



# Inco Cent

Bimonthly News Magazine published by the Central Provincial Branch of Institution of Incorporated Engineers, Sri Lanka  
Volume 3-March 2021 (Date Issued: 05-Mar-2021)

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**Editorial**

Welcome to the INCO CENT News Magazine. We are proud to present you the third issue of INCO CENT News Magazine featuring the writing skills of IIESL-CPB Members and Family Members. Presently, we are accepting non-members articles also.

We are committed to showcasing your creative endeavors while also assisting you.

As such, we would love to hear your voices; from opinions about this issue, suggestions for columns for future issues. We want your input! email us at our email. We want this to be a collective effort and we will do our best to make that happen.

This edition offers ten articles outlining multi knowledge areas. In addition, the committee's activities during the last two months also incorporated. We are publishing herewith the answer for the Puzzle that appeared in Vol.2.

*"Great reading naturally leads to a great education"*

**Eng. Chathurani Gunathilaka**  
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**Second EXCO Meeting**

2<sup>nd</sup> EXCO for meeting of the Institution of Incorporated Engineers, Sri Lanka – Central Province Branch (IIESL-CPB) was held on 10<sup>th</sup> of January 2021 from 7.00 PM through online platform. Due to the prevailing situation in the country and the government imposed restrictions for gatherings, the Executive committee of the IIESL decided to hold the 2<sup>nd</sup> EXCO Meeting of the IIESL-CPB through an online platform.

Attended by 13 EXCO members of the institution, it was a successful event.

**Third EXCO Meeting**

3<sup>rd</sup> EXCO for meeting of the Institution of Incorporated Engineers, Sri Lanka – Central Province Branch (IIESL-CPB) was held on 28<sup>th</sup> of February 2021 from 7.00 PM through online platform. Due to the prevailing situation in the country and the government imposed restrictions for gatherings, the Executive committee of the IIESL decided to hold the 3<sup>rd</sup> EXCO Meeting of the IIESL-CPB through an online platform.

Attended by 10 EXCO members of the institution, it was a successful event.

**Special General Meeting**

A Special General Meeting was held on 7<sup>th</sup> February from 6.00 pm to 6.30 pm through online platform in order to appoint a new Audit Firm in the view of cost saving.

**Free Webinar by EDSCO**

Education and Training Subcommittee (EDSCO) has presented a free webinar on "Self-Motivation to overcome stress over Corona" under the theme of "Double your Happiness" on 13<sup>th</sup> Feb 2021 from 19.00 to 20.00 hours by using Zoom technology. Attended by 22 participants including member and non-member.

Resource Person:

Consultant Counselling Psychologist-Chandima Moonemalle Epa.



## We started to treat wastewater in Kandy City



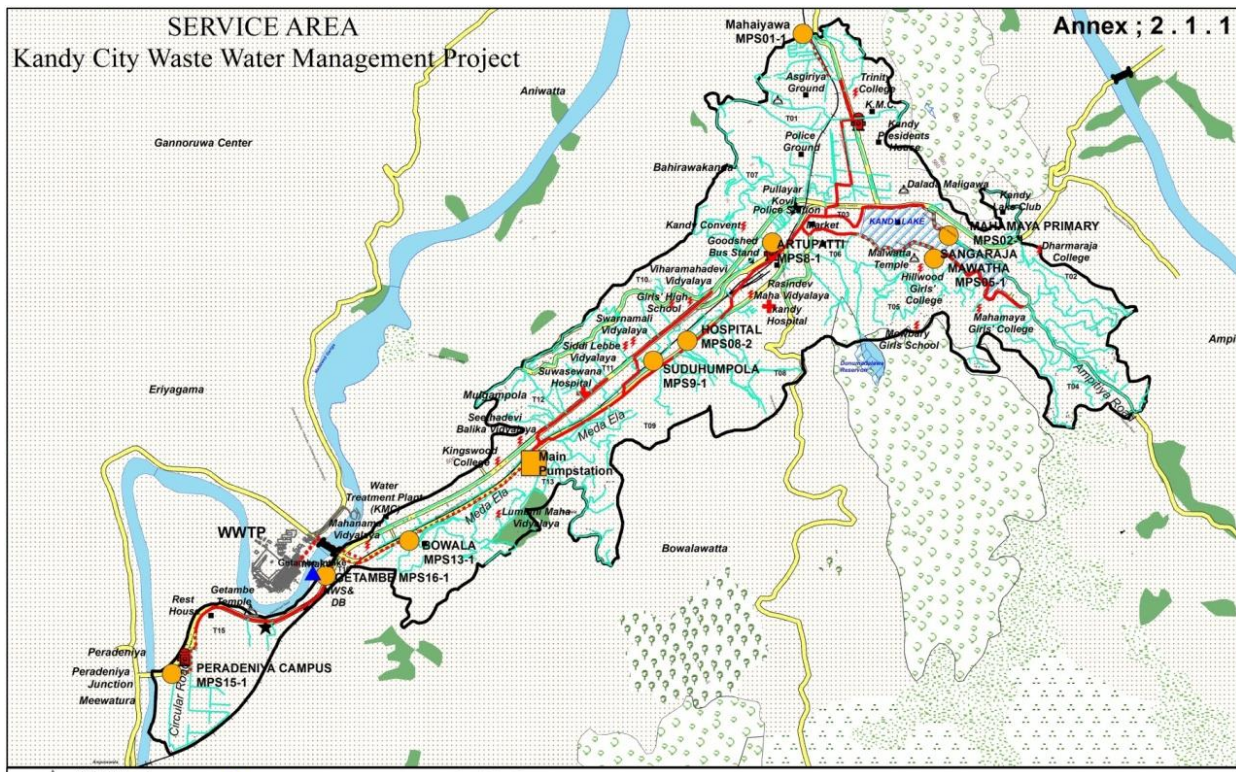
National Water Supply and Drainage Board-Central Provincial Branch started the operation and maintenance works of Kandy City Wastewater Management Project with the assistance of the Municipal Council of the Kandy recently.

