Annual Research Congress

PROCEEDINGS

PGIHS RC - 2022

Postgraduate Institute of Humanities and Social Sciences

University of Peradeniya

Postgraduate Institute of Humanities and Social Sciences

**Proceedings of the PGIHS Research Congress
PGIHS-RC 2022**

ABSTRACTS

16th December 2022

**Postgraduate Institute of Humanities and Social Sciences (PGIHS)
University of Peradeniya, Peradeniya, Sri Lanka
www.pgihs.lk**

PREAMBLE

The 2022 Research Congress (RC) at the Postgraduate Institute of Humanities and Social Sciences (PGIHS) marks a defining moment of higher education in post-pandemic Sri Lanka. As the mode of education transformed from virtual to in-person, the PGIHS stood its ground to organize the congress physically this year; thus, opening a wide space for the postgraduate students to share their research experience.

Following its vision, the PGIHS, affiliated with the University of Peradeniya, offers postgraduate degree/diploma programmes and short courses in 22 different disciplines under five Boards of Study. Further, its interdisciplinary/professional programmes provide additional opportunities to postgraduate students. The programmes and course syllabi are updated regularly through curriculum revisions by restructuring teaching methods and practices, the content of courses, and modes of evaluation to accommodate the student's needs, interests, and abilities.

The primary medium of instruction at the PGIHS is English, yet many students are interested in following degree programmes in either Sinhala or Tamil. Furthermore, a large number of PGIHS students have pursued their undergraduate programmes in Sinhala or Tamil. Therefore, for many students, the annual research congress becomes the first-ever experience to present their research work in English within a formal academic setting. Thus, the Research Congress is a platform that encourages postgraduate students to continue their studies and share their research findings with greater confidence in the universal de facto language of science, English.

The PGIHS-RC 2022 provides a forum to present postgraduate students' research in a wide range of disciplines within the Humanities and Social Sciences, where they can interact and establish research networks and collaborations with academics of different disciplinary backgrounds and both local and international researchers.

A total of 92 abstract submissions were received for the PGIHS-RC 2022. All submissions were subjected to a double-blind peer review process. Reviewers were experts in the academic fields relating to the congress themes. Out of 92 above, 65 abstracts were selected for oral presentations at the congress and published in the Congress Proceedings. This year, eleven technical sessions under eight themes allowed authors to share their newest research results and findings in the respective related fields. Six technical sessions in the morning and five technical sessions in the afternoon are organized under the themes of i) Human Rights and Multiculturalism, ii) Religious Studies, iii) Aesthetics, Culture and Language, iv) Society and Environment, v) Economics and Management, vi) Education, vii) Philosophy and Psychology, and viii) Politics, Law, and Governance. Each session has a Chairperson and a Discussant who will serve as evaluators of the oral presentations. A plenary session at the end of each session opens the forum for the audience of peers and senior academics to ask questions,

make comments and thus provide constructive feedback on their research. The best presentation in each session will be awarded a certificate at the closing ceremony of the congress.

The Inaugural Session of the Research Congress will be held at the PGIHS with the participation of the Chief Guest, Madam Ambassador Trine Jøranli Eskedal, Royal Norwegian Embassy. The other distinguished invitees are the Vice Chancellor of the University of Peradeniya, Prof. M.D. Lamawansa, Deputy Vice Chancellor, Directors of Postgraduate Institutes, Deans of Faculties, Members of the Board of Management, and the Boards of Studies of the PGIHS. The Keynote Address of the Congress will be delivered by Professor Sudhir Kumar, from the Department of Evening Studies-Multidisciplinary Research Centre, Panjab University, India.

We sincerely believe that the PGIHS-RC 2022 will provide an academically enriching and pleasurable experience for every author, presenter, and participant. We hope the critical discussions at the technical sessions will promote new ideas and avenues for collaborative research in the Humanities and Social Sciences.

Editor-in-chief
PGIHS-RC-2022
16th December 2022

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(TECHNICAL SESSIONS)

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II. Religious Studies
III. Aesthetics, Culture and Language
IV. Society and Environment
V. Economics and Management
VI. Education
VII. Philosophy and Psychology
VIII. Politics, Law, and Governanc

PGIHS Research Congress-2022
16th December 2022

PROGRAMME
Inaugural Session
Time: 9.00 a.m.-10.20 a.m.
Venue: Conference Hall, PGIHS

08.55 a.m.   Arrival of Guests

09.00 a.m.   Lighting the Oil Lamp

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Professor Suresh J.S. de Mel

09.15 a.m.   Address by the Dean/Faculty of Arts
Dr. E.M.P.C.S. Ekanayake

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Professor M.D. Lamawansa

09.30 a.m.   Address by the Chief Guest
Madam Ambassador Trine Jøranli Eskedal, Royal
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Professor Prasad Sethunga

10.30 a.m.   National Anthem

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VIGILANCE IN INTERNATIONAL POST-GRADUATE EDUCATION

L. Lybæk

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In her book "Outside in the teaching machine", Gayatri Spivak (1993/2009) reflects on questions of marginality and privilege, and her own position as a postcolonial/radical teacher in academia. From this position of being both outside and inside, exposing the built-in problems in the structures she inhabits, *vigilance* becomes a key concept and practice (p. 70). For Spivak, there is no space 'outside' these structures, from which she untainted can enter into a critique without herself being implicated, "the problem and the solution are entangled" (p. 59). Instead, she offers the concept of vigilance: to acknowledge and become aware of one's own entanglement, investments, and complicity. The partnership program "Human rights and reconciliation in a post-conflict multicultural society" between the University of Peradeniya and the University of South-Eastern Norway is funded by the Norwegian Partnership Programme for Global Academic Cooperation (NORPART). The program is one of many promoting internationalization in higher education, aiming towards "intercultural competence and knowledge; and competence related to the Sustainable Development Goals" (DIKU 2021, p. 2). Internationalization incentives higher education such as NORPART answers to both educational, political, and commercial demands with the terms intercultural competence and diversity figuring as "floating signifiers" with contradictory content and aims. Taking up Spivak's call to vigilance, in this presentation I discuss the joint internationalization project between UoP and USN in light of these contradictory notions of diversity and their implications for pedagogical aims and practices. I do so from the perspective of teaching and learning in international post-graduate education.

Keywords: Diversity, Intercultural competence, International post-graduate education, Vigilance

HUMAN DIGNITY IN TIMES OF THE ANTHROPOCENE

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The current situation of the planet is getting more and more unfriendly, with severe consequences for life on the planet. Humans are responsible for many/most of the causes of these processes. The present period is called the *Anthropocene*, which means that humans have had a major influence on the planet and the current situation. Human rights are based on and rooted in human dignity - a complex and much-debated concept. While the concept was significant in the formulations of human rights after the atrocities of WWII, historically, it has given legitimation to human exceptionalism and anthropocentrism. In this presentation, I challenge aspects of the concept of human dignity., based on Derrida's philosophical understanding. I will argue that Derrida develops a wider and more inclusive understanding of human dignity. He introduces a dual pair of dimensions of human dignity: the incalculable and calculable and the unconditional and conditional. The incalculable represents the singular and unique dimension of the human, while the calculable takes the human into contextual reflections. In continuation of Derrida's understanding, I discuss his model in relation to other aspects of life on the planet. I place Derrida's position in dialogue with Bruno Latour's network theory. Latour challenges the split between humans and animals/nature that has dominated the understanding of humans in western philosophies from antiquity. This split has led to an understanding of science as neutral, as objective facts discovered in laboratories. This view of science and technology is a significant cause of the *Anthropocene*. Latour, while supporting science and technology, holds that these cannot continue to be perceived as purely neutral. He finds not only the use of scientific findings problematic but also the technology and scientific results in themselves. In his view, these need to be assessed in relation to ethical values. In the context of the *Anthropocene*, human dignity has to be redefined. This means that humans cannot be regarded as above nature in the way it has traditionally been conceived. The presentation is a discussion of these challenges.

Keywords: Anthropocene, Derrida, Human dignity, Latour, Politics of nature

THE CASE OF KURAGALA: 'IMAGINED OWNERSHIP' IN BUDDHICIZATION PROCESSES AGAINST CULTURAL SITES IN SRI LANKA

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'Buddhicization' is an ethno-religious act premised on nationalism, involving the *'imagined'* claims to the property and construction of Buddhist shrines, utilizing governmental tools, such as, among others, military involvement in minority religious and historical sites in Sri Lanka. Since 2009, studies have identified *buddhicization* in different parts of Sri Lanka, particularly in the Northern and Eastern provinces involving the erasure of epistemological and cultural lineaments of minorities in Sri Lanka. Drawing on the concept of 'imagined communities' by Benedict Anderson and Bavnotora De Santos' concept of 'abyssal thinking', this study sketches a lens to investigate the process of *buddhicization* in Sri Lanka with reference to the Jailani in Kuragala case, which is a *buddhicization* process against the Sufi hermitage shrine of Daftar Jailani in Kuragala. This study, therefore, highlights that the process of *buddhicization* in the case of Kuragala is a state-led attempt through various *'tools'* of 'epistemicide' and 'culturcide' of the Muslim cultural lineaments. This is a qualitative study, adopting the case study approach. The researchers intensively investigate the Kuragala case under the lens of Abyssal thinking and Imagined Ownership. Through the sketched-up lens, the paper concludes that the Buddhist *'imagined'* ownership of archaeological and cultural sites specifically in the Kuragala case is, in its intent and content, a colonial dominating hegemonic act of both 'epistemicide' and 'culturcide' against the Muslim community in Sri Lanka.

Keywords: Abyssal thinking, Culture, Coloniality, Imagined communities, Kuragala

STRENGTHENING SRI LANKA'S FEMALE POLITICAL FUTURE IN THE PROGRESSIVE DEVELOPMENT OF WOMEN'S HUMAN RIGHTS

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Sri Lanka is a country that prides itself on producing the world's first female Prime Minister in 1960 and subsequently goes on to elect one of the first female Presidents in 1995 who served two presidential terms. However, it's unfortunate that decades later, it has become a mere roadmap of forgotten leaders. The current parliament of Sri Lanka has only 12 female parliamentarians out of 225 Members of Parliament on an island where the majority of voters are female (56%). Although Sri Lanka had two leading female political figures, Sirimavo Bandaranaike and Chandrika Kumarathunge-Bandaranaike hailed from a privileged background of political connections and influence. This begs whether their appointments were indeed reflective of women's empowerment or rather a reiteration of deeply ingrained nepotism and an urge for a monarchist attitude in Sri Lanka's political culture. It can be observed that there is no political maturity in Sri Lanka as voters lack the political intelligence to make informed decisions by comparing public policies and appreciating the contribution of educated professionals. This research is primarily based on desk-based qualitative research utilising primary and secondary sources such as legislation and case studies. Research shows that special quotas to encourage female participation in politics have had much success in most countries. However, it's imperative to note that Sri Lanka has had little to no success despite the recently passed Local Authorities Elections (Amendment) Act No 16 of 2017 s.7, which allocated 25% of the seats in Local Authorities for women. This is because these seats are filled by women who have familial connections to those in politics and fail to have a meaningful impact on the policy-formation process. Moreover, the lack of financial incentives and exorbitant cost to fuel an election campaign further discourage women from running for political leadership positions in all forms of government elections. An inherent bias about female politicians in power was identified as another cause for reluctance in voters to have confidence in female representatives. Unique female issues such as reproductive rights, period poverty, marital rape, and gender-based violence are overlooked due to inadequate female representation in positions of policy-making and influence.

Keywords: Elections, Female parliamentarians, Female representation

IMPACTS OF THE UMA OYA MULTIPURPOSE DEVELOPMENT PROJECT ON THE HUMAN RIGHTS OF THE AFFECTED COMMUNITY

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Human rights are principles based on equality, fairness, and dignity inherent to all human beings, regardless of their status. Development should be a process that can enhance human capabilities, freedoms, and values. Sustainable human development links human rights with development by placing human beings at the centre of the development practices. Developing countries perceive that economic development cannot be gained without drastically changing the environment, yet environmentally unsustainable development activities have directly and indirectly violated human rights globally. Against this backdrop, this study examines the impacts of the Uma Oya Multipurpose Development Project (UOMDP) on the human rights of the affected community. The UOMDP located in the Badulla district has the combined aims of electricity generation, irrigation and water supply enhancement. In this qualitative study, the available literature has been reviewed to observe the impacts of the UOMDP. Moreover, the theoretical framework of this study is based on the concepts of sustainable human development and the right to development identified through the scholarly works of researchers such as Amartya Sen, Martha C. Nussbaum, Stephen Marks and Jack Donnelly. Those concepts mutually combine human rights, economic development, and the environment. Analysed data reveal that the UOMDP has violated the affected community's rights to land, an adequate standard of living, and a clean, healthy, and sustainable environment in myriad ways. Under these circumstances, the human rights violations related to the right to water and sanitation, adequate housing, and decent work were identified as the most adverse outcomes of the UOMDP. Apart from that, the analysed literature revealed that this project had caused severe environmental degradation by causing threats to the ecosystem in the surrounding project area. This context has made Sri Lanka's commitment towards achieving the Agenda of Sustainable Development Goals (SDGs) sceptical. It was further revealed that the conflict of interest in the feasibility study of the project, failure in direct technology transfer, and, most importantly, vulnerability caused by ignorance in the process of implementing the project are the major causes of such violations of human rights. In conclusion, many negative impacts of the UOMDP indicate that this project is unsustainable and does not comply with the United Nations human rights standards and sustainable development principles enshrined in international human rights charters.

Keywords: Human Rights, Sustainable Development, Uma Oya

HUMAN RIGHTS VIOLATIONS OF THE THELINGU COMMUNITY: AN EXPLORATORY STUDY

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Biological and psychological factors led to the emergence of humans. Therefore, mankind has universally inherited their rights. However, in the subsequent social evolution, various conditions for human rights violations were created within human society itself. Violation is often used to describe an act that violates a treaty or a fundamental right, such as a global climate agreement or a human rights violation. There are several reasons to relate to underdevelopment, economic pressure, various social problems, and international conditions. 'Caste' refers to a social system with a strict hierarchy, often based on the concepts of purity and corruption. Caste-based discrimination and violence are contrary to the basic tenets of universal human dignity and equality. They are unacceptable as they vary between the 'lower' and 'higher' categories of individuals. The key objectives are to identify the low-caste communities' rights violations and to investigate the culture, traditions, attitudes, and children's background of the low-caste community. Research supposes that the awareness of/about the low caste community is important and people in society need to be aware of this fact to alleviate discrimination. There is no sufficient research on this topic in Sri Lanka. Therefore, this research aims to recognize the nature of human rights violations of the low caste community of Siyambalagaswewa in Anuradhapura district employing convenient sampling techniques and intending to draw a sample of 06 for interviews. The sample was selected purposely by paying attention to the 'Siyambalagaswewa Thelingu' village in Anuradhapura. The current research was carried out with the qualitative method approach, and data were collected through semi-structured interviews and analysed by thematic analysis. The Sri Lankan 'Theligu' community also came from Northern India. Human features have been changed probably due to mixing with other communities. Many people surrounding their community do not want to have any connection with them. They refuse to live in established settlements with others. They are engaged in the field of entertainment and activities such as monkey dancing, snake charming, handicrafts, ancient herbal medicine, and divination. The research identified some problems, such as communication restrictions, lack of job opportunities, lack of infrastructure facilities, and lack of land for cultivation. Finally, it was also evident that children are affected by unstable family conditions and language issues.

Keywords: Caste, Human Rights, Thelingu, Violations

THE 'SCHEDULED TRIBES' JURIDICAL IDENTITY AND THE RESERVATIONS SYSTEM IN COLONIAL INDIA: REFLECTIONS ON THE SYSTEMATIC MISRECOGNITION AND NON-RECOGNITION OF ADIVASIS

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In recent decades, indigenous rights have gained headway in human rights and multiculturalism discourses. As theories of multiculturalism continue to deliberate on accommodating differences between diverse cultural groups within the broader societal fabric, questions about indigenous identity have spurred their own set of considerations for national policies in different societies. Indigenous rights are a contentious topic in contemporary India, as indigeneity remains contested due to its colonial past. However, in 2013, the Ministry of Tribal Affairs reported that 8.6% of the entire population constituted the *Adivasi* community, India's 'tribal' population, which accounts for 104.3 million people. Despite being grouped under the aegis of one name, *Adivasis* are a deeply heterogenous populous across India. In national legal and policy frameworks, Adivasis are recognized as 'Scheduled Tribes', a juridical identity that originated during the British Colonization of India. The Indian State retained the colonial terminology and continued rejecting the Adivasi people's indigenous status. Noteworthily, India has not ratified the Indigenous and Tribal Peoples Convention of 1989, No. 169. However, the Constitution of India guarantees 'Scheduled Tribes' special protective rights by way of affirmative action (reservations) to ensure equality and non-discrimination for Adivasis. This study engages in a critical analysis of the legal and policy frameworks governing the reservation system of the 'Scheduled Tribes' in India and answers two questions: how the reservations system reinforces discrimination against Adivasi people, and whether the coloniality of the 'Scheduled Tribes' juridical identity evinces an underlying epistemological deficit that violates the rights of Adivasis in India. Drawing from theories of misrecognition and the concept of 'abyssal thinking', the study underpins that the reservations system is epistemologically flawed as it is founded on the colonial 'Scheduled Tribes' identity. The rationale underlying the rights guaranteed under the reservations system for the Adivasis is the ideology of primitivism. As a result, the study concludes that the system of reservations reinforces the colonial misrecognition of the Adivasi identity and denies Adivasi communities the indigenous status by producing an 'abyssal line.' Accordingly, the study iterates the need to address the epistemological issue of coloniality and deinstitutionalize the 'Scheduled Tribe' juridical identity to strengthen the right to equality and non-discrimination for Adivasis in India, where such deinstitutionalization will ensure recognition for Adivasis as 'indigenous' people.

