

4TH INTERNATIONAL RESEARCH SYMPOSIUM ON SOCIAL SCIENCES & HUMANITIES - IRSSSH 2022

SRI LANKA IN CRISIS: SEARCH FOR A WAY OUT

17th & 18th, November 2022

Auditorium, University Grants Commission

Sri Lanka

SYMPOSIUM PROCEEDINGS



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To be a center of excellence of national and international repute, building synergies between knowledge, resources, research, education and social activity in the fields of Humanities and Social Sciences

OUR MISSION

Recognizing the need to strengthen and upgrade teaching and research at all Sri Lankan universities, Realizing the need that universities should contribute to the development of the country and society through research and policy inputs, NCAS shall support both theoretical and applied postgraduate, post-doctoral and other research in the Humanities and Social Sciences and promote advance thinking and creative originality by motivating and rewarding academics in that direction. NCAS will be an apex body within Sri Lanka's university system networking with national and international organizations to achieve its objectives

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**Message from the Chairman,
University Grants Commission**

It gives me immense pleasure to pen down this message as the Chief Guest of the 4th International Research Symposium on the of Social Sciences & Humanities (IRSSH) 2022 organized by the National Centre for Advanced Studies in Humanities & Social Sciences (NCAS). All of us can be happy regarding the relevant research carried out by the NCAS since its inception, which is voluminous and of value to every scholar in Sri Lanka or in foreign countries.

On the heels of recovery from the COVID-19 pandemic, Sri Lanka is struggling to recover from the worst economic crisis it has faced in the 21st century. Conducting this 4th International Research Symposium of Social Sciences & Humanities in such a backdrop is most welcome. It would direct research in Social Science & Humanities to find solutions for us to enable economic development through quality education.

Last but not least, I wish all the very best to all the authors who will be presenting and sharing their new knowledge at the 4th International Research Symposium on the of Social Sciences & Humanities (IRSSH) 2022.

Senior Professor Sampath Amaratunge
Chairman
University Grants Commission (UGC)
17th November 2022



**Message from the Vice Chairman,
University Grants Commission**

I am pleased and privileged to forward this message on the occasion of the 4th International Research Symposium on Social Sciences & Humanities (IRSSSH) 2022 on the theme "*Sri Lanka in Crisis: A Search for a Way Out*", to be held on 17th & 18th November 2022 via Zoom. The IRSSSH has now grown to be one of the major international academic events conducted by the National Centre for Advanced Studies in Humanities and Social Sciences (NCAS).

The main objective of the NCAS is promoting research and advanced studies in the fields of Humanities and Social Sciences (HSS) by offering variety of scholarly programs and training courses. One of NCAS's main responsibility is to develop a pool of young capable academics and researchers who will be equipped to analyze complex human problems and be capable in solving them. The arts, humanities and social sciences help us to understand ourselves, our society and our place in the world. The university education in the said field in Sri Lanka started in January 1921 with the establishment of the Ceylon University College. In January this year, we celebrated the centenary of social sciences and humanities education in Sri Lanka in a grand level.

There are 14 Faculties of Humanities and Social Sciences have been established in 17 of state-run universities. Every year, altogether approximately 12,000 students are selected to study Humanities and Social Sciences related subjects such as Anthropology, Economics, Geography, History, Political Science, Psychology, Sociology and Languages etc. The social sciences are a core part of traditional liberal arts education and is concerned with the human world and society at various levels. A social sciences or humanities degree can lead to many types of jobs in business, science, and law etc.

The University Grants Commission (UGC) has taken many strides towards fulfilling its mission in promoting learning and research, disseminating knowledge and training to empower the nation with graduates of high calibre. Establishing a separate standing committee on Social Sciences and Humanities by the UGC to function vigorously to promote undergraduate and postgraduate degree programmes as well as instituting NCAS. I believe live that this conference will provide you a great opportunity to meet colleagues, experts, and friends in the field and exchange ideas, discuss research developments, concepts and practical idea in social sciences.

While extending my warm and sincere gratitude to the organizing committee of the IRSSSH-2022 for their committed effort, I convey my very best wishes to make this event a grand success. Best wishes for all your future endeavors.

Senior Professor Chandana P. Udawatte
Vice Chairman
University Grants Commission
17th November 2022



**Message from the Acting Director,
National Centre for Advanced Studies in
Humanities and Social Sciences**

It gives me pleasure to warmly welcome you to the Annual Research Symposium of the National Center for Advance Studies in Humanities & Social Sciences (NCAS) “IRSSSH 2022” (International Research Symposium of Social Sciences and Humanities). The NCAS was established under Section 24A of the Universities Act No.16 of 1978 by Ordinance No. 02 of 2005 and was promulgated in Gazette Extraordinary No. 1415/17 of 19th October 2005 amended by NCAS (Amendment) Ordinance No. 3 of 2008 published in Gazette Extraordinary No. 1567 of September 15, 2008. The NCAS was set up primarily to cater for the emerging needs of the academic community working in the areas of Social sciences and Humanities in the National University system. It was initiated by Professor Senaka Bandaranayake and several senior professors in the relevant fields. A need arises to setup an independent institute outside the existing university system to cater for the academic needs of social sciences and humanities sector of the rapidly expanding national university system.

Among many activities organize by NCAS the research symposium is regarded as the main event where international and local scholars present their scholarly work at this annual forum. This year it is the 4th International Symposium conducted solely in virtual mode and the theme of the Symposium is ‘Sri Lanka in Crisis: Search for a way out’ again was chosen to encompass a broad spectrum of topics with interdisciplinary relevance. The symposium and its theme is an important and timely one because it brings into public view the current research being conducted by academic staff of our universities, and facilitates the exchange of ideas and the establishment of inter-disciplinary links and dialogue at both local and global levels.

This year we received 92 abstracts for consideration, out of which 64 were selected for presentation in two parallel sessions and paper presenters are largely from the field of humanities and social sciences in our university system as well as from other institutions. I welcome the Keynote Speaker, Professor Jonathan Spencer – who is the Regius Professor of South Asian Language, Society and Culture at School of Social and Political Science, University of Edinburgh, UK and thank him for accepting our invitation.

I thank the chairman, Senior Prof. Sampath Amaratunge and vice-chairman, Senior Prof. Chandana Udawatta of the University Grant Commission for their support towards making this academic endeavour a success and also being with us today as the chief guest and guest of honor.

I would also make a note of the contribution made by the members of Council of Regent, and the board of Management of NCAS. The organization of this annual symposium was a team effort and many persons contributed towards the success of this event: I would like to thank in particular, the co-group members of the symposium including co-chair Prof. Nirmal Ranjith Dewasiri, the Secretary, Dr. Kumudhika Boyagoda, Dr. Sampath Chandrasena, and Mr. Dharmathilake.

I must thank all the members of the Organizing Committee who are representing all 17 state universities and the editorial committee who were responsible for the virtual publication of abstracts book and the reviewers of abstract. I would also like to express my appreciation for the contributions made by session chairs and coordinators specially the plenary speakers Profs. Nira Wickramasighe, Amal Kumarage and Mick Moore. Thanks are also due to the staff of the NCAS and UGC including the Secretary, Dr. Priyantha Premakumara, Additional Secretary Mr. Samantha Wickramarachchi, and SAR, Mrs, T. Elancheiyapalvan, and Act. SAB, Mr. Ganegoda for logistical arrangements and the Computer Unit for technical support. I also like to thank everyone who submitted abstracts for the symposium. I offer my congratulations to the presenters and wish them the very best in their future endeavors.

Senior Professor Premakumara de Silva
Acting Director/NCAS
17th November 2022



Message from the co-chair of the Symposium

As the theme of the 4th International Research Symposium organized by the National Centre for Advanced Studies in Humanities and Social Sciences proposes, Sri Lanka as a country is in a crisis. It is not an ordinary crisis; it is a crisis that is both deep and permeated in all aspects of human life in the country. The sub-themes of the symposium attempt to capture the depth and breadth of the crisis.

Besides this general crisis, there is a definite crisis in the field of social sciences and humanities too. Clear manifestation of this crisis is the barrage of criticism particularly targeting the faculties and institutions that are handling the social science and humanities education in the public university system. The most commonplace criticism is that this field of knowledge is a mere white elephant, maintained at the expense of public resources.

In the world that we are living in, the purpose of education in particular and that of knowledge in general, is perceived to be serving the practical goals of life, where the notion 'practical' is being defined in a very narrow sense. Knowledge that is produced in the social sciences and humanities, and the education of such knowledge, is looked down upon as lacking in relevance and an unnecessary burden on the society. This perception has indeed taken its toll on the field of social sciences and humanities. Panicked with such criticism, the field is fast transforming itself in order to adapt to what is understood as 'practical' needs of society, in order to ensure at least its survival. Effectively, this adaptation is indeed at the expense of the objectives that are associated with the classical definition of the field of social sciences and humanities.

I would like to draw your attention to two issues which are relevant to this context. On the one hand, there is a quantitative inflation of the domain of the social sciences and humanities in Sri Lankan public universities. The main reason for that is the increasing numbers of students enrolled to the faculties of social sciences and humanities. It is well-known that most of them are not qualified enough to receive proper university education and that the training that they receive at the universities is also substandard. In other words, quantitative enlargement vs. qualitative decadence is the best way to describe the present state of the field of social sciences and humanities in our universities.

The other issue that I would like to highlight is the fact that the present crisis actually demands a thorough and critical understanding of the social science and humanities based knowledge production.

Hence the theme (and sub themes) of this symposium. Although the organizers are not fully satisfied with the final outcome, they attempted to bring together a set of substantial contributions on aspects of the Sri Lankan crisis. Special attention was paid to make this an event where younger academics meet senior scholars of the field. An attempt was also made to follow a rigorous peer review process of the Abstracts in order to ensure that the presentations are of high standard.

It is important for the NCAS to take steps to set benchmarks as there is a general decline of the standards of the conferences and symposia that are being organized by the universities across the country. However, it needs to be noted that the standards of these events are not always matched with the fairly satisfactory institutional support as well as resources that they receive. It is in this context that NCAS has a role to play in setting the bar high on research work in the social sciences and humanities in publicly funded universities. I, therefore, wish that this symposium will make, at least, a small contribution in that direction.

Professor Nirmal Ranjith Dewasiri
University of Colombo
17th November 2022



Message from the Symposium Secretary

It has been a great pleasure to organize the 4th International Research Symposium on Social Sciences and Humanities (IRSSSH 2022). This year we meet under the theme “Sri Lanka in crisis: Search for a way out” considering the extraordinary and unprecedented circumstances we find ourselves in socially, politically, and economically. The aim of this symposium is to bring together views from different disciplinary perspectives and to engage multidisciplinary to explore ways of overcoming our complex challenges. Our fervent belief is that robust solutions will emerge only through such an engagement of diverse views. Therefore, we organize this symposium with the aim of providing a forum for national and international scholars in the disciplines of social sciences and humanities to discuss and debate issues of interest and importance in a context that needs immediate action.

While change is inevitable, today’s changes take place with increased rapidity and heightened intensity. As researchers, scholars, and academics, our responsibility of working towards social and economic equality and sustainability in these turbulent times requires us to open our disciplinary boundaries and interact with other disciplines to ensure nuanced responses to complex issues. To this end, today and tomorrow, we will engage in exploring an array of interrelated themes emerging from agriculture, demographics, economics, sociology, history, politics, international relations, language and culture, religion, geography, and media studies. The proceedings publication contains 62 abstracts under 11 sub-themes.

I welcome the Keynote Speaker, Professor Jonathan Spencer, Regius Professor of South Asian Language, Culture and Society, University of Edinburgh to IRSSSH 2022 and thank him for his esteemed presence and for sharing his insights into Sri Lankan politics and society. I would also like to express my appreciation to the plenary speakers Professor Amal Kumara, Professor Mick Moore, and Professor Nira Wickramasinghe as well as the session chairs of the technical sessions. The encouragement and support extended by the Chairman, UGC, Senior Professor Sampath Amarathunga, and Vice Chairman, UGC, Senior Professor Chandana P. Udawatte towards the organizing of the symposium are gratefully appreciated. My thanks also goes out to the Secretary, Dr. Priyantha Premakumara, Additional Secretary Mr. Samantha Wickramarachchi, SAR, Mrs. T. Elancheiyapalan, Act. SAB, Mr. Ganegoda and the staff of the UGC for providing logistical support. I wish to express appreciation for the guidance provided by the Acting Director, NCAS,

Senior Professor Premakumara de Silva and the Co-Chair of the symposium Professor Nirmal Ranjith Dewasiri. I also wish to thank the organizing committee, editorial committee, and the panel of reviewers for their hard work. For all others who contributed towards the success of this event in numerous ways, your cooperation and dedication are valued greatly. I thank all the presenters and participants for being a part of IRSSSH 2022 and wish you an intellectually stimulating and productive engagement during the symposium.

Dr. Kumudika Boyagoda
University of Colombo
17th November 2022

Keynote Speaker



Professor Jonathan Spencer

Regius Professor of South Asian Language, Culture and Society

University of Edinburgh

Synopsis of the Keynote address

The persistence of the “Political Class”?