Wastewater from each household units and buildings in Kandy city is collected, treated and dispose to the “Mahaweli river” by the separate collecting sewer network to improve the hygienic environment in the Kandy City. It is benefited to about 50,000 people who are living in the area

and additional 150,000 people who visit the service area daily.

The project consists of,

1. 93 km of the main wastewater pipeline.
2. 225 km of secondary wastewater pipeline.
3. 12 number of small pump houses and main pump house and purification plant with a capacity of 14000m<sup>3</sup>/day.
4. Provide and improvement of sanitary facilities for people living in densely populated areas.



< Service Area-KCWWMP >





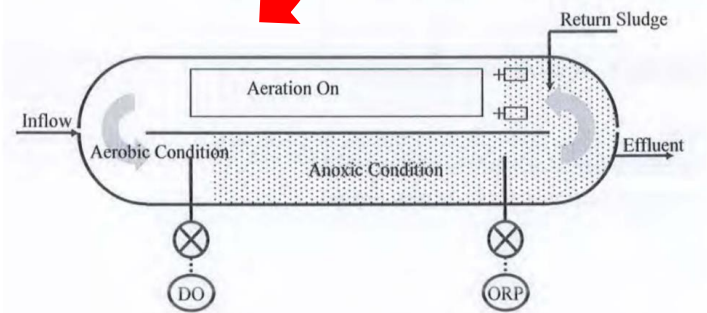
- Collected wastewater is pumped up to wastewater treatment plant and remove following pollutions through the process.
  - The suspended and floatable material
  - Biodegradable organics and nutrient
  - Pathogenic organism

### The Major Functions in Waste Water Treatment plant

- Preliminary Treatment Process (Removing of screening and Grit).
- Biological Treatment Process (Removal of Organics and Nutrients).
- Disinfection process (Inactivation of pathogenic organisms).
- Sludge Treatment Process (Reduction and stabilization of volume).

### REQUIRED TREATMENT QUALITY

Parameter	Influent Quality (mg/l)	Effluent Quality (mg/l)
BOD <sub>5</sub>	290	70
COD	490	250
TSB	265	20
T-N	70	10
T-P	7	5



The plant receives about 2000 m<sup>3</sup> /day (about 15% of the targeted volume) due to uncompleted secondary pipe network and domestic connections. This balancing work is expected to be completed by the end of this year.

Many IEngs, members of the IIESL –CPB have contributed to the project from the time of construction and commissioning.

The visiting the facility is temporary suspended due to the pandemic situation of the country. Enthusiasts who could propose innovative ideas for utilizing the plant’s by-products are welcome to visit the plant and submit their proposals.

**By Eng. Manjula Rajapakshe**  
**Vice Chairman of the IIESL-CPB.**  
**Officer In-charge-KCWMP**



## Ancient Water Purification Methods of World



Ancient people fulfilled their water needs from water sources like rivers, Lakes, fountains and rain. They harvested the groundwater by digging wells. But the water harvest was not clean. They tested the quality of water by methods like tasting, smelling and checking the cleanliness. These methods were acceptable in a time like 1000 BC since the water at that time was not as contaminated or polluted as today.

The main aspect of purifying water is to destroy the pathogenic microbes in it. A small quantity of any solid substances such as mud dissolved in water does not make a heavy impact in the short run. But long term consumption can cause health issues such as kidney failure.



The man found an interesting method of destroying pathogenic microbes using beneficial microbes. Beverages such as wine and beer are made using fermentation with beneficial microbes. The natural acidity in wine, beer can kill the pathogenic substances. Germans used these phenomena as a method of purifying water. As such consuming beer instead of water became a major habit of quenching the thirst in many western countries.

Story of Water Purification in the East is different from the aforesaid Western edition. Boiling water stands on top in such methods. Asians who normally do not vote for alcohol found this method as an alternative. Preparing Tea and Coffee with boiled water became a portable supply of nonalcoholic beverages.

The technique of crushing seeds from the Moringa Oleifera tree and adding them to water has been used in its native Indian of America for thousands of years. As well as reducing bacteria by over 90 per cent, the use of Moringa Oleifera seeds reduces 'turbidity' making water less cloudy and reduce water-borne diseases and deaths in the past.



A similar method was practiced by the ancient Sri Lankans by adding crushed 'Ingini'



seeds. According to the Ayurvedic facts, Ingini seeds possess oxidize quality that is equal in purification capacity strength possessed by Activated Carbon used in modern water purification processes.

