military operation against the whole of Egypt.

Although it was an unexpected turn of events, neither Cleopatra nor Anthony envisioned a humiliating defeat. Even though some details remain vague, it is said that false news of Anthony's death reached Cleopatra and upon hearing this she committed suicide. Many historical accounts portray her death to be the epitome of a grief-stricken woman; who was so inconsolable by the death of her lover, that she saw no need to walk among the living. However, it is more likely that she would have preferred to die without suffering the humiliation of being paraded in a triumph.

Many critics advocate for her role to be re-written, however many are reluctant because her role as a ruler and stateswoman shows no definitive political agenda. It remains undisputed that she had used her beauty to maintain and gain power. Yet her policies were not far-sighted. As a ruler, she was aware that Rome had reached its peak and that their persistent spirit stemmed from their deep-rooted fear of disappointing Mars Ultor (the Roman god of war).

Even so, she had not made arrangements to strengthen Egypt's land and naval forces in the advent of a future battle. Egyptian ships were not made for war and this was a crucial factor that led to the defeat during the Battle of Actium. Instead, she had depended on the most powerful man to consolidate her position, forgetting the bitter and fundamental truth behind the doctrine of power: it is constantly changing. Cleopatra had almost deluded herself into unconditionally trusting Anthony's military and political prowess to be omnipotent. She had failed to identify that Anthony was not almighty Caesar. Upon further analysis, it seems rather unreasonable for her to have solely relied on another's' help to guarantee

Egypt's safety. The methods she used to secure her position as the independent ruler of Egypt who co-existed with the Roman Empire fell below the standards expected of a successful monarch and stateswoman.

However, even if her attempt at a power grab was unsuccessful; when taking into consideration the time, place, day, and age in which these events occurred and analyzing them through the lenses of 2022; it can be conclusively stated that it is unjust to limit her role to that of a seductress. She was a ruler who, from an objective point of view, arguably made both beneficial and detrimental contributions. Her actions and character should be recognised and not scorned.

Neither should she be used to label women in power to be harbingers of doom. Furthermore, her political ambitions affirm a harsh truth: her forbidden affairs formed part of her business dealings and were means of forming connections rather than emotional ties. Hence, she is not a woman, starved for love. In reality, her character cannot be fitted into a black and white frame; there exist grey areas; for Queen Cleopatra was a complex emotional human being; just like us.

Sithhara Guruge, AR98300

Development of Technology and the Human beings

The technology developed rapidly after the Industrial Revolution. The technology means the skill conveys an idea to reach a goal. The technology mainly signifies the knowledge of tools, machines, techniques, crafts, systems and organization methods to solve a problem. Since the Industrial Revolution people in our world have been investing in many technological things. But technology can't go beyond the environment because the environment created the wonderful creation of the world is "Human". But technology can't create this wonderful creation. It can make new creations such as "robots". But they can't do the things that are done by man. When we consider trees, trees are the most essential thing that is created by nature. These are essential for man. But technology cannot do such things that trees do and the technology depends on the man. As it is already mentioned, technological development is good for man until they obey rules of the environment, teachings of religions and use them for the betterment of mankind.

Technological development affects the man both in good and bad ways. At present we hear about crimes,

thefts and killings. Technology is the reason for most of these things. But there is a good side to technology. In the past people lived in jungles and caves. But now it has been turned into a more civilized and educated environment by technology. And many useful equipment were introduced by ancient people like Johannes Gutenberg. He introduced the printing machine and today it is very useful all over the world.

Some people say that technological development is good for humans. Now it has come to its climax. In various ways technology is good for humans and it is easy to do a lot of work in our day to day life. At present women are busy. So, for their easy work in their life various technological goods were introduced. Therefore, some people say that technological development is good for humans and it has some bad sides also. "As the swan separates milk from water". People also have the responsibility to select what is good and bad. I would like to restate that today the effects of technological development should be controlled by humans. As humans, we want to develop technology in a good manner.

R.M.M.Umesha AR-102367

First Flight Experience

Four years ago I was 17(seventeen) years old. At that time I was in the 12th grade of school. It was during this time that my first flight took place. My first flight destination was Malaysia. I went to Malaysia to travel and to participate at a Karate competition. It was one of the most memorable events of my life.

First I went to Kandy with my mother to get my passport. Everything else went well over time. On August 31 everyone in my house, including me, woke up that morning. We went to the Katunayake airport in a van. Do you know, this flight happened with my friends and teachers? This was my first trip without my parents. I'm so glad I had that experience that most people of my age do not have, but I cried a lot on that day. After saying goodbye to my parents and family. I entered the airport with my teachers and friends. We walked around the airport a bit because we had time. I felt that time went by very fast that day. However, I was ready to go abroad.