More than 40 years ago - before the open economy had got going, before the civil war, (and even before I made my first trip to Sri Lanka) - James Manor made the bold claim that the really serious structural cleavage in Sri Lankan politics was not ethnic, nor party-based, it was the cleavage between the “elite” and the “masses.” (I will use Uyangoda’s favourite expression, the “political class” for “elite “ in my talk.) The extraordinarily events of 2022 suggest it is worth revisiting this claim. I will discuss two obvious questions. One is empirical, what do we actually know about the “political class”? The other is more political and speculative, are we finally seeing the end of the elite politics that have dominated since Independence?



Senior Professor Amal S. Kumarage
University of Moratuwa

Synopsis of the plenary speech

Abandonment of Policy-led development of the Transport Sector in Sri Lanka and its impact on society

Sri Lanka's transport sector at the time of independence was well aligned with its economy catering to the plantation economy and commercial centres. The neglect of rural areas was speedily addressed soon after independence with rural roads and bus services. Access to different social services was identified and provided by the state at low and often subsidized costs. However, these populist welfare measures led to a transport capacity crunch when the economy was liberalized in 1977.

Efforts to deregulate the sector in the following years resulted in a de-facto mixed policy approach of continuing state domination in transport supply, state control of transport pricing, and the abandonment of transport requiring a planned approach or the need integrating with economic policy. With successive governments using the transport sector for political objectives such as consolidating control of unions, providing jobs to supporters, and earning commissions in procurements, a directive-driven administrative culture has developed, with no desire to revise outdated policies or responsibility to initiate relevant and necessary policy interventions.

This has led to poor implementation of policy. For example, 86% of the interventions recommended in the Land Transport Policy of 2009 have not been implemented. Policy monitoring is non-existent. Policy integration which is vital for mega investments such as expressways and airport and port projects has been abandoned, together with project appraisal in favour of populist opinion promulgated from projects included in political manifestos and driven by lenders and contractors.

This situation has contributed directly to the 2021/22 economic crisis in Sri Lanka where nearly 30% of its import bill comprised transport sector inputs including fuel, vehicles, and loan repayments on expressways all of which had to be reduced or defaulted. The social implications of the highly inefficient, costly and unsustainable transport supply leads to issues of affordability,

immobility of women and senior citizens as well as severe external costs due to traffic congestion and accidents.

The transport sector to contribute towards economic prosperity and equitable social development, requires new investment sources, technological modernisation, planning and mandatory due diligence studies for investments, appropriate and modern regulatory models, and integrating pricing of the different transport modes that currently favour motorization. Most importantly, the independence of the public service to implement policy-led development strategies should be legislated with interference by politicians in administrative procedures made an offense.



Professorial Mick Moore
University of Sussex

Synopsis of the plenary speech

The Evolutions of Social Democracy in Sri Lanka

I define social democracy (SD) in terms of policies, rather than underlying politics: ‘consistent sets of public policies to support social justice in a framework of liberal a democratic polity and a capitalist-oriented mixed economy.’ Sri Lanka had an honourable history of SD for at least 50 years from the 1930s. Why that record has been severely tarnished in recent decades? Much of the answer lies in the fact that in Sri Lanka SD policies were in large part the result of a diverse combination historical contingencies. In Europe, by contrast, they were driven more by powerful political, ideological or social movements – that in turn were underpinned by more than a century of inter-state military rivalry and war. In Lanka, SD policies were not underpinned by a strong sense of national cohesion (‘we are all in this together’). To contrary, to some extent they were motivated by ethnic political competition. They coexisted with strong, enduring notions of status/class/caste hierarchy within ethnic groups. Correspondingly, the partial deconstruction of SD policies has also been a somewhat haphazard/chance process. While of course partly motivated by interests of non-beneficiary wealthy/elites, it has rarely – with the exception of the gutting of the food subsidy system in the late – been associated with a sustained or coherent ideological critique of ‘welfareism’.

Overall, there has been a shift from more collective to more individualised provision – that broadly mirrors changes in electoral politics. The current system is rather a rag bag: better in terms of public and basic curative health and public sector (civilian and military) employment for (mainly rural, male, Sinhalese) youth; especially bad in terms of facing up to the issue of an ageing population and failure to introduce a good cash-transfer scheme. Comparatively, the non-emergence of non-state collective provision is striking.



Professor Nira Wickramasinghe
Leiden University

Synopsis of the plenary speech

Multiple Crossings: Thinking through other islands

This presentation will offer some thoughts on ways of thinking about the future by drawing upon scholars from other islands in the Caribbean and Indian Ocean world: namely Edouard Glissant's ideas of relationality and composite community; Khal Torabully 's metaphor of the coral to forge a new humanism and Francoise Verges' insurrectionist and decolonial feminism. The turn to the human by these three scholars and endorsement of multiple roots and un-moorings as ways of understanding difference within a people who share a territory is particularly useful to help us imagine a way forward. Following their thoughts we can reinvest in practices of care, repair and work that take shape in conversation with transnational pasts connected to struggles for freedom and equity.

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ABSTRACTS

Session 1:

ECONOMIC FACETS OF THE CRISIS

FACTORS AFFECTING CUSTOMER SATISFACTION IN RAILWAY FREIGHT TRANSPORTATION: A CASE STUDY ON CARGO TRANSPORTERS, WESTERN PROVINCE

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In theoretical simulations, rail-freight has been found to be the best fit model for effective and economical cargo transportation. Sri Lankans mostly use the road mode for freight transportation. This is a quantitative study using an inductive approach to develop a model to understand the user preferences in rail-freight transportation and to encourage intermodal transportation or modal-shift. The target audience include individual and corporate cargo transporters in the western province. Due to the non-existence of accurate information on the target population, the snowball sampling method was used to gather data from a sample of fifty-seven respondents. The primary data collection was performed using scaled, dichotomous, and open-ended questions. The descriptive analysis showed that a majority of cargo is forwarded to the Colombo district and a lesser amount to Gampaha and Kalutara. The freight transport by individuals is less than forty percent (36.4%) and corporations is over sixty percent (63.6%). Most cargoes comprise bulk cargo, break - bulk, livestock, perishable cargo. Containerised cargo is the least used. The model developed by factorial analysis with nine generated factors provides a scrutinised picture of user-preferences, i.e., the quality of railway operation, capacity and cargo service-related factors, transport service-related factors, staff behaviour and information, cleanness and freight forwarding services, real-time information and station locations, punctuality and additional services, cargo information, and type of goods, for increased satisfaction. These dominant factors will encourage transporters to use rail-freight and will be useful to policymakers for developing an effective, efficient, and environmentally friendly freight transportation system across the island.

Keywords: cargo, freight transportation, railway

OPPORTUNITIES AND CHALLENGES FOR CIRCULAR ECONOMY ADOPTATION IN SRI LANKA DURING AND AFTER COVID-19 PANDEMIC

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Circular Economy (CE) strategy is implemented to accomplish sustainable development through increased resource efficiency. The concept is still at the infancy level in Sri Lanka, but a few empirical articles in the Sri Lankan context can be found in recent literature. This research aimed to assess the current level of knowledge on circular economy among local businesses and to understand how principles of circular economy can be applied to Sri Lanka to make companies resilient, especially during and after pandemic disruptions. The objective of this work was to study circular economy knowledge and critical success factors and analyze them with respect to resilience and brand image of business organizations in Sri Lanka. This research used a quantitative methodology with a questionnaire for data collection. 120 business organizations with more than 50 permanent employees were randomly selected from the yearly registration lists maintained by Provincial Department of Business Names Registration, Western Province. A simple random sampling method was adopted in selecting the respondents from the sample frame. The questionnaire was distributed either digitally or physically to the respondents and 102 responses were received. The conceptual framework and its hypothesis were tested using Structured Equation Modelling (SEM). This research tested the relationship between CE knowledge and capabilities, CE success factors and firm resilience and brand image. The study found that there is a significant positive relationship between CE knowledge and capabilities, CE success factors and firm resilience and brand image. CE knowledge and capabilities and CE success factors explained 32.3% of the variation of the firm resilience and brand image. Based on the findings, the study recommends some significant efforts that can be undertaken by firms and the government to accomplish a circular economy.

Keywords: circular economy, resilience, brand image

CAPITAL FLIGHT, OLIGOPOLY AND SRI LANKA'S ECONOMIC COLLAPSE

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We discuss capital flight through trade mis-invoicing and non-repatriation of residual export income by the corporate elite and the impact of concentration of export incomes placing these phenomena at the centre of Sri Lanka's ongoing economic collapse. We begin by critically reviewing existing views on the crisis, and turn to understand capital flight based on secondary data, characterizing the problem as a 'Liquidity Trap in the Foreign Exchange Market' exacerbated by oligopolistic market structure in the export sector. That is to say, demand for foreign exchange in the economy has become infinitely elastic with respect to the domestic rate of interest and currency value, rendering the monetary policy mechanism powerless in influencing capital flows leading to a market failure in the external sector. We conclude that the capital flight exacerbated by concentration of export incomes is the primary cause leading to the unprecedented economic collapse Sri Lanka is currently facing and broad-based state intervention is needed to resolve it.

Keywords: foreign exchange liquidity trap, market failure, Oligopolistic foreign exchange markets, trade mis-invoicing, state intervention

IS SRI LANKA BANKRUPT? IS THERE A WAY OUT?

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The island nation has defaulted on \$51 billion USD of foreign debt in May 2022. The Forex reserves have been fluctuating around US\$2billion since March 2022, which is sufficient only for 10 days of imports. This study investigates the nature of the credit crisis that Sri Lanka is experiencing and, attempts to explore strategies for a way out. According to the Center for Global Development estimates (CGD, 2018) on debts and wealth of countries, no country can be classified as bankrupt including Sri Lanka which has a debt ratio of only 12.72% (US\$51 billion of debts as against US\$401 billion of wealth). However, with mere 10-days-imports worth of foreign reserves Sri Lanka is facing a liquidity crisis, an immediate Forex requirement. Further studies of similar experiences faced by the countries elsewhere revealed that, to arrest such crises, they had established political stability immediately and then implemented structural reforms towards gradual liberalisation of markets. The IMF insists immediate implementation of certain liberal policy reforms to bail Sri Lanka out and many economic scholars agree with the IMF that policy reforms towards more open-market economy are essential. However, certain scholars opine that peaceful environment is also a precondition to get international support to manage this liquidity crisis. Complying with the IMF conditions, the government/president is proposing/implementing more liberal open-market economic policies. Unlike previous such occasions, the anti-liberal ultra-nationalist parties are now silent in the parliament and even in the media. I regressed '*political stability and absence of violence*' (World bank database) on foreign reserves over 25 years from 1996 to 2022 and found it is significantly positively influence foreign reserves. Then, further interviews revealed that to achieve political stability and peaceful investor-friendly environment Sri Lanka should manage mass protests and for that holding an election would be a possible way out.

Keywords: bankrupt states crisis elections, investor-friendly environment, liberalisation, power, stability

REVISITING THE WELFARE STATE: PUBLIC HEALTHCARE SYSTEM IN SRI LANKA AND WOMEN'S HEALTH

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A country that has been a 'development model' in the 1970s mainly because of welfare state policies is currently going through the gravest economic and political crisis that post-independence Sri Lanka has ever met. How did this happen? Is this possible? The objective of this paper is to review the workings of public health system of Sri Lanka to understand how healthy bodies of Sri Lanka were governed by the welfare state. My earlier work suggests that prolonged welfare policy on women's health has made women, beneficiaries of the welfare state, and this has led to the erosion of the social contract between the state and women. Methodologically this research has an archival component and in-depth interviews with key informants. By analyzing the maternal and child health (MCH) policy and practice I conclude that women have developed a beneficiary mentality by getting health care services free of charge. By analyzing the in-depth interviews with officials of the Government Midwife Union I conclude that they have forgotten that health care is a right of a citizen. Having prolonged welfare services has produced a beneficiary and a caretaker which has created an adverse effect on the social contract. My analysis of the MCH policy and praxis is an attempt to invite a broader analysis of the welfare system of Sri Lanka. Having a broader understanding of the welfare state policies is crucial at this juncture in the history of Sri Lanka to take stock of the old welfare state and to conceptualize a new welfare state proposed by peoples' protests.

Keywords: welfare state, public health care, women, Sri Lanka

Session 2:

POLITICAL FACETS OF THE CRISIS

**“YOU FUCKED WITH THE WRONG GENERATION”: ANALYZING THE CHANGING NATURE OF *DEMOS*
THROUGH GENERATION GAP IN THE GOTAGOHOME STRUGGLE**

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The beginning of April 2022 witnessed an unprecedented event in the history of Sri Lanka, a mass scale people's uprising all over the country for nearly 120 days, resulting in the resignation of the president. Though young and older generations collaborated in this struggle, the slogan, “you fucked with the wrong generation”, became specifically popular among youth, which discredited failed political tactics of older generations and had a self-centric view of political action. Nevertheless, this slogan was validated due to the youths’ role in the success of the struggle. This research analyses this tension between the youth and the older generations through Jacques Ranciere’s concept of *demos* – in other words, a group of people who have no entitlement to govern. This research is mainly based on discussions and debates which took place at Gotagogama People’s University. Also, I use my observations of the struggle throughout which I was an active participant. Finally, commentaries and opinions on the struggle, such as Bupathi Nalin’s *Aprēl Negitim gena Aprēl Satahan*, are discussed. Having taken into consideration the eurocentrism of the generation theory and the complexities of the generations in the local context, the paper argues that the political imagination of Gen Z (born between 1997 and 2012), in general, is significantly different from millennials (born between 1981 and 1996) and Gen X (born between 1965 and 1980) which were dominated by two ideologies - traditional Marxism and nationalism – and two historical events – 1987-89 insurgency and the civil war. Moreover, this research points out the changing nature of *demos* according to different generations. Finally, this research discusses why the traditional jargon of politics such as class, organization, and violence, is outdated, and why we need a new language to understand this new phenomenon.