Keywords: India, Indigenous rights, Misrecognition, Reservations, Scheduled Tribes

A COMPARATIVE STUDY OF THE CONCEPT OF *ABHISAMAYA* AS GIVEN IN THERAVĀDA AND MAHĀYĀNA TRADITIONS

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This article aims to analyse and compare the concept of *Abhismaya* (Chinese: 現觀, realisation) as explored in Theravāda and Mahāyāna Buddhism. The term *Abhisamaya* means comprehension, realisation, and penetration. It is one of the fundamental and significant concepts in the Buddhist doctrine on praxis which takes the practitioner towards the realisation of truth. In other words, *Abhisamaya* means direct and clear realisation, which is a kind of direct wisdom and intuitiveness at the moment of understanding the reality of everything. There are many different interpretations of the term *Abhisamaya* according to the Theravāda and Mahāyāna perspectives. This research aims to answer these research problems: (1) How was *Abhisamaya* interpreted in the early and later period of Theravāda and Mahāyāna traditions? (2) What are the similarities and differences of the function between both traditions? This research applies the comparative method, literature research method and analytical method. It depends mainly on the Buddhist texts of the Theravāda and Mahāyāna traditions. From the Theravāda perspective, the researcher has chosen the texts in the *Sutta Piṭaka* and the *Visuddhimagga*. Concerning the Mahāyāna perspective, the study included the texts of the Mādhyamaka and the Yogācāra traditions, such as the *Mahāprajñāpāramitā Sūtra*, *Abhisamayālaṃkāra*, *Mahāyānābhidharma-samuccaya, Vijñāptimātratāsiddhi*. After examining these texts, it was revealed that in the Theravāda perspective, the concept of *Abhisamaya* can be seen as highly expanded. From the Mahāyāna perspective, a more sophisticated theoretical and practical system of *Abhisamaya* has been interpreted in the Mādhyamaka and the Yogācāra Schools. Furthermore, it revealed that there are three similarities which are found in interpretation, object, and stage. In contrast, there are three differences which are different objects, practice methods and divergent intuition stages and fruition in the interpretation of the concept of *Abhisamaya*. In addition, *Abhisamaya* relates to the process of realisation leading to enlightenment in both traditions. *Abhisamaya* is the boundary between ordinary people and the noble one (*ariya*). It can also be said that those ordinary people do not comprehend the Four Noble Truths; thus, they are deluded and ignorant, hampered by numerous sufferings. Based on the analysis of the concept of *Abhisamaya* in Theravāda and Mahāyāna Buddhism, it can be concluded that the concept of realisation plays an important role in entering the Noble path. When the practitioner has achieved the complete penetration or realisation of truth, he or she has reached the end of suffering.

Keywords: *Abhisamaya*, Noble path, Noble one, Suffering

PSYCHOLOGICAL INFLUENCE OF INITIAL THOUGHT (*VITAKKA*) ON PERSONALITY-TYPES IN THE *SUTTANTA* AND *ABHIDHAMMA PIṬAKAS*

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In the world, there is a saying, "the life of birds ends in flying; the life of humans ends in thinking". The aim of the research is to select the rationale behind the typologies of *vitakka* and persons. In this paper, the discussion emphasizes the persons and *vitakka*. Next, the categorization of *vitakka,* depending on the type of person, has been examined. This study shows that *vitakka* influences every person and which sort of *vitakka* occurs in which sort of person. The question has been raised about how *vitakka* manipulates human beings and why it has many forms. Principally, the textual method, an explanatory case study, comparative research and a descriptive case study are adopted in this research. The thought-person relationship can be apparent as eight modes of thoughts of a great person and thoughts of the *Buddha*. Because of a person's greatness, thought is great or conversely, due to thought's greatness, a person is great. Two kinds of *vitakka* habitually occur to the *Buddha*: the thought of safety, which is directly associated with great compassion and the thought of seclusion, that is the forerunner of and accompanied by the attainment of fruition. Thought is one of the most influential psychological forces. Additionally, twelve types of persons correlate with their respective *vitakka*. Meditation practitioners and even the *Bodhisattas* are influenced by thought. In the former, *vitakka* is named defilement and thought of *dhamma*. Although a meditation practitioner can remove *upakilesavitakkas*, there remain *dhammavitakkas* in him. On the other hand, habitual thinking takes place in the mind of the *Bodhisatta* with great effort to meditate. *Vitakka* influences all humans. No one does not think in the living world even though there may be moments when one does not think about anything. The significance of this study is for those who wish to analyze a manipulation of personality-types by *vitakka* and to gain a clear conceptual understanding of the system in the Buddhist literatures.

***Keywords*:** Correlate, Manipulation, Personality-types, *Vitakka*

AN ANALYTICAL STUDY ON THE SIGNIFICANCE OF TECHNIQUES USED BY THE BUDDHA TO REVEAL THE ABSOLUTE AUTHENTICITY OF *NIRVĀṆA*

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The research aims to analyse the sublimity of distinctive strategies applied by the Buddha to disclose the absolute authenticity of Summum-Bonum so-called *'Nirvāṇa'* and to what extent these may truly be effective in the achievement of expected outcomes. Further, in search of diverse techniques utilised by ideal disciples of the Buddha to point out the transcendency of Summum-Bonum and its absolute nature, the research will provide an extraordinary understanding of *Nirvāṇa*. The study intends to address the following problems: what techniques applied to disclose the absolute authenticity of *Nirvāṇa* by the Buddha and to what extent may these be truly effective. Understanding that this reality of *Nirvāṇa* can ideally be experienced through the extra-sensory perception is significant. There is no other way one can perceive or experience it or admire its realistic nature. Therefore, all the discloses of *Nirvāṇa,* and its realistic authenticity will only be mere conceptual definitions, mental simulations, or conventional truths to the listeners. However, in the critiques and discussions on the concept of *Nirvāṇa* that has been based on the doctrine of (*Sammutisacca*), the Buddha presents a multitude of expressions: similes and metaphors to prove the existence of *Nirvāṇa*, while the Buddha perhaps emphasises the concept of *Nirvāṇa* as constructive imagination that is expressed through language. Through the perfect enlightenment of the significant gap between concept and reality, the destruction of the continuous cyclic process (*Saṃsāra*) can be successfully attained. To reveal the ultimate nature of *Nirvāṇa* to living beings, the Buddhas sacrifice their whole life. Furthermore, the Buddha has a unique ability to truly understand, perceive and experience these deeper realities and distinctively reveal them to the intellectuals. That is the reason why an account of techniques was used by the Buddha in this great mission. As it is stated in early Buddhist teachings, these techniques can be illustrated as follows; to reveal meaningful mental projections to understand the absolute authenticity of Summum-Bonum, to promote the pure transcendency of *Nirvāṇa* through previous experiences of those who attained it, to define the nature and reality*,* the usage of conceptual definitions to define the true nature, to represent the absolute relationship between *Nirvāṇa* and other ultimate realities, and especially to recommend and promote truly valued diverse approaches for *Nirvāṇa*. The research methodology relates to qualitative research's philosophical, spiritual, and realistic fields. The research emphasises the Buddhist ideology on techniques used by the Buddha to reveal the absolute authenticity of *Nirvāṇa* with special reference to Early Buddhist Teachings.

Keywords: Absolute authenticity, Buddhist techniques, Early Buddhist teachings, *Nirvāṇa*, Summum-Bonum,

A BUDDHIST PERSPECTIVE ON UNDERSTANDING RIGHT CONSUMPTION IN THE SENSE OF WELL-BEING

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It is commonly believed that consumerism has not only become a part of our life but also become an inseparable and unavoidable need in everyone's life. But in contrast to ideas expressed by many, the danger of unstable finance, unbalanced living, overconsumption, and stress are results of our limitless cravings. This paper aims to illustrate the concept of right consumption according to Buddhist doctrine and to show the extent to which it plays a role as a therapy resulting in both physical and mental well-being. Besides, it intends to examine extreme lifestyles in relation to modes of consumption such as excessive consumption, shopaholic behaviour, etc., focusing on the fact that such behaviour is due to our greed, failure to exercise self-control, and attraction to impulsive buying. Moreover, this paper deals with wants or desires to understand two types of desires that produce them. In the first place, our unlimited desire is derived from *Taṇhā*, which is the main cause leading to overconsumption resulting in the inability to reach a point of final contentment due to egoistic impulses and the intensity of desire referred to as *Chanda*. The fundamental material needs (*Paccaya*) are food, clothing, shelter, and medicine, considered by the Buddha as the basic requirements for leading a contented and balanced life. The concept of contentment, moderation, balanced livelihood (*Samajīvikatā*), and so on will not only be solutions to the current social problem of overconsumption or wrong consumption, which leads to self-defeating consequences in the attempt to attain the goal of genuine happiness and well-being in this life. It goes against the widely prevalent notion that maximising consumption leads to maximising happiness. Furthermore, this paper aims to illustrate the distinction between right consumption and wrong consumption from the perspective of the teachings contained in the Buddhist scriptures. In developing the ideological standpoint of this paper, qualitative and descriptive methods might be used to analyse the causes leading to wrong consumption, offer solutions to the identified issues, and illustrate the data in the Buddhist scriptures to understand the concept of right consumption. According to Buddhism, consumption may occur in two ways: individual consumption and shared consumption. Understanding right consumption involves understanding the role of sharing the available goods and principles of apportioning wealth (*Bhoga-vibhāga*) in a manner that is conducive to the attainment of the long-term happiness of both the self and others in this very life, promoting physical and emotional well-being within the family unit as well as the larger society.

Keywords: Balanced livelihood, Contentment, Right consumption, True Well-Being, Wants and needs

A CRITICAL STUDY ON BUDDHIST MEDITATION PRACTICE IN CONTEMPORARY VIETNAM IN THE 21st CENTURY

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The Lord Buddha stated: "this, monks, is the only way for the purification of beings, for the overcoming of sorrow and distress, for the disappearance of pain and sadness, for the gaining of the right path, for the realization of *Nibbāna*". At that time, he began preaching meditation to all classes of society in the Middle Indian region. Following his teaching and the practice of meditation, several of his followers attained the ultimate goal of *Arahantship,* ensuring their liberation from the sufferings of the round of existence *(Saṃsāra)*. The holy *Saṅgha* community, unfortunately, was separated into two sects because of controversies related to disciplinary *(Vinaya)* and doctrinal matters one hundred years after the passing away of Lord Buddha. These sects are called *Theravādin* and *Mahāsaṅghika*. *Theravāda* school has two kinds of meditation: *Samatha* and *Vipassanā*. In the *Mahāyāna* school, it is maintained that a person must save oneself by saving others. Only a Bodhisattva is motivated by an attitude toward helping others. Therefore, *Mahāyāna* Buddhism encouraged its followers or practitioners to cultivate an attitude based on the premise that the practitioner already possessed the necessary potential to realize Buddhahood, for the original nature of the mind is pure. It introduced a new concept of Buddha according to which Buddhas such as Amitābha or Sākyamuni were considered never to have entered extinction *(Parinirvāna)*. They are seen as continuing to help sentient beings. *Bodhisattva* practices are characterized by the six perfections. Meditation techniques in *Mahāyāna* are not entirely different from those of *Theravāda. Mahāyāna* accepts the Four Noble Truths *(Cattāri ariyā saccāni)*, Noble Eightfold Path *(Ariyo aṭṭhaṅgiko maggo),* Dependent Origination *(Paticca-samuppāda)*, and the Three Characteristics *(Ti-lakkhaṇa).* But they argue that practising meditation *(Samatha and Vipassanā)* is done to give a hand to others. The rise of the *Mahāyāna* school was made possible by the development of the doctrine of non-substantiality *(śūnyatā)* and the new interpretation of the concepts of the middle way *(Majjhimā paṭipadā)* and dependent origination *(Paticca-samuppāda)* that diverged from the *Theravāda* teaching. Entering *Nibbāna* was seen as nothing more than an expedient means to help save sentient beings. In modern times, due to their depressing and suffering experiences, people have realized more profoundly the real valuable benefits of practising meditation. Therefore, the techniques of both these major sects of Buddhism are being applied widely in Vietnam to sustain and achieve a peaceful life.

DESIGNATION OF HUMAN TYPES IN THE *PUGGALAPAÑÑATTIPPAKARAṆA* FOR HUMAN CHARACTER TRANSFORMATION: AN ANALYTICAL STUDY

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'Puggalapaññattippakaraṇa' presents a wealth of information on various human beings based on their inner and outer traits. The academic interest has grown in anticipation of describing how Buddhism has portrayed human types. The importance of identifying human individuality has been emphasized because, according to the ultimate truth of *Abhidhammic* Teachings (*paramatthasacca*), *'puggala'* does not exist in the true sense. However, as Bimala Charan Law explains, the *'Puggalapaññattippakaraṇa'* depicts the 'person' on a conventional level rather than the ultimate sense. Many of the existing studies, such as P.B.Tan's *'An Analysis of individual Types from the Abhidhamma Piṭaka (puggalapaññatti)'* have mostly done a cross-reference to the explanations in the main scripture about human types, indicating a lack of knowledge about the value of the scripture as a character evaluating source for better human transformation. Using the perspectives mentioned above, this research attempts to address a research gap by investigating how character evaluation in the main scripture contributes to the formation of ethical standards in various individuals. The study's objective is to examine distinctive features of human types in *'Puggalapaññattippakaraṇa'* and how it can be used as moral guidance for developing ethical standards of human beings. The study examines various stratifications of human types and how that knowledge can be applied to positive human character transformation. The research continues with the qualitative research method, which allows access to library-based knowledge. The focus of the study will be mainly on the *'duka-uddesa'* of the *'Puggalapaññattippakaraṇa'*. It also examines canonical and commentarial sources, as well as some secondary scholarly works such as Tse-fu Kuan's *'Abhidhamma'* interpretations of 'persons' (*puggala*): with Particular Reference to the *'Aṅguttara Nikāya'* to arrive at research findings. The research expects to find how the character evaluation in *'puggalapaññattippakaraṇa'* can contribute to the desired character transformation of humankind. To reach the research conclusion, the study first aims to show that undesirable human traits can be changed and transformed by understanding their negative consequences, causing them to take the opposite path that leads to much healthier selves. Second, the study will emphasize various moral practices that Buddhism recommends for each human type to identify potential applications of character transformations.

Keywords: Character evaluation, *Duka-uddesa*, Ethical standards, Human Types, *Puggalapaññattipakaraṇa*

VENERABLE FA FANG AS A MODERN BUDDHIST VISIONARY: A CRITICAL STUDY OF HIS THOUGHTS AND THEIR INFLUENCE ON BUDDHISM IN MODERN CHINA

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Ven. Fa Fang was a *Mahāyāna* monk in China. He was born in 1904 and passed away in 1951. He made an immense contribution to Buddhism in modern China during his short life span. His contribution consisted of his efforts to develop Buddhist education, revive Chinese Buddhism, and develop it globally. This gives adequate reason to study him. His main thought was to develop Buddhist education to revive Buddhism in China and set it worldwide. His influence has produced both advantages and disadvantages to Buddhism in China. Modern China covers the period from 1912 (The Republic of China—1912-1949) to now (The People's Republic of China—1949-). This study expects to investigate the historical background and Chinese culture during the time of Venerable Fa Fang and critically analyse his thoughts and their influence on Buddhism in modern China. The methodology of this study focuses on the four tasks to be accomplished: first, exploring who Master Fa Fang was and the historical background of his time; second, investigating the problems Chinese Buddhism encountered in the time of Ven. Fa Fang, and third, a critical analysis of his thoughts to solve those problems. Finally, a critical study of his positive and negative influence on Buddhism in the People's Republic of China is anticipated by adopting his valuable methods when dealing with similar problems that previously occurred. The questions raised are 'What kind of problems did Buddhism have in the time of Ven. Fa Fang? Why and how did he revive Buddhism in the Republic of China? How did he develop Chinese Buddhism in the world? How much influence has he had on the form of Buddhism in the People's Republic of China? How could we adopt his ideas to develop Chinese Buddhism in the future?' This study will focus on 'the thoughts of Venerable Fa Fang' and 'their influence on Buddhism in modern China' to give satisfactory answers to those research problems and to demonstrate that most of his thoughts are still useful and applicable to developing Buddhism in modern China. His positive aspects should be conserved and continuously utilised, and the negative aspects should be reformed in consideration of the current needs.