A lady checked my ticket when I entered the big plane. Another lady helped me find my seat and put my bag in the overhead compartment. Next I buckled up and was ready for takeoff. The pilot came on the

loudspeaker and told everyone to prepare for takeoff. That's when I became so scared! The plane slowly ascended. All the houses and vehicles looked like tiny ants. For a moment, I lost my breath, because I was so scared. My teacher could see that I was afraid. Later my friend sat next to me. He is Jarbir. I was sitting by the window. So I was able to look down. We went through the clouds. We traveled for quite some time. I heard the pilot say, prepare for landing. Arrived in we Kuala Lumpur airport now. A van had arrived from our hotel to accompany us. It was a different experience. That day we were resting at the hotel. From the next morning we started walking. We went to the Petronas Twin Towers, Batu caves, Chinatown, Genting Sky way. And the next day we had the Karate tournament. There I took second and third place. I was very happy. And so on we traveled and picked up a lot of luggage. We came to our country Sri Lanka a few days later. I was glad to see my parents again.

Have you ever felt scared when you are put in a foreign situation for the first time?. Experience is something that everyone should ultimately experience. I was always afraid to experience new things because of the fear I had. However, as I got older,

I realized that going through these experiences could be very rewarding and fun. What I did not know at the time, however, was that going through this ride would be beneficial to me and my fears of flying would go away.

R.M. Sewmini Bhagya Weerasinghe

AR 102098

Kandy Esala Perahera

What is the Kandy Esala Perahera ?

Kandy Esala Perahera is the grandest cultural festival held in Sri Lanka. The Esala Perahera in Kandy also known as the Kandy Festival or the Festival of the Tooth Relic. It is an ancient Buddhist festival that commemorates Lord Buddha's first teachings after he achieved enlightenment.

The festival runs over 10 nights and pays tribute to Lord Buddha's sacred tooth relic that is housed in the Temple of the Tooth Relic in Kandy. Every year almost a million people come for the Kandy festival that is full of colorful and lively processions and ceremonies.

Esala is the name of a lunar month on the Sinhalese calendar and the word Perahera in Sinhalese means a parade or procession of dancers, musicians, singers, street performers and elephants for a religious celebration.

The History of Esala Perahera

From around 1775, during the reign of King Keerthi Sri Rajasingha, the four Devalas also took part in the perahera and that is the start of the Esala Perahera in Kandy we know today. As one of the longest uninterrupted festivals, it has a history dating back to 305-331 A.D. the highlights of the Perahera is Tooth Relic of Lord Buddha considered to have been a sign of divine providence for ancient kings. The perahera is held to both invoke the blessings of the Tooth Relic on the populace and in the hope of rain at the start of the planting season. After the fall of the Kandyan Kingdom in 1815, the overseer of the perahera who was once the king was replaced. Today it is

headed by the chief custodian of the Dalada maligawa known as Diyawadana Nilame. The Esala Perahera is a festival which brings all of these aspects together in one spectacular pageant. An unbroken tradition that spanned centuries continues today, albeit to the tune of contemporary times. Held amidst safety regulation, where the crowds will be online, But the grandeur of music, lights and colors will dazzle brightly. To the sound of whips cracking the glamorous perahera enchants the city of Kandy.



Parade of the Tooth Relic (Maligawa Perahera)

The parade of the Tooth Relic features over 5000 dancers, drummers, whip crackers, jugglers, musicians, fire-breathers and over 100 decorated elephants. Every performer wears beautiful elaborate costumes. Even the elephants wear outfits that feature fairy lights which create an enchanting atmosphere.

The main attraction is the golden casket that sits on top of an elephant carrying a replica of the Sacred Tooth Relic of Buddha. The path is covered by white cloth and all the devotees and spectators stand while the Sacred Tooth Relic passes them.

A Water Ceremony

On the last day of the celebration a water ceremony, occurs before dawn which sees the chief priests wade into the Ganga River and use a sword to 'cut' the water separating pure from impure. The peraheras start marching back to kandy and end up back at their respective temples, officially closing the Kandy Festival.

V. A. Eshan Pradeep Gunarathna
AR102393



History of Mihinthale Katu Seya.

Legend has it that this stupa was built by depositing the factory equipment and tools used for the construction of the Mihinthale Monastery. Excavations at the stupa in the early 19th century. Copper plates containing Mahayana sutras written in Sinhala and Sanskrit from the 8th-9th centuries have been found.

According to the architectural features, this Mihinthale Katu Seya has been identified as a temple complex belonging to the Mahayana tradition and the Anuradhapura era with the stupa at the forefront.