Keywords: demos, Gen Z, Gotagohome, Marxism, Ranciere

HISTORIC CRISIS, GREAT REVOLT AND COUNTER REVOLUTION

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Sri Lanka is facing the most severe economic crisis since the 1930s. This historic economic crisis has been complicated by a political crisis and a food crisis. These crises have led to great uprisings of the masses leading to the unprecedented resignation of a president and three different prime ministers in the course of a few months. These uprisings in turn have been met with tremendous repression by the state including the declaration of a state of emergency and arrests under the Prevention of Terrorism Act. The social sciences in Sri Lanka lack the theoretical and conceptual apparatuses to analyse such unprecedented economic, political and social dynamics of the crisis. The objectives of this paper are limited engaging a This study proposes a theoretical and conceptual framework to analyse this historic crisis and the responses, but does not seek to provide a solution to this crisis. The methodology of this paper relies on Marxist theoretical and historical analysis. The paper draws on a critical reading of Karl Marx's 'Class Struggles in France 1848 – 1850' as well as some of his other political writings on crises, revolts and counter revolutions. The paper also draws from the works of Sri Lankan Marxist social scientists including Newton Gunasinghe to historically situate the current crisis and generate genealogical concepts for the context in Sri Lanka. Marx's class analysis is confronted with an analysis of the disparate contemporary social formation in Sri Lanka, to elucidate the economic, political and social facets of the current crisis. The production and provisioning of food; the gender, caste and class contradictions in society; and the conjunctures galvanising and unravelling social and political movements that lead to revolts and democratic changes are considered. The paper argues that the concepts of working people, revolt, and counter revolution, as well as theories of class struggle and social reproduction can contribute to the analysis of this unprecedented crisis in Sri Lanka.

Keywords: class, crisis, democracy, revolution, social reproduction

THE SINHALESE EXTINCTION MYTH: A COLONIAL NARRATIVE

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This study seeks to explore the colonial roots of the Sinhalese extinction myth by drawing on two selected texts: *Return to Righteousness: A Collection of Speeches, Essays and Letters of the Anagarika Dharmapala* edited by Ananda Guruge (1965) and published by Anagarika Dharmapala Birth Centenary Committee and the Ministry of Education and Cultural Affairs of Ceylon and *Isis Unveiled: A Master-Key to the Mysteries of Ancient and Modern Science and Theology* by Helena Blavatsky (1877). Two research questions shape this study: how did the Sinhalese extinction myth originate? How has nineteenth century European racial discourse influenced the Sinhalese extinction myth during the early twentieth century? To answer the first, I have analysed the collected work of Anagarika Dharmapala in order to find seminal articulations of existential anxieties regarding the Sinhalese race. To answer the second, I have conducted a comparative analysis of *Return to Righteousness* and *Isis Unveiled* in order to trace the historical origins of the Sinhalese extinction myth while identifying the origin myths that underpin the Sinhalese extinction myth. The study argues that the Sinhalese extinction myth is a development of an appropriated nineteenth-century European narrative that has been influenced by theosophy, antisemitism and contemporary scientific research on racial origins such as eugenics as well as origin myths such as the Aryan myth. The connection between Helena Blavatsky who had antisemitic undertones in her writing and Anagarika Dharmapala has primarily contributed to the appropriation of antisemitism in Dharmapala's writing and the development of racial anxieties among the Sinhalese resulting in the popularization of the Sinhalese extinction myth.

Keywords: Sinhalese Buddhist nationalism, Sinhalese extinction, European racial discourse, Theosophy, Aryan myth

"GOTA-GO-HOME" A SYMBOLIC DEVELOPMENT OF NEW POLITICS?

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Sheila Rowbotham, a leading Socialist Feminist argues that new politics can be established through radically changing the prevailing capitalist-patriarchal structure. She is, however, a critique of the Orthodox Marxist Discourse of male-centred revolutionary politics for new politics. This research paper is to critically analyse the "Gota-Go-Home" radical public movement for new political change in Sri Lanka, through Rowbotham's theoretical point of view. The Sri Lankans were politically organised and pressured, former President Gotabaya Rajapaksa to resign from his office as he failed in managing the current economic and political crises in the country. This public moment was named "Gota-Go-Home" and was carried out in solidarity with the Sri Lankan diaspora. The research problem is to analyse how this public moment produced a radical political wave for new politics in Sri Lanka. Two research questions were associated with this research problem; how did the "Gota-Go-Home" "political moment", raise "the political consciousness of the public" for new politics of either changing or abolishing the prevailing political structure? Who has taken the lead in organising the events in the "moment of Gota-Go-Home"? The empirical data was collected through semi-structured interviews, with 10 participants in the "Gota-Go-Home" event in London. The ethnographic method of participant observation was also carried out in data collection. Despite the ethnic, class, race and gender identities, the "Gota-Go-Home" event in London was an umbrella to collect the different identical consciousness for a common political achievement, of restoring economic and political stability and ending un-democratic family regiment in governance. This is a new political dimension that goes beyond the deeply rooted ethnic-nationalist politics in the country. The content of the political language of "the moment" was centralized on the "People's Power". The term "People's Power" is a challenge to the prevailing elite structure and dynastic politics. The revolutionary politics of "this moment", however, was reversed to the male-centric old politics as "the moment" failed in deviating from patriarchal-left politics.

Keywords: democracy, ethnography, feminism, left politics, people's power

REVISIONING A SRI LANKAN UNIVERSITY IN CRISIS: ANTICOLONIAL PASTS, DECOLONIAL FUTURES

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Rooted in a growing recognition that the colonial roots of university teaching and learning must be addressed, there is now a growing global conversation around the need to decolonize university education (Bhambra, Gebrial, & Nişancıoğlu, 2018; Mbembe, 2016; Gopal, 2021; Nigam, 2019). However, while this debate has raged in a variety of international contexts, save for a few important recent public interventions there has hitherto been very little discussion on this topic in Sri Lanka (Herath, 2021; Rambukwella, 2021; Thoradeniya, 2022; Weerasinghe, 2022). While there is broader recognition that Sri Lanka's universities are currently facing a plethora of crises, there seems to be little desire to connect these conversations with the broader global conversation around decolonization as a response to the crises facing universities globally today. Using a methodology rooted in a hermeneutic philosophical approach, I emphasize the close reading of primary sources such as documents from the early advocacy for a university for Ceylon as well as secondary sources such as theoretical texts around problems of decolonization and universities. Following others such as Amarakeerthi (2022), I argue that the vision for a university in Ceylon/ Sri Lanka in the Island's anticolonial imagination is quite difficult to square with the situation the Sri Lankan university faces today. However, in response, I draw attention to the need to analyze the multiple crises engulfing Sri Lanka's universities today in relation to global conversations around decolonizing universities. Drawing on Boaventura de Sousa Santos' (2017) theorization of the pluriversity and the multiversity, I conclude by arguing for the need to reimagine the university as a space of radical epistemological possibilities that can challenge the twin pulls of colonialism and capitalism which contribute to the reproduction of crises within the university.

Keywords: university, decolonization, Sri Lanka, anticolonialism

Session 3:

IMPACT OF THE CRISIS ON LAW AND ORDER

CONSTITUTION VS PEOPLE'S WILL: AN INTERSECTIONAL APPROACH TO THE 2022 STRUGGLE

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Following the 2022 people's struggle, the president of Sri Lanka Mr. Gotabaya Rajapaksa resigned from his position, paving the way for an unelected member of the parliament, Mr. Ranil Wickremasinghe, to become the new president. The process of this transition is undoubtedly constitutional and legal, nonetheless, its illegitimate in its wholeness as it is against the will of the people who demanded a system change. The justifications of this act are based on specific interpretations and provisions of the constitution, yet many argue that the overall outward expression of the law does not fairly represent the people's will. This article intends to explore this conundrum - the tension between its wholeness and specific interpretations of law – with special reference to 2022 people's struggle in Sri Lanka. We ask how much does the Sri Lankan law demonstrate its justice for the will of the people? The study uses mixed methods, i.e., in-depth interviews with legal and political experts and social activists, textual analysis of the constitution and content analysis of intellectual discussions that took place during July and August, 2022. Preliminary findings of this ongoing study showcase that this conundrum cannot be addressed purely by paying attention to specific legal interpretations, instead, an intersectional approach that is both legal and political should be employed. Building on Sir Maurice Byers's (1987) suggestion, we reiterate the need for the law to be an expression of its whole personality and that it should reflect the values that sustain human societies. Otherwise, we are risking the law dominating human society without representing human values. We conclude by highlighting the necessity of revisiting the law-making process, to assure law complements the people's will, not contradicts it.

Keywords: constitution, people's will, people's struggle 2022, Sri Lankan law

THE IMPACT OF PROTECTING TRADITIONAL KNOWLEDGE THROUGH A *SUI GENERIS* MECHANISM: A COMPARATIVE ANALYSIS

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This study aims to analyse the economic impact of introducing a *sui generis* mechanism for the protection of Traditional Knowledge (TK) in Sri Lanka. TK is understood to be the knowledge, skills, practices, and abilities that have been preserved, developed, and eventually passed down through generations within a specific community. The inclusion of TK in the development process is dependent on the benefit to local communities, which is a crucial component of sustainable development. From an economic standpoint, particularly in older civilizations like Sri Lanka, TK can be transformed into the lifeblood of the country. However, even amidst the current financial crisis, there is dismally no nationwide discussion on the use of this multifaceted knowledge. The study explored whether incorporating a suitable *sui generis* mechanism to safeguard TK will assist the country's economy effectively and sustainably. Applying an economic perspective of law to this research, it was observed that when TK is protected in accordance with certain regulations and mechanisms, the demand for products related to that TK increases. To analyse this economic impact and law, a comparative study was conducted on the *sui generis* legal mechanisms that have already been adopted in various jurisdictions and the effects they have had. The Black-Letter method of legal research served as the main foundation for this study. Additionally, a sociological approach was used to assess how the implementation of a *sui generis* mechanism to protect TK would affect the economy and society. The laws, court decisions, and noticeable incidents from different jurisdictions were analysed comparatively. Accordingly, the conclusion reached by this study is that with the introduction of a new *sui generis* mechanism for the protection of TK, positive results will be gained by people who hold Traditional Knowledge which will in turn be able to change the economic trajectory of third world countries like Sri Lanka.

Keywords: traditional knowledge, *sui generis* mechanism, economic impact, financial crisis, sustainable development

**THE PROPOSED AMENDMENT TO THE REVOCATION OF IRREVOCABLE DEEDS OF GIFTS ON THE
GROUND OF GROSS INGRATITUDE ACT NO. 05 OF 2017: A CRITICAL ANALYSIS WITH REFERENCE TO
RELATED PRINCIPLES OF ROMAN-DUTCH LAW**

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The Roman-Dutch Law principle of *justa causa* under the Sri Lankan legal system is based on the values of generosity, kindness, and affection helping to create legally binding obligations upon parties in instances of gifts and donations. Under the Roman-Dutch Law, the donor has a right to revoke a deed of the gift due to 'gross ingratitude' and this aspect is governed by the Revocation of Irrevocable Deeds of Gifts under the Ground of Gross Ingratitude Act No. 05 of 2017 in Sri Lanka. At the outset, this piece of legislation has numerous errors in terms of favouring to avoid risks faced by the banking sector rather than the property interests of individuals, duration of litigation, and neglecting the title registration framework. The proposed bill was gazetted on 29th April 2022 and appears to resolve such issues in terms of revisiting the principles of Roman-Dutch law which are neglected by the principal enactment. Therefore, the objective of this research is to appreciate the changes made by the proposed bill and highlight issues that need to be resolved in light of Roman-Dutch Law principles relating to the specific ongoing economic crisis in the country. In investigating this issue, secondary sources were accessed and a qualitative method was utilized in the analysis. The findings of this study demonstrate the negative and positive outcomes of reducing the period to three years within which an action shall be filed to revoke an irrevocable deed of gift on the ground of gross ingratitude, the positive outcomes of provisions introduced for the registration of *lis pendens*, and the effectiveness of covering the area of title registration within the application of this amendment. In conclusion, it is suggested that the proposed bill addresses these impacts for effective implementation.