Keywords: Buddhist Education, International Development of Chinese Buddhism, Modern China, Ven. Fa Fang

THE ROLE OF MUSIC INSTITUTIONS IN CARNATIC VIOLIN MUSIC

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Music institutions work actively to keep music on continuous sustain with the latest history of myriad musical traditions circulating in a changing cultural vortex. Such musical institutions and their development are positioned to enhance and bring out the relationship between individuals, society, and government. Meanwhile, it is an indisputable fact that these music institutions are doing a service to address the shortage of violin music and its artists in Carnatic music. Thus, the musical institutions that originated in Europe in the 17th century gradually spread to other parts of the world. But it was only in the 19th and 20th centuries that music institutions were established on a large scale. The general background for this comes from the development of musicology, the proliferation of individual or group talents, and national initiatives. The role of the Madras Music Academy, which was started in the colonial city of India in 1928 as the first institution of institutionalised Carnatic music, was immense. This paper explores what impact music institutions have on musical expression, how these institutions change the status of the musician and her/his contribution to society, and how society perceives the relationship between music and music institutions. The research thus uncovers contemporary, and past artistic changes and reflects the changes within the societies that shape these changes. Studies on the institutionalisation of popular Carnatic violin music, deeply rooted in social practices, are scant. This is because classical musicologists see these musical institutions as perversions of tradition and Western imperialism or government oppression. Hence, they do not seek to support institutionalisation. This article aims to question the changing social status of Carnatic violin music and explore the aesthetic change and its many flaws resulting from the institutionalisation of music with the knowledge of traditional theories and expertise. Through this, it is considered that the general processes of institutionalisation of musical knowledge and the regional peculiarities associated with the diversity of socio-political organisations can be identified and analysed. Changes in violin music in the past and present, and the transformations within societies that shape these changes have been traced and analysed. It includes process analysis and historical and comparative methods of research. This research undertook different methods of data collection for the history of Music institutions and analysed the interviews of institution people and violin experts in the surrounding.

Keywords: Carnatic Music, Institutionalization, Music Institutions, Violin

SRI LANKAN ENGLISH IN MATRIMONIAL ADVERTISEMENTS: AN EXPLORATION OF MORPHOLOGICAL PROCESSES

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Sri Lankan English (SLE) is a variety of English with distinct morphological, syntactic, and phonological features that have been studied by multiple researchers in relation to various text types. However, research relating to SLE depicted in matrimonial advertisements is relatively scarce, despite the importance of matrimonial advertisements that function as a linguistic site where linguistic and cultural aspects interact to express the socio-economic and cultural requirements of marriage. In this context, this research intends to explore the use of SLE in matrimonial advertisements. Accordingly, this research aims to identify Sri Lankan English morphological processes used in matrimonial advertisements published in English newspapers in Sri Lanka. Two English newspapers published weekly, namely *Sunday Observer* and *Sunday Times*, from June 2022 were chosen as the source of data. Two hundred matrimonial advertisements from two papers from Sunday Observer and Sunday Times each were randomly selected as the data sample. Literature available on SLE morphological processes was consulted in identifying the morphological processes. The researchers' expertise and familiarity with SLE were used to determine if a certain word could be considered SLE. The study found that matrimonial advertisements in Sri Lankan newspapers depicted compounds, borrowings, abbreviations, eponyms, back clippings, functional shift, semantic change, use of Latinate words, and affixation. Borrowing is found to be the most widely used morphological process in matrimonial advertisements, with 14 direct borrowings and 20 indirect borrowings. Most of the morphological processes identified through the study seem to be influenced mainly by the precedence given to astrology and caste in the context of matrimonial advertisements, reinforcing the notion that SLE vocabulary and its expansion is intrinsically linked with the need to represent the Sri Lankan culture and context. Simultaneously, it can be seen that the use of language in matrimonial advertisements published in newspapers has been influenced by constraints related to the number of words. Both *Sunday Observer* and *Sunday Times* charge per word, and a higher number of words used leads to a higher price. The researchers suggest that using SLE in matrimonial advertisements has been influenced by the word limits thus imposed; the initialisms, black clippings, and functional shifts seem to be influenced by the need to reduce the word count of the advertisement in accordance with the prices. In terms of implications for future research, the researchers suggest the exploration of SLE syntactic features depicted in matrimonial advertisements.

Keywords: Matrimonial advertisements, Morphological Processes, Sunday Observer, Sunday Times, Sri Lankan English

ACOUSTIC ANALYSIS OF GREGORIAN CHANT AND *PIRITH* CHANTING

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The differences in various musical genres are attributed to the spectral content. The primary focus of this research is to compare two different (Gregorian chant and *Pirith* chanting) religious chanting using spectral content. Gregorian chant is the central tradition of western plainchant to praise and serve God. *Pirith* refers to the chanting of Buddhist scriptures known as *'Sutra',* which is mainly a tradition of the Eastern part of the world. It is observed that Gregorian chant and *Pirith* chanting have differences since they belong to two different cultural backgrounds. However, certain similarities also can be observed as both ranged from a religious background. In this study, two spectral properties, namely, the spectral centroid and pitch, have been considered. The spectral centroid represents the spectral richness of an audio signal. The pitch is the frequency of an audio signal where the maximum energy is concentrated. It is a known fact that traditionally in *Pirith* chanting, the pitch variation is kept at a minimum due to a fundamental concept in Buddhism. However, Gregorian chants are known for their spectral richness. Therefore, in this study, the variation of pitch (Standard deviation of Pitch-SOP) and variation of the spectral centroid (Standard deviation of Spectral Centroid–SOSC) are used for the comparison. Sound samples from the Gregorian Chants (100 samples) and *Pirith* chanting (40 samples) have been recorded in raw audio format (wav. format) at a sampling frequency of 44100 Hz. Then each of the prescribed sound samples was divided into one-second segments, and each segment's pitch and spectral centroid was calculated using a MATLAB program. Then the SOP and SOSC of each audio signal were calculated. The results indicated that the SOP of Gregorian chants is generally higher than that of the Pirith chanting. Further it was found that the SOSC of Gregorian chants is generally lower than that of the *Pirith* chanting. Therefore, it was hypothesised that the SOP of the Gregorian chant is significantly higher than that of the *Pirith* chanting at a confidence level of 95%. In comparison, the SOSC of Gregorian chant is significantly lower than that of the *Pirith* chant at a confidence level of 95%. Standard statistical tests were conducted to prove the above two hypotheses. The results have shown that both hypotheses are correct.
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Keywords*: Gregorian chant, *Pirith* chanting, Pitch, Spectral centroid, Standard Deviation

A MATTER OF REPUTATION: THE SIGNIFICANCE OF A PROVINCIAL GOVERNOR'S *EXISTIMATIO* AS REFLECTED IN CICERO'S FIRST LETTER TO HIS BROTHER QUINTUS

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The Provincial Governor undoubtedly plays a central role in the provincial administrative schema of ancient Rome. As the representative of Rome in his province and the absolute conciliator of all its affairs, the provincial magistrate could shape Rome's relationship with the provincials and determine Rome's standing among other nations. Accordingly, the provincial governor's conduct, both in the public and private spheres, is certainly subjected to close scrutiny not only by the provincials and the Roman populace but also by the rest of the world. Thus, it is of little surprise that as one of the most significant writings reflecting on the ideals associated with the provincial government, Cicero's first letter to his brother Quintus should contain numerous allusions to the governor's reputation or *existimatio*. In such a context, the present survey explores the significance of the provincial governor's reputation, as reflected in Cicero's first letter to his brother Quintus. Through the close reading of the letter in its original Latin, the research explores the various references Cicero makes to the governor's reputation and the numerous sociopolitical implications manifested in them. As he advises Quintus on good governance, Cicero repeatedly reiterates to him the significance of paying close attention to his *existimatio*. It appears that the governor should allow nothing to compromise or tarnish his reputation. This certainly begs the question of why the governor's reputation becomes such a determining factor in provincial management. Upon close scrutiny, it is clear that the reputation or the *existimatio* of the governor has several connotations. On the one hand, the governor's mindfulness of his reputation serves to establish good governance in a province by acting as a check on the governor's conduct. On the other hand, it guards him against manipulation (especially by his subordinate officers and household staff) and allows him to take strict decisions when necessary. However, it is also clear that the governor's reputation serves a much more profound purpose within the context of Roman imperialism. The fact that the governor is of an impeccable reputation helps Rome occupy the moral high ground, particularly as opposed to the provincials. Such a notion is ultimately used to justify Roman imperialism on the grounds of moral superiority and benevolence, thereby making it one of the most effective tools to propagate Roman power and influence.

Keywords: Cicero, Provincial Administration, Roman History, Roman Imperialism

STRENGTHS AND LIMITATIONS OF LABAN-BARTENIEFF MOVEMENT ANALYSIS: AN ANALYSIS OF A SRI LANKAN DANCE STUDENT IN THE 21ST CENTURY

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In this research, the strengths and limitations of Laban Bartenieff movement analysis are explored based on experienced movements practised in dance traditions, such as Kandyan and low-country dance styles in Sri Lanka, Bharathanatyam in South India, and other movement experiments, including Tai Chi. Laban Bartenieff analysis was introduced by Austrian Rudolf von Laban and his student Irmgard Bartenieff and has been expanded over the years by other experts, including Lisa Ullmann and Warren Lamb. This analysis uses multidisciplinary approaches, such as comparative contributions from anatomy, kinesiology, psychology, Labanotation, and other fields. Bartenieff's fundamentals build the connection between body movements and emotions by focusing on the internal expectation of the body. This research is conducted under two major phases. First, the strengths and limitations of Laban Bartenieff movement theory are analysed based on Sri Lankan dance movement traditions by considering the major components, such as body, shape, space, effort, and relationships and by considering the Bartenieff connection patterns, including breath, core-distal, head-tail, upper-lower, body-half, and cross-lateral connectivity. Second, several body structures and movement patterns that have not been addressed by Laban Bartenieff movement analysis theory are identified, such as the body structures of people with disabilities, foot-steps of the Kandyan dance tradition, hand and eye movements in low-country dance tradition in Sri Lanka, and movement patterns of Tai chi. The analysis of data and information is performed using the method of embodied knowledge by Deidre Sklar. In this research, my experiences as a dancer, choreographer, movement researcher, and university student are also utilized as the backbone. As the main contribution of this work, it is identified that the Laban Bartenieff movement analysis cannot analyse all forms of human movements. It is also observed that body movements vary according to different cultures and the nature of their human body structure. Furthermore, this work clearly demonstrates that the use of movements varies from culture to culture and the difficulty of analysing movement patterns in the dance traditions of Sri Lanka and Asia. Overall, it is concluded that analysing movements based on Laban Bartenieff fundamentals and definitions may contradict the true nature of movements.

Keywords: Body structure, Embodied knowledge, Laban Bartenieff movement analysis, Movement patterns, Strengths and limitations

CREATING A HEALING RITUAL ENHANCED WITH AUDIO-VISUAL TECHNOLOGY: AN EXPERIMENT WITH KANDYAN DANCE

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This research shows that digital audio-visual technology can enhance ritual performance by amalgamating live and mediatized performance. This study aims to analyse the process of creating a dance ritual incorporating audio-visual technology targeting healing for all participants. This is an experiment that expands the boundaries of conventional ritual performance. This paper examines the process of a healing ritual enhanced with digital technology created by using ritual elements of Kandyan dance. This study employs tools and methods in the domain of practice-led research. It uses the performer's personal experience, audio-visual technology, interviews with ritual dancers, and literature. The preliminary study was conducted in the Choreography Camp organized by Goethe Institute in Colombo in 2021. The theoretical framework for this study is developed using performance theory, post-dramatic theory and ritual theory. The performance included live singing, dancing, video projections and improvisations with technological equipment and software. The performance time of the ritual was 45 to 60 minutes. During the ritual, the audience was considered *Athuraya (patient)* as in the Kandyan ritual *Kohomba Kankariya*. Results of the study suggested that it became a healing ritual combined with technology. The audience engaged in a participatory role during the ritual. New technology was combined with the bodily knowledge of the performer and the audience. Through the new healing ritual enhanced by technology, the researcher integrated storytelling, dance, theatrical elements, and scenic beauty that is present in Kandyan traditional rituals. This new healing ritual was developed through artistic praxis with an interdisciplinary/ transdisciplinary approach in Kandyan dance, theatre, storytelling, music, sound designing, graphics, video art, scenic designing, and interaction with technical instruments and applications, enhanced with new technology. Participants expressed that they naturally interacted in the presence of this live and mediatized performance and felt that they experienced a ritual. As mentioned in the ritual theories, healing occurs through emotional energy when participants synchronize with the ritual actions. These kinds of rituals have great potential to facilitate healing and can also be placed on global performance platforms, expanding traditional healing rituals' possibilities.

Keywords: Healing ritual, Interdisciplinary, Kandyan dance, New media technology, Performance

A BULL IN A CHINA SHOP, "*CHEENA KADE GAWAYA*": A STUDY OF USING TRANSLATIONS OF IDIOMS IN ESL CLASSROOMS IN A PUBLIC UNIVERSITY SPACE

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The Grammar Translation Method is (ab)used in the ESL classroom. Though popular in the 1970s and 1980s, this method was later criticized for its Western-centrism and inability to accommodate non-Western languages. As ESL practitioners, researchers have long noticed a tendency amongst ESL students to oscillate between Sinhala and English through translation. This practice of "thinking in Sinhala and writing in English" is often subject to ridicule which bears the dire consequence of marginalizing the student and raising concerns about epistemic violence. Knowledge-based hegemonic gatekeeping has been a perpetual factor contributing to linguistic politics. However, the study develops on the Wittgensteinian belief; "the limits of my language are the limits of my world"; the study examines two problems; 1. Why the ESL learner still employs this method in the classroom, and 2. How the teacher can use this method effectively in the ESL setting to teach the idioms of the English language to the ESL learner while bearing in mind the limitations and the problems of this method. The study draws from the works of Gayatri Spivak, Arjuna Parakrama, Suresh Canagarajah, Godfrey Gunatillake and Charles Huttar in building its theoretical foundation. Primary data for the study was gathered from three ESL classes in a State university in Sri Lanka comprising 60 participants. They were given six different passages in English, which were full of idiomatic expressions and were asked to translate the passages into Sinhala. The participants found how the results of their translations failed to make sense or to convey the same message in the original texts. For example, the Sinhala translation of the English idiom, 'it's raining cats and dogs,' did not convey the meaning it ought to deliver. Then they were asked to modify their translations and/or to adapt what was in the original text to be meaningful in Sinhala. This proved to be a very fruitful effort. In conclusion, we suggest that instead of discarding the Grammar Translation Method for its limitations and the seeming lack of rationality, the ESL practitioner has the opportunity to use it to give the ESL student a chance to understand the limitations of translation and learn and use the idiom in the English language, while turning the ESL classroom into a space of empowerment which does not presuppose a lack of linguistic ability on the part of the student.

Keywords: ESL, Idiom, L1, Linguistics Translation

GEOGRAPHICAL DISTRIBUTION OF CASTE IN DELFT, SRI LANKA

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The Jaffna peninsula's caste system is attributed to being the most rigid and discriminatory social structure among Sri Lankan Tamils. The anti-caste ideology of the Liberation Tigers of Tamil Eelam was a major reason for degrading caste-based values among Sri Lankan Tamils, but recent social studies have found that the caste system of ancient Jaffna is resuming after the defeat of the Liberation Tigers of Tamil Eelam. A geographical perspective on the caste system of the Jaffna peninsula should be added to this for a greater understanding. As a first step to mapping the caste distribution in Jaffna District, a preliminary study was conducted in Delft, a 50-square-kilometre island located 10 kilometers away from the Jaffna peninsula. This study used a qualitative methodology consisting of key informant interviews with *Grama Niladharies*, informal discussions with villagers, and field visits to investigate the spatiality of caste in Delft. Caste distribution was mapped on a field sketch with the help of a key informant who is a retired *Grama Niladhari*. Spatial analysis was done on the caste map prepared during the study and the spatial data on services available in secondary sources. According to the statements put forward by the villagers interviewed from different caste backgrounds, the study found that the caste system in Delft is ideologically strong but limited in personal affairs such as the desire to follow endogamy and restrictions on food sharing. Religious cohesion between Hindus and Catholics is an additional factor that helps to thin the caste line. There are Hindu *Vellalar* in the fertile western hemisphere of Delft and in the traditional villages in the east. In the order of Hindu ideology-based social stratification, there are *Indian Vellalar*, *Karaiyar*, *Pallar*, and *Paraiyar* (including sub-castes such as *Uluparaiyar* and *Kozhiyaparaiyar*) among the Catholics who have settled on the North Coast. The area with urban qualities is settled by Catholics, and although the Hindus dwell in places away from the town, it is their desire to live in their traditional houses with their land holdings and in the surroundings of their temples. When it comes to the Sea of Delft, the northern and eastern seas are dominated by *Karaiyar*, while the western sea and southern sea are used by *Pallar* and *Uluparaiyar*, respectively. It shows a clear spatial arrangement of caste in terms of residential and occupational segregation, and each caste group has its economic spheres that do not overlap.