Purifying water using ancient methods has become impractical in the present due to the heavy demand for Purified.

**By Eng. Sanjaya Dduwa**

**Chairperson of the Membership Subcommittee –IIESL CPB**

**Engineering Assistant-NWSDB**



## The Importance of **RESPONSIVENESS**

*The difference between those who succeed, and those who lose can be defined by one small practice.*



Imagine you have open a retail shop in the town. You are so busy so that you don't answer the phone even it rings. You don't talk to your employees who ask for some instructions. You think responding is not important and so that you do your work.

How long can you run the business successfully if you continue your style for a week? Your business becomes nothing even before a week. Customers will go to a shop where they are friendly responded. Employees would do whatever they want and whatever they think as of right. No customer calls. Only suppliers chasing payments.

Let's say you open a retail store. You choose to ignore the majority of people that walk into your store and ask a question. You rarely answer the phone. When employees ask you for direction on a task, you ignore them totally or delay your response for several days.

How long do you think you would stay in business?

My answer is "Not very long".

➤ **But just imagine a shop in the town where you are treated with a nice smile as you enter.**

A lack of responsiveness is the most common underlying problem I find at the businesses I work with experiencing issues achieving growth.

I am not suggesting you and your team respond to every spam e-mail, unsolicited phone call or direct mail item you receive. If you know the person and the inquiry is reasonable, you should respond. Responsiveness is especially significant amongst those within your firm.

### ✓ **Responsiveness Defines Your Personal Brand**

Why your friends, coworkers or clients send you emails. They expect a reply or at least an acknowledgement. If you don't respond you make them wait with the expectation of receiving a response. That is not a good thing. Just imagine how you feel when you are ignored? The same applies to others.

I have to respond to all e-mail that I receive by the end of every day. Even if the response is a simple "I need to get back to you". I use my assistant to help me stay on track with this task. She keeps up with the e-mail that comes into my box and follows up with a list of individuals that I may have missed. It's important to me and the personal brand I have established to be responsive.

A good practice is simple scanning through the e-mail you have received in the last 24 hours before you shut down for the day to make sure you didn't miss something.

Indeed, you cannot answer all emails when you are fully-loaded with work. But if you dare to reply as "noted", that would ease the tension in the sender's mind. But make sure to give a reasonably worth reply later. Ignorance can cause lifetime damages to you in work, business and relationship.

Some are trying to justify their poor responsiveness saying that "I don't want to lose my time on Junk", but remember Junk can be worthwhile.





## ✓ **Make it Easy to Respond**

I have a decent social media following. I spend some time following new people based on areas of mutual interest or because they have shared some of my content. Once or twice a day, individuals send me direct messages, but they haven't followed me back, I can't respond to them. Make sure the channels you use to reach out are open in a way that allows easy response. Asking someone to call you back and dropping them into a full voicemail box is frustrating and unproductive.

## ✓ **View Responsiveness as an Indicator**

I determine the institutions that I choose to work with based on the responsiveness of the owners. Their interactions with me during the initial stages and evaluation period speaks volumes about how successful they. I will be with making changes to their institutions.

We know that if the management is not responsive, they are not truthfully interested in making a change. I also know that lack of responsiveness will be pervasive through the organization employees follow what leadership does.

Your staff should pay attention to responsiveness during the work process. When and how others response speaks volumes to how healthy the long-term relationship will be when you sign them as a customer.

## ✓ **Costs You Values**

As the leader of an organization, your lack of responsiveness costs you real value. It is your job to move projects and initiatives along. When you delay a response, you leave valuable resources idled without direction on how to move forward.

*A good leader's role is to remove obstacles, not become one.*

## ✓ **Costs Others Values**

If you still haven't responded to the work order that represents new working technology last month, you have cost moral of management. Those who continue to follow-up with you, report information about your performance each week in their work schedules and they may be planning resources around your potential view. Do the right thing and let them off the hook if you don't plan to move forward.

We get more messages than ever before, but don't let the overwhelming number of non-essential messages get in the way of healthy responsiveness.

**By Eng. A.W.M. Munas**

**Assistant Secretary of the IIESL CPB**

**Senior Engineering Assistant-NWSDB**





## ANGER

Certain creatures by nature are unable to see during day time, while others are blind at night. The human being driving to great heights of hatred and bitterness is blind to see anything in the real sense, either day or night.



When we are angry, we start fighting. But we don't know whom we are fighting with someone or with ourselves. If we can understand the situation of particular anger properly, the dangerous enemy in our minds can be eliminated.



Anger grows stronger when fueled by emotion, especially when the craving is behind that emotion. At that moment of intense anger, a person ceases to be human, then he or she becomes a dangerous animal capable of destroying not only others but also themselves. Some person bound with anger, losses the reputation, occupation, friends and loved ones and mostly peace of mind, health and finally maybe life.

**When people are angry, seven things befall them according to the Buddha's discourses.**

1. They will be ugly despite being well dressed.
2. They will lie in pain, even if they sleep on a soft and comfortable bed.
3. They will do things harmfully and suffering by mistaking bad for the good and good for the bad.
4. They will lose their hard-earned wealth.
5. They will lose their reputation.
6. Their relatives, friends and kin will avoid them.
7. After death, the rebirth will take places in an unfavorable state of existence because somebody who is controlling by anger performs unwholesome actions through body, speech and mind that bring unfavorable results.