Keywords: revocation of irrevocable deeds of gifts, Roman-Dutch Law, period of action, title registration, *lis pendens*

MEDIA DISCIPLINE IN VOICING A PUBLIC OPINION; A BATTLE BETWEEN WHAT IS FAKE AND WHAT IS FACT

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Social media plays an indisputable role in the lives of individuals. It has become a platform of dialogue resulting public participation in politics. This was depicted during the “Aragalaya 2022” that happened during the economic crisis of Sri Lanka. This leads to the question of whether social media is always presenting the true motive of users. It is imperative to mention that social media is a platform for freedom of expression and publication, subject to restriction. Therefore, legal authorities should not arbitrarily curtail these rights unconstitutionally. The research problem is whether social media discipline is practised by the users. The paper attempts to reach objectives of ascertaining the purposes of social media, resultant effects, gaps, loopholes in social media usage and how to instil social media discipline. The research is qualitative and has used a mixed method. An online survey of 100 participants has contributed to the research findings. researcher has enabled anonymity. As per the findings in the research, respondents admitted that there is a clear doubt about the truthfulness of information circulated in social media; the respondents admitted that there is a challenge to determine a fact from what is fake. These issues have risen as users magnify the situation, falsify, and alter the content. A considerable number of respondents, especially content creators said that they wanted more likes and views. Another set of respondents justified their act of magnifying the issue to make the public understand the gravity of the problem. It clear that social media, if used commendably and effectively can create healthy dialogue, resulting in effective communication. The steppingstone to achieve truth and debunk fake information is to instill media discipline by developing a sense of accountability in users of social media and showcasing them their undeniable role in engaging in constructive criticism.

Keywords: media discipline, public opinion, social media

Session 4:

POLITICAL AND SOCIAL FACETS OF THE CRISIS

DISASTER-INDUCED DISPLACEMENT IN SRI LANKA

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Disasters triggered over three times more displacements than conflict and violence between 2008 and 2018 (IDMC, 2019). Climate change is expected to increase their number, by making weather-related hazards more frequent and intense. An annual average of 22.5 million people were displaced by weather- and climate-related hazards (The Nansen Initiative, 2015). Displacement is when people are forced or obliged to leave their homes/habitual residences due to a disaster or to avoid the impact of an immediate and anticipated natural hazard or human-made hazards (*ibid*). This paper explores the nature and intensity of natural disaster-induced displacements in Sri Lanka in 2013 and 2019- 2021. The researcher evaluates the data published by the Disaster Management Center (DMC) for disaster-affected populations and displacements and analyses its geography. Research findings elaborate that hydrometeorological disasters (especially floods) and climate-related disasters (especially drought) are significant reasons for disaster displacements in Sri Lanka. However, other disasters, i.e. sea erosion, seawater intrusion, etc., are not highlighted, and isolated situations are recorded. The disaster-affected population shows an increasing trend between 2013- 2021. Gampaha and Colombo districts are highly impacted by disasters annually. Puttalam district also indicates a growing trend. Similar to the disaster-affected people, the proportion of displacement also shows a rising trend. While Gampaha and Colombo show an average displacement proportion, Puttalam and Anuradhapura districts report above 40% displacements out of the total affected. Displaced families are replaced after the disaster; some victims are relocated. Data and projections, show that by 2030, around 120,000 will be displaced by disasters. Internal displacements would be the striking humanitarian challenge Sri Lanka needs to focus in future. Thus, climate change adaptations, particularly intense flood adaptations, are mandatory to manage disaster displacement sustainably. Comprehensive, systematic data collection is significant for this purpose.

Keywords: climate change, disaster-displacement, natural disasters, Sri Lanka

ROLE OF DOMESTIC POLITICS DURING POST 2005 ERA IN SRI LANKA'S ECONOMIC CRISIS

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Since 2021, Sri Lanka has been encountering the worst economic crisis since the independence. Against this backdrop, this study examines the role of domestic political dynamics and lobbying evolved in the post 2005 era in intensifying Sri Lanka's economic vulnerabilities causing the ongoing economic crisis. The study is based on archival research and discourse analysis coupled with descriptive statistics, and uses election manifestos, budget speeches, policy documents and parliament Hansards as sources to conduct analysis. Secondary data obtained from Central Bank, Ministry of Finance and Department of Census and Statistics are used to assess the impact of political decisions on economy. The study identifies three major features of economic growth strategies pursued in post 2005 era which intensified economic vulnerabilities while serving political goals. The analysis is based on linking these major features to domestic political dynamics and political incentives. First was the large-scale and speedy infrastructure development which often involved in unsolicited bidding in awarding contracts. This allowed business community to generate wealth through rent seeking while helping the government to gain popularity through infrastructure development, a strategy adopted by Hitler by constructing the Autobahn highway network. Second was the strengthening of import substitution policies and supporting the growth of non-tradable sectors such as real-estate without a comprehensive plan to grow exports. This permitted local business elite to generate wealth through rent seeking instead of increase of productivity, resulting in significant weakening of export performances. Third was the negligence to increase tax collection which resulted in a drastic reduction of Sri Lanka's tax to GDP ratio. These factors in turn created powerful lobbying groups with access to policy making which lobbied against anti-rent seeking economic reforms and tax changes. This study therefore argues that the said mutual relationship will drive Sri Lanka to constant economic crises with potential sovereign default risks within this decade.

Keywords: economic crisis, political networks, reforms, rent-seeking, lobbying

**ROLE OF HISTORICAL CONSCIOUSNESS IN JANATHA ARAGALAYA IN SRI LANKA: AN
ANALYSIS OF THE POLITICAL IMAGINATION OF OLDER GENERATIONS**

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Janatha Aragalaya or the people's uprising was a strong reaction against the political and economic crisis of the contemporary Sri Lanka that created a severe impact on public life. Nevertheless, peoples' understanding of the *Aragalaya* differed significantly on two accounts - age and proximity to the site. The main objective of this research is to understand how historical consciousness of older generation has influenced in shaping the attitudes, notions and mindsets related to the political imagination of *Janatha Aragalaya*. This is an endeavor to understand this historical movement in a socio- historical approach. 35 male and 35 female participants above 55 years from Western and Southern provinces are selected through snowball and purposive sample methods to conduct focus group interviews. Generation is understood through a sociological perspective presented by Karl Mannheim. Historical consciousness is analyzed within the theoretical framework presented by John Russett and Peter Seixas. The findings of the research highlight the significance of historical consciousness of the older generation in understanding the political imagination of the *Janatha Aragalaya*. Their political imagination is mostly shaped by the dominant discourses on the 1987-89 insurgency, Sinhala Buddhist nationalism and the proximity to urban centers and *Gotagagama*. Those who lived close to the urban centers and *Gotagagama*, felt the economic and political turmoil, where they saw the *Aragalaya* positively. The others reacted to the *Aragalaya* negatively by recalling their past memories and experiences on the 1987-89 insurgency and the civil war. It is clear that primarily historical consciousness in relation to the proximity of the struggle site was a key factor in shaping the attitudes and actions of the older generation in this historical movement. With the historical consciousness, the older generation orient themselves profoundly with the popular notion 'history repeats itself'.

Keywords: collective memory, generation, historical consciousness, political imagination, space

**ECONOMIC DEVELOPMENT AND SOCIAL EXCLUSION IN RURAL AREAS: A CASE STUDY OF
NELUGAMA VILLAGE, SRI LANKA**

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Nelugama, is a traditional rural village located in *Anuradhapura* district, organized around kinship ties and isolated for many years. The inhabitants of the village experienced an influx of farmer families who lost lands due to the *Yan Oya* irrigation project and resettled in *Nelugama*. The study's main objective is to understand economic changes in *Nelugama* because of the resettlement process and how inhabitants experience social exclusion as a result and adapt to the new situation. The research followed the qualitative approach, and it is a single case study considering the village as the unit of analysis. The research is a descriptive type of case study and multiple methods are used for the data collection. Data collection tools used for the study are field notes, interviews, and PRA tools (mapping, focus group discussions, observation, and transact walk). The introduction of the *Yan Oya* project and resettlement process brought significant economic and social changes to *Nelugama*, such as the creation of new markets, economic opportunities, infrastructure development (village roads and hydraulic system), expansion of paddy cultivation, the emergence of new social relations and creation of new social strata. The favourable conditions and facilities provided for the resettled families for better housing, income generation, infrastructure development and land ownership made the situation more complicated and created tension and a sense of exclusion among inhabitants since they were not included in decision-making and project implementation processes. The economic and social changes experienced by inhabitants during the resettlement process under different circumstances have resulted in social exclusion and deprivation. Then inhabitants adopted responsive mechanisms such as the development of new social relations and social networks with resettled farmers. This research showed how economic changes can result in social exclusion in the absence of development strategies for social integration and inclusion.

Keywords: social exclusion, resettlement, socioeconomic changes

STUDYING THE RELATIONSHIPS AMONG EMOTION RECOGNITION, EMOTIONAL INTELLIGENCE, GENDER AND FACE MASK WEARING DURING THE COVID-19 PANDEMIC

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A key method of human communication is facial expression decoding, which has received substantial scholarly attention as a fundamental component of emotional intelligence. In recognizing emotions, a person's emotional intelligence plays a vital role. Therefore, the present study aimed at examining the relationship between emotional intelligence and recognizing emotions. An online survey was conducted for this purpose which consisted of a researcher-constructed emotion recognition questionnaire where twenty-four faces depicting the five primary emotions of happiness, fear, anger, sadness and disgust were divided into two conditions; with masks and without masks. Emotional Intelligence was measured by Trait Emotional Intelligence Questionnaire (short version). Participants were required to select the correct emotion from the options given after viewing each face. The same male and female faces were used under each alternative; masked and non-masked condition. Data analyses were performed using SPSS [IBM SPSS Statistics] with alpha set to .05. Two hundred participants (female=162, male=38) took part in the study. The results indicated a non-significant positive relationship between emotional intelligence and recognition emotions in both with mask [$r(199) = .079$, $p = .267$] and without mask conditions [$r(199) = .097$, $p = 0.167$]. In addition, gender wise comparisons indicated that there was no significant difference between gender and emotional intelligence [$\chi^2(1) = 1.967$, $p = .161$]. Both males and females in the masked condition found it significantly easier to recognize the emotional state "happiness" compared with other emotional states (male: $M = 0.945$, $SD = 0.156$, female: $M = 0.972$, $SD = 0.114$). Though results are not significant, the positive nature of the relationship is supported by previous research findings which indicate how factors such as emotional intelligence can have an impact on facial expression recognition. Even in the case of using masks, due to the pandemic situation, emotional intelligence could play a protective role in retaining emotional decoding abilities.

Keywords: emotion recognition, emotional intelligence, face mask, gender

POLITICAL PARTICIPATION OF WOMEN IN THE CURRENT POLITICAL ECONOMIC AND SOCIAL CRISIS IN SRI LANKA

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Despite making up half of the world's population, women are still underrepresented in politics. This phenomenon emphasizes inequality as feminists argue. However, a considerable increase in women's political participation was observed during the current socio-economic crisis in Sri Lanka. "Why women in Sri Lanka are forwarding towards politics?" is a timely need theme to be investigated. Therefore, this study attempted to identify the motivating factors behind such an increase. Data was collected through media reports, participatory observation, case studies, and experts' opinions. Content and thematic analysis techniques were adopted as data were mostly qualitative. As revealed by some research studies, aversion to electoral violence, humiliation, harassment, character assassinations, lack of manpower and financial resources as well as societal attitudes toward women's roles and responsibilities, etc. are some of the reasons that discourage women's political participation. However, even within this context, it was observed that women show considerable interest in political participation by joining protests and voicing against the current socioeconomic and political crisis in the country. In Sri Lanka, on many occasions, women were used as second-tier citizen participation representatives to consolidate male-dominated political ideologies. However, within the current crisis women who represent different socio, economic, cultural, and educational backgrounds have come forward, playing an important role by joining political activities with voicing against corruption and exploitation. Progress of women's education and socio-cultural development as well as the impact of modernization and globalization are some of the reasons behind this. It is recommended to take steps to encourage women's active political participation furthermore as a significant step in fulfilling the dream of gender equality.

Keywords: women, political participation, socio-economic crisis

Session 5:

**VULNERABILITY AND
RESILIENCE:
WOMEN, CHILDREN AND
OTHER VULNERABLE GROUPS**

IMPACTS OF ONGOING ECONOMIC CRISIS FOR WOMEN

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After the Covid-19 pandemic, Sri Lanka experienced the worst economic crisis in its history. Due to the repercussions of this economic crisis, the political turmoil already hit the island nation's earnings from various industries. The main objective was to identify the impacts of the economic crisis for women and chapters of violence against women. Data for the research were collected through articles, reports and analysis related to the ongoing economic crisis in Sri Lanka. Collected data were analyzed according to the themes by in-vivo coding. The study found that, a number of women have been affected due to economic crisis due to losing their employment. The figures fell by over 8% between 2019-2020. Due to this situation the women find it hard to feed their children, are unable to meet basic requirements, and have reduced access to sexual and reproductive health. Simultaneously an increase of domestic violence has also been observed, and most complaints were from Gampaha District. Following upon their 2022 finding/claim that women and girls are severely impacted by the current crisis, the United Nations Population Fund has launched an appeal for USD 10.7 million to meet the urgent needs of both women and girls in Sri Lanka. The country's women are forced to work in retail or hospitality due to sectoral segregation and it needs to meet gender equality to empower women to sustain the development practices. The study revealed that there was no procedure to support women with employment programming, meet their basic needs, strengthen against gender-based violence, ensure the health and protection services, and support low-income women to get back to their former positions and at least fulfil their basic requirements.