Keywords: Caste, Segregation, Spatiality, Spheres

ADVERSE IMPLICATIONS OF TEENAGE MARRIAGE ON EARLY CHILDHOOD EDUCATION IN THE ESTATE SECTOR OF SRI LANKA

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The work of caring involves intimacy, personal commitments, emotional attachments and moral obligations than all other forms of work. As a result, the work of caring takes on peculiar forms when it negotiates with certain sociocultural deliberations, which go beyond economic measures. The current study, which resonates with Nancy Folbre's concept of the "Care Penalty," contends that teenage marriage results in a care penalty that deprives girls of their fundamental rights while also creating an early learning deficiency among children in their early lives. Not all parents can support their children because of sociocultural and economic barriers; as a result, not all children are getting the opportunity to learn the same way up to the required standards compared to their peers, despite the widespread belief that parental support and facilitation are essential for learning during the early childhood years. Drawing data from a constructivist grounded theory study coupled with an embedded-single case design adopted in the selected estate communities of Sri Lanka, the study strived to understand how teenage marriage increases learning deficits in young children and how parents are hindered from assisting their children in their early childhood. The participants of this study included twelve mothers with children aged three to eight, six midwives, five teachers in early childhood development centres, three Plantation Management officers and two Hindu priests. All participants were recruited purposively. Data collected through in-depth interviews, focus group discussions, and direct observations were analysed thematically. Early childhood education is in jeopardy in the estate communities examined as a result of decreased parental support due to issues stemming from the conflict between the care burden and meeting the needs of the adolescent habitus. Teenage marriage prevented child mothers from having age-appropriate experiences and exposed them to age-inappropriate ones. This led to a loss of capabilities, which resulted in economic disempowerment. Lack of expertise in early childhood care and education prevents parents from providing proper care and education for their children. Furthermore, young children of these families tend to babysit, which negatively impacts caregiving and care-receiving toddlers. When children's surroundings do not encourage them to participate consistently in learning activities, they are more likely to fall short of meeting needed learning standards. Overall, the study suggests that teenage marriage, as an integrated cultural phenomenon of the estate communities studied for this study, discourages early childhood education because of the care penalty peculiarly developed within estate culture.

Keywords: Care penalty, Child mothers, Early childhood education, Learning deficiency, Teenage marriage

IMPACT OF RECENT SOCIO-ECONOMIC AND POLITICAL STABILITY ON THE TOURISM INDUSTRY IN SRI LANKA

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Tourism was legally recognized as an industry in the early 1960s, and lately, it has become one of the most fast-growing sectors in the world. Tourism in Sri Lanka is also a major source of foreign exchange earnings and employment. Most small-scale tourism operators can be witnessed within the tourism industry in Sri Lanka. It boomed to a new milestone after post-war as an authentic tourist destination. However, it encountered overwhelming challenges in the last two to four years. The study aims to investigate the impact of recent socio-economic and political stability on the tourism industry in Sri Lanka. Secondary data benefited from Sri Lanka Tourism Development Authority reports from 2017-2022, some literature articles, and reports related to the research. Quantitative data was analysed using Excel Software and is shown in graphs and tables. Qualitative data was analysed according to the themes from the literature articles using in-vivo coding. Relevant to the findings of the tourist arrival report 2018, the total number of arrivals to Sri Lanka was 253,169, which means a visible growth of 3.5% compared to 2017. Easter Terror Attack was the first challenge faced by the tourism industry after the war. It unexpectedly attacked the country's economy. Due to the termination of all passenger flight and ship arrivals, no tourist arrivals have been recorded since April 2020 due to the COVID-19 pandemic in Sri Lanka. İt is a decline of 73.5% over the last year. According to the findings, the number of tourist arrivals decreased by 60% in June due to the unprecedented economic crisis. 40% of pre-bookings were also cancelled due to the worst situation in the country. Sri Lanka is facing its worst situation due to political instability, the economy, and rising inflation. Affected people need to find a proper strategy to recover from the tremor they have experienced due to the recent crisis in tourism.

Keywords: Easter Terror Attack, Economic crisis, Socio-economic, Tourism

A MEDICAL ANTHROPOLOGICAL STUDY OF HINDU RELIGIOUS PRACTICES AND BELIEFS ABOUT CHICKENPOX

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Culture and health are intertwined phenomena, and we would not be able to comprehend health issues if we didn't include culture. Culture is a complex whole that comprises man's knowledge, beliefs, art, moral values, customs, and other abilities and habits gained as a member of society. In many cultures, chicken Pox is a contagious disease seen as a supernatural or Goddess' disease. The Hindu faith interprets chickenpox as a manifestation of Mariamman's rage. Mariamman is a South Indian womenfolk deity. Through Mariamman worship, Hindus are able to receive a variety of rehabilitation and prevention remedies for chickenpox. Tamil people in Sri Lanka have similar beliefs and traditions regarding the disease. This study investigates health-related beliefs and practices concerning chickenpox among Hindus living on the Upper Cranly estate. It is situated in the Nuwara Eliya district's Balmoral GN division. This study followed a qualitative data collection method with primary data gathered through interviews and field observation and secondary data gathered from magazines, books, and internet sources. Thematic analysis of collected data yields results. Mariamman temple is integral to the estate's social and cultural structure. People strongly believe that chickenpox is Amman's disease. As a result, people must worship Amman and expect supernatural treatments to recover, adhering to strict rules and regulations. Chickenpox patients should not live in luxury and should sleep on the ground covered by *Neem* leaves, wearing only clean white traditional clothes. Non-vegetarian food is not permitted, and only cold food is served. An old widow rubs a mixture of *Neem* leaves and turmeric in cold water on the sick person's head after special worship. The Hindu treatment for chickenpox is linked to scientific evidence. It aids in chickenpox treatment, prevention, and recovery and exposes indigenous knowledge of the estate community. Therefore, Hindu beliefs and practices connected to chickenpox must be considered from an ethnomedical and ethnopharmacological perspective. Community medicine practises in the context of Mariamman folk goddess worship are a treasure of Hindu culture as Hindus have effectively treated this condition with supernatural cures throughout history.

Keywords: Beliefs, Chickenpox, Hindu, Practises

TEMPORARY MIGRATION AMONG ESTATE CHILDREN TO URBAN AREAS FOR EMPLOYMENT: A CASE STUDY OF BOGAWANTALAWA SOUTH

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Estate workers and their families who reside on estates are referred to as the estate community in Sri Lanka. The estate community is socially, economically, and politically underprivileged than the rest of society. Child labour is common in these impoverished communities. For decades, tea estate children (those under 18) have temporarily migrated to various urban sectors for employment. The main objectives of this study are to investigate the socio-economic factors that influence the temporary migration of estate children to urban areas for employment and to identify the negative consequences of the temporary migration of estate children. To conduct the study, data were gathered from primary and secondary sources. Quantitative and qualitative methods were typically used. Fifty (50) respondents were selected according to snowball sampling techniques to explore the case study, and data was analyzed using the descriptive method. This research identified poverty (27%), living with a single parent (12%) or a grandparent (10%), peer group interest (20%), and lack of interest in education (13%) as some factors that significantly influenced migration of child labour. Furthermore, when children migrate to urban areas for work, they face negative consequences. Mental depression is ranked first, with 18% of the respondents. Verbal harassment (17%), child abuse (17%), and health issues (15%) are other main negative consequences. In addition to this, this study gives some recommendations to reduce the temporary migration among estate children to the urban sector for employment. They include providing awareness programs, strengthening family income, making arrangements to boost employment for adults, and strict laws and regulations against child labour, supporting social activist organisations to save children, and taking strict action against all who encourage child labour.

Keywords: Child labour, Employment, Estate, Migration

REVIEW OF THE CLIMATE CHANGE GOVERNANCE IN SRI LANKA

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Climate change is the long-term changes in the average weather pattern of a region observed over a period of time. It is a serious issue that the whole world is concerned about and whose impact is felt by all nations. Being a third-world country, Sri Lanka is highly vulnerable to the adverse effects of climate change, and it is a major risk to the environment and socio-economic sectors of the country. For instance, floods and landslides are becoming common due to the high intensity of rainfall in Sri Lanka. Further, it is well proven that prolonged droughts are likely to adversely impact the socio-economic activities in the country. In the national context, Sri Lanka has taken several legislative measures to address the impacts of climate change and build the resilience of the country. With that background, this study reviews the climate change governance in Sri Lanka. Accordingly, a literature survey was conducted focusing on current legislative measures related to climate change in the country. The findings of the study reflect that Sri Lanka has introduced national policies, strategies, and actions such as the National Climate Change Adaptation Strategy for Sri Lanka (2010), Nationally Appropriate Mitigation Actions (NAMAs) for Energy, and Climate Change Sector Vulnerability Profiles (2010), National Climate Change Policy of Sri Lanka (2012), Technology Needs Assessment and Technology Action Plans for Climate Change Adaptation and Mitigation (2014), and National Adaptation Plan (NAP) for climate change impacts in Sri Lanka (2016-2025) to develop the country's capacity to address the impacts of climate change effectively and efficiently. However, there is a proven gap between the planning and implementation of them, such as a lack of awareness, lack of institutional coordination, lack of coherent vision of the government, less involvement of the private sector, insufficient financial provisions for responsible institutions, the problem of data accessibility, etc. Therefore, this study recommends taking more practically oriented initiatives at the national level and filling the loopholes in the current climate change governance in Sri Lanka, such as initiating the Climate Change Act at the national level.

Keywords: Actions, Climate change, Governance, Policies, Strategies

TEA HABITATS AND THEIR EFFECTS ON TEA QUALITY IN SEVEN TEA-GROWING REGIONS IN SRI LANKA

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Tea cultivation can be found in various cultures, geographies, and climates throughout Asia, Africa, South America, and the Black and Caspian seas. The essential conditions for growing tea in these areas are called 'Tea Habitats.' Those are microclimatic factors such as temperature, rainfall, solar radiation, humidity, wind, and non-microclimatic factors such as elevation, aspect, shade, soil, CO_2, and N_2O. Mainly, there are three major Tea regions in Sri Lanka, namely, High-Grown tea, Mid-Grown tea, and Low-Grown tea, which are classified according to elevation. Under these three major tea regions, seven other sub-tea regions can be identified: Nuwara Eliya, Udapussellawa, Uva, Dimbula, Kandy, and Ruhuna. These seven regions are further divided into smaller regions, each with unique tea habitat characteristics. The general objective of this research is to examine the effects of tea habitat characteristics on tea quality in seven tea regions. The specific objectives of this study are to identify the impact of microclimatic conditions on tea production, to observe how it varies according to the tea regions, to identify the effect of these changes on the tea quality in seven tea regions, and to model the elevation of tea regions using GIS. A secondary data survey including a literature review and topographical maps provided substantial information to examine the relationship between micro-climatic factors and tea quality in seven regions. Further, ArcGIS version 10.8: ESRI Redlands was used to create the digital elevation maps. According to the analysis of this study, in Sri Lanka, all of the regional microclimatic and non-microclimatic elements impact tea's flavour, colour, aroma, and yield. Moreover, the primary influencing factors in these regions are precipitation, temperature, elevation, and wind. The colour of the tea changes as the elevation changes from high to low. The hue is perceived to transit from light to dark. Precipitation seasonality and annual precipitation were found to be the most influential variables in Sri Lanka. The threat of accelerating climate change on species distribution now and in the future will be disadvantageous for Sri Lanka as the quality of Ceylon tea mainly depends on the variation of elevation. Also, as 14% of existing tea-growing areas will face reduced suitability for future tea cultivation, Sri Lanka will have to work out sustainable adaptation strategies to mitigate those obstacles.

Keywords: Climate change, Tea Habitats, Tea Industry, Tea Qualities, Tea Regions

GREEN SPACE DYNAMICS AND URBAN HEAT ISLANDS: A SPATIO-TEMPORAL ANALYSIS OF KADUWELA SUBURBAN AREA FROM 1988 TO 2019

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The reduction of green spaces plays a major role in increasing the harmful impacts occurring through rapid urbanization. Many green spaces are often replaced with impervious surfaces such as buildings, parking lots, roads, and pavements. This paper investigates the spatio-temporal changes in green space that caused urban heat in Kaduwela suburban area from 1988 to 2019. This objective was achieved using land-sat images downloaded from the United States Geological Survey (USGS) website. The NDVI, NDBI, and LST differencing methods were used with ARC GIS techniques to detect changes in green space and building covers. The simple linear regression method was used to show the relationship between the land use changes (Green space and Built area) and land surface temperature. Additionally, discussions with locals and representatives of the Urban Development Authority (UDA) were conducted to get further information about the study. Results illustrate that the vegetation cover continuously decreased in the range from 1988 (0.73) to 2019 (0.62), and built-up areas gradually increased with the range from 1988 (0.42) to 2019 (0.46). The mean temperature in the Kaduwela suburban area has risen by 6.53°C. which is respectively 26.25°C in 1988 and 32.78°C in 2019. A simple linear regression analysis indicates an obvious impact of an increase in the green space changes on the surface temperature rise in Kaduwela. The relationship between NDBI and LST was stronger than the relationship between NDVI and LST. The study found significant correlations of LST with NDVI (negative) and NDBI (positive) ($p < 0.001$) across all four-time points. In 1988, the NDVI was very high, at the same time NDBI was low, so the LST trend went down because high vegetation absorbs heat energy released by geothermal surface features. On the contrary, in 2019, the vegetation index was very low, and the building index was severely high due to urbanization which was affected by land surface temperature trends. Therefore, the study recommends continuing strict land use zoning regulations within the study area including preserving and increasing existing urban vegetation cover, introducing green parking lots, using cool and green roofs, green infrastructure projects, conserving and managing the green spaces, implementing the tax systems, and mitigating the land conversion in Kaduwela.

Keywords: Green space, Land-Sat Images, LST, NDVI, NDBI

SPATIAL AND TEMPORAL VARIATION OF LANDSLIDES IN BADULLA DISTRICT FROM 1990 TO 2020

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A landslide is a significant geophysical hazard which considerably impacts the physical, economic, and social environments. Landslides are classified by their type of movements, such as rock falls, landslides, cutting failure, and debris flows. The central highlands of Sri Lanka often experience landslides during the rainy seasons, especially in Badulla District. The study's main objective is to examine the spatial and temporal variation of landslides in the Badulla district during the last three decades. Identification of the spatial and temporal variation of landslides will be helpful to Disaster Risk Reduction (DRR) and decision-making in the district. This study used thirty years (1990 – 2020) of landslide data obtained from the Disaster Management Centre, Colombo. Monthly rainfall data was collected from the Meteorological Department, Colombo, and ArcGIS 10.4 was used to indicate the spatial variation of landslides in the study area. Linear regression was used to identify the trends of landslides. Results revealed that 403 landslides had been recorded, including 14 cutting failures, 383 landslides, five rock falls and one debris flow during the study period. Landslides have been recorded in this district's 15 Divisional Secretariat Divisions (DSDs). Here topography determines the spatial variation of the landslide because the highest landslides (85 incidences) were recorded in Bandarawala DSD with an average altitude of approximately 1300m, and the lowest two incidents were reported in Rideemaliyadda and Mahiyanganaya DSDs with an average altitude of less than 100m. The highest average monthly rainfall (245 mm) was recorded in November, while 117 landslide incidents were recorded as the highest monthly landslides in November. Then, only one landslide event was recorded in August as the least monthly landslide. The highest number of seasonal landslides have been recorded at 41.4 % in North-east Monsoon (NEM) and 34.2 % in the second inter-monsoon (SIM). Even the lowest seasonal landslide has been recorded in South-west Monsoon (SWM) as 8.4 %. The annual landslide was based on thirty years (1990 - 2020) which clearly shows an increasing trend, which is not statistically significant as the R^2 value is 0.006. Then all four seasons also revealed an increasing landslide trend, nevertheless not statistically significant. In conclusion, suitable DRR measures should be implemented in Bandarawala DSD, and people should be made aware during the NEM and SIM period in the Badulla district.

Keywords: Disaster, Hazard, Landslide, Risk, Spatial

TOURISM-DRIVEN LAND-USE CHANGE AND ITS CONSEQUENCES: A CASE OF HIKKADUWA TOURIST DESTINATION IN SRI LANKA

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The coastal tourism industry has spread abundantly in tropical coastal areas and has become the main economic activity of many locals in those areas. Land-use in many coastal tourist areas has become very informal as people use coastal land for various purposes without proper planning. Hikkaduwa, a popular beach tourist destination in Sri Lanka, has also been highlighted in many literature as a destination where the land has been used informally for the tourism industry. Therefore, the objectives of this study were to identify the changes in tourism-driven land-use in this area and to identify its adverse impacts on the natural environment. For this, both primary and secondary data were used, and three samples of fifty units per sample were randomly selected from the local community, tourist stakeholders and tourists, and information on the environmental impact of tourism-driven land-use was obtained using three types of questionnaires. Topo maps, high-resolution Google Earth images and GPS-based ground observations were used to detect land-use changes. A land scale of 36 square kilometres covering the Hikkaduwa coast and town was selected as the study area, and the tourism-driven land-use of the area in the years 1972, 1984, 2010, 2018 and 2022 was digitized using ArcGIS 10.8.3 software. Their extents were calculated in hectares using a Geometric Calculator. In addition, the change in mixed land-use diversity in the area over time has been identified using the Entropy Value (H). Environmental problems created by land-use have been determined using descriptive analysis methods. Through map analysis, it has been possible to identify massive changes in the area's major land-uses over five decades between 1972 and 2022. A decreasing trend has been identified in different land-uses; coconut by 637 hectares, paddy cultivated land by 233 hectares, rubber by 107 hectares, mixed vegetation area by 62 hectares and coastal area by 23 hectares. On the contrary, built-up areas have increased by 862 hectares. A transition from a proportionately mixed land-use pattern in 1972 (0.8406) to a single dominant land-use pattern in 2022 (0.6914) was observed through H calculations. The main issues arising from land-use are polluted beaches and land areas, coastal erosion, heavy vehicular and pedestrian traffic on roads and pollution of inland water sources and coastal seawater. By expediting the government's plan to build an alternative route that bypasses Hikkaduwa, it can be developed as a tourist town without any hindrance. Also, by closing the existing outlet of Thuduwegoda canal, which is highly polluted and diverting it to Thelwaththa Ganga can be stated as a few solutions for these issues.