Sacrifices held today.....Nowadays, it is seen that many offerings are made according to the beliefs of the gods associated with the Katuseya. According to another belief, offerings are made to the Bhairava deities at this place. There are a number of rituals

associated with this, such as fruit offerings, milk saving and gift tying, and it seems that there are cotton men who are dedicated to it. Every day significant number of people visit this place to fulfill their wishes. However, if you are going on a pilgrimage here, it is better not to do any damage to the dagoba or the surrounding ruins, offerings, etc.-

M. Tereena Meloni Shenelka
Fernando - AR102350

MOTIVATION TO TURN A BAD RELATIONSHIP AROUND

"I don't feel good", "you are not making me happy", "why can't you understand me?", "I feel like you are cheating on me", "why can't you love me as other boys do?" Most of you may have asked these questions yourself when you were in a relationship or some of you may still ask these questions yourself. At some point, your partner will let you down and you will let him/her down. That's when the relationship starts suffering and that's the point where you start to blame each other saying various things as mentioned above. Sometimes all we search for is happiness, we don't realize that we need to deal with ups and downs when we contribute to a

relationship. Most people say if there is love the relationship will be successful. Did you ever think of the key points that should be inside this "love"? Trust, respect, sacrifice, contribution, and most importantly understanding are some of those key points. Understanding and identifying the character of your partner is very important. If not, you will always be unhappy with your relationship. People are different. That's why it is said everyone is unique to each other. We need to understand that. If we don't move with this reality, the relationship will go down. So, this is all about motivating you to turn that bad relationship around.

Try to identify who he is or who she is. Talk with them, and share your ideas with them because communicating is very useful when identifying a person. Lack of communication can ruin everything because instead of knowing how the other person is feeling, we just assume. You can't tell about a person from his/her outer look, you need to realize their inner self. Think about how you fall in love with that person, think about what made you fall in love with that person. Did he/she try impressing you with cheesy pickup lines or was he/she just himself/herself, whenever they spoke to you? Did he/she try to portray

himself/herself as a perfect individual or did he/she make mistakes and errors and show the real person inside them? So, these are some of the points that will help you to understand the character of your partner. Understanding your partner is not just enough, you should also have the ability to change your thoughts on your relationship. That's when you will be able to turn your bad relationship around. You should not hope for everything so perfectly. You should indeed get happiness from your partner but at the same time, you need to understand that, you will have to sacrifice. If your happiness always depends on your partner, you will never get satisfied. Always remember that your thoughts and energy are powerful. If you are devoting your mental power to the fact that you don't have what you want, you will get negative energy and that will lead you to think negatively about your partner.

So, since this is about a motivation to turn a bad relationship around, I will now help you to identify the character inside your partner with a theory. That is *Gary Chapman's* theory. *The theory of 5 love languages*. This will help you to identify the character inside your partner. The first one is words of affirmation. This is about expressing

affection through spoken words, praise, and appreciation. These people always need their partners' love through words. They enjoy hearing love quotes and they love receiving cute text messages. If they can hear the three words "I love you" very often, that's enough for them. Making these individuals' day can be done by complimenting them. The second one is quality time. Love should be shown to these people with undivided attention. These people always need to spend more time with their partners, it doesn't matter whether it is a small talk or a date. What they want is the time from their partners. They feel loved when their partner is present and focused on them. They also love when the partner is actively listening to them without doing any other thing. The third one is acts of service. These individuals love when their partners do nice things to them and also, they prefer to have help from their partners. Maybe to cook, maybe to wash the dishes, maybe to office work, maybe to his/her studies... The fourth one is gift-giving. This is a type of symbolic love. These individuals love to have gifts from their partners. They think that giving gifts is the best way to express their love. They don't expect large or expensive gifts. What they expect is the effort their partner puts to select the gift. The last one is

physical touch. These individuals feel love through physical affection. They prefer to have a physical love life. This may include, hugs, kisses, and also sex. Apart from those, they feel loved when their partner holds their hand, touches their arms, cuddles on a couch, etc. So, according to Dr. Chapman, there are people who are having one of these 5 love languages or more of them. Understanding these differences can make a serious impact on your relationship and it will help you to identify how your partner loves you. That will lead you to have a good and healthy relationship.

In conclusion, we can say that if we identify the character of our partner, we will be able to have a better relationship. If we have a bad relationship, we can follow the above-mentioned facts practically to turn that bad relationship around. If you keep complaining about the problems of your spouse, you will get more problems. Therefore, always think that you need problems to think about your relationship differently. Don't keep hatred and pride. We will go from this life empty-handed and we will have to leave all the material things we earned here. The things that only go with you will be the love you shared, the compassion you showed, the humbleness, your helpfulness,

your kindness, etc. So, it is necessary to receive love and at the same time, it is important to identify the individual who is giving love to you and accept his/her way of loving you. We should always remember that being able to identify the character inside your partner is the secret to love that last.