Keywords: economic crisis, women, impacts

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GROOMING ORGANIZATIONAL RESILIENCE IN A CRISIS: A BIBLIOMETRIC ANALYSIS

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Organizational resilience is an ever-expanding concept impacted by crises. This concept fundamentally enquires how an organization can be brought back to its original state after facing a crisis condition. However, in recent history, it goes beyond mere survival to thrive and sustain any chaos and attempt to tap opportunities in a new normal situation. It is imperative to foster organizational resilience as this can be achieved through community resilience. In the absence of much local literature, this paper serves two objectives. Firstly, to examine scientific studies published in reputed journals by core authors, and secondly to recognize how they address changes and challenges in the nurturing process of resilient organizations in the crisis history. In this endeavor, first 923 scientific articles relating to the topic of organizational resilience and crisis gathered from Scopus database during the time period of 1992-2022 was collected as a CSV file. In the second phase, CSV file were imported to Biblio-matrix open-source software with biblioshiny (R package) to explore how the organizational resilience appears in published articles, who are the most cited authors and which journals are the top rankings, what areas of the word cloud in general are commonly found, and what are the trending topics where scholarly work focuses on organizational resilience in a crisis. The scholarly works of the corresponding authors appeared mainly in the USA, the UK, Australia and China. Highly influential articles have been published in the Journal of Sustainability (Switzerland), Advance in Intelligent Systems and Computing, Journal of Business Continuity and Emergency Planning. After analyzing the publication history, it is found that most articles on organizational resilience and crises appear from 2018 to 2022 with the growth of the COVID-19 pandemic and the economic downturn. In the third phase of this study, the critical literature search was then carried out based on the publications of the core authors. The findings emphasize that the adaptive capacity of the organization is insufficient to face contemporary crises. That concludes agility and improvisation are key traits to form resilient organizations to avoid undesirable events than attempting to crisis management.

Keywords: bibliometric analysis, crisis, organizational resilience

BREAKING BARRIERS: SOCIAL ENTREPRENEURSHIP DURING TIMES OF CRISES

**P. Mathushan, P.I.N. Fernando, A.A.K.K. Jayawardhana, J. Siyambalapitiya, T.G.A.H.C. Amarawansa,
P.G.M.S.K. Gamage, W.K. Sandamali Wadduwage, I.V.M. Nawamalika Premadasa**

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Societies face complex issues due to natural occurrences like earthquakes, storms, and pandemics or societal activities such as technological malfunctions and large-scale migration. Although civilizations have always suffered crises, academics assert that because of contemporary societies' technical susceptibility and global interconnection, crises are the 'new normal'. Unprecedentedly, social enterprises are increasingly seen as a salient form of organization that steps up in areas that experience state failure. The literature clearly shows that social entrepreneurship uses the entrepreneurial process to bring about significant societal change. Social entrepreneurs are among the most qualified specialists to address social issues even though they are difficult to locate in forward-thinking domains which seek practical remedies to societal issues. Therefore, the central aim of this study is to explore how crises affect social entrepreneurship and how social entrepreneurship can be used to solve larger societal issues. Given the nature of the phenomena, a qualitative, inductive research method was used in which the authors conducted in-person, semi-structured interviews with social entrepreneurs. The findings demonstrate instances of successful behaviour in which players were able to – despite difficult circumstances – control conflict, create and attain a shared vision, adjust to rapidly changing situations and emerging structures, and innovate in the face of unanticipated obstacles. Further, this study found that several social/environmental initiatives were developed during the economic downturn, either as self-employment alternatives or as for-profit enterprises launched by non-profit organizations in response to the decrease in state expenditure in this area. Finally, the study concludes with recommendations for educating social entrepreneurs and conducting future research in this emerging area of inquiry.

Keywords: social entrepreneurship, social enterprises, societal issues, transformative power

Session 6:

SOCIAL AND POLITICAL FACETS OF THE CRISIS

CODE MIXING BETWEEN SINHALA AND ENGLISH DURING THE FIRST LANGUAGE ACQUISITION OF SINHALA

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This study aims to examine the lexical and grammatical trends in code-mixing by monolingual, native Sinhala speakers, aged between 1-4 years. Code mixing is shifting from one language to another or hybridization in natural language use where codes (affixes, words, phrases, and closes) of one language are embedded into the flow of another language. The research problem was stated as “what lexical and grammatical behaviors were visible in code-mixing, between Sinhala and English, by monolingual, native Sinhala speakers aged between 1-4 years?”. The natural speech of 28 randomly selected subjects from the Matara-Kekanadura MOH division was audio-recorded once a fortnight over 4 months. The recordings were transcribed and examined to find evidence of the use of English. Segmenting the data was done based on thirteen categories described in Jayasekera's pioneer study (1988, p 33-41) as well as 8 functional categories. Both qualitative and quantitative methods were applied to analyze the data. Types of vehicles (66), sports (58), food (50), domestic furniture (35), cultural membership terms (33), clothing -decorations and fashion (33), adjectives (29), electricity (29), phone equipment (28), quadrupeds (27), education personnel (24), fruits (23), academies (23), clothing-accessories (22), birds (21) television related words (20) air transport (17) photography (17), education-related words (13), and female clothing (10) were the twenty most frequently used sub-categories of the English lexicon in code-mixing with Sinhala. Nouns, verbs, and adjectives were the three categories of words visible in the data. The English nominal codes that appeared in the data represented different forms such as definite, indefinite, singular, plural, countable, uncountable, cases, derived, and loan words. The English verbal codes combined with the Sinhala verbs to express simple present tense, present emphatic form, present perfect tense, and participle forms. The child participants successfully maintained the grammatical appropriateness and correctness of code-mixing by using words such as [ekə], [ekak], [kenek], [kəɾənəva:], and [venəva:].

Keywords: code-mixing, English, first language acquisition, segments, Sinhala

GOVERNMENT UNIVERSITY TEACHERS, NON-MONETARY BENEFITS AND JOB SATISFACTION

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Herzberg's two-factor theory says that extrinsic rewards (salary, allowances, etc.) help only to reduce job dissatisfaction while intrinsic rewards (non-monetary benefits) help to increase employee job satisfaction. Studies on non-monetary benefits are scarce among government university teachers in Sri Lanka. Therefore, we aim to describe the association between non-monetary benefits and job satisfaction. An online survey was conducted to collect data on demography, non-monetary benefits, and job satisfaction. Questions for non-financial reward and job satisfaction consist of a five-point Likert scale. The non-monetary benefit was examined through recognition, personal development, work-life balance and workplace environment. Binary logistic regression was performed to determine the significant association between variables of interest and job satisfaction. A total of 4675 emails were sent and 309 entries were included in the final analysis. Most were females (57.3%), grade II senior lecturers (26.5%), having a doctoral degree (57.6%), and having an income of < Rs 250,000/= (55.7%). The mean (SD) age, years of experience in the university system, and distance between the workplace and the residence were 43.1 (9.9) years, 13.5 (9.7) years, and 32.4 (61.7) km. Overall, 54.4% scored ≥ 75 out of 100 for job satisfaction. Satisfaction with steady employment achieved the highest score while satisfaction with the way supervisor provides help scored the lowest. Recognition by the university for the contribution to the university, responsibilities held as a teacher in the university and involvement of the academic in decision-making by the university management were the non-monetary benefits significantly associated with job satisfaction ($P < 0.05$). A high level of job satisfaction and significant associations between job satisfaction and non-monetary benefits were found among government university teachers in Sri Lanka. Addressing and enhancing such rewards would help increase the job satisfaction of Sri Lankan state academics.

Keywords: academics, decision-making, non-financial rewards, recognition, responsibilities

Session 7:

POPULATION MOVEMENT AND MIGRATION

EMIGRATION OF SRI LANKAN TEA PLANTATION WORKERS IN A CRISIS-RIDDEN CONTEXT: A CASE STUDY

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While still trying to emerge from the catastrophic aftermath of the COVID-19 pandemic, Sri Lankans are now facing their worst economic crisis. In this context, one of the most adversely affected communities is Sri Lankan tea plantation workers. This study was conducted to identify the main causes of the exodus of plantation workers during this time of unprecedented crisis. Using the qualitative approach, data were gathered from four former tea plantation workers who had emigrated to the Middle East and three others who have initiated the process of going aboard. These female respondents with whom semi-structured interviews were conducted belonged to seven families in a labour line in a state-governed tea estate in Talawakelle. A thematic analysis was conducted to identify the main factors that resulted in the respondents emigrating or intending to emigrate. Three themes emerged in terms of what instigated these workers to emigrate. The main one is economically driven factors under which the push factors: low income, unemployment/underemployment, abysmal living conditions; and pull factors including better wages and living standards, enhanced working conditions and availability of amenities were identified. The socio-cultural factors include family pressure, gender discrimination, higher social esteem fulfilling self-aspiration, and changes in attitudes and values, while politically related factors such as the support by the government to promote emigration and the disillusionment with the volatile political context also seem to influence these individuals' propensity to migrate. The study participants are pushed to emigrate due to mainly economic hardships while being pulled by expectations of becoming economically empowered. Unless the authorities increase these workers' wages, ensure job stability, and improve the poor working/living conditions, the tea plantation industry will have to face the threat of not having the labour required to sustain their operations.

Keywords: economic crisis, emigration, Sri Lankan tea industry, tea plantation workers

**A CLOSE EXAMINATION OF THE ANCIENT FOREIGN RELATIONS BETWEEN GREECE AND EGYPT; WITH
SPECIAL REFERENCE TO STRENGTHENING DIPLOMATIC RELATIONS DURING TIMES OF CRISIS IN THE
ANCIENT WORLD**

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The two ancient civilizations of Greece and Egypt developed in Europe and Africa respectively. The surviving historical texts and archaeological evidence attest to the close connections that existed between Greece and Egypt as early as 3000 BCE. These connections portray valuable examples from history on diplomatic relations and how to maintain lengthily and mutually beneficial foreign relations, specifically during times of crisis. The objective of this study is to set an example from history for modern-day foreign relations. This paper intends to examine and analyze the nature of the ancient relations that existed between Athens and Egypt from the 7th to 5th Centuries BCE. The historical method under qualitative methodology will be followed as the paper will primarily rely on historical texts and evidence. Greece and Egypt were in constant struggles with foreign threats from the 7th century onwards, but according to the above-quoted evidence, they managed to maintain beneficial relations with each other. In the 7th century, Egypt was threatened by the Assyrian army, while the Greco-Persian War raged for more than fifty years, from 492-449 BCE. According to history, there were Ionian and Carian soldiers in the Egyptian army under the Egyptian King Psammatichus I. Egypt sent a large quantity of grain to Athens when there was a grain shortage during the time of war. These crucial instances reflect how Greece and Egypt reached each other seeking resources and help. They can be recognized as mutually beneficial relations. The remaining evidence on Greco-Egyptian contact narrows Egyptian connections specifically to Athens. Accordingly, it is worth recognizing the nature of this commitment between Egypt and Athens. Further, the significance lies in the fact that both Greece and Egypt continued foreign relations with each other as evident in their Maritime agreement signed in 2020, and in 2022 the agreement allowed the Greek army officers to enroll at the Nasser Military Academy, Egypt's highest military educational facility.

Keywords: Athens, Egypt, crisis situations, foreign relations, mutually beneficial

INTERNATIONAL LABOUR MIGRATION IN SRI LANKA: IS IT A SOLUTION TO CURRENT ECONOMIC CRISIS?

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Emigration of working aged population has become a significant phenomenon under the existing economic crisis in Sri Lanka. However, there is a lack of research on what are the consequences of labour migration. Therefore, the objectives of this paper are to; (a) review historical evolution of labour migration in Sri Lanka, (b) identify sources of current economic crisis and its impact on emigration, (c) explore the sociodemographic consequences of upsurge in labour migration, and (d) discuss the role of migration policies in managing labour migration. An exploratory cross-sectional research design was used. Analysis was mainly based on literature review and secondary data, obtained from the Sri Lanka Bureau of Foreign employment (SLBFE) and Central Bank of Sri Lanka. The analysis used descriptive methodology. Findings revealed that Sri Lanka has been experiencing compositional changes in labour migration. Though the Covid-19 pandemic negatively affected on labour migration during the 2020-2021, a rising trend is evident in the first half of the 2022. Foreign remittances contribute to both macro and micro levels of economic development in the country. However, a decline in foreign remittances was found by 29% between 2020 and 2021, and it further continued to 2022. At micro level, one in every fourteen households receive foreign remittances. Increase in male migration compared to female migration have positive impacts on migrant families and children left behind. Migration of skilled work force negatively affects the domestic population. Increase in emigration, aging population and shrinking of labour force may create several socio-economic challenges. The slow recovery of the economy is associated with long-term structural issues, Covid-19 pandemic, and economic mismanagement. The results suggest that the returns from labour migration can contribute partly to ceasing the economic crisis if Sri Lanka introduces effective migration governance mechanisms for managing remittances and utilizing human capital of returnees for the development of the country. However, further research is needed to explore the long-term consequences of labour migration.