Keywords: Entropy value, Environmental problems, Hikkaduwa, Tourism-driven land-use

CONSERVATION OF HERITAGE AREAS WITH CONTESTED HISTORIES: A CASE STUDY RELATED TO KŪRAGALA ARCHAEOLOGICAL SITE, SRI LANKA

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A nation's history impacts all facets of that nation, including its social, economic, political, and cultural life. This is such that all the aforementioned categories will be affected if heritage is not clearly established. This study focuses on the Kūragala archaeological site, a heritage area that has created conflicts due to ideological and functional weaknesses in the definition and conservation of such heritage. This study tries to pinpoint the issue that has arisen in Kūragala while investigating the elements that have contributed to the problem's emergence, and offer practical remedies to the issue from the point of view of heritage management. A basic understanding of the built environment was created before and after the crisis, following random interviews with residents in the field study, and a short questionnaire was shared on social media such as Facebook and Twitter. The data provided in several of the above ways led to the analysis, which provided a qualitative assessment of the field situation as well as the prevailing social attitude towards heritage conservation. Theoretical analysis was the next stage in methodology, and it focused on the fundamental theoretical examination of the four notions of power, nationalism, contested heritage, and heritage preservation. Theoretical queries of data from the field and social media will ultimately lead to conclusions as well as a hypothesis about the impact of the use of an ethnic approach to heritage conservation and its effect on the continuation of heritage conservation. According to current research, the Kūragala region has been home to humans since prehistoric times, and it has previously served as both a Buddhist and an Islamic religious centre. Later, questions developed regarding the authentic owners of heritage. It has created an ethnic conflict by destroying its Muslim remnants and turning it into a fully-fledged Buddhist centre. This conservation cannot be termed as just archaeological conservation as it has destroyed the sanctity of one religion. Conservation in such sensitive areas not only adheres to mutually agreeable solutions, but 'racist' conservations threaten even the very principles of conservation. Therefore, it is the role of conservationists to take sensible action in such field conservations without resorting to hasty and racist solutions.

Keywords: Contested histories, Heritage conservation, Nationalism

REFLECTION ON TERRITORIALIZATION OVER THE LANDSCAPE: A CASE STUDY OF BUNDALA

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The declaration of protected areas revolutionized nature conservation strategies in the twentieth century. Today, one-tenth of the world's land surface is under some form of protected area (Lee, 2014). Actions to conserve ecosystems, primarily through National Parks (NPs), require a political decision-making process that moderates control over and access to resources, resulting in negative ecological and economic impacts. Hence, the declaration of NPs is not free since it involves articulating the interests of various actors at different levels of power. This paper aims to examine the process of territorialization connected to conservation in Bundala and the associated impacts on land use changes on the people. Sri Lanka's first Ramsar site, Bundala, has been a sanctuary since 1969 and a national park since 1993. The declaration denied the community access to Bundala as a lagoon fishing ground. To capture these impacts of Bundala as an NP, the researchers have used the territorialization approach as the analytical framework. Territorialization in this research is conceptualized as the process in which states attempt to control people and their actions by drawing boundaries around a geographic space, excluding some categories of individuals from this space and prohibiting or advocating specific activities within these boundaries. GIS tools and remote sensing techniques were used to map land-use changes. They also conducted in-depth interviews to capture the experiences of different actors who continue to negotiate such changes to ensure their livelihoods. In Bundala and its surrounding areas, water availability for cultivation had been limited, and people mainly relied on seasonal farming (Chena). According to the land cover analysis, water bodies increased from 3.3% in 1980 to 25.1% in 2021, parallel to irrigation projects. Forest cover decreased from 39.1% to 12.9% between 1980 and 2021. After Bundala was declared an NP, the communities living in and around the park could not access the previously consumed resources. Many paddy farmers who had paddy lands inside the park boundary lost access to their land. Moreover, the villagers, who were living in the surrounding areas too, could not access the forest for their everyday needs. However, through the community fishing society, fishers continue to negotiate their access to resources through state officers despite the regulations pertaining to NPs. Thus, it is evident that the contemporary landscape of Bundala and its surroundings is produced and reproduced by the power relations of human actors (powerful people, powerless people, and corrupted officers), who are differently positioned in the power hierarchy, producing winners and losers in terms of negotiating their livelihoods and making changes in the land use.

IMPACT OF URBANISATION ON ENERGY INTENSITY IN SRI LANKA: A COMPARISON OF SAARC COUNTRIES

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Energy intensity is a measure often used to assess the energy efficiency of a country. It is calculated as the number of units of energy utilised per unit of GDP for a country in a given year. Reduction in energy intensity is vital for a country like Sri Lanka to save foreign exchange since it depends on fossil fuel imports. Sri Lanka imported USD 2542.6 million worth of fuel resources in 2020 (CBSL, 2020). The literature identifies urbanisation as a major factor that influences energy intensity. Therefore, this study aims to examine urbanisation's effect on energy intensity in SAARC countries and compare Sri Lanka's status with other SAARC countries. This study used a fixed effect least-squares dummy variable model to examine the factors affecting energy intensity. The model uses energy intensity as the dependent variable. Independent variables are per capita income, capital formation, industrial value added, urban population, total labour force participation, and carbon dioxide emission level. Results indicate that energy intensity is increased by per capita income, capital formation, labour, carbon dioxide, and squared value of carbon dioxide. The squared value of per capita income, industrialisation, and urbanisation reduce the energy intensity. Results of the Per Capita Income and squared value of Per Capita Income variables are consistent with the Intensity of Energy Use model derived from Kuznets's hypothesis. Sri Lanka's Energy intensity compared with other SAARC countries indicate that Bangladesh and India are better than Sri Lanka with lower energy intensity, while Bhutan and Nepal have higher energy intensity. Dummy variables interacted with the urbanisation variable in a separate regression to illustrate how urbanisation has affected energy intensity differently in SAARC countries. According to that, urbanisation reduces energy intensity in Sri Lanka and Bhutan while urbanisation increases the energy intensity in Bangladesh, Nepal, and Pakistan at a higher rate. This study suggests that countries must carefully direct policies concerning energy usage and urbanisation to avoid adverse consequences on the economy and the environment. If urbanisation increases energy intensity, a country has to take extra measures to lower the energy intensity. Sri Lanka has to maintain its status with an acceptable level of urbanisation and lower energy intensity in the long run.

Keywords: Capital formation, Energy intensity, Per Capita Income, Urbanisation

HOUSEHOLD EXPENDITURE PATTERNS AND POVERTY IN SRI LANKA, 2019

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Sri Lanka had a poverty rate of 14.3% in 2019 (based on the new poverty line). It is an increasing trend from 2016 (4.1%). The majority of people come both near and under the new poverty line (2012/13 NCPI). It is rapidly rising due to the recent economic crisis in Sri Lanka. Previous studies have tried to understand the reasons for poverty in Sri Lanka, like differences in age, sex, region, sector, education, conflict, disability, etc. But very few studies have considered how expenditure patterns determine the level of household income or poverty. According to Engle's rule, if a household increases the share of food expenses in total expenditure, then poverty will also increase. Keynes analysed the relationship between consumption patterns and income through consumer behaviour theory. According to that, if the income of households increases, consumption will increase. However, people will not spend all of their increment as they will decide to save some money for future consumption. The purpose of this study is to identify the relationship between household expenditure patterns and poverty in Sri Lanka. Previous studies have used correlation and regression methods to find the above relationship. This study also uses the above methods with the latest data from Sri Lanka. Therefore, HIES of DCS in 2019 data is collected as a secondary source. These research findings show a strong relationship between household expenditure patterns and income or poverty levels. If a family increased the share of food expenses in total expenditure, then income would decrease, or the poverty rate would increase according to Engle's Rule. This study further investigates how it impacts household income through non-food expenses such as the share of durable goods and tobacco expenses of total monthly expenditure. This is clearly shown by the correlation coefficient of (0.52) durable goods expenses and (-0.30) tobacco expenses, respectively, a positive and negative impact on household income. If it is possible to reduce the share of food expenses by 1%, then monthly household income will increase by around (0.98%) one percent. Likewise, the non-food expenses ratio is strongly related to household income. Therefore, this study recommends considering the household expenditure pattern and personal finance management practices in poverty alleviation in Sri Lanka.

Keywords: Household, Expenditure pattern, Personal finance, Poverty, Sri Lanka

IMPACT OF ECONOMIC AND NON–ECONOMIC VARIABLES ON STOCK MARKET PERFORMANCE IN SRI LANKA (1996 -2020): A BAYESIAN VECTOR AUTOREGRESSION APPROACH

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This study examines the impact of economic and non–economic variables on stock market performance (SMP) in Sri Lanka from 1996 to 2020. To that aim, stock market capitalization (SMC) is used as a dependent variable which is a proxy for the measure of SMP. Theories of EMH, APT and CAPM are utilized to select the regressors. Accordingly, Political stability (PS), government effectiveness (GE), and the rule of law (ROL) are considered non-economic variables, whereas Gross Domestic Products (GDP), money supply (MS), exchange rate (ER), inflation (INF) and lending interest rate (LIR) are considered as economic variables. In addition, we employed Regimes Changes (RC), Easter Sunday Attack (ESA) and COVID – 19 pandemics as Dummy Variables to measure the shocks on SMP. Also, the role of information on the stock market is captured by the All-Share Price Index (ASPI). Stock Market Index (SMI) is used as a proxy for ASPI. Data on economic factors and non-economic factors were extracted from World Development Indicators and World Governance Indicator, respectively. SMI is collected from Federal Reserve Economic Data. This research employs quarterly data from 1996Q1 to 2020Q1. Recently many researchers have adapted Bayesian VAR as a benchmark model to analyse the impact of internal and external shocks on macroeconomic variables (De Mol et al., 2008; Banbura et al., 2010; Giannone et al., 2012a; Giannone et al., 2012b; Banbura et al., 2014; Bäurle et al., 2018; Baluga, and Nakane, 2020). Following the above studies, we employ the Bayesian VAR approach for this analysis. We have used AIC criteria to choose the best model among the top twenty models. Our results identified a positive and statistically significant relationship between ASPI and SMC, and PS and SMC, whereas a negative and significant relationship between ROL and SMC, and LIR and SMC at a 5% level of significance. Compared to former president Gotabaya Rajapaksha's government, former presidents Mahinda Rajapaksha and Maithripala Srisena's governments have higher (4.30E+08 and 1.12E+09 respectively) impact on SMC. In contrast, former president Chandrika's government has less impact (-4.50E+08). Moreover, ESA and COVID -19 pandemic affected the SMC significantly and negatively. This result is confirmed by the robustness test of OLS and ARDL as well. This implies that the government should maintain a politically stable and non-violent country and prevent all kinds of shocks like COVID – 19 to improve the stock market's performance.

Keywords: All Share Price Index, COVID, Easter Sunday Attack, Regime, Stock market

STRUCTURAL CHANGES OF PUBLIC DEBT IN SRI LANKA: AN EMPIRICAL INVESTIGATION

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Central government debt is the total stock of direct government fixed-term contractual obligations to others outstanding on a given date. It includes both domestic and foreign liabilities such as currency and money deposits, non-share securities, and loans. Government debt can be raised both externally and internally. External debt refers to the government's obligations to lenders outside the country, whereas internal debt refers to the government's obligations to domestic lenders. Government debt as a percentage of GDP is commonly used to assess a government's ability to meet future obligations. The terms public debt and central government debt are frequently used interchangeably in the literature. However, there is a clear distinction between these two concepts when it comes to disaggregating a country's debt. Central government debt is frequently generated as a result of a budget deficit. Furthermore, public sector enterprises (PSE) obtain loans from domestic and international sources, with or without government guarantees. In addition, the country's central bank may take its loans. All of these components must be considered when calculating the national or public debt. In this context, this study identifies public and central government debt separately using data from Sri Lanka. It also investigates the structural change of central government debt over the last few years. Secondary data were taken from the Central Bank of Sri Lanka, the Ministry of Finance and the Department of Census and Statistics in Sri Lanka. The results show a significant difference between public debt and central government debt in the country. The difference between public and central government debt is approximately Rs. 4,539 billion by March 2022. Total accumulated central government debt is 117 % of the GDP, while public debt is 142 % of the GDP by March 2022. Accordingly, per capita, central government debt was 0.97 million, while it was 1.18 million for public debt by March 2022. The composition of central government debt has also changed significantly during this period, with a greater reliance on high-risk commercial borrowing. The findings of this study give policymakers the information they need to make future decisions about the country's debt sustainability.

Keywords: Central government debt, Debt stock, Public debt, Sri Lanka, Structural changes

TRACING ROOT CAUSES OF MULTI-DIMENSIONAL POVERTY IN THE ESTATE SECTOR IN SRI LANKA: EVIDENCE FROM MASKELIYA DIVISION

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Sri Lanka has been performing consistently well in human development over the last decade, being the highest rating country in the South Asian region. However, it is to be noted that regional disparities exist in the island; the estate sector being the "Pockets" of poverty as described by the Department of Census of Statistics. Although the Central Province contributes 11 per cent to the GDP, the highest next to the Western Province, when considering disparities in the province, the tea estate community stands out as the highest. What is understandable from the literature is that compared to the urban sector, where dynamic and manufacturing industries are concentrated, estate people are under severe poverty-ridden conditions and vulnerable due to different economic shocks. The World Bank report states that poverty reduction in Sri Lanka has been uneven across sectors, rapid in the urban sector but slow or stagnant in rural and estate sectors. As such, this research intends to explore the root causes of the stagnant reduction in the chronic multi-dimensional poverty of the tea estate population. This is followed by three specific objectives: initially, to identify the nature of life during and after the pandemic in estates catalyzed by the Covid-19 pandemic's impact, to examine the contribution of the Regional Private Companies [RPCs] to uplift the standard of living in estates, and finally, to assess the possible impact of the average poverty level of Sri Lanka because of mitigating the estate sector poverty, which is the highest contributor to the average poverty level of Sri Lanka. The unit of analysis is the estate sector workers in the Maskeliya area from Waltrim and Hapugasthenne estates. This study is explorative. It uses purposive sampling wherein it aims to achieve the objectives via open-ended structured group interviews, focus group interviews and key informant interviews followed by desk research where data was analysed, and themes generated. Accordingly, it was discovered that most of the tea estate sector workers are multi-dimensionally poor, and the current indicators of poverty derived through the research surpass the national poverty indicators in the estate sector. Through the research, it is observed that the root cause behind the chronic poverty in the estates is the institutional disparities, mainly in terms of the RPCs and the State institutions, Pradeshiya Sabhas. As such, it is vital that the government, in collaboration with the RPCs, put in place major policy changes to harness the opportunities and overcome the challenges in this sector.

THE IMPACT OF PUBLIC DEBT ON INFLATION: EMPIRICAL EVIDENCE FROM SRI LANKA

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High economic growth at stably low inflation is one of the major goals in most economies worldwide. Moreover, most governments in developing countries borrow domestic and external debts to promote economic growth, reduce unemployment, maintain socio-economic stability, invest more in education, health, and infrastructure, and mainly deal with fiscal policy. High inflation and high public debt are considered adverse elements to economic growth in developing countries such as Sri Lanka. Public debt and inflation show a substantially increasing pattern with fluctuation from time to time in Sri Lanka. The inflation rate was 1.22% in 1977 and 7.01% in 2021 in Sri Lanka. Government debt averaged 7,352,600 LKR million from 1990 until 2021 in the country. However, the public debt reached a record low of 310,779 LKR million in the fourth quarter of 1990 and a high of 17,589,373 LKR million in the fourth quarter of 2021. Hence, this study attempts to examine the impact of public debt on inflation using the annual data of Sri Lanka from 1990 to 2020. AIC criterion suggests employing Auto Regressive Distributed Lag Model (ARDL) (3, 3, 2, 2, 0, 3) model. The selected model passed all diagnostics tests and confirmed that the chosen model and the estimated parameters are stable in the long run. The Bound testing results detected the co-integrating relationship between the variables considered in this study. The results suggest that public debt and GDP per capita have a statistically significant and positive impact on inflation both in the long and short run. That is, if the government can effectively maintain the public debt at a low level, it tends to reduce inflation at a desirable rate. Further, GDPPC and Revenue positively impact inflation in the short run, whereas labour force and trade openness affect inflation negatively. The coefficient of error correction term indicates that about 72.1% of the disequilibrium in the inflation is offset towards a steady state line each year during one period after the exogenous shocks. Further, public debt and inflation have a significant bi-causality relationship. Similarly, the GDP per capita and inflation have a significant bi-causality relationship. Revenue and openness have a significant one-way causality relationship with inflation. Thus, this study suggests that the Sri Lankan government should prioritise harmoniously implementing fiscal and monetary policies. The government should run the economy based on inflation targeting, and public debt should be below the threshold value in the country.