Tereena Meloni Shenelka Fernando

AR102350



AWAKEN YOURSELF

Life is an amazing thing. As humans we all have got an amazing gift and that is life. The nature of this human life is that we can think and we can decide the difference between good and bad. So in life we do good as well as bad; that is the nature of this mind.

Now in the world normally 99% of the people are pursuing happiness. We all have the desire for happiness. So, the whole population in this world is pursuing their happiness. Only a very few among us will really find true happiness in our life. 99% of the

humans and the living beings will fail in the pursuit of this happiness.

You can awaken your mind and body to higher truths and transcendental reality. You can overcome your limitations and see life with a great vision and understanding. With practice, you perceive the reality hidden behind the visible world. Following are some of the time tested methods to awaken your mind and body to experience higher consciousness and realize transcendental truths. True awakening means developing correct thinking, correct view, correct attention and right actions. It is knowing truth without the interference of the impurities of your mind such as selfishness, egoism, desires, and prejudice. It is bringing your mind to concentrated attention and perceiving the world with the clarity of a seer. Life is a "do-it-yourself project." Your life tomorrow will be the result of your attitude and the choices you make today.

W.V.Anjani Minirangi

AR 102338



Amazonian indigenous people

Indigenous people are the native people in our world. They are the first owners of our earth. They can also be referred to as Aboriginal people or Native people. According to the world records there are nearly 476 million indigenous people in the world. From all of these indigenous people 2.7 million belong to Amazonian region. Amazon is the most bio diverse tropical forest in the world. This forest has been home to many indigenous groups. According to the estimated data there are over 400 indigenous tribes in Amazon. Such as Awa Brazil, Yanomami Brazil, Guarani Brazil, Kawahiva Brazil etc. Among these indigenous tribes Yanomami people are living in some villages in the Amazon. Violence is pervaded among these Yanomami people.

These Amazonian indigenous people obtain their foods, medicines

and water in the rainforest. Hunting is their main dependency method. These people strongly believe in the spiritual world. Shaman is the most important person in this group. Because he is a person who has a knowledge about local plants, animals and the spiritual world. However indigenous people are the protectors of our bio diversity. They have a deep knowledge about forests and animals. So they follow eco-friendly methods to protect our earth. But unfortunately these people are threatened by the people who are in the urban areas. They remove these people from their motherlands. Nowadays the Amazon rainforest is threatened with deforestation and mining. This kind of work are mainly the cause behind the obliteration of Amazonian indigenous people. So we have to pay our attention to these lives and work together for their protection.

H.A.D.D.K. SIRIMANNA
AR : 102525



HOW TO BE HAPPY

Happiness is a shy bird. If you hunt it, it will be away. It is better to set a trap for it, and look the other way. Pleasure-seekers miss it. They are restless, discontented people, who have no inward happiness, see it in outward things, where they do not find it. It is a common mistake to think that money brings happiness. "If only I were rich!" we sigh. Money is not to be despised; and it can do much to make life pleasant. Yet the rich are sometimes unhappy, and some poor men sing. So the source of happiness cannot be simply in wealth, and even those who will never be rich can still be happy.

There are some outward conditions that make for happiness. First, good health. A man who suffers from chronic indigestion or a deranged liver, cannot feel very happy. There is a lot of truth in the famous joke in punch; "Is life worth living? It all depends on the liver!" And yet it is wonderful how some invalids rise above their pain and weakness, and keep smiling faces. But these are brave souls, who find happiness within, in spite of their ailments. Everyone is not a hero; and few can resist the depression and gloom that bad health brings. So to be happy we must keep well, and observe the laws of health.

An idler is rarely a happy man. Most grumblers are lazy people with nothing to occupy their minds and their time. Workers are generally cheerful. A man who has a congenial occupation finds great happiness in his work. And even if one's work is not always as pleasant as it might be, the necessity of doing it, and doing it regularly, saves one from a lot of brooding and melancholy thoughts.

We should have healthy amusements and hobbies to fill our leisure hours. "All work and no play, makes Jack a dull boy"; and a man who has not learnt to use his leisure time, will not be happy. Games, sports, music, reading, any pleasant and wholesome occupation we most take to, will add immensely to the pleasure of life.

And pleasant social intercourse is a great source of happiness. Man is a social animal, and few of us can lead entirely solitary lives. True friendship is one of the most precious treasures of life and blessed is he that has a real friend; but even the pleasant companionship of acquaintances is a joy.