Keywords: Migration, Labour migration, economic crisis, contract migration, migration governance

SRI LANKA'S ECONOMIC CRISES AND IRREGULAR MIGRATION: A HISTORICAL EVALUATION

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Over the years, many Sri Lankans have migrated internationally mainly due to economic concerns, employing both legal and illegal modes of migration. Extant research published in 2018 and 2011 discuss negative points of irregular migration, and reveal that as a result of irregular migration, some areas of Sri Lanka made significant social developments as a result of economic enhancement. Hence, the irregular migration process continues to happen in Sri Lanka, and more recently, i.e., in the aftermath of the current economic crisis, an exponential rise in irregular migration can be observed. Hence, the present study aims to analyse the methods of irregular migration; characteristics of those migrants; the popular destinations for irregular migrants; and the impact of irregular migration. This study is mainly based on an extensive review of literature, conducted as a thematic analysis. Studies published in 2021, 2018 and 2011 indicated that most irregular migrants are individuals affected by economic disorders, and they often attempt to migrate to Australia and Italy from Sri Lanka due to the numerous pull factors in those countries. The existing literature has mostly focused on the economic hardships the migrants suffer in their native countries, and revealed economic status as a driving factor for migration combined with the social stimulation. Further, a study published in 2013 reported that the financial concerns that motivate people for migration are associated with the effects of war, post-war struggles, political persecution, organised discrimination, and other forms of injustice. In this context, in 2012 and 2018 researchers showed that Sri Lankan catholic youth living in coastal areas started irregular migration to Italy in the 1980s; and after that, the irregular migration flow to Australia began under five types of illegal methods. However, researchers found that irregular migration has dire consequences and some have even lost their lives. The results suggest that this labour force can be utilised as a source for generating remittances to overcome the current economic crisis by implementing effective migration governance mechanisms to manage human migration.

Keywords: Sri Lanka, economic disorders, irregular migration, Italy, Australia

DOES HUMANITARIAN INTERVENTION PROVIDES AN EXCEPTION TO THE PROHIBITION ON USE OF FORCE? A CRITICAL REVIEW FROM A THIRD WORLD PERSPECTIVE

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Use of force and the threat to use of force has been a dialectic subject in the field of international law ever before the formation of sovereign states. The Article 2(4) of the Charter of the United Nations (UN) prohibits the use or the threat of force regarding the territorial sovereignty or the political independence of another country. Proponents of humanitarian intervention argue that interventions made in humanitarian crisis provides an exception to the general prohibition on the use of force. Invoking the doctrinal approach, by referring to the existing legal literature on the subject, this research seeks to investigate whether humanitarian intervention could provide such an exception to the general prohibition on the use of force from a third world perspective. The results revealed that, the existing international law does not recognize such an exception. When looked at from a third world perspective, where Sri Lanka is also situated, the concept of humanitarian interventions can be identified as a threat to their sovereignty and political independence since many of the humanitarian crisis are reported from among the countries in the third world including Sri Lanka who are for the most part have been comparatively disadvantaged with such concepts such as humanitarian intervention which are manipulated by western countries to achieve their ambitions, whereby allowing for external interventions in such matters would seriously undermine the sovereign equality of such third world countries, which is a *sine qua non* of international law. Therefore, it is concluded that there is still a lack of consensus among the international community in allowing humanitarian interventions to be considered as providing an exception to the general rule prohibiting the use of force and that at any event such would be for the detriment of the third world countries including Sri Lanka.

Keywords: use of force, humanitarian intervention, third world countries

Session 8:

**MEDIA AND THE
ORGANIZATION OF PUBLIC
OPINION**

**AN INVESTIGATIVE STUDY INTO THE USE OF SOCIAL MEDIA TO ORGANIZE PUBLIC OPINION IN
SITUATIONS OF SOCIAL CRISIS
(WITH SPECIAL REFERENCE TO INTER UNIVERSITY STUDENT'S FEDERATION FACEBOOK PAGE)**

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Public opinion is a complex process and it is the opinion held by the majority in society. Public opinion can also be identified as a communication process of expressing opinions. It is essential in shaping public opinion to properly function, reform and modernize any society, especially in times of social crisis. This study focuses on the nature of shaping public opinion through the Inter University Student Federation (IUSF) Facebook page during the political crises that arose in the face of the Rajapaksa regime. What is the feasibility of social media to organise public opinion in situations of socio-political crisis? Based on the research problem, the aim of this research was to study the use of social media to organize public opinion. The objectives of this research were to conceptually and theoretically study the concepts of social crisis, public opinion and social media, to study the need to organise public opinion in social crisis situations and to study the feasibility of using social media (Facebook) in organizing public opinion. A mixed methodology including quantitative and qualitative methods were used for this research. Questionnaires, interviews and observations were used to collect data. Interviews with experts and scholars in the field and 100 Facebook users were used as data sample. Text analysis and statistical analysis were used to analyse the collected data and the following conclusion was reached. Organising public opinion using social media can make a direct and indirect impact to the society in short term as well as in the long term. Therefore, hypothesis of the research was confirmed, where it was identified that there is a great feasibility in social media for organising public opinion.

Keywords: organise, public opinion, social crisis, social media, text

HOW SOCIAL MEDIA WAS USED FOR RISK COMMUNICATION DURING THE COVID-19 PANDEMIC IN SRI LANKA

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Social media as a crucial tool in risk communication has become a robust area of research as its use has mushroomed across the globe. During the Covid-19 pandemic in Sri Lanka, Facebook became a critical conduit for the communication of vital public information. This study analyzed the communication flow that emanated from specific Facebook accounts during the initial six-month period of the Covid-19 outbreak in Sri Lanka, when the need for information regarding the disease was arguably most profound. The objectives of this study were to study the impact in the dissemination of information on Facebook pertaining to Covid-19, to understand the challenges in communicating risk on Facebook users in Sri Lanka, and to examine the problems that contribute to the delay of ending the Covid-19 pandemic. Qualitative and Quantitative research aimed at indicating a target audience's behavior and the views that drive it with reference to specific topics or issues. This study adopts a non-probability sampling technique. Consequently, content analysis and critical discourse analysis are used as the means through which the data are analyzed. Facebook messages are categorized as updates; education/precaution; international response; denial/stigma; protests/riots; and other miscellaneous themes. It is prudent to note that the magnitude of an epidemic can be drastically reduced with appropriate risk communication strategy. The increasing use of the internet and the availability of mobile phones offer the possibility to go a step further than the official traditional media. The researcher observed that the public has become a crucial player in risk communication, especially during an epidemic. Their involvement from its inception can contribute largely to the assessment and management of risk. This study showed the effectiveness of the public in disseminating messages. Finally, the spreading of rumors on social media was identified as a huge challenge.

Keywords: Covid-19, facebook, risk communication, social media, Sri Lanka

A FRAMING ANALYSIS OF 'ARAGALAYA' IN THE NEWS COVERAGE OF SRI LANKAN TELEVISION MEDIA

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The people's struggle known as the '*Mahajana Aragalaya*¹' marks a critical juncture in the recent Sri Lankan political history. For the first time in Sri Lanka, people from different political ideologies and social and economic backgrounds came together to protest against the president and the ruling political regime and demanded a change in the traditional political culture of the country. Public awareness about the '*Aragalaya*' was mainly communicated through diverse social media platforms. However, there is a clear difference in how the Sri Lankan mainstream media reported and portrayed the '*Aragalaya*' compared to the social media discourse and the events that actually took place on the ground. This study critically examines how the Sri Lankan mainstream media framed the '*Aragalaya*' with different framing devices and strategies. Using the conceptual framework of framing proposed by Entman (1993), the study employs a qualitative framing analysis of the mainstream media news coverage on the '*Aragalaya*'. The study is focused on the period July 4th to July 16th which includes the days before the July 9th massive public gathering that forced president Gotabaya Rajapaksha to resign from presidency and the week that was followed by the appointment of new president Ranil Wickramasinghe. The news coverage of a state-owned television channel and a privately owned television channel are selected for the framing analysis in order to comparatively examine the different framing strategies used by the two different media institutions. The framing analysis revealed that there is a clear difference in how the media framed the '*Aragalaya*' in the pre-July 9th reporting compared to the post July 9th coverage. The news reporting of the state-owned television channel continued to discredit the '*Aragalaya*' by framing it as a violent movement which is a threat to democracy while the framing of the privately owned channel clearly shifted to a negative portrayal in the post July 9th context. The news reports of both channels have deliberately framed the activists as '*Aragalakaruwan*' in order to make the movement distant from an organic people's struggle.

Keywords: '*Aragalaya*', framing, television, news, violence

¹ The Sinhala term '*Aragalaya*' is used in the text as it is the mostly used term in both Sinhala and English media. The international media also used the term '*Aragalaya*' and the English translation of it would not capture the gravity and the context specific characteristics of '*Aragalaya*'.

**AZDAK'S JUSTICE: READING KING LEAR, CAUCASIAN CHALK CIRCLE,
AND THE WICKED WITCH IN A TIME OF UPHEAVAL**

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The Aragalaya, Porattam in Tamil, have raised questions about people's sovereignty, governance, authority, the politics of centre and margins. Deploying the idea of theatre as an active site of debate and discussion, where ideas are put into practice, I propose to read the three quite distinct texts of theatre, Shakespeare's *King Lear*, Brecht's *The Caucasian Chalk Circle*, and my own play, *The Wicked Witch* in juxtaposition, to deliberate upon notions of popular democracy and people's sovereignty as they come into crisis. Set in different centuries, not even contiguous and in widely varying contexts, they nevertheless share a history of the modern, colonialism and the postcolonial thinking and rethinking. All three are activated by a sense of the state, sovereignty, subject, subaltern and struggle. As I route the exploration of justice, I will place the court of King Lear and the dramatic and misplaced dispensation of Justice in the text alongside the dispensation of justice by the popular, trickster figure of Azdak from *The Chalk Circle*. Looking at the postcolonial play *The Wicked Witch* as a counter point to the other two, I will look at the shuffle between the centre and periphery that takes place in all three texts, the subalternization of Grusha in *The Chalk Circle* and the emergence of the subaltern as a wicked agent in *The Wicked Witch*. In doing so, I propose to route the exploration through what the times hold for us, and discuss our understanding of state, subject, the boundaries of nation, the faultlines of gender, class and the region. Through this I hope to remark upon reading literature as a political programme, but not as a closed policy, but as a proposal.

Keywords: justice, Brecht, Shakespeare, sovereignty, wicked witch

THE ROLE OF NEWSPAPER REPORTING IN CRISIS MANAGEMENT

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A period of economic, political, or social difficulties or risks, or a decisive phenomenon that as a catalyst for important decisions can be considered a crisis. These crises lead a country to serious abysses, instability, and negative impacts on society's mental and physical well-being. This study aims to investigate the management role and the tasks of newspaper reporting during the economic and political crisis in Sri Lanka in 2022. Also, the study intends to find out how do the newspapers empower the citizens of the country in a period of crisis through their reporting. The communication needs of a community must be uniquely shaped in the stages of pre-crisis, crisis, and post-crisis stages. In this context, the research centered on the problem that in these three stages, newspaper reporting should offer different perspectives and that the media should be identified as a way to effectively manage the crisis. But did some media organizations manage to fulfill that responsibility properly? The hypothesis is that informing and empowering the community is a communication requirement in a crisis period, but Sri Lankan, the press did not engage in such reporting. In order to find out the truth or falsity of the hypothesis, the news published by the state and privately-owned newspapers, *Dinamina* and *Daily Lankadeepa* which were published from May to July 2022 have been used for the study. A content analysis of the selected newspaper articles has been conducted for the research. The key findings of the study are that accuracy, impartiality, and clarity have been compromised by newspaper reporting and, in some cases, it can be observed that such reports have created unnecessary fear, trauma, and disappointment in the readers. In particular, the study confirms that the newspaper media has paid very little attention to community empowerment. Institutional agendas and ownership interests are tactically portrayed by such reporting. Therefore, raising awareness of the readers about the crisis and preparing them physically and mentally for the crisis is essential, but Sri Lankan newspapers have not engaged in such reporting.

Keywords: crisis, crisis management, media reporting

Session 9:

PHYSICAL AND MENTAL WELLBEING

CHARACTER EDUCATION AS AN EMERGING APPROACH TO INTEGRATE CORE VALUES IN THE 21ST

CENTURY: A CRITICAL REVIEW

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Present-day society faces unprecedented issues and devastating situations nationally as well as globally. Among these, the use of drugs, poverty, despair, corruption, illnesses, natural disasters including environmental degradation keep increasing becoming a threat to the physical and mental wellbeing of people. Education has a significant role to play in mitigating the effects of these issues on the young generation through various approaches. Different countries have commenced implementing school-oriented character development programs using innovative approaches. The aim of this paper is to critically explore how the concept of character education has been identified and to search how the contents and strategies based on character education are being used in education at large. Although educational reforms and various educational reports had highlighted this necessity, character education issues still persist. Use of new trends is at a minimum, and it is important to identify and determine how to apply innovative approaches in character education. This paper is a critical review of character education based on relevant books, research papers, e-journals, education reports and websites. Major themes identified consisted of Definitions of character education, Principles of effective character education, Ways of teaching values, Comprehensive approach to character development, and Implementation of character education. It becomes very important to inculcate core values such as caring, honesty, fairness, responsibility and respect for self and others, in children and pedagogy employed by parents and teachers and other stakeholders to teach character education to children and youth. In addition to emphasizing moral knowledge and moral feelings, literature also prioritized moral values in real life and how the current educational system can make relevant the specific characteristics of the concept of character education. Character education is addressed for preparing the young generation to be more ready to face life's challenges and those that they eventually face as global challenges.