### Controlling anger

The better way to control anger is not to let undesirable thoughts exist in our mind. By using our will power, we focus our mind on something wholesome and subdue negative emotions. It is not easy to react peacefully when someone insults us. Observe the anger as a mental state without directing it to the object that causes anger. It is important to train ourselves to observe and analyze our emotions when we are angry.

There are many ways to control their temper. According to some Philosophers, one effective way is to practice the "time delay "method. "When angry, count to ten before you speak. If you are very angry; count to a hundred. "Make sure to be patient as anger lead us to a pathless jungle".

***Cultivate thoughts of loving-kindness to all beings. Do not let your mind be polluted by evil thoughts. The anger you hold in your mind can cause more damage than to other people. Therefore, cultivate a life of joy and love, even when living among the people you hate.***



By Eng. P.B. Dissanayaka

Member of the Professional Affairs Subcommittee-IIESL CPB



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IIESL CPB

FAMILY MEMBERS, NON-MEMBERS

ARTICLES

MEMBERS, FAMILY MEMBERS

POETRY

ARTS







## TRAVEL DESTINATION

### Visit to Sri Lanka

**Sri Lanka has been named the best Country in the world as tourist destination in 2019 and in 2020 in top List by Lonely Planet.**



Planning a visit to UNESCO World Heritage Sites can be overwhelming. We will be looking back to ancient civilizations and lands that time forgot, and will be overloaded with curiosities every time we dig deep into these rich archaeological and architectural wonders. The Cultural Triangle in Sri Lanka is home to 6 out of 8 incredible world heritage sites in the country, including Anuradhapura, Polonnaruwa and the Sigiriya rock fortress. These sites have preserved the prosperous culture and history of ancient Sri Lanka and exhibits a picturesque view of different ruling period of different dynasties. If you are in Sri Lanka, visiting these ruins of this glorious civilization should be on top of any itinerary.

#### Top Tips

- The **climate** in and around this area is usually warm and dry throughout the year. The average temperature varies between 72°F – 94°F with the hottest season being from March to May. So, you need to expect some sweating, tanning and sunburns if you are not careful enough. Don't forget caps/hats, sun cream, light cloths and of course water bottles when you pack your bag.
- Plan your **itinerary** – Some dates and seasons are fully crowded in this area. The local Buddhist devotees tend to visit the sacred places as Mihinthale and Ruwanweli stupa during June ('Poson season'), hence if you are visiting during this period, be prepared for heavy traffic and overcrowded attractions. Additionally, public holidays and poya (Full moon day) days are also expected to have high local visitors. Our advice for those who want to really enjoy these masterpieces is to avoid such peak tourism months and visit there leisurely. This will allow you to cover more attractions as well as enjoy them without any distractions.
- There are a lot of attractions. Literally a lot. Therefore, read around early and decide your priority attractions depending on the time you have.
- **Transportation** – if you are a non-local, easiest way to get around here is by taxi or tuk-tuk. There are plenty and the riders know exactly where to drop you off. The top tip here is to talk to the rider and discuss the taxi fare before you get into it. Some might prefer using a rented cycle as well, which gives a whole new level of experience. We do not recommend walking around unless you wish to get a heat stroke before you finish all the attractions.
- **Accommodation** – Many logging places, ranging from luxurious hotels, eco-friendly villas to home stays are available. This part of the country is dedicated to travel and tourism. Only catch here is to book a place with air conditioning.
- **Food and Beverages** – Do not forget to taste Sri Lankan traditional cuisine; buffet or set menu. It's a feast for the senses. You must definitely try fried tank fish. King coconut water is a bonus!
- There are no proper food outlets in these heritage sites itself, so you have to exit and go to the main town for restaurants.



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- **What to wear** – The sights contain religious shrines and monuments, so it's essential to dress respectfully and appropriately with covered shoulders and knees.
- Make sure you never get a photo with your back to Lord Buddha! Keep your voice down at the sacred/ religious premises as devotees might be praying and meditating. If you are instructed to, please take off your shoes and hats before you enter these places. You can even keep your shoes inside your vehicle as well.
- Since you may need to remove shoes, we highly recommend you visit these sacred places early in the morning or after the sun down. Otherwise, you are likely get sole burns by the hot sandy concrete and brick floors.
- In view of supporting these friendly locals, you can buy flowers, antiques, local products and souvenirs and so forth from the local vendors.

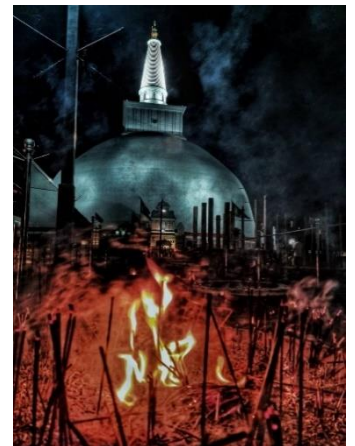
## Attractions

### ➤ Anuradhapura

Anuradhapura signifies the history, culture and religion of Sri Lanka. It's the first established kingdom of Sri Lanka and one of the oldest continuously inhabited places in



the world. In the history, it is written as a golden era, with prosper, fortune and power. Not only its ruins exhibit the mightiness of the ancient Sri Lanka, but also provide a remarkable destination for pilgrimages and devotees of Buddhism.