But the true source of happiness lies within. Happiness depends not so much on our circumstances, as on ourselves. The kingdom of happiness, like the kingdom of heaven, "is within

you". A poor man may be happy in a hut, and a billionaire unhappy in a palace. In unselfishness, kindness to others, humility, a clean mind, a clear conscience and upright life—in these things lies the secret of happiness.

"The mind is its own place, and of itself, can make a hell of heaven, a heaven of hell".

HARSHANI PERERA, AR- 102560

Alcoholism and its impact on family and society



In today's society, people are addicted to alcohol such as toddy, arrack, heroin, and so on. These are making people intoxicated and mind distorted. Alcohol is very harmful to the human body. Also, it has broken many family relationships, and has a great impact on society as well.

In the past, people who worked in the fields, mines, or blacksmiths used to drink a little toddy to relieve their tiredness. But, after

the surrender of the western nations our country got into the habit of drinking arrack from them. Later, people were taken to bring the most dangerous liquor into the country.

In the present, young people seem to be increasingly addicted to alcoholism; also, their associates are tempted by them. For example, people who attend parties become addicted to alcohol because of their friends' provocation for them to drink alcohol. However, alcohol is swallowed both by the young generation and the older generation. We can see people holding a glass of alcohol on one hand and a cigarette on the other hand in some movies and advertisements. So, some people think those people are heroes. Therefore, some people tend to imitate them.

Indeed, alcohol causes huge physical and mental damages. It creates conflicts in families. People are spending their hard-earned money on alcohol and often many people become poor. Besides, alcohol addiction causes fights, corruption, and crimes. Also, some people steal and buy alcohol. Moreover, drug addicts

suffer from many ailments. For example, it may cause liver failure, respiratory diseases, and blindness. If the young people who will build the future become addicted to alcoholism, society will become a great disaster.

However, the government must take major steps to control this menace. Also, all religious places should give advice for this. The organizations should be set up to advise people about the dangers of alcoholism. In addition, parents always need to find out their children's behavior and fathers have a specific role. They could set an example for their children. The rules should be tightened in our country. Healthy and active people should be created in society.

M.M.G.A.Y.K.Karunarathna

AR102304

Mobile phones

When we consider mobile phones it can be divided into two parts such as advantages and disadvantages. When we consider the advantages of mobile phones there are many advantages. We can communicate with others, especially with friends, parents, relatives

and so on. Then we can exchange ideas with others. In addition to that there are many features in mobile phones such as sms, IMO, Viber, Camera, video, internet etc. As there is a camera on the phone we can take photos and videos. There are many benefits of using the internet. It helps us a lot in our education today.



Mobile phone is a portable device. Therefore ladies can keep the mobile phone in the handbag. Boys can keep it in their pockets. So it is easy to carry. And it also has a simple structure. Therefore anyone can use it.

We can use the mobile phone in an emergency. For example if there is a funeral we can inform the others. In addition to that in an accident we can inform the others immediately.

There are disadvantages of using a mobile phone. When we consider the disadvantages of mobile phones many people waste time on mobile phones. For example, some people keep calling

for a long time. In addition to that they login social media which sometimes is harmful. Some Students Play games for a long time. In brief time is wasted because of mobile phones.

In addition to that, many people waste money on their mobile phones. Some people reload the phones daily and they use the data cards and therefore plenty of money is wasted.

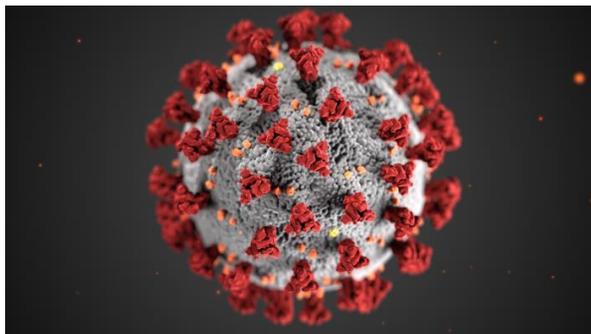
Students fail exams because of mobile phones. Some students use mobile phones in the dark and they create unsuitable affairs with unknown persons. And their education is sometimes affected. We have to face accidents because of mobile Phones. Some drivers use mobile Phones while driving their vehicles. Then they can't keep their attention on the road. So they have to face accidents. Some pedestrians use mobile phones while walking along the road. They also can't keep their attention on the road so they have to face accidents.

Some criminals use mobile phones and they do crimes by using mobile phones. They deal drugs and get ransoms. So I think one way of destroying society is the over usage of mobile phones.