Keywords: Auto Regressive Distributed Lag Model, Inflation, Public debt, Sri Lanka

A STUDY ON BARRIERS AND DRIVERS ON INDUSTRY 4.0 READINESS AND ADAPTATION: SPECIAL REFERENCES TO SUPPLY CHAIN OPERATIONS OF LARGE-SCALE MANUFACTURING ORGANIZATIONS IN SRI LANKA

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Rapid technological advancement enables manufacturing companies with new digital transformation opportunities to offer cost-effective products and services to existing and emerging markets. These modern technologies are discussed under the umbrella term Industry 4.0. "Industry 4.0" combines the internet of things, intelligent manufacturing, and smart factories. Supply Chain 4.0 is the application of Industry 4.0 technology to supply chain activities like design and planning, manufacturing, distribution, consumption, and reverse logistics. With these technological developments, competition in the global manufacturing industry is increasing daily. These new technologies give industrial organizations new opportunities for digital transformation, allowing them to offer competitively priced goods and services to existing and new customers. Even though global competition in the manufacturing industry is increasing with new technologies, the question is whether the Sri Lankan manufacturing industry is ready to adopt these new technologies in its supply chain process. Therefore, this research examines how employees' perceptions of drivers and barriers for Industry 4.0 technologies affect their readiness to engage with such technologies, how increased readiness affects the extent to which Industry 4.0 technologies are adopted, and how readiness mediates the effects of drivers and barriers on practising Industry 4.0 technologies. The research was conducted based on primary data collected through a questionnaire survey of 199 employees working within the supply chain departments of large-scale manufacturing organizations. According to the analysis, the research provides empirical evidence that employees' perceptions of higher drivers for Industry 4.0 promote higher Industry 4.0 readiness, which, in turn, leads to a higher degree of practising Industry 4.0. According to the study, perceptions of higher barriers to Industry 4.0 reduce Industry 4.0 readiness, but this appears to have a minimal impact on Industry 4.0 implementation. Furthermore, the findings of the bootstrapping experiments reveal that employee perceptions of increased drivers for Industry 4.0 directly and indirectly, support the adoption of Industry 4.0 technologies by boosting Industry 4.0 readiness. However, the findings suggest that personnel perceptions of barriers have even less impact on adopting Industry 4.0 technology, either directly or indirectly. The findings are critical for manufacturers to consider as they plan their digital process transformations.

Keywords: Adaptation, Barriers, Drivers, Industry 4.0, Manufacturing, Readiness

IMPACT OF THE INTERNET OF THINGS ON SUPPLY CHAIN INTEGRATION TO EMPOWER THE WAREHOUSE PERFORMANCE OF THE APPAREL INDUSTRY IN SRI LANKA

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The Internet of Things (IoT) is the next generation of internet-connected devices and sensors embedded within information and communication technology (ICT) systems in a digitally enabled environment. It supports supply chain process integration by capturing and transferring key information in real time. Integrating emerging IoT into the current legacy of ICT systems is unique because of its intelligent, autonomous and pervasive applications. While the impact of ICT-enabled Supply Chain Integration (SCI) in improving supply chain performance is extensively researched, empirical studies on emerging IoT technologies in integrating warehouse processes are limited. It remains overly magniloquent in literature for its essential benefits. Thus, it raises the question of whether IoT technologies have the capability to integrate supply chain processes and influence warehouse performance. Therefore, the main objective of the research is to examine the progressive impact of IoT on the three dimensions of SCI processes in the apparel industry. The secondary aim is to determine the impact of the IoT-enabled supply chain integration on the warehouse performance of the apparel industry in Sri Lanka. This study is based on a conceptual framework that uses SCI (suppliers, internal, and customers) as variables and on the results of a questionnaire survey of 107 employees who work in and around warehouses in Sri Lankan apparel manufacturing organizations. According to the research findings, researchers assess the IoT and its major impact based on two dimensions. One is with consumers, and the other is with manufacturers and how those measurements affect the efficiency of the supply chain. The above-listed variables were evaluated using correlation, and it was found that the variables had a clear positive association with the output of the supply chain. However, a very low correlation between the Internet of things capability and SCI has been found. Therefore, the IoT attributes collective consumer and supplier integration effects for the better performance of the warehouse. The impact of the IoT on SCI is investigated using regression analysis. According to the results of the regression analysis, it can be concluded that IoT capability has a significant positive impact on supplier integration, Internal Integration, and customer integration. Even though supplier integration does not significantly impact warehouse performance, the results indicated that SCI has a substantial overall positive impact on warehouse performance.

Keywords: Apparel, Integration, Internet of Things, Performance, Supply chain, Warehouse

DISTRIBUTION OF CHINESE INVESTMENTS IN SRI LANKA: AN EMPIRICAL INVESTIGATION

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Sri Lanka is a lower middle-income country with a total population of 21.9 million people and a per capita income of USD 3,815 in 2021. When it gained independence in 1948, the country appeared to be one of Asia's most promising nations. The diplomatic relationship between China and Sri Lanka has a long history, as the country is in one of the hotspots of the ancient Silk Road. In 2013, China announced the global vision of the modern silk road as the Belt and Road Initiative (BRI). Between 2005-2015, China emerged as the largest source of official development assistance (ODA) and foreign direct investment (FDI) in Sri Lanka. Given this background, this study attempts to analyse the distribution of Chinese investments between 2000 and 2021. The study mainly relies on secondary data extracted from web sources, articles, books, or book chapters. The results revealed that Chinese investments were deployed to Sri Lanka during the period of 2000 to 2021 under 17 sectors. Among them, the transport sector received nearly $ 10.3 billion in investments (50 projects), the energy sector received $ 1.5 billion in investments (11 projects), and the water sector received $ 1.4 billion in investments (12 projects). All 17 sectors include 175 projects which counts to $16.35 billion in investments during this period. The study identified export buyers' Credit ($ 5.3 billion), grants ($ 0.5 billion), and loans ($ 10.4 billion) as the leading investment flows. Major investment sectors include education which is $ 1.5 million in grants for 12 projects for scholarships and training and $76 million for infrastructure development as export buyer's Credit. However, $ 28.6 million in grants were received for four projects under the unallocated/ unspecified category. The study found that the interest rates on export buyer credits and loans have changed over time. It was also discovered that the grace period changes when the interest rate changes. The findings of this study will help policymakers understand the nature of Chinese investment flows from 2000 to 2020, allowing them to adjust foreign investment policy accordingly.

Keywords: BRI, Chinese investment, Grants, Loans, Sri Lanka

EMPLOYEE JOB SATISFACTION AND RETENTION: A STUDY OF THE INSURANCE INDUSTRY

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Employee satisfaction measures how happy workers are with their job and working environment. In recent years, job satisfaction has become an area of interest among insurance professionals due to the high rate of turnover in insurance companies. Moreover, employee retention is a major concern in an organization's competitive advantage since it would impact the organization's efficiency, productivity, and sustainability. Employee retention is the organizational goal of keeping talented employees and reducing turnover by fostering a positive work atmosphere to promote the engagement of the employees. The Sri Lankan service sector is struggling to keep talented and motivated people within the organization. The service sector is more competitive because of its intangible nature. Apart from the service industry, insurance is considered one of the critical sectors in the country's economy. The main objective of this research is to find out the most influential factors affecting employee retention in the service industry, and to find out which factors affect the service industry's turnover. Employee retention is a process in which the employees are encouraged to remain with the organization for a maximum time. Recent labour turnover has become a crucial issue in the insurance industry, especially in the Sri Lankan context. This study focused on exploring the level of contribution of job satisfaction to employee retention in the insurance industry. Randomly selected fifty (50) insurance professionals from three selected insurance companies contributed to this study. The SPSS was used to analyse the empirical data. A questionnaire was used to collect primary data, and secondary data were gathered from the HR department of the company on annual labour turnover, records on salary, intensives, and the number of days off. Results revealed a significant correlation between job satisfaction and employee retention. However, it was noticed that other factors, such as social recognition, employee rewards and training and development, were related to the insurance company's turnover intention(retention). The study suggests that retention in insurance companies can be enhanced by increasing job satisfaction of the employees, and it will ensure employees' sustainability.

Keywords: Employee retention, Employee satisfaction, Insurance industry

DEVELOPMENTAL PATTERNS OF ENGLISH ESSAY WRITING OF JUNIOR SECONDARY STUDENTS IN SRI LANKA

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In the school curriculum of Sri Lanka, writing plays a vital role in relation to the English language. In the G.C.E. (O.L.) examination, 15% of the marks of the English paper are allocated for essay writing. The current study was carried out to identify the developmental patterns of essay writing of junior secondary students in the school system of Sri Lanka. According to the 2016 annual report of the G.C.E. (O.L.) English paper, only 15% of the students scored any mark for writing. The difficulty of mastering the skill can be attributed to the cognitive difficulty level. English in Sri Lanka is a mixture of a second and a foreign language. However, due to the official acceptance that it is a second language, the theories of second language acquisition were chosen as the study's theoretical framework, mainly the ideas on 'interlanguage' and error analysis. The research design is a longitudinal study of parallel groups, and the sample was selected from a type 1AB school in the Homagama zone based on convenient cluster sampling. Students representing one class from each grade, 6 to 11, were asked to write an essay on 'My Country', and the first 15 scripts of the students who willingly took part were collected and analysed from each grade. The data analysis was done in several ways; the errors were categorized under three levels graphological/ phonological, grammatical and lexico-semantic, the length of the essays was identified by counting words and sentences, the organizing abilities in writing were determined by counting the number of paragraphs, the evolution of sentences was identified through counting the sentence types (simple, compound, complex) and other frequently spotted specific errors identified evidence of fossilization. Data analysis signified that the general ability of students to write lengthy and organized scripts was developed with cognitive maturation. Still, they depended highly on writing simple sentences irrespective of age. There was no pattern identified in relation to the interlanguage. Some evidence of fossilization was discovered as students of all grades displayed a tendency to use the phrase 'my country/ it has/ have' instead of 'there is/are' and articles erroneously. Errors related to capitalization decreased with cognitive maturity, and no pattern was identified in relation to their use of the wrong tense or writing completely wrong sentences. Further research should be done to investigate the phenomenon on a larger scale.

Keywords: Error analysis, Essay writing, Interlanguage, Junior Secondary level, Second language

THE IMPACT MADE BY MISSION SCHOOLS FOR THE DEVELOPMENT OF EDUCATION IN SRI LANKA: A CASE STUDY ON THE SCHOOLS BY THE WESLEYAN MISSION

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This paper is an outcome of a study on schools previously founded by the Wesleyan Mission in Sri Lanka. The Wesleyan or the Methodist Mission was the first Protestant Christian Mission to initiate schools in Sri Lanka. Literature related to early Methodism suggests that education was a major focus of their overall mission. The missionaries spent considerable effort, energy and time establishing and nurturing their educational framework. Today, several of the oldest and most prestigious schools across the country fall into this category. The work of Christian missionaries in Sri Lanka has been a divisive topic in academic and educational circles. Mission schools, or at least the remnant schools of the missionary past, were a topic of interest till the government scheme of reorganization in the early 1960s. This study aims to evaluate the missionary past with the present contexts of these schools and to retrace the visions of the initial missionary policy and educators. The study's main objective was to determine the contribution of the Wesleyan Mission towards education in Sri Lanka. In achieving this objective, several other questions on the nature of Wesleyan educational philosophy, status and legacy in these schools and opinions of stakeholders on the Educational Founding were also investigated. The research was conducted as a Multiple-Case Study following the methodology of Robert Yin. Out of several hundred Wesleyan schools, four schools were selected with differences in region, gender, and school type. Documentary studies, observations in schools, interviews and focus group discussions with school personnel, and surveys for teachers were conducted for each school. Then a cross-case analysis was conducted qualitatively with content analysis for the first four data tools and quantitatively for the survey. The outcomes were themed under research objectives. The results indicated several significant themes relevant to the modern trends in education in Sri Lanka. Prominent among these were Inclusive and Multi-Cultural Education, English Education, Character and Leadership Development, Spirituality with Service and Curriculum with Co-Curricular Development. It was also indicated that the work of such Missionaries was not merely relevant as a historical fact, but their vision continues to challenge educational thinking in the present day. Further, the work of the missionary ethos concerning education differed from the policies of the British administration, commonly understood as the colonial mentality.

Keywords: Christianity, Educational development, History, Wesleyan Mission

EXISTING ICT SKILLS OF PROSPECTIVE TEACHERS IN THE NATIONAL COLLEGES OF EDUCATION PROGRAMMES

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The literacy skills of ICT of prospective teachers are useful for their academic purposes as well as their professions as teachers in the future. This study highlights the determinants of 21st century ICT skills of ICT prospective teachers of 19 National Colleges of Education. In 2001, a group of ICT experts called the International ICT panel invented a literacy model called the 21st century ICT Literacy Model. ICT competency highly considers certain cognitive skills for managing, integrating, and evaluating information. This study was focused on measuring the ICT skills of prospective teachers of three National Colleges of Education (NCoEs). The objective of this study was to identify the level of ICT skills among prospective teachers in the domain of Accessing, Managing and Creating, Integrating, and Communication and find out the constraints encountered by prospective teachers in learning ICT. A survey design was used to collect data. A questionnaire prepared using Google Forms was used as an instrument. The data obtained from 300 purposefully selected prospective teachers who submitted complete answers to the questionnaire were analysed quantitatively using the SPSS (version 25) statistical software. The questionnaire items consisted of Managing, Accessing, Integrating, Communicating, and Creating. Of these five domains, only the Managing domain was selected for this presentation. It had five items, and each consisted of five responses. Their medians were 1, 1, 2, 2 and 2. Modes were 1, 1, 2, 2 and 2, respectively. The result of this study revealed that 28.4% of participants belonged to the level of somewhat skilled, 45.3% of participants were skilled, and 18.9% were not very skilled. However, 5.3% of participants were highly skilled, and 2.1% were not skilled. The percentages reveal that the ICT skills of most prospective teachers of NCoEs under the domain of Managing are somewhat skilled (can perform independently but require guidance at times). Thus, the ICT skills of prospective teachers of selected NCoE were not satisfactory. Therefore, a new learning methodology should be introduced to enhance the prospective teachers' ICT skills.

Keywords: ICT, Literacy model, National Colleges of Education, Prospective teachers

A STUDY ON THE QUALITY OF THE TEACHING-LEARNING PROCESS IN DEVELOPING CREATIVE AND AESTHETIC COMPETENCIES OF PRIMARY STUDENTS

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Creative and Aesthetic competencies greatly help to build a strong and balanced personality and to enable the development of inborn potentials of the children, ultimately creating a strong individual in society. The study's objective was to analyse how the curriculum develops creative and aesthetic competencies in the teaching-learning process of grade three (03) children. In addition, how the actual teaching process helps to develop creative and aesthetics-related competencies of the child was also considered. The researcher's intervention to explore better and more efficient results of the teaching-learning process was another objective of the study. To achieve this, the TPACK framework was used as the theoretical framework. A mixed method approach was used for the research. Multiple case study design was used, selecting eight schools representing rural and urban schools and four types of schools in the Kurunegala education division. Thus, the sample comprised eight grade 3 teachers and five students from each teacher's class. One hundred and forty teachers were selected for the second stage of primary education from the Kurunegala education division through stratified random sampling for the quantitative study. Data was collected using competency assessment tools, questionnaires, interviews, and researcher's observations. A cross-case analysis was presented on the thematic structure developed by detailing the teaching-learning process. Quantitative data were analysed by using descriptive statistics. According to the content analysis, it was revealed that the weight of creative and aesthetic-related activities inserted in the syllabi of mother tongue and Environmental Studies was satisfactory. According to the teacher assessment, the students' creative and aesthetic competencies were reported as 99.5%, yet the researcher investigated it as 66.6%, increasing it to 70.8% in the next term. Using creative and aesthetic activities in teaching mother tongue and Environmental Studies was unsatisfactory when analysed with cross-case analysis in eight schools with thirty-two lessons. After co-teaching was done by the researcher for sixteen lessons, creative and aesthetic competency development was highly satisfactory. The study's outcomes lay out a range of aspects that need to be improved in the teachers' role in fostering creativity and aesthetic competencies.

Keywords: Aesthetics, Competencies, Creative, Primary, Quality

A STUDY ON THE PERCEPTION OF TEACHER EDUCATORS ON DEVELOPING SOFT SKILLS AMONG PROSPECTIVE TEACHERS

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Soft skills are personal traits that enhance a person's interaction, job performance, and career viewpoints. Soft skills boost competency and consequently upsurge one's ability to subsidize communal progression and transformation. Developing soft skills has become as necessary as hard skills for 21st century prospective teachers. Soft skills cover communication, critical thinking and problem-solving, life-long learning and management of information, teamwork, leadership and ethics, morals and professionalism. This study's main objective is to examine teacher educators' perceptions regarding developing soft skills in pre-service teacher education. This study was carried out through a survey research design. A total of 212 teacher educators were taken as the sample through stratified random sampling. In line with the research objective, the data gathered through the questionnaire was based on soft skill classification: personal skills, management skills, and social skills. The participant responses to the five-point items were quantitatively analyzed through SPSS. The findings of this study revealed that more than 60% of teacher educators strongly agree that more attention should be paid to developing soft skills for prospective teacher training in the 21st century. Further, 57% of the sample strongly agreed that soft skills directly influence the teaching-learning process, while 40% responded with their agreement to that idea. 90% mentioned that a teacher's soft skills directly affect her personality traits. Further, 52.8% strongly agreed with the statement that the development of soft skills of interns helps them solve problems they face at school. Besides, the study revealed that 93.8% of respondents had shown positive responses saying that there should be more weightage for soft skills in the code of ethics of teachers. The perception among most of the sample is to develop soft skills through teacher education and, the sample further believes that both soft and hard skills are essential in the 21st century. When inquiring about the teacher educators' perception of the importance of soft skills, there was a significant difference among them regarding the National Colleges of Education (NCoE) they serve. Suggestions were made based on the findings to pay more attention to soft skills in the process of prospective teacher training, which should be appropriate for the 21st century and to integrate soft skills into the NCoE curriculum.