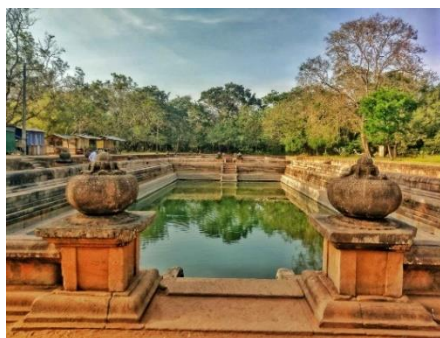


This is a country side, away from the rush cities, where you can unwind, and unplug. The massive stupas and dagobas that are standing out sky high, the stone-built statues and immense archeological ruins, all are obvious reasons for it to be titled as a UNESCO world heritage

site.

Highlighted below are only a few significant attractions.

- Mihinthale
- Isurumuniya
- Ruwanmeliseya
- Sri Maha Bodhi
- Lovamahapaya
- Jethawanaramaya
- Thuparamaya
- Mirisawetiya
- Samadhi Statue
- Aukana Statue
- The Kuttam Pokuna (Twin Ponds)
- Elephant Pond
- Ratna Prasada Guard Stone
- Archaeological Complex of Anuradhapura





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- Ranmasu Uyana And Wishwa Chakraya
- Abayagiriya Viharaya and Moonstone
- Stone Bridge
- Lakes – Abaya, Tissa, Nuwara, Nachchaduwa, Kala

You can have a dip in these beautiful man-made lakes for a splash of fun; but please check with the locals about bathing places as some are prohibited. Lake Nachchaduwa public bathing area was recommended for us, and it was really safe. This famous city steeped in cultural and religious heritage, definitely needs a separate article, if not many more. Anuradhapura was the capital city and the center of Theravada Buddhism for more than 13 centuries. Unfortunately, it was abandoned following an invasion by south Indian Chola forces under Rajaraja I, after which the capital was shifted to Polonnaruwa.

**By Dr. K.M. Anjana Karunatilaka**

**Photo Credit: Dr. Yohan Perera**



Next destinations are Polonnaruwa, Dambulla and Sigiriya Fortress.

**# STAY WITH US #**





## මානසික සැහැල්ලුව ඇති කර දෙන චිත්‍ර ප්‍රතිකාර ක්‍රමවේදය යනු කුමක්ද?



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ඔබ ඉතාම කාර්යබහුල, වගකීම් බහුල අයෙක් විය හැකියි. සමහරවිට ජීවිතයේ අත් දකින ඉතා කුඩා ප්‍රශ්නවල සිට විශාල ප්‍රශ්න දක්වා විවිධ අවස්ථා වල ඔබව ආතතියට පත්වීම වළක්වාගන්න ඔබ නොදන්නවා වෙන්වත් පුළුවන්. අපට ජීවිතයේ එන සිදුවීම් නවත්වන්නට නොහැකි වුනත් ඒවා මගින් අපට ඇතිකරන පීඩනය පාලනය කරගන්නට ඉගෙන ගන්න පුළුවන්. ඊට අපි දක්වන ප්‍රතිචාරය පාලනය කර ගන්නට පුළුවන්.

චිත්‍ර ප්‍රතිකාරය, Art Therapy මේ වෙනුවෙන් යොදා ගත හැකි බොහොම පහසු, ඒ වගේම ගැඹුරු ක්‍රමවේදයක්. මෙහි ඉතා සරල ආකාර කීපයක් ඔබට අද පෙන්වා දෙන්නම්. බොහෝ දෙනෙක් චිත්‍ර සලකන්නේ කුඩා දරුවන්ගේ දෙයක් විදියට. පුංචි කාලේ නම් ලස්සනට පාට කරන්න, චිත්‍ර අදින්න අපි කවුරුත් කැමතියි. නමුත් චිත්‍ර මගින් වැඩිහිටි විශේෂී ගත හැකි ප්‍රයෝජනය ගැන බොහෝ දෙනෙක් දන්නේ නැහැ...

ඉතා ඇත අතීතයේ ගල් යුගයේ මිනිසුන් පවා චිත්‍ර භාවිතා කරලා තියෙනවා.. මේ බව ගල් ගුහා ආශ්‍රිතව පවතින සිතුවම් ඇසුරෙන් දැකගන්නට පුළුවන්. ඒ වගේම සිගිරි සිතුවම් වැනි හැම රටකම පවතින විවිධාකාර වූ ගල්ලෙන් චිත්‍ර මිනිස්සුන්ගේ අදහස් ප්‍රකාශ කිරීමක් බව සොයාගෙන තිබෙනවා.. තමන් තුළ පවතින යම් පීඩනයක් නිදහස් කර හැරීමට චිත්‍රයට හැකියි. මේ මගින් තමන්ට තමන්ව තේරුම් ගන්නට හැකි වෙනවා.. තමන්ගේ ජීවිතේ පීඩනය, ප්‍රශ්න විසඳා ගන්නට මාගරියක් ලැබෙනවා.