Some people use mobile phones for a long Period of time. By the passing of time they have to face health problems.

So I am of the opinion that there are advantages and disadvantages of mobile phones. We must use it correctly.

Umesha Prasadini, AF/20/16527



Corona Pandemic

Coronavirus is a pandemic disease which is commonly called as Covid-19. It was first identified during December 2019 in Wuhan, China. Large number of people died in countries like America, India and Italy. The corona has become the killer of humans. It is an infectious disease impacting the world badly. It is spreading contact between two meters. It causes illness in the respiratory system in humans. Coronavirus has caused a large number of deaths in the world.

Until now no proper medicine has developed this disease. However, researchers are developing a drug or vaccine. The symptoms are fever, dry

cough, breathing problems, muscle pain and less of the taste can be seen. Some people have no symptoms. It is very important to know how to prevent this virus. We can wash our hands regularly with soaps. We can use masks and specially should cover our nose and mouth when coughing or sneezing.

Now covid has been given a third dose. Coronavirus is one of the most dangerous severe issues. The corona virus is faced by people around the world. People need to know how to maintain good hygiene. We all can bring an end to this pandemic.

L.K.Yashoda Hansani

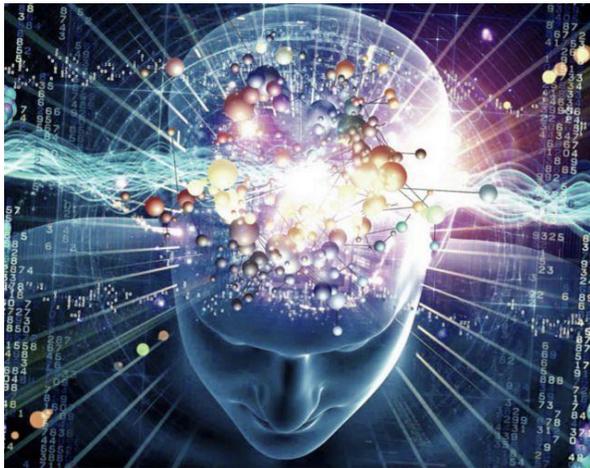
AR 102263

DO WHAT IS HARD TODAY!

We all know it is very easy to swim down a stream but it takes effort, pain and courage to swim up a stream. Also, it is very easy to run downhill but it takes bravery and determination to climb up a hill. Thus, we resort to doing the easy things in life. Unfortunately, the results do not bring lasting happiness to us. It is similar to swimming down a stream. However, if you need to swim up the stream, it takes effort and you need to try hard. That means it is very easy to

do the things that bring us down and it take effort and lot of hard work to take us to higher level in our life.

If we do only what is easy today our life will be hard tomorrow. If we do what is hard today our life will be easy tomorrow. So practice good deeds. They are difficult to achieve, but they will sustainable.



Our mind is programmed to do easy things. If you had to choose between two jobs, one hard and the other easy, which one would you, choose? Of course you will choose the easy one, because we always like to do what is easy. That is the nature of our mind and our life. Most people tell lies when they face problems. They escape from the problems by telling lies, but there are a very few who tell the truth even though it is difficult. You should strive to become one of those people.

If you always focus on the good deeds you will become a good human. If you do what is hard today you can be happy tomorrow. If you do what is easy today you will never be happy forever so practice good deeds, be good and do good.

REV.THILAKAJOTHI

AR102055

An Interview

A popular actor, this talented young man has won the hearts of the audience, as an actor on the small screen,



as a stage actor, as a voice actor and sometimes as a singer. His name is Ishara Wickramasinghe.



Interviewer: How is life these days?

Ishara: *A little busy these days. Filming of two teledramas is underway and I'm involved in a lot of dubbing program in several TV channels.*

Interviewer: A few family details please.

Ishara: *I am married. I have a wife and a two and a half year old daughter. In addition, I have my parents, a sister and brother.*

Interviewer: Could you tell us how you entered the field of art?

Ishara: *I passed the year 5 scholarship examination in 1999 and came to Royal College, Colombo. The music teacher in my class in six year was Mrs. Rathna Lalani Jayakode. She recognized my talents and introduced me to Dr. Jayalath Manorathne. That's how the journey on stage began.*

Interviewer: Could you tell us about your contributions to many stage dramas through acting?