Keywords: approaches, character education, core values, principles

WATER MANAGEMENT METHODS FOR DRINKING AND DOMESTIC PURPOSES IN THE KEGALLE DISTRICT

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Water is the basis of life, and it is necessary for all species and nature. However, the global water shortage problem has affected Sri Lanka to different degrees across the country. This study focuses on the current water shortage situation and its impact on human behaviour and water resources in the wet zone of Sri Lanka. The research objective was to find sustainable water management mechanisms for drinking and domestic purposes in the Kegalle District located in the wet zone. The researcher collected primary data through interviews with 30 households and also collected six water samples from different water sources such as the river, a well, and rainwater. The Litres per Person Consumed per Day (LPCD) calculation method was used to identify the water usage per head in the study area and spatial and temporal variations of the rainfall from 2015 to 2019 were analysed using the Inverse Distance Weighted (IDW) tool available in the ArcGIS 10.7 software. The results of the study reveal that several mechanisms were used to overcome water scarcity in this area. Those were using rainwater storage systems, utilizing filtering methods, and recycling used water. Finally, this study contributes to identifying and providing solutions to the issue of water scarcity in the study site by implementing the proposed methods as mechanisms that ensure sustainable water management.

Keywords: water scarcity, wet zone, water management methods, rainfall patterns

AN ASSESMENT OF THE COMMUNITY VULNERABILITY TO FLOOD HAZARD IN THE KALUTARA DISTRICT, SRI LANKA

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The aim of study was to analyse the community vulnerability of the flood disaster in the *Pathakada* Grama Niladhari Division of the *Millaniya* Divisional Secretariat Division in the Kalutara District which is annually affected by the flood hazard due to the location within a meander of the river Kalu. The study was based on the primary data of 40 flood affected households and the observations of the study area. Social and economic vulnerability of the community were analysed using a vulnerability index and the environmental vulnerability was observed through a transect map. Results of the study represented that 35% of the sample is in the category of very low social vulnerability of the flood hazard (<0.39) and the majority of 52.5% is in the category of low vulnerability (0.39–0.49). This is because the community have been living in the area for many years, where 75% of the household heads' have fairly higher educational level and a small number of people in the community with disabilities and chronic diseases. The economic vulnerability of the study area is high (>0.60), representing 72.5% of the sample and another 17.5% showed a moderate level (0.49–0.60). The study identified that dependency ratio is high in the area as only a single member of the family is earning in most families and 72.5% of the sample's monthly income is less than 40,000 rupees. Another significant factor identified that nearly 50% of the sample is engaged as daily wage earners and agricultural workers, where they face income risk during flood hazards. The researchers observed that most of the lowlands in the area are influenced by the tributaries of the river Kalu which lead to water logins. The researchers also observed that the canals and drains are not cleaned and repaired and soil erosions are occurring in most of the areas. Therefore, the study suggests that mitigation and adaptations methods to minimize the impacts of flood hazard is essential in the area.

Keywords: Economic Vulnerability, Environmental Vulnerability, Kalutara District, River Kalu, Social Vulnerability

FAMILY RESPONSES AND SOCIAL REINTEGRATION OF SUICIDE ATTEMPT SURVIVORS IN THE POST-DISCHARGE PERIOD: A QUALITATIVE STUDY

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Irrespective of the declining overall suicide rate, suicide is a critical health concern in Sri Lanka, which demands successful mechanisms to reduce the risk of post-attempts. Therefore, successful social reintegration of suicide attempt survivors in the post-discharge period (PDP) is vehemently important. One of the major support sources in this regard is family. However, the family's role would be reduced due to the social stigma associated with suicide. The objective of this study is to explore the family responses to suicide attempt survivors (SASs) in the PDP. This study employed a phenomenological research design and analysed twenty interviews with SASs. The study found that the previous social interactions between the attempter and the family were largely damaged due to the social stigma associated with suicide, increasing the social isolation of both family members and SASs in the PDP. Both attempters and family members struggle to deal with shame in the PDP. Family responses vary depending on the causes of the suicide attempt. Parents with a relatively high socioeconomic status believe that the suicide attempt damaged the social status of the family. Except in a few cases, SASs received blame-mixed responses from the family leading to an increased risk of post-traumatic stress. Notably, female attempters are more isolated in the PDP than male attempters. In addition to self-isolation, parents strongly advised the SASs to stay at home to keep the incident a secret. Two participants were found to have left the family due to negative responses and shame reactions. Further, parents and SASs hesitate to attend follow-up care services due to social stigma. This study concludes that SASs receive more negative family responses in the PDP that challenge social reintegration, which may also increase the risk of reoccurrence of suicide attempts. Thus, it warrants that postvention programs should target both survivors as well as their families.

Keywords: family reactions, social reintegration, suicide attempt survivor, post-discharged period

**BETWEEN SAFETY AND DANGER: BUILDING RESILIENCE THROUGH MULTIPLE SURVIVAL STRATEGIES
DURING THE WAR IN THE JAFFNA PENINSULA IN SRI LANKA**

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This study examines how Tamils in Jaffna built resilience through multiple survival strategies during the war (1983-2009). The village community structure collapsed during the war, weakening primordial interactions; the impact of globalization came to be restricted compared to the rest of the country compelling social and economic survival forms that evolved to help communities face multiple vulnerabilities. This study used the autoethnographic method to collect data which produces personal narratives of war experiences. A critical reading of this data shows that while there were obvious changes in the Jaffna Tamil community at various levels due to the war and displacement, the war experiences also created many opportunities to develop different forms of lives. For instance, people simply adopted nightscape life due to the unavailability of electricity for eight years. People attended to numerous domestic tasks without electricity and learned to live at night through everyday practices. Thus, this nightscape induced an invention of a different type of life that included innovative efforts taken to adjust to the war. Further, *cikkanam* (frugality or a kind of austerity practice) is the one of major characteristics in Jaffna Tamils' lives that became a prominent coping strategy; however, people did not limit *cikkanam* to an economic meaning but to other culturally constructed meanings and practices. The nature of these practices, the ways in which people quickly recovered from tensions created in emergency situations that brought on a scarcity of goods and services, and the ways in which people developed a form of resilience to face and adjust to the unprecedented circumstances are aspects discussed in this study.

Keywords: autoethnography, civil war, multiple survival strategies, resilience

TEACHING “INTRODUCTION TO LITERATURE” TO ENHANCE LANGUAGE PROFICIENCY OF THE ENGINEERING STUDENTS ON VIRTUAL MODE DURING THE ECONOMIC CRISIS: AN EXPERIMENTAL STUDY

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Having gone through a ten-year programme of learning English as a Second Language at Sri Lankan schools, the undergraduates of the Faculty of Engineering at South Eastern University of Sri Lanka, Oluvil, find it difficult to express in English. In fact, the required proficiency in English would take the undergraduates a long way to contribute their services in their respective fields to make the country economically self-sufficient. ‘General English’ is taught in the first year and ‘English for Specific Purposes’ is taught during the second and third year programmes in order to improve their proficiency in English. With all these efforts it is observed that the students are poor in oral and written communication. Therefore, students are given an opportunity to follow the course titled “Introduction to English Literature” as one of the Interdisciplinary Courses for a semester on the assumption that teaching literature would encourage them to learn more English. The paper is confined to the sample population of the experimental study conducted for three months with the undergraduates of the Faculty who were taught literary texts rather than texts from the subject matter in the English lessons. It is expected that culturally-friendly literary texts would motivate them to get into unconscious reading and understanding of the texts enriched with human emotions and subsequently, they would be attracted towards learning the language. The present study is to see the effectiveness of using literary pieces in English classroom on virtual mode at university level as the face-to-face English sessions were disturbed due to the economic crisis. Finally, recommendations are made in the light of the findings achieved along with students’ responses to the literary materials and their critical comments written submitted after the sessions.

Keywords: culturally- friendly texts, English for general and specific purposes, non-native literature in English

QUALITY OF LIFE AMONG ELDERLY POPULATION IN THE ESTATE SECTOR IN SRI LANKA

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The main purpose of this study is to examine how the elderly population in Sri Lanka define their 'quality of life' and examine how the present economic crisis impacts their quality of life. This study defined quality of life as "elderly people's level of satisfaction with their overall life". Literature points at four components as basic criteria to achieve quality of life. They are, health concerns, achievement of goals as expected, financial stability and social networks. Elderly people of this study belonged to the age group of 60 to 75 years who live in the Deltota estate. The problems faced by elders in estate sector is not adequately addressed by researchers and that is why this study mainly focused on elders in estate sector. Selected sample comprised of 10 males and 10 females. In-depth interviews were conducted to gather data. Even though the 'quality of life' or 'life satisfaction' depends almost totally on individual preferences, this study revealed that three factors were very influential in an elder's satisfaction with his/her life. They are, his/her children's achievements, health concerns and financial security. The study further revealed that cultural factors and gender differences are crucial factors that impact on the definition of 'quality of life' or 'satisfaction' among older people. However, with the current crisis situation the financial and health concerns have taken place as the main influential factors of quality of life of elders in the estate sector in Sri Lanka.

Keywords: elderly people, estate sector, quality of life, satisfaction, Sri Lanka

Session 10:

AGRICULTURE AND FOOD SAFETY

CHALLENGES AND WAY FORWARD THROUGH SUSTAINABLE AGRICULTURE

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Agriculture is a foundation of human survival, and technological advancements facilitated an intensive growth in the sector facilitating commercial agriculture. However, commercial agriculture has caused adverse effects on sustainability and the well-being of human societies. Accordingly, organic farming emerged as a vital alternative. Nevertheless, the recent initiative of the Sri Lankan government to promote organic farming created a crisis and a resultant dialogue due largely, to its effects on the Small and Medium Enterprises (SMEs) sector in agriculture. Despite the challenge to food security due to organic farming emerging as the central argument against, it is undoubtedly important to shift to organic farming while addressing challenges faced by SMEs' in Sri Lanka. Accordingly, a qualitative study was conducted in this regard. Ten semi-structured interviews were conducted with representatives of agricultural SMEs in Sri Lanka. A thematic analysis was carried out using NVivo software. The primary themes identified the main challenges related to issues with government support and intervention, market access and revenue, pressure from the funding bodies, availability of organic farmlands, access to organic materials (including seeds, fertiliser), environmental conditions, crop-specific requirements and social pressure. The study also recognised second-order themes derived from the primary themes above. Accordingly, the study identified the main four reasons for adapting organic farming by SMEs, as policy issues, resource availability issues, product-specific issues, and social pressure. Additionally, it was observed that the impact of the above-identified factors was intensified by previous experience with organic farming and the SME's definition of organic farming. Accordingly, the study recommends focusing on synchronising policy initiatives with implementation processes. Thus, the study recommends focusing on getting SMEs' engagement by designing a value system for an organic product that generates a distinct organic market. This can be used to facilitate organic farming while preserving commercial farming to meet the food security goals of the country.

Keywords: agri-business, organic farming adaptation, SMEs, sustainable agriculture

CLIMATE CHANGE ADAPTATION STRATEGIES FOR CLIMATE RESILIENT PADDY FARMING: A CASE STUDY IN GALENBIDUNAWEWA DISTRICT SECRETARIAT DIVISION OF THE ANURADHAPURA DISTRICT

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Rain-fed paddy farming has been particularly susceptible to recent climate change and weather fluctuations in Sri Lanka. Sri Lanka's government has implemented various programmes to reduce adverse impacts of climate change and build farmers' coping capacity in dry zone areas. However, there is a lag in farmers' adaptability to such initiatives. The study's main objective was to examine key adaptation strategies taken by paddy farmers to become resilient to climate change. The secondary objectives were to examine the farmers' perception of climate change and explore the applicability of indigenous knowledge in paddy cultivation. Primary data were collected through a structured questionnaire from 50 farmers selected randomly in the Padikaramaduwa and Janasirigama Grama Niladhari Divisions of the Galenbidunawewa Divisional Secretariat Division in the Anuradhapura District. Both qualitative and quantitative data were analysed using a mixed method in which descriptive statistics and thematic analysis methods were used for analysis. Male respondents comprised 94% of the sample and were of a mean age of 48 years. A majority (90%) of respondents perceived the changes in the climate pattern in the area as increased air temperature and increased rainfall. Crop diversification and rotation, increase of short-duration seed varieties like BG 352, 300, 367, 354, *bethma* practices, *kanna* meetings (seasonal planning meetings), and integrated water resource management strategies have been adopted to build resilience in paddy cultivation. A large percentage (60%) of respondents followed government policy as an adaptation method. The age of farmers, income, education level, and media have influenced the choosing of such adaptation strategies among the farming community. However, the dissemination indigenous knowledge and its application have been limited among farmers.