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ජීවිතයේ ප්‍රශ්න වැඩිවෙනකොට, අපට තිබෙන වැඩ, වගකීම්, යුතුකම්, රාජකාරි වැඩිවෙනකොට තමන්ට තමන් අමතක වීම ස්වභාවයක්! නමුත් තමන්ගේ ජීවිතයේ අභ්‍යන්තරයට එබී බලන්නට හොඳම අවස්ථාවක් තමයි විත්‍ර ප්‍රතිකාර සමග එකතු වීම. ඔබ හිතන්නේවත් නැති අමුතු සුන්දරත්වයක්, ලස්සනක් තමන්ටම දැකගත හැකි වෙනවා මේ හරහා...

මේ එක්තරා විදිහක භාවනාවක්. තමන්ගෙ හිත එකඟ වෙන්න හැකියාව ලබා ගන්නට ඔබට පුළුවන් මේ ක්‍රමවේද හරහා. මේ මගින් ඔබට මුළු ලෝකයම ටික වෙලාවකට අමතක කර දමන්නට පුළුවන්. එය ඉතාමත්ම සුවයක්, පහසුවක් මනසට සලස්වා දෙනවා. ඔබේ ආතතියෙන් ඔබේ පීඩනයෙන් ඔබට මුද්‍රවනවා..



ඔබට මේ වෙනුවෙන් පොතක් පවත්වාගෙන යන්නත් පුළුවන්.( journal ) ඔබට දැනෙන දේ දිනපතා අදින්න. ඔබේ දවස කොයිවගේද? ඔබේ හැඟීම් කොයිවගේද? ඔබට දැනුන වර්ණ කොයි වගේද? මේ හැම දෙයක්ම සඳහන් කරමින් දවසෙන් දවස ඔබේ පොත ඉදිරියට ගෙන යන්න පුළුවන්. ඔබේ තරඟ මුණ, සතුටු මුණ, ඒ වගේම හිතේ පවතින සාමය මේ හැම දෙයක්ම අදින්නට ඔබට පුළුවන්. ඒ වගේම වර්ණ භාවිතා කරමින් ඒ හැඟීම් පෙන්වා දෙන්නට පුළුවන්.





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චිත්‍ර ක්‍රමවේදයේ තවත් පහසුම විදියක් තමයි පාට කිරීම. ඔබ තෝරාගත් යම් යම් පින්තූර වර්ණ ගන්වමින් ඔබට ටීක වෙලාවක් ගත කරන්නට හැකිනම් එයින් මනස ඉතාමත්ම හොඳින් සැහැල්ලු වෙනවා. ජීවිතයට අමුතු සිසිලසක් ලබාදෙනවා.. ඔබට තිබුණු පීඩනය, ඔබේ රාජකාරි වලින් මිදී මොහොතක් තනි වෙන්නට ලැබීම ඔබේ ජීවිතයට ලොකු පහසුවක්, සැහැල්ලුවක් අත්කර දෙනවා.

චිත්‍ර ප්‍රතිකාරයේ තවත් එක අපූරු අත්දැකීමක් ඔබට ලබන්නට පුළුවන් මණ්ඩල චිත්‍ර හරහා.. ඔබ ලබාගත් මණ්ඩල චිත්‍ර පාට කිරීමත්, එහෙම නැත්නම් අලුතෙන්ම මණ්ඩලයක් නිර්මාණය කිරීමත් ඔබ ඉතාමත්ම පහසුවට සැහැල්ලුවට පත් කරන ක්‍රමයක්. මේ චිත්‍ර කළ සුදු වර්ණයෙන් වගේම විවිධ වර්ණ භාවිතා කරමින් අපූරුවට පාට කරන්නට පුළුවන්.

මැටි භාවිතයෙන් නිර්මාණ කිරීම, කොලාජ් චිත්‍ර වැනි විවිධාකාර වූ ක්‍රම හරහා චිත්‍ර ප්‍රතිකාරය පවත්වාගෙන යන්න පුළුවන්. මෙය චිත්‍ර ඇඳීම පමණක්ම නෙමෙයි. අවසානයේ ඔබට දැනෙන්නේ ඔබේ ජීවිතය වර්ණවත් වන ආකාරයයි. ඔබ සැහැල්ලු වෙමින්, සතුටට පත් වෙමින් ගතකරන මේ සුළු මොහොත ඔබේ ජීවිතයට විශාල වෙනසක් අත්කර දෙනවා.