Ishara: *I was able to contribute to about 35 stage plays. My first stage play was Dr. Jayalath Manorathna's "Thala mala pipila". I got a chance that actors my age didn't get. I got an opportunity to work with a lot of seniors. Furthermore, "Guru Tharuwa" and "Andarela" produced by Dr. Jayalath Manorathna, "Romaya Ginigani-2" produced by Mr. Bandula Withanage, "Meeto Nathuwa Ba" produced by Mr. Keerthi K. Rathnayake, "Dhawala Bheeshana" produced by Mr. Dharmasiri Bandaranayaka, "Rathu Hattakari" produced by Mr. Lucian Bulathsinhala, "My Sweet Rotten Heritage" produced by Ms. Anasuya Subasinghe, "Sihina Horu Aran" produced by Mr. Rajitha Disanayake, "Mano Sonduru Ranga Soba" produced by Mr. Bandara Ehaliyagoda, "Punaragamanaya" produced by Ms. Asha Perera and a few others*

Interviewer: I noticed that most are stage plays and teledramas?

Ishara: *I like the stage the most. The stage play is live but the teledrama is different. With stage drama comes the opportunity to travel around the world and around the country and meet new audiences in different cities. Their level of education and enjoyment vary. I started working in*

the field of teledramas recently. I think an actor can become famous in teledramas if he has been popular on stage. I like the popularity.

Interviewer: How did you get into the field of art after studying science?

Ishara: *I studied Biology for the Advanced Level and entered the Ayurvedic Medicine and Agriculture at the University of Kelaniya. But I had come a long way in the field of drama by then. I felt that my journey was not in the field of science I wanted to go into, but in the field of art. Later I studied for a Bachelor of Arts degree in Drama and performing Arts at the University of Kelaniya. After graduation I worked as an Assistant Lecturer at the University of Kelaniya for two years. I am still working as a lecturer on Drama and Performing Arts.*

Interviewer: Are you satisfied with the acting?

Ishara: Definitely, yes. Most people do

not get the job they want. But I enjoy mine.

Interviewer: How is your work these days?

Ishara: *"Shakthi" is a teledrama telecast on TV Derana these days. The teledrama " Hithuwakkari" is also being telecast on the ITN channel. In addition, there are quite a lot of dubbing. Hiru, Derana, Sirasa and in almost every channel there are dubbing programs. Some of them are- Krishna, Funky Monkey, Sadahatama Oba Mage, Panditha Rama, Ben 10, Robin Hood, Alladin saha Jameela, Sooriya Diyani, and Aththatu Na Eath Eya Igilei.*

Interviewer: Finally, do you have a message to your beloved viewers?

Ishara: *Yes, I have to tell those people to watch quality programmes. A channel is a business. So, choose the outstanding programmes in the channels.*

Sewmini Bhagya Weerasinghe
AR10209

Ambuluwawa

Ambuluwawa is considered one of the must-visit places in Gampola, a small town situated close to Kandy. It is about 1,965 feet above the level of Gampola. The entire place is rich in biodiversity comprising of evergreen forests, colourful flowers as well as exotic creepers, with about 200 different kinds of plants from 80 plant families. A number of rare medicinal plants are also found here.

The key attraction is the cool mountain air. Ambuluwawa is surrounded by other mountains such as Pidurutalagala on the Eastern side, Bathalagala on the West, Sri Pada

(Adams Peak) to the South, and the Knuckles in the North. Ambuluwawa is the only Sri Lankan mountain peak surrounded by other mountains adding exquisite beauty to the scenery. You can spend some relaxing time with your family and get some amazing pictures from the top of the mountain.

Ilma Fareed

AR102699

Let's make a delicious curry



Ingredients:

- 10 jackfruit pulps
- 10 Jackseeds
- 1 cup of onions
- Cut 1 pod of dried chillies
- Carrots
- Leeks
- A few cabbage leaves
- Two tablespoons of curry powder
- 1 egg
- 1 tablespoon of crushed ginger
- A few onions
- A tablespoon of chilie powder
- A little tomato sauce
- Sugar
- Salt
- A little oil
- Fish gravy or chicken gravy.

Method:

1. First, clean and chop the jackfruit pulp and seeds separately.
2. Peel a lime, grate it and squeeze the juice.
3. Put water in a pan, add turmeric and salt and stir. First add the jackfruit seeds to the boiling water and boil for five minutes. Then add the jackfruit, boil for two minutes and strain the water.
1. Heat a little oil, add crushed ginger, red chillies, dried chillies and fry lightly.
2. Add the carrots
3. Add one egg and chopped chillies and mix well.
4. Add the shredded cabbage
5. Add tomato sauce and salt and mix well.
6. Add chicken or fish gravy to taste. Stir and cook for less than a minute.
7. Add the jackfruit, mix well and cook for about two minutes. This is the time to add the chopped leeks.
8. Now, you can serve this delicious local dish.