Keywords: adaptation, capacity, climate change, indigenous knowledge, paddy farming

ASSESSING THE IMPACT OF THE COVID-19 PANDEMIC ON CONSUMERS' FOOD SAFETY PERCEPTIONS IN THE GAMPAHA DISTRICT, SRI LANKA

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Since the outbreak of the COVID-19 pandemic, food safety has become a major concern due to the risk of contracting the COVID-19 virus from food and packaging. Understanding consumer food safety perceptions is critical for ensuring public food safety and health. Though many countries have investigated food safety issues during the pandemic, Sri Lanka is yet to conduct such research. Therefore, this research explored consumer food safety perceptions during COVID-19 pandemic in the Gampaha District of Sri Lanka. The study examined consumer perceptions, trust about the safety of food items and food delivery services, steps followed to ensure food safety while purchasing food, consumer expectations of food handlers, and trusted sources of food safety information during the pandemic. Respondents completed a 42-item questionnaire during the month of October 2021 through face-to-face interviews and internet platforms. Simple random sampling was adopted to select 261 participants from the Gampaha District as the district was severely affected by the COVID-19 pandemic and due to the convenience of its location. The findings indicate that a large percentage of respondents have reduced consumption of fast food (49.5%), bakery foods (77.0%), and dine-in meals (50.0%) during this period. Consumers with non-communicable diseases have been very concerned about food safety during the pandemic (Chi-square value = 144.5; $p=0.001$). One third of the consumers (33.6%) were somewhat confident about the safety of delivery services. Wearing a mask (98.9%) and sanitizing hands (95.0%) were the most common safety steps taken by consumers during grocery shopping. To ensure food safety, customers expected food handlers to wear masks (93.1%), gloves (65.9%) and maintain physical distance (66.3%). Television (86.3%) was the most popular means of accessing food safety information, followed by social media (82.1%) and the level of education seems to have played a part in deciding on sources. Additionally, people have changed dietary habits and food preparation methods during the pandemic.

Keywords: covid-19 pandemic, food safety, food-safety perception

USE OF ORGANIC FERTILIZER BY PADDY FARMERS IN THE SEVANAGALA DIVISIONAL SECRETARIAT, MONARAGALA DISTRICT

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Rice is the staple diet of Sri Lankans and has an important cultural, economic, and political impact on our society. Inorganic fertilizer has been used in paddy farming since the 1950s and has had both positive and negative impacts. In 2021, the government took a policy decision to ban the importation of inorganic fertilizers and agrochemicals without introducing suitable organic alternatives to farmers. Thus, this study was conducted to assess the use of organic fertilizer by paddy farmers in the Sevanagala Divisional Secretariat Division of the Monaragala District during the *maha* season of 2021. A survey was carried out with 170 randomly selected farmers in the area. The majority of the paddy farmers (70.6%) reported using organic fertilizer only, while 20.6% of the respondents used both organic and inorganic fertilizer and 8.8% used only inorganic fertilizer. Most of the farmers used 327-500 kg/acre of organic fertilizer and the main organic fertilizer source was green manure (62%). In terms of the farmers' perceptions of organic agriculture, nearly 53% of the farmers mentioned that moving to organic agriculture is a good while 25% felt it is not suitable. The farmers who rejected organic farming stated the cultivation requirements of new rice varieties (31%) and dependence on inorganic fertilizer (32%) as the main reasons for their rejection of organic farming. Many of the farmers (65.8%) have not received any government support for organic paddy farming. The major problems identified by farmers with the use of organic fertilizer were low plant growth rate (43.2%), low yields (20.7%), and issues with storage space (17.8%). A majority of the farmers (85%) expected their paddy yields to reduce due to using only organic fertilizer. Nearly 69% of the respondents believe the use of a combination of organic and inorganic fertilizer would give better yields. These research findings suggest that further research, government support services, and farmer awareness programmes are required to increase the use of organic fertilizer.

Keywords: rice, *maha* season, Monaragala District, organic fertilizer

A SUDDEN SHIFT TO ORGANIC FARMING RISKED FOOD SECURITY: AN ALTERNATIVE APPROACH TO SUPPLY NITROGEN TO THE RHIZOSPHERE

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The arbitrary decision to ban chemical fertilizers in 2021 compelled Sri Lanka into a state of food insecurity. The common issue with organic fertilizers is the slow rate of release of nutrients to the rhizosphere. This rate of release may hinder organic farmers synchronizing the uptake of nutrients by plants with the rate and timing of mineralization to gain the maximum possible yield. Nitrogen is one of the critical nutrients that contributes to the vegetative growth of plants and is known to be a limiting factor that arises with the use of organic manure. A study of nitrogen dynamics of organic materials should include decomposition rates and an awareness of the peak of nitrogen mineralization. However, the decision to ban chemical fertilizer importation and usage was not done with such foresight. Therefore, this study was conducted to study the nitrogen dynamic in Azolla and Gliricidia. The experiment was conducted as a randomized complete block design (RCBD) with seven treatments in triplicate. Treatments were organized as no added fertilizer (T₀); dried Azolla (T₁); dried Gliricidia (T₂); dried Azolla + urea (T₃); dried Gliricidia + urea (T₄); dried Azolla + dried Gliricidia (T₅); and urea (T₆). Results revealed that Azolla-based nitrogen was released in the form of ammonium ([NH₄]⁺) (11 mg/kg) and the form of nitrate ([NO₃]⁻) (3 mg/kg) on the second day of soil incubation. Gliricidia-based nitrogen was released in the form of ammonium (18 mg/kg) and the form of nitrate (6 mg/kg) on the second day of soil incubation. The highest net nitrogen mineralized during incubation was reported in Gliricidia (58 mg/kg). These results indicate that applying organic amendments with an overall understanding of the mineralization process can reduce the risk of food security associated with organic farming.

Keywords: Azolla, Gliricidia, nitrogen dynamics, mineralization

**A SOCIOLOGICAL STUDY ON MODERNISATION OF TRADITIONAL FARMING AGRICULTURE IN
WALAPANE DIVISIONAL SECRETARIAT IN THE NUWARA ELIYA DISTRICT**

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Traditional agriculture can be defined as farming that combines a variety of products and techniques that have been employed for generations. Peasants manufactured agricultural products utilizing family labour and simple equipment in older times. However, traditional farming in Sri Lanka has been modernized in recent times. This study explored the impact of modernisation on traditional farming at 233 Samagipura Grama Niladari Division in the Walapane Divisional Secretariat, Nuwara Eliya District. The objectives of this study were to determine the factors that led to changes in vegetable crops and cultivation methods, to investigate how modernising traditional agriculture has affected the peasant lifestyle, and to suggest feasible solutions to mitigate the disadvantages of modernising agriculture. The sample consisted of 30 farmers selected purposively in this qualitative study. Primary data was obtained through interviews and observations and a thematic analysis was conducted. Findings show that vegetable crops and their cultivation techniques changed due to the lack of labour brought on by the declining number of children in families, rising levels of education, and the trend toward wage-based employment. Traditional agriculture has been modernised by the use of sprinklers and water pumps, markets for the sale of crops, and a tendency to breed seeds based on profitability. However, the absence of agronomic guidance, government agricultural authorities' intervention, and the failure to consider the soil, climate, or weather when introducing new seeds have resulted in negative consequences. Farmers must allocate a portion of their income for agrichemicals, bank loans, and crop transportation since successful crop cultivation depends on these. Accordingly, the study recommends raising awareness of new types of seeds when introduced, providing new farming equipment at an affordable price, and providing seeds free of charge by the government for at least one season as programmes to be implemented with the government's assistance in order to lessen the adverse effects of modernizing traditional agriculture in this area.

Keywords: traditional agriculture, modernisation, agrichemicals, breeding seeds, profit

Session 11:

PHYSICAL AND MENTAL WELLBEING

THE RELATIONSHIP BETWEEN INVOLVEMENT IN RELIGION AND INDIVIDUALS' SATISFACTION WITH LIFE

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Religion can be viewed as a formally organized set of beliefs. People become members of different religious groups and follow their religions based on their religious beliefs. Involvement in religion may contribute to one's development. Some people may consider religion as an important aspect in their lives, tend to value religious beliefs and behaviours and to get involve in religious activities. Also, religion can be viewed as a support system that helps people psychologically adjust to negative life events. Hence, involvement in religion seems to have positive effects on individuals' wellbeing. This investigation aimed to understand the relationship between one's involvement in religion and satisfaction with life of individuals. Also, it intended to examine whether the relationship between religious involvement and satisfaction with life vary across three cultural groups. This study utilized a quantitative research method and a convenience sampling method to collect data from 607 participants including 308 Sri Lankans (age range 18 to 80, $M_{age} = 30$ yrs, 64% Buddhists), 196 Americans (age range from 17 to 80, $M_{age} = 27$ yrs, 82% Christians) and 103 Indians (age range from 17 to 69, $M_{age} = 22$ yrs, 81% Hindus). Written consent was obtained from participants before conducting the study. The participants completed a questionnaire measuring the variables such as investment in religion, satisfaction with life and age. Findings of this study suggested that there was a significant relationship between religious involvement and satisfaction with life in the entire sample. Accordingly, the individuals who involved in religion seem to be more satisfied with their lives. Considering the three groups, findings further revealed that religious involvement was significantly correlated with satisfaction with life in the Sri Lankan group and the American group. When comparing the two South Asian groups, there was a significant relationship between investment in religion and satisfaction with life in the Sri Lankan group. Findings of this investigation may suggest that individuals' religious involvement can be a significantly contribute to their wellbeing and satisfaction with life.

Keywords: religion, religious involvement, satisfaction with life, culture

PREVENTION OF LIFESTYLE DISORDERS THROUGH ASBAB E SITH E ZAROORIYA (SIX ESSENTIAL FACTORS) – A REVIEW

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The World Health Organization (WHO) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Changes in diet, environment and lifestyle patterns lead to the occurrence of many health related problems. In that lifestyle disorders are becoming a serious world health problem in now a day. The objective of this study is to highlight the significance of asbab e sith e zarooriya (six essential factors) in the prevention and management of lifestyle disorders. Data were gathered from Unani classical texts, books and scientific journals using pub med and Google scholar databases. Lifestyle disorders are defined to be a group of diseases which progress due to the imperfect behavioral pattern of an individual. This occurs due to improper dietary habits, smoking, alcohol consumption, physical inactivity etc. which in long affect the physical and mental health of an individual. According to Unani medicine, imbalances in the asbab e sith e zarooriya are the one thought to influence in the susceptibility of many life style diseases. Therefore it suggests a unique combination of treating several diseases through maintaining equilibrium in asbab e sith e zarooriya with effective medicines and some other medical therapies. It aims that modification in lifestyle can be gained through a balanced relationship in between asbab e sith e zarooriya viz fresh air, food and drink, body movement and response, mental movement and response, sleep and wakefulness and retention and evacuation. Lifestyle diseases have a great impact on the cost of health care. Thus early prevention of these diseases is in need in reducing the mortality and morbidity rate and to reduce the economic cost burden. Therefore this study reveals the importance of asbab e sith e zarooriya in preventing lifestyle disorders.

Keywords: asbab e sith e zarooriya, six essential factors, lifestyle disorders, prevention, unani medicine

AN EXPERIMENTAL STUDY ON THE THERAPEUTIC EFFECT OF CULTURE ORIENTED MUSIC ON PERCEIVED STRESS AND ANXIETY ON FERTILITY RELATED CONDITIONS

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Fertility-related medical conditions in Sri Lanka have become an increasingly common problem among working couples in the urban society of Sri Lanka. Music therapy is a complementary therapy utilized in conjunction with medical specializations which can be utilized with different patient target groups to reduce physiological and psychological stress-related outcomes. It has been explored and found that effect of culture-oriented music as a therapy has a more significant impact on therapeutic outcomes. This study is a first in the country which investigates the effects of culture-oriented music as a complementary medicine to assist couples undergoing assisted reproduction treatments. According to previous research, there is a large number of patients who show stress, anxiety, and depression correlated to infertility. This process deserves further investigation with specific approaches, such as receptive and interactive music therapy. Impact of music interventions on physiological stress-related outcomes such as heart rate, blood pressure, stress-related hormones is known. In this work it is hypothesised that musical works selected from the culture of the subject treated, will have an effect on the therapeutic outcomes. This is validated with an experimental study on a suitable sample from a reputed Assisted Fertility Treatment Medical Hospital in Sri Lanka, where the effect of a series of pre-recorded culture oriented musical works were played to a convenience sample of 60 hospital patients, in the age range 30-40 years, primarily consisting of 53 women undergoing treatment, to draw conclusions on the therapeutic impact of culturally relevant musical works on the perceived levels of stress and anxiety. With prior approvals and consent from the institutional administration and participants, the Perceived Stress Scale (PSS), a classic stress assessment instrument, utilized as a standard data collection questionnaire in similar studies was adapted before and after engaging in the music intervention during the first phase of the study. More than 80% from the selected group stated a high level of perceived stress overall. The initial results show that 78% of the subjects experienced significant reduction in the levels of stress and anxiety reduction following the culture-oriented music intervention. It is expected that findings will lead towards a further study on the impact of Sri Lankan music on the improvement of fertility-related medical conditions in Sri Lanka.

Keywords: music, therapy, stress, anxiety, fertility, reproduction