අනිත් දේ තමයි ඔබේ උගත්කම නිසා, ඔබේ අතේ මුදල් තිබෙන නිසා ඔබ හිතනවා විශේෂ වැඩමුළු වලට ගිහින් එහෙම නැත්නම් වෛද්‍යවරු හමුවෙලා ඔබේ මානසික ආතතිය නැති කර ගන්න අවශ්‍යයි කියලා... ඒත් ඔබ ලහම, ඔබ අවටම බොහොම පහසු, සැහැල්ලු ක්‍රමවේද පවතිනවා. එයින් එකක් තමයි මේ කලා හැකියාව වැඩි දියුණු කර ගැනීම. ඔබේ තුළ ඉන්න කලාකරුවාට ඉඩදෙන්න. ඒ වගේම නිතරම ඔබ තුළ සිටින ළමාවියට ඉඩ දෙන්න. අපි හැම කෙනෙක් තුළම අපේ ඇතුළාන්තයේ කුඩා දරුවෙක් ජීවත් වෙනවා. ඒ දරුවා කවදාවත් මිය යන්නේ නැහැ. අන්න ඒ දරුවා අසරණ වෙලා, හුදකලා වෙලා ඉන්නවනම් ඔබ ඉන්නෙ අසතුටෙන්. ඔබ ඉන්නේ විනෝදයෙන්, සතුටෙන්, ප්‍රබෝධයෙන් නම් ඒ කියන්නේ ඔබ තුළ ඉන්න දරුවා ඉතා ජීවමානයයි. ඔහු සතුටින් ඉපිලී ගිහින් ඉන්නවා. අන්න ඒ විදිහ ළමාවියක් ඔබ තුළ හැමදාටම පවත්වාගන්න පුළුවන් නම් ඔබට වයස අවුරුදු 90ක් වුණත් ඔබ ඉන්නේ සතුටින්, සැහැල්ලුවෙන්. මේ නිසා නිතරම ඔබේ සතුට රඳවා ගන්න නම් දරුවන් කළ දේවල්





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ඔබත් හැකි තරම් කරන්න.. එහෙම නැත්නම් ඔබේ ළමා කාලයේ ඔබ කළ දේවල් නිතරම කරන්න බලන්න. මේ සඳහා ඔබට හොඳම අවස්ථාවක් ලැබෙනවා ඔබේ දරුවන් සමඟ එහෙම නැත්නම් මුහුදු මිනිබිරියන් සමඟ ගත කිරීම හරහා. ජීවිතයේ අපට මේ වගේ කාලයෙන් කාලයට දරුවන් මුණ ගස්වන්නේ අපි තුළ ඉන්න දරුවා එක්ක සතුටින් ඉදිරියට යන්නට වෙන්න පුළුවන්.

එහෙමනම් දැන් ඔබ,

- චිත්‍ර ප්‍රතිකාර ක්‍රමවේදය කියන්නේ මොකක්ද?
- ඔබ තුළ සිටින දරුවා සතුටින් තැබීම හරහා ඔබේ වයස කීය වුවත් ඔබ සතුටින් ඉන්න ඔබේ කොහොමද?
- ඒ වගේම ඒ සඳහා කරන්නට පුළුවන් ක්‍රමවේදයක් වන Art Journal පවත්වාගෙන යන්නට දැන ගන්නා.....



ඔබේ සතුට ඔබ ළඟ රඳවා ගනිමින්, මානසික ආතතිය අවම කර ගනිමින් ඉදිරියට යන්නට ඔබට පුළුවන්.

**ඔබට ජය !**

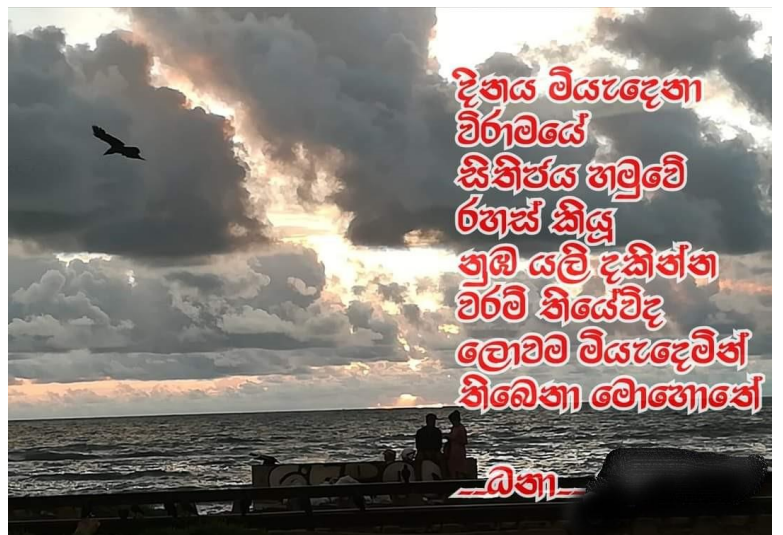


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ජම්බුදීපයේ මහියපොක්බලේ  
 මිණි පළඟ මන වැඩ ඉමිත්  
 යක්බයිත් හට දෙසා වදහල  
 දහම නිවනට වූ හෙයින්  
 සිහි නුවණ නිබු සියලු හෙලයින්  
 මොක් පුරට වැඩි අනුහසින්  
 හිස් උනා අපෙ ජම්බුදීපය  
 යක්බ දමනය වූ බැවින්  
 විජය සමගින් සන්සියක්වූ  
 පිටුවහල් කල මහ හොරන්  
 රජ උනා මෙහි කුවේණියගේ  
 සාප හා රත් ලේ මනින්  
 ජම්බුදීපය තම්බපණ්ණිය  
 වෙලා වැහිලා මෝහයෙන්  
 නිවන්පුර යන මග හොයනවා  
 මුණි දහම පිටුපා යමින්  
 එදා රජකල වෛරයාගේ  
 මග අනුව නිති සැරසෙමින්  
 මෙදා දක්වා පැවත එන්නේ  
 වෛරකම ලේ උරුමයෙන්  
 බලා සිටියට හෙල යක්බයන්  
 නැවත බිහිවන තුරු ඉතින්  
 නිවන්පුර වැඩි ඔවුන් කෙලෙසක  
 නැවත හමුවේවිද ඉතින්  
 -ධනා-