Purnisha Sathsarani AR 102385

DELICIOUS PENI WALALU

Ingredients:

- Udu flour 150g
- Rice Flour 150g
- All – purpose Flour 50g
- Thick Coconut Milk 375ml
- Salt ½ tsp
- Vanilla 1 tsp

For Sugar syrup:

- Sugar 300g
- Water 250ml
- Juice of Lemmon

First, mix all the flour together.

Then, add the salt and thick coconut milk.

Add little by little until you get the right consistency. Mix this well until there are no lumps.

Add a little Vanilla to get a wonderful flavor and fragrance.

Cover the batter and keep it for about 30 minutes.

Next, prepare the sugar syrup:

Keep a bowl on the fire.

Then, add the sugar into the bowl, add water and little bit of lemon.

After that, add the mixture that was

prepared earlier to a piping bag.

Then, press the batter like rings into hot oil and fry till done.

After frying them, soak it in the sugar syrup for about 5-10 minutes till it absorb the sugar syrup. Finally, you can enjoy the delicious Peni Walalu with your family.

E.S.C.N.DISSANAYAKE.

AR 102351

The Sinhala And Tamil New Year

Sri Lanka is a multicultural country. We celebrate the Sinhala and Tamil new year on the 13th and 14th of April every year. This is the time when the sun travels from its last house to the first house. Customarily, Sri Lankans prepare for this event in advance. For examples, new clothes are bought, houses are colour washed and various sweets are made. Also we usually give our priority to auspicious times. We can spend an enjoyable time not only among the family members but also with the neighbours. This is a time we can improve our relationships as well as unite all citizens. It is truly a national festival.

G.Kalani Jeewanthika Wickramasinghe

An Interesting Book I Read

I have read many books. Among them the most favourite one is "The little brownie house and other stories". It was written by the famous writer Enid Blyton. She is a popular author among the young. This book is about brownies. There are many stories about them in the book. The brownies are smaller than humans. They are like small princesses. They live in trees. This book is about their enjoyable activities. They build new houses, they organize parties and they play interesting games with each other. So, they lived happily.

This book was very interesting and I enjoyed reading it.

Purnisha Sathsarani

AR 102385

The Sinhala and Tamil New Year

The Sinhala and Tamil New Year is a traditional festival in Sri Lanka. This festival symbolizes prosperity and harmony in the country. It is celebrated by Sinhala and Tamil people on 13th and 14th April. Before the New Year, people make preparation for it. The houses are cleaned, new clothes are bought and various sweets like kokis, kavum, athiraha, dodol are made.

On the New Year's day people observe various rituals such as going to the temple during the 'nohathaya', lighting the hearth, partaking of the first meal, and going to work at auspicious. The Sinhala and Tamil New Year is a joyful day because it's the time all family members get together to celebrate the New Year.

M. Chathurya Sanduni

AR 102880



The Sinhala and Tamil New Year

Sinhala and Tamil New year is one of the most important celebrations in Sri Lanka. We celebrate this festival on 13th of April all over the country. Before the Sinhala and Tamil Newyear begins, we do many things such as clean our houses, and prepare delicious sweets etc. On New year day crackers break the silence. "Kiri ithirima" is the most important event of the day. It symbolizes prosperity and good luck. We meet all family members on that day. So, the New Year festival is a wonderful celebration celebrated by the Sinhala and Tamil people.

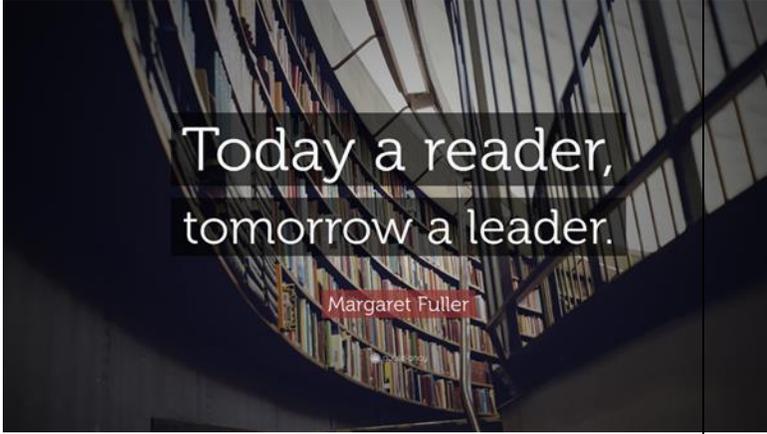
R.M.M.Umesha AR-102367



“A book
is a gift
you can
open
again
and
again.”

— Garrison Keillor

Parade



Today a reader,
tomorrow a leader.

Margaret Fuller