Keywords: Perception, Prospective teachers, Soft skills, Teacher educators

SELF-PROFESSIONAL DEVELOPMENT PROCESS OF INTERNSHIP TEACHER TRAINEES: EXPLORING JAPANESE LESSON STUDY MODEL

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The main purpose of this research was to investigate the possibility of applying the Japanese Lesson Study Model (LSM) to the Self-Professional Development Process of National Colleges of Education Internship Teacher Trainees. The research was based on the 12 National Colleges of Education that conduct the primary course. This research was conducted in Explanatory Sequential Design under the Mixed Methods research methodology. For the survey, 41 lecturers in charge of the internship year and 276 internship teacher trainees were randomly selected as samples. Qualitative data were collected from classroom observations, documentary information and reflective journals. Quantitative data were analysed through detailed statistical strategies, and qualitative data were described by reflections and discussion. According to the findings from the questionnaires directed to the samples of lecturers and teacher trainees under the quantitative research method, 67.3% believed that there were problems related to the fulfilment of the components that evaluate the experience of the classroom practices of the trainees in the internship year. Also, this year, 97.57% of the respondents said they needed to focus on a formal program to improve their practical classroom experience. According to the findings of the intern trainees on how classroom practical experience gained during internship training helped to develop the teaching-learning process, 94.20% stated that the development of the teaching-learning program was hampered. Classroom observations revealed that the educational content knowledge of teacher trainees is at a level that needs further development. Qualitative data were collected through collaborative action research. This Intervention Action Plan was designed and conducted by a lesson study group consisting of the researcher, teacher trainees, respective class teachers and the school's mentor. In this process, a lesson was planned, conducted, and observed by the lesson study group. The reflective notes of the study group on the lesson were used in the post-discussion and the feedback was considered to plan the next intervention. This research reveals that the teacher trainees' self-professional development and the self-evaluation skills are developed by engaging in collaborative lesson studies. It was suggested that it is appropriate to set up a formal mechanism that directly applies to the self-professional development that occurs through the genuine results of the practical teacher training, which is the main objective of the internship year, and that the Japanese Lesson Study Model is also a suitable program for the self-professional development of the intern teacher trainees.

Keywords: Internship Teacher Trainees, Self-Professional Development Process

THE PRIMARY TEACHERS' VIEW ON THE CONTRIBUTION OF ENVIRONMENT-RELATED ACTIVITIES CURRICULUM TO THE DEVELOPMENT OF LEARNING AND INNOVATION SKILLS OF THE 21ST CENTURY AMONG KEY STAGE 2 LEARNERS

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Learning and innovation skills of the 21st century, namely Collaboration, Communication, Critical thinking, and Creativity (4Cs), are the abilities that students need to possess to succeed in their student life, future careers, and as citizens. These abilities are being focused on and are taking the lead in curriculum development in most countries. In this study, the main objective is to identify the existing situation on the contribution of the Environment Related Activities (ERA) curriculum to developing 4Cs among the Key Stage 2 (KS-2) learners and suggest improvements. A mixed-method design was used. In the first phase, qualitative data were collected through content analysis of ERA Teacher Guides and ELC assessment guide of primary KS-2 and semi-structured interviews with four teachers selected purposively. During the second phase, quantitative data were collected from a stratified random sample of 240 primary teachers of KS-2 in 50 Sinhala medium schools of three educational zones in the Kandy district using a questionnaire based on the findings of the qualitative analysis. Quantitative data were analysed statistically. In the qualitative analysis, three themes emerged; 1. insufficient attention to include 4Cs equitably in ELC and relevant activities. 2. inadequate attention to using the most appropriate subject themes and activities in the assessment of ELC, and 3. teachers' insufficient awareness of 4CS and the lack of attention to incorporating 4Cs in actual practice. According to the content analysis, the activities related to the ELC in the primary KS-2 more frequently included Communication skills than the skills in Critical thinking and problem solving, Collaboration and Creativity. When recommending themes and activities for ELC assessment, more appropriate themes were omitted, and the same activities and themes were repeatedly used. The teachers reported that they have little or no awareness of the 21st century skills, 21st century skill frameworks and 4Cs. These findings were confirmed in the quantitative phase. Only 15%, 7.9% and 8.8% of the teacher sample had an outstanding awareness, respectively. Moreover, 98.2% of teachers reported that teacher development programs did not include 4Cs or the 21st century skills. In conclusion, we find that the 4Cs are insufficiently incorporated in the ELCs, and related activities in the ERA curriculum of KS-2 and teachers lack a comprehensive understanding to teach 4Cs of 21st century skills. Therefore, it can be suggested to incorporate 4Cs equitably into ELCs in the ERA curriculum and conduct effective teacher development programs for primary teachers on developing 4Cs among the learners.

Keywords: Environment Related Activities, Essential Learning Competencies, Learning and innovation skills, Primary key stage 2

PRACTICAL FUNCTIONING OF SCHOOL-BASED PROFESSIONAL TEACHER DEVELOPMENT PROGRAMMES

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Ministry of Education introduced the SBTD Programme in 2013 as a solution to the weaknesses of teacher professional development programmes. In 2019, the name of the programme was changed to School-Based Professional Teacher Development Programme (SBPTD). The government is making efforts to implement SBPTD in schools by issuing circulars and incurring huge costs annually. The problem, however, was whether the programme was implemented in schools properly, and the purpose of the research was to identify the nature of the functioning of SBPTD to suggest remedial measures. Objectives were to discover the need for the SBPTD, to analyse how the school programmes are planned and implemented, to investigate the problems that arise during the implementation, to identify the reasons if it does not function as expected and to give suggestions to solve the problems. The survey was conducted using 25 schools in the Ampara Education Zone selected using the cluster sampling technique. Quantitative data were collected using a questionnaire from 100 teachers chosen according to the stratified random sampling technique considering different school types (1AB - 01, 1C - 10, type 2 – 10, and type 3 - 04). 05 principals and 05 deputy principals were selected under the convenience sampling technique to participate in a focus group discussion that produces qualitative data. As the SBPTD programme helps in teacher development to upgrade teacher competencies, the programme should be made mandatory. 78% of teachers agree that the programme is useful for teachers. The timing and duration of the programme were sufficient. Only 47% of teachers, however, participate in the programme willingly. There were weaknesses in the use of resource persons and modern technology for SBPTD. In order to overcome weaknesses, a change of attitude among teachers is necessary, and their motivation to participate needs to be improved. The contribution of national-level resource persons for SBPTD is essential. Focusing on new learning - teaching methods, based on suitable professional programme plans must be included in SBPTD. Based on the focus group interview with the principals/deputy principals, some themes of teacher specific needs for further development were identified: programmes important to teachers, lack of resources, the reluctance of some teachers to change, and teachers' lack of understanding about the programme. They suggested that an additional stipend should be paid to teachers for participation and expert resource persons should be employed at the national level to conduct programmes.

Keywords: Resource persons, School-Based Teacher Development Programme, School-Based Teacher Professional Development Programme

SECONDARY SCHOOL STUDENTS' PERCEPTION OF THE ROLE OF CAREER COUNSELLORS: AN ANALYTICAL STUDY BASED ON THE BADULLA DISTRICT, WELIMADA EDUCATIONAL ZONE

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School dropout rates result in unemployment, poverty, and low quality of life. The study examined the student's perception of the role of counsellors in choosing a career in the schools in the Badulla District, Welimada Educational Zone. The study aimed to find out the available counselling services in schools, the frequency of access to counselling in schools, and the perception of students on the role of counsellors in the choice of their careers. The descriptive research method was used for the study, and 300 student respondents were taken as the sample. A simple random sampling technique was used to select mixed gender schools with students from different socio-economic and ethnic backgrounds. Questionnaires and interviews were used to gather data. Four sections of A, B, C and D were included in the questionnaire: Section A on respondents' biodata, Section B information on the availability of counselling services in the schools, Section C on the students' accessibility to counselling services, and section D focuses on the student's perception of the role of the counsellor. They contained seven items on the Likert scale format. In-depth personal interviews were conducted with ten school counsellors. No one was compelled to take part in the study. Interviews were conducted in the school context and consisted of 12 to 14 questions. Each interview took approximately 25 minutes. Data gathered from the questionnaires were analysed at first using the SPSS software. The descriptive statistical method was also used for the data analysis procedure. The study revealed educational, vocational, and person-social counselling services available in schools. Further, students had access to counselling, but counsellor characteristics and other factors inhibited their frequency of access. Similarly, the study revealed that students assumed counsellors to be central to making their career choices. The main aim of guidance and counselling were to prepare and direct students into a better future. The government and school authorities should be interested in counselling and career guidance programs for the benefit of students. Counsellors should endeavour to seek opportunities for skill upgrades and higher training; subsequently, they can address students' needs, wants, and relevant issues.

Keywords: Career, Counsellor, Guidance and counselling

A STUDY ON THE EFFECT OF TEACHERS' ROLE AS COUNSELLORS FOR PROMOTING SOCIO-EMOTIONAL WELL-BEING OF SENIOR SECONDARY STUDENTS

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Teachers' role as a counsellor is critical in promoting the socio-emotional well-being of senior secondary students. Though every teacher has undergone educational guidance and counselling as a compulsory subject in their professional development courses, senior secondary students face numerous socio-emotional issues. The first phase of this study aimed to determine the class-in-charge teacher's existing knowledge and application in counselling (skills, ethics, and qualities) in the teaching-learning process and how senior secondary students (11th graders) perceive teacher's role as a counsellor. The descriptive survey method in quantitative research design was utilised. One hundred ninety-three professionally qualified teachers and 450 senior secondary students were selected randomly using stratified sampling from 1AB, 1C, and type 2 schools in the Gampaha District. Self-made five-point Likert -type scale questionnaires were developed based on educational guidance and counselling curriculum content. The gathered data was analysed through SPSS version 20. Both instruments' reliability results show a high score of 0.953. ANOVA and t-tests examined the data. This study's findings revealed a significant difference between their knowledge of counselling and their application to the classroom. Further, there is no significant difference in knowledge in counselling associated with gender. According to the students' questionnaire, there is a significant difference between male and female teachers' counselling skills, qualities, and intervention of students' problems. In addition, a significant difference exists in students' perception of the teacher as a counsellor in their socio-emotional development. Based on the findings, it was recommended that the content knowledge in counselling is high among teachers, buut there is a lack of applying it to the classroom. It is suggested that teachers struggling with theory-based knowledge and high workload ignore students' socio-emotional well-being. The study recommends that students' perception of teachers' support for their socio-emotional well-being should be improved. These results suggest that specific counselling training for class-in-charge teachers to perceive them as counsellors should be implemented.

Keywords: Counselling, Socio-emotional, Well-being, Teacher as a counsellor

BUDDHIST PSYCHOTHERAPY FOR ATTENTION DEFICIT HYPERACTIVE DISORDER (ADHD) OF SCHOOL CHILDREN

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ADHD is a developmental condition of inattention and distractibility, with or without accompanying hyperactivity. There are three basic forms of ADHD described in the DSM-5: inattentive, hyperactive-impulsive and combined. Kids might show distractibility, talkativeness, difficulty maintaining attention or loss of social functioning. Treatments should be found for these psychological problems among school children. This research is based on textual study and data collected from the *Sutta Pitaka* in Buddhism. After a critical analysis of the *Pitaka*, the research introduces psychotherapies depicted in Buddhism for ADHD. Mindfulness-Based Attention Adequacy Therapy (MBAAT) is a newly introduced therapy in this research. The MBAAT is suitable for Attention Deficit Disorder (ADD). ADD can be seen among young and teenage schoolchildren. This is a challenging situation for a child who cannot concentrate on the lessons done in the classroom. The therapist can practice Breathing Meditation with the child client who has ADD. This therapy is suitable for children 12 -18 of age. After the practice, some follow-up questions can be asked about the experience. Practising meditation on five body parts (*Taca Pancakayaya – hair, body hair, nails, teeth, skin*) is another technique which can be applied as a therapy for children with ADD. This therapy is suitable for children of 5 – 18 years of age. Practising this recitation while thinking of the parts of the body boosts the attention and function of the child's brain. Mindful eating and drinking are another technique. Eating or drinking is a physical activity that engages many body parts. Eating or drinking mindfully means being aware of the function and the feel of these body parts. After finishing the session, some other mindful exercises like walking, drawing, and sweeping can be practiced according to the time left. The more the child practises that, the better s/he trains her/his brain to pay attention. This increases the child's level of attention, and s/he would be able to cope with Attention Deficit Hyperactive Disorder (ADHD).

Keywords: ADHD, Buddhist Counselling, Children, Mental Disorders, Psychotherapy

A QUALITATIVE STUDY ON FACTORS ASSOCIATED WITH SYMPTOMS OF ELDERLY DEPRESSION IN SRI LANKA

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There is a lack of facilitation when studying illnesses and related factors among the general population. Elderly people can be considered a special group known as senior citizens in a particular society. One-quarter of the population will be elderly by the year 2041. Most of these elderly people forget about themselves and their needs when they are ageing. Social isolation and psychological disorders are common among them. This study aims to explore the factors affecting depression among elderly people. The increasing elderly population is one of the biggest problems in Sri Lanka producing many other health and financial welfare issues. Elderly people are prone to become disabled, and they easily meet with accidents due to lack of social support. Therefore, the present study is important in helping find factors that cause depression in elderly people in Sri Lanka. The objectives were to identify reasons behind adult depression, to clarify the impact of different factors affecting depression, to facilitate better psychosocial support for depressive elders and to develop a prevention program for elders who are suicidal due to depression. Ten elderly people (05 males and 05 females) clinically diagnosed with depression were selected as the study sample. They were 65 years and above. The purposive sampling led to finding of exact and concrete information from the study sample. In-depth interviews were carried out with selected cases, and data from the interview was analysed using thematic analysis. Through the analysis of responses, it was seen that these elderly people have become depressed due to certain factors which were sometimes different for each of them while others were common. After being familiarised with the data, five themes were identified from their responses. It was found that past failure, worthlessness, suicidal thoughts, lack of hope about the future and lack of energy are the most presented symptoms of depression for elderly depression in Sri Lanka. These factors include retirement, loss of family members, physical disabilities, financial difficulties, and lack of participation in decision-making. Most probably in other countries, people are aware of the treatment facilities for this kind of illness and tend to go to these centres for treatment and advice. Unfortunately, this is different among Sri Lankans as they lack facilities and knowledge about illnesses that should be treated. Therefore, educating people about such illnesses and establishing treatment centres is essential for the elderly people in Sri Lanka.

Keywords: Depression, Elderly depression, Random sampling, Thematic analysis, Qualitative

INFLUENCE OF PERSONALITY TRAITS ON COPING MECHANISMS AMONG CANCER PATIENTS

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Cancer has become a common non-communicable disease nowadays, and some patients handle it well, and some do not. "The burden of cancer in Sri Lanka is on the rise. The overall incidence of cancer in Sri Lanka has doubled over the past 25 years, with a parallel rise in cancer-related mortality. Cancer has become the second most common cause of hospital mortality in Sri Lanka" (Jayarajah & Abeygunasekera,2021). The coping mechanisms of cancer patients are different in each, and it is comparatively low. Many patients are also reluctant to go for treatments and have false beliefs about cancer treatments. Their thoughts and beliefs depend on their personality traits and attitudes. One hundred fifty (150) males and females with all types of cancer from Sri Lanka registered at *Apeksha* Hospital, Maharagama, are included in this study. The study consists of five objectives and three hypotheses. The research is conducted using a mixed-method approach. Statistical data is collected by distributing two questionnaires alone with the demographical questionnaire. The independent variable of this study is personality traits, and coping mechanism is the dependent variable. Personality traits are measured by NEO-FFI (Costa & McCrae, 1992), while Brief COPE (Carver, 1997) measures Coping strategies. Fifteen semi-structured interviews were conducted with randomly selected participants. The present findings show that patients with maladaptive coping mechanisms are comparatively low in Emotional regulation (high neuroticism). On the other hand, patients with adaptive coping mechanisms have a broad mind set up and easily adjust to situations (high openness). It is expected to have a significant correlation between personality traits and coping strategies in line with the previous studies and have a high influence of personality traits on coping mechanisms among cancer patients in the final results.