සංසාර ගමන තුල  
 හුරු පුරුදු ඉමක සිට  
 පසුවෙලා ඇවිත් නුඹ  
 මට හිනැහුනාදෝ  
 මද නලක සිසිල ගෙන  
 පිණි කැටිති නෙතින් ගෙන  
 මට සමීපයේ  
 හැඩිහුරුකම කලාදෝ  
 ගිම්හාන සරත් සෘතු  
 එකිනෙක ද පසුකරන්  
 වසන්තයේ  
 දොරකඩ නැවතුනාදෝ  
 මුදු සුළඟ සෙතෙහසින්  
 මුව කමලෙ තැවරෙමින්  
 නුඹ සමීපයේ  
 පෙම් ගී ගයනවාදෝ  
 සිත අකීකරු වෙලා  
 නුඹ ගැනම සිත සිතා  
 නිදි දෙව්දුවට  
 තෝක්කඩු කියාවිදෝ  
 -ධනා-





## Why should we protect the Environment?



The environment is the things around us, and it is a part of our life. It includes trees, animals, waterfalls, mountains and humans.

Always we need to protect the natural environment. We should not cut trees, destroy forests, harm animals and put garbage such as polythene, plastics or waste into the river. We get food from the trees, so always we protect trees. Also, we need fresh air.

In other words, we have to keep our environment clean. Furthermore, if we don't have fresh air, we will get so many deceases. When it comes to a polluted and unclean environment, we will get dengue, diarrhea, and skin deceases. So we need to protect our environment. If we cut trees, we don't get rain. If we get lack rain, we can't cultivate. To protect our natural environment, we must work hard.

If we go against our environment, it will harm us. Such as landslides, storms, and flood will happen. So, always we must pay attention to save our environment. Then we can get more and more benefits from it.

Finally, I would like to say that knowledge-driven education will help us study the environment and save our environment.

**By Sanuji Dedduwa (Daughter of Eng. Sanjaya Deduwa)**

**Grade 07**







# Inco Cent

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## Evening by the lake



By Mrs. Sewwandi Mallikarachchi

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By Thenuki Dhanasekara (Daughter of Mrs. Sewwandi Mallikarachchi)

Grade 6

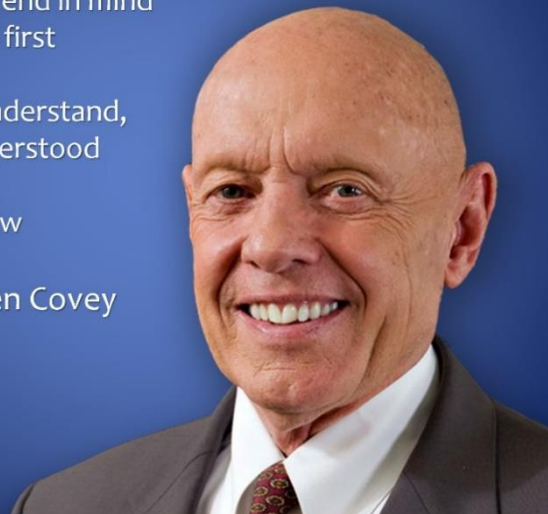


## Quotes of the Inco Cent

### The 7 Habits Of Highly Effective People

- 1 Be proactive
- 2 Begin with the end in mind
- 3 Put first things first
- 4 Think win/win
- 5 Seek first to understand, then to be understood
- 6 Synergize
- 7 Sharpen the saw

–Dr. Stephen Covey



Source: Stephen R. Covey's book, *The 7 Habits of Highly Effective People*®

### Personal Growth

There's no doubt that humans are happiest when they are fulfilled in their lives and not stagnating. Developing new skills, changing careers, learning unlearned things, having new experiences are all part of growing as a person.

Investing in yourself allows you to manage yourself more effectively and efficiently. Then you become **proactive about your future**. You become **empowered** to make things happen rather than waiting for things to come to you.



By Eng. Chathurani Gunathilaka Niwunhella  
Editor-IIESL CPB  
QA/QC Engineer-HKN JV





## SOLUTION FOR CROSSWORD PUZZLE # 1

1 h	o	2 n	e	s	3 t	y			
e		A			r				
a		U			o				
t		G			u				
		H			7 b	u	l	l	
		t			l				
5 f	9 l	y			4 e	a	g	6 l	e
	a							a	
	m		11 s					m	
	10 p		t			8 c	u	b	
			a						
			12 r	a	i	l	14 w	a	y
13 c	a	r	t				o		
							w		

### Across

- Most wanted quality to become a good engineer
- A bird that can fly very high
- Try and try then you can.....
- The Engine of a cart
- Baby wolf
- A popular band whose name consists this word and shop
- Parallel line is the key feature in this system
- Cats don't usually pull this

### Down

- A form of energy
- Black sheep didn't give any wool to this boy who cried down the lane
- You make this double if worry
- The animal mentioned in the first ever recorded song
- Florence Nightingale is famous as the lady walking with this
- One should to know how stop a machine before doing this
- A happy sound (exclamation)

By: Eng. Sarath Walisundara

General Secretary-IIESL-CPB