Keywords: Cancer, Coping mechanism, Personality traits

THE BUDDHA AND FREUD ON DREAMS: A PHILOSOPHICAL ANALYSIS

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Dreams are contemplations or solicitous episodes experienced while asleep. Analysis of dreams and providing predictions on empirical basis had been an age-old practice. Dreams shall materialize pertaining to an individual's inspirations, anticipations, emotions, or sensations. The sentiments during the day are continued and often multiplied while asleep, which become apparent as dreams. Some of them emerge with the instalments that occurred in the past, disengaging memories in relation to recent confrontations. The cascading thoughts, while awake, are usually firm and sharp, leading to reasoning, which could be disturbed due to environmental or psychological agitation. The dreams, however, have no reckoning; as a result, they drift frequently, aimlessly, and formlessly. In all sensible humans, deliberations continue to transpire from birth until death. Thus, all individuals' dream incessantly and ceaselessly day or night, awake or asleep, voluntarily, or involuntarily. Since the mind is always active, novel thoughts and ideas stream, one followed by another, interminably and endlessly. Therefore, dreams are only a part of one's expectations, imaginations, appreciation, probabilities, or detestations of real-life events. The only differences are that the cognizant wakeful thinking process is effective and progressive; conversely, the dreams, although they continue the same schemes, roam freely and wander imprecisely, often leading to unanticipated, bizarre, or eccentric considerations. From the beginning of diverse cultures, intelligent people tried to analyse dreams. Some intellectuals have scrutinized and laid down probable forecasts or consequences of various dreams. The Buddha had helped His disciples illuminate their unresolved dreams by reflecting on the plausible causes and effects. In recent times, Sigmund Freud deeply and scientifically investigated and analysed dreams. The objective of this research study is to revise and resolve the scientific basis of the analysis of dreams by Freud in comparison with insightful dream clarifications by the Buddha. The research was based on phenomenological studies and ethnographic assessment with in-depth analysis. The cataloguing of dreams was performed by personal discussions with those who opted to disclose their dreams. There were also a number of uncommon dreams supplied online by friends living in various parts of the world. To be conventional, random discussions were continued with the participants to see if any notable post-dream consequences or divine messages had been associated with their dreams. Finally, a scientific analysis of all dreams was performed. While concluding, it was revealed that dreams are the continuation of constantly streaming thoughts, highlighted at sleep, depending on a person's psychic phenomena of anticipations or abominations.

Keywords: Analysis, Dreams, Divine, Forecast, Insight

THE NATURE OF REASONS FOR DRUG ADDICTION IN REHABILITATION INMATES: AN EXPLORATORY STUDY

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Drugs are identified as chemical substances that affect organisms' functioning that are used to cure or prevent an illness. Drug addiction refers to the compulsive and repeated use of increasing amounts of drugs with the appearance of withdrawal symptoms when drug use ceases. While the specific causes of drug addiction are not known, genetic, psychological, and environmental factors are considered to play a significant role. Some drug addicts also identify drug use and ignorance as a cause of drug addiction. Often, if a person is dealing with pain-management issues, the drug they receive, like oxycodone, can be very addictive. Therefore, ignorance of the drug's addiction potential and the physical pain of the condition becomes a cause of drug addiction. Drug rehabilitation (drug rehab) is the medical and psychotherapeutic social rehabilitation used to enable a patient to cease substance abuse and become a regular and productive member of society. Drug addiction and rehabilitation of addicts have become significant public health problems in Sri Lanka. However, Sri Lanka does not have sufficient research to prove it. Therefore, this research aims to understand the background of reasons and attitudes of drug addicts. A qualitative study design was employed, and 20 male inmates from the Re-integration centre, Vavuniya, were selected using convenient sampling techniques. Data were collected using semi-structured interviews and analysed thematically. This study found that drug addiction has become an important issue due to its severe impact on public health, the tendency to encourage crime, the tendency to cause diseases, increasing poverty, and destruction of family life. Heroin and Cannabis (Ganja/marijuana) were the most used drugs in the study sample. Rehabilitation of drug addicts has become an urgent need of the hour to rescue valuable citizens from the clutches of drugs to build a sustainable country.

Keywords: Addiction, Diseases, Drugs, Inmates, Rehabilitation

IMPACT OF SELF-ESTEEM ON DRUG ADDICTION AMONG ADULTS IN SRI LANKA

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As self-esteem plays a crucial role in the mental health of individuals, the impact of self-esteem on drug addiction is one of the significant topics that need to be discussed in the modern psychological setting. Drug use among the older generation has been increasing at a faster rate than among those who are younger. The present study intended to determine self-esteem's influence on drug addiction among adults in Sri Lanka. Some psychological factors, such as childhood violence and trauma, are known to be associated with drug addiction. However, self-esteem is a somewhat less focused and controversial topic in drug addiction than other psychological factors. This research is a literature review of the ongoing empirical study where the convergent parallel design is used. The empirical study targets those who are undergoing treatment in rehabilitation centres. The sample size for the quantitative phase is 100, and 10 for the qualitative phase. Several research gaps related to the current subject matter have been identified in the previous literature. First, conflicting results were found in the previous studies. Second, the role of self-esteem as a solitary psychological factor in the development of drug addiction has received little attention in the literature. Third, lack of studies that have simultaneously used both qualitative and quantitative approaches to study this subject matter has been observed. Fourth, a lack of studies focusing on different age groups, such as middle and old have been found. Fifth, a scarcity of previous studies on the present subject about the Sri Lankan context has been found. Some studies have argued that self-esteem has no impact on substance addiction. At the same time, others have indicated the positive impact of high self-esteem on drug addiction. However, most previous studies have supported the assumption that low self-esteem positively impacts the development of drug addiction among adults. Thus, in this research study, it is assumed that low self-esteem will positively impact the development of drug addiction.

Keywords: Adults, Childhood violence, Drug addiction, Self-esteem, Trauma

CONFLUENCE OF INDO-PACIFIC REGION AND MARITIME SECURITY QUANDARY: SRI LANKAN PERSPECTIVE

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The Indo-Pacific region is an area of concern in the present-day geo-political context. In the contemporary scenario, small states in the Indo-Pacific region face political, economic, and societal spheres of influence from the larger states. The US sphere of influence expanded from the Western Pacific to greater maritime Asia in the 21st century and renamed its Pacific Command to Indo-Pacific Command in 2018, recognizing the importance of the Indian Ocean Region (IOR). On the other hand, the Quad (Quadrilateral Security Alliances)*,* composed of the United States, Australia, India, and Japan, are seeking avenues for maritime opportunities*.* The trilateral security pact AUKUS (between Australia, the United Kingdom, and the United States) is another strategy for collective security. This has been argued in literature as a containment strategy to limit the maritime expansionism of China. In the current geo-political and geo-economics context, activities in the Indo-Pacific region are converging, and larger states have developed robust maritime strategies concerning the Indian and Pacific Oceans. Thus, small states in the Indo-Pacific region desperately seek shelter from larger states to survive in the international system. Shelter Theory argues, 'Small states depend on the economic, political, and societal shelter provided by larger states and international organizations to survive and prosper.' Sri Lanka is a small state in the IOR, and maritime security challenges are inevitable. Traditional security challenges of great power rivalry and maritime economic implications increased security dilemmas in these oceans. This puzzling issue highlights the significance of understanding the concepts related to small states' behaviour. This paper aims to understand the 'Shelter Theory' to find possible means to interact with larger states and non-state actors operating in the IOR. This research aims to understand the social behaviour of maritime components by applying maritime theories and concepts into practice. This broader area of social science study needs to be proven with logical reasoning of theories based on laws of cause and effect. This will help to understand the ontological and epistemological path to this study. Research methods of the present research study deal with both descriptive and analytical data. The study is mainly based on secondary sources, and data is collected from journals, books, official reports, magazines, newspapers, websites, articles, audio-visual materials, dissertations, monographs etc. This paper understood that establishing preeminent sea power is a key geo-political strategy for larger states to achieve their comprehensive maritime strategy. Further analysis revealed that Sri Lanka lacks coherent functionalism in maritime strategies and a strategic maritime institution to develop maritime policies for the state. Sri Lanka, as a small state, seeks shelter from larger states or international organizations. Therefore, with the maritime expansionism strategies of larger states, it's impossible for Sri Lanka to neglect them in the Indo-Pacific Region.

INTERPERSONAL CONFLICTS AND GENDER-BASED VIOLENCE: A STUDY ON THE MECHANISMS OF DELIVERING LEGAL AID IN SRI LANKA

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The right to access justice should be equal for all, but social, economic, political, and cultural factors contribute to social vulnerability. Gender-Based Violence (GBV) includes all forms of violence involving women and men based on gender. GBV mainly occurs in Intimate Partner Violence (IPV). It is highlighted in domestic violence, IPV, violence at the workplace and violence in public transport (Jayasuriya, 2011). The Attorney General of America states, 'we do not yet have equal access to justice in America; the task before us is urgent.' Ann Oakley defines 'sex' as the biological division between male and female; The concept of conflict is called problems, contradiction, clash, dispute, difference, and disagreement (Bao, 2016). Legal Aid (LA) is defined as 'the free or inexpensive legal services provided to those who cannot afford to pay full price.' Access to justice is not just a moral imperative, but a legal right under international law and the constitutional and national law of status. Under the LA in India, 20,92,866 cases were settled during COVID-19 in 2020/21. During the same time, 81,926 legal counselling was provided in Sri Lanka, 8,075 new cases were filed, and 4,410 cases were concluded (Annual Report, 2021). This study aims to categorize the pattern of cases reported to the courts in Sri Lanka under the LAC. Secondly, it describes the LA demand and its Gender distribution. It also aims to analyse factors related to violence against women, men, and children. Third, it reviews regional countries' LA systems, identifies gaps, and proposes restructuring the LA system in Sri Lanka. This is based on secondary analysis in relation to the demand and supply of LA in past years. The secondary data was collected from the LAC of Sri Lanka and other similar sources. Descriptive critical analysis is used to review the secondary data. The study is based on three components: interpersonal conflicts, GBV, and LA. This research design includes descriptive, correlation, and comparative types of research. Both the structural approach and unstructured approach are applied. The critical social theory contributes to the content analysis. The study identifies the interpersonal conflict-based demand for LA and its gender contribution.

Keywords: Gender, Gender-based violence, Inter-personal conflict, Legal aid, Vulnerability

DECENTRALIZATION, LOCAL GOVERNANCE AND LOCAL SELF-GOVERNMENT: A STUDY OF PRADESHIYA SABHAS IN SRI LANKA

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This study investigates why the local government authorities are unable to become local self-government in Sri Lanka and the impact this has created at the local level. It is universally recognized that local self-government plays an important role in promoting and supporting local services and development by strengthening democracy. Therefore, successive governments have used local government as a tool for bringing the political and administrative system, development projects, and democratic practices closer to the people through the process of decentralizing power to the local bodies. However, the notion of local self-government is often seen as a paradox in academic discourse as well as in practice because of its multidimensional nature. Furthermore, there is a lack of universal consensus on the degree of local autonomy and how much power should be granted. Nevertheless, almost all developed and developing countries have in place some sort of local government system with varying degrees of decentralization. Against this backdrop, this study aims to examine the factors that have influenced local government authorities in exercising local self-government in Sri Lanka and the policies and reforms adopted at the centre to empower them in this regard. A qualitative research approach was employed in this study. The Koralaippattu and Pottuvil Pradeshiya Sabhas in the Eastern Province were selected for this purpose by using a purposive sampling design, while Easton's theory of political systems was used in this study because it provided a relevant conceptual framework for investigating the problem under consideration. According to the study, various initiatives were taken to restructure local government by decentralizing powers and granting autonomy at the local level, but they have not been fully implemented. The extent of powers of the local self-government and its relationship with the central government is not defined clearly in the adopted policies and reforms. The research is unique in pointing out that there is no inter-dependency between the Pradeshiya Sabhas and the higher levels of government other than that the centre exerts too much direct control on the local government elected by the people of the locality. Further, this study reveals that Pradeshiya Sabhas are weak and have little influence in rendering public services and engaging in rural development projects in the study areas.

Keywords: Decentralization, Local Autonomy, Local Authorities, Local Self-government

AN ANALYSIS OF THE CONSTITUTIONAL PROTECTION OF BASIC HUMAN RIGHTS OF SRI LANKANS

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Human Rights are fundamental and inalienable rights inherent to all human beings by birth, irrespective of their race, gender, religion, or any other status. The international community has developed numerous treaties, conventions, and declarations to protect these supreme rights. However, the duty to enact those rights in the local arena lies with domestic legislation reflecting on the provisions adopted in the International Arena. A country's constitution is the authoritative tool that ensures an appropriate balance between the state and the people while regulating the relationship between domestic and international law and guaranteeing the protection of human rights. But it is a question of whether the present constitution of Sri Lanka supports and endorses the basic characteristics of human rights, including universality, inalienability, indivisibility, inherent character of human rights, enforceability and the protection given by law. Hence, the sole objective of this paper is to identify and analyse the attempts of the 1978 Constitution of Sri Lanka to uphold Fundamental human rights, the nature of human rights and the relevance of the provisions incorporated therein. The methodology adopted in this study is purely doctrinal. Through an extensive analysis of the primary source, the 1978 Constitution of Sri Lanka, with the secondary sources of case laws, books, journal articles, websites, and conference proceedings, it identified that even though the Sri Lankan Constitution ensures fundamental rights, the attention given to the nature or the basic characteristics of human rights in formulating fundamental rights provisions seems to be minimal. This paper identifies that, due to less attention given towards the basics, there are certain loopholes in the constitution through which human rights can be attacked. Therefore, it is of immense importance that this area comes to notice so that the necessary revocations or reconciliations can be made to uplift constitutional protection of human rights in Sri Lanka.

Keywords: Constitutional protection, Human Rights, Sri Lanka

CHINA-SRI LANKA RELATIONSHIP: BASED ON DEBT-TRAP DIPLOMACY

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Soft power is gaining primacy as an instrument of power in international politics. China's growth in world politics confirms the same. However, it is noteworthy that the concept of 'Soft Power' was identified by American scholars focusing on the development of the United States. American scholar Joseph S. Nye has defined soft power as 'the ability of a country to persuade others to do what it wants without force or coercion.' China's debt-trap diplomacy, propagated by the West and the media, is seen as a soft-power-centric approach that China today uses to stabilize its power struggle. Although China's relationship with Sri Lanka reveals a traditional history, the 21st century is based on the Sri Lanka-China debt system. China's global foreign policy is the primary unit of debt. The best demonstration of this can be seen in the 2015 national government period using the debt crisis to obtain a 99-year lease of the Hambantota port and the expansion of the Colombo port city area. Based on this, the primary objective of this study is to identify China's debt mechanism, which is prioritised in the Sri Lanka-China relationship. The study is conducted through a political economy approach. Political economy is an interdisciplinary branch of social science that focuses on the relationships between individuals, governments, and public policy. Observations are taken as primary data and books on Sri Lanka-China, research journals, and national newspapers have been used as secondary data. Through this study, secular ideas about the Sri Lankan-Chinese relationship are refuted and aimed to define the Sri Lanka-China relationship by pointing to the historical landmarks of the Sri Lanka-China traditional relationship. For example, Chinese supporters try to identify China as Sri Lanka's closest ally by pointing to the China-Ceylon Rice-Rubber Agreement signed between China and Sri Lanka in 1952. However, in the 21st century, China has shaped the Sri Lanka-China relationship as a combination of the debt mechanism that is the primary focus of China's foreign policy. Friendships can be seen between the political leaders of the two countries. However, it finds that the Sri Lanka-China relationship is structured entirely around the economic focus. It also points out suitable expressions for the Sri Lankan government as it has gone deep into China's soft power debt-trap diplomacy.

Keywords: Debt-trap, Foreign policy, Political Economy, Power struggle, Soft power

SOCIO-CULTURAL INTERACTIONS BETWEEN THE JAFFNA KINGDOM AND THE SOUTHERN KINGDOMS OF MEDIEVAL SRI LANKA

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Sri Lanka has been a multicultural country since ancient days. Though different ethnic groups are living in this country nowadays, the ancient Pali literary sources and the archaeological evidence confirm the existence of Sinhala and Tamil people from the ancient days. The influence of India has indeed contributed to the socio-cultural development of both Sinhalese and Tamils from time to time. Following this, a powerful royal tradition emerged among the Sinhalese, having Anuradhapura as its capital. This kingdom was a Buddhist kingdom. Tamils were under this kingdom's control, and socio-cultural ties existed between them. Particularly the Tamils, who were Hindus, supported Buddhism, while Buddhist Sinhalese supported Hinduism, indicating the ethnic harmony between the two ethnic groups from the ancient days. The kingdom among the Sinhalese prevailed while a new kingdom called the Jaffna kingdom emerged among the Tamil people centring the northern region. This kingdom maintained political, economic, and socio-cultural ties with the southern Sinhala kingdoms from its emergence in the 13th century A.D. until its fall in the 17th century A.D. The socio-cultural ties maintained between them were seen as a continuation of the ties maintained from ancient times. Further, two kingdoms maintained harmony, supporting and contributing to the religions and marital relationships. This is a significant aspect of their relations during the medieval history of Sri Lanka. This research is based on the historical perspective using primary and secondary sources. Particularly the Pali, Sinhala, and Tamil literary sources, along with the foreign records and archaeological evidence such as inscriptions, coins and the ruins of buildings, are the primary sources. In addition, the research articles and the books published by the researchers in the later period are included as secondary sources. This research aims to reveal the socio-cultural ties maintained between the kingdoms of these two regions amid the political competition between them. The socio-cultural ties between these two kingdoms are seen as the continuation of the ties from the ancient days and significant aspects during the medieval period of Sri Lanka.

Keywords: Buddhism, Hinduism, Kingdom,

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