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A transcript that reveals a student's enrollment in International Baccalaureate courses serves notice to the admissions officer that the applicant is someone who accepts rather than avoids educational challenges. Further, a successful IB student will enroll at Michigan with some advantages over students who have taken less intensive programs...Unquestionably, a school that graduates each year a number of students with IB diplomas has demonstrated its commitment to high educational standards and that commitment will serve to influence admissions decisions at the University of Michigan.

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EXPLORE SRI LANKA

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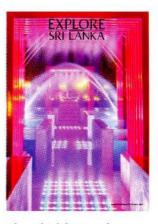
&A Center for Spirituality and Learning

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The colorful water show at the Galle Face Urban Forest Park.

Photo: Menaka Aravinda

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A CENTER FOR SPIRITUALITY AND LEARNING

Spread across 50 acres, the Nagananda International Institute for Buddhist Studies, and the Manelwatta Temple in Bollagala, Kelaniya are a mesmerizing sight. Emerging from the landscape, the spiritual aura pervades the entire area. Established as a center of learning, Nagananda International Institute for Buddhist Studies provides a unique university experience where students are welcomed from across the world.



The Thilokashanthi Dharmachakra Pravarthana Buddha statue is located amidst a tranquil landscape.

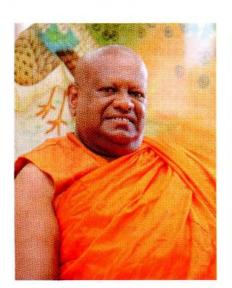


The entrance to Nagananda International Institute for Buddhist Studies.

¶he tranquil Manelwatta Temple, Nagananda International Institute for Buddhist Studies, and the Buddhashravika Educational Institute are all spread across the 50-acre property. A serene golden Buddha statue rises into the sky, which is known as the Thilokashanthi Dharmachakra Prayarthana Buddha statue. The white stupa glistens in the sun and is known to have three sacred relics to be placed within. The Bo Tree at the Manelwatta Temple is said to be a sapling of the Sri Maha Bodhiya in Anuradhapura and was planted under the patronage

of President J R Jayewardene. There are beautiful elements such as statues around the Temple. During poya day, the Temple premises is full of devotees, but as it is spacious they are able to engage in their religious observances in peace. The Maligawa also known as the Fu Huei Memorial Hall is located with a surrounding lawn, which is breathtaking. A large statue of Avalokithesvara Bodhisattva stands serenely overlooking the lake. The Maligawa is known as a place for weddings, where many come to celebrate their special day and receive blessings.

Kelaniva is known as the sacred site that was visited by the Buddha during his ninth year of enlightenment. The land in which the Manelwatta Temple and the Institute is located in Bollagala was known as Rajawatta at that time and was part of the land that was gifted to the Buddha by the King. On January 20, 1962 President J R Jayewardene and Madam Elena Jayewardene gifted the 40-acre property to Ven Welivita Thero of the Sangaraja Temple in Kandy. The land was to be developed to provide facilities for the ordained, to provide alms and to establish a center of learning.



Ven Dr Bodagama Chaminda Thero, Vice Chancellor/Executive Director.



The Nagananda International Institute for Buddhist Studies is a center of learning for 5,000 students.



The Buddha statue as you enter the University premises.

On January 20, 1962
President J R Jayewardene
and Madam Elena
Jayewardene gifted the 40acre property in Bollagala,
Kelaniya to Ven Welivita
Thero of the Sangaraja
Temple in Kandy.



The Bo Tree at the Manelwatta Temple is said to be a sapling of the Sri Maha Bodhiya in Anuradhapura.

Ven Kandakkulame Dharmakeerthi Thero was appointed as the Chief Incumbent of the Manelwatta Temple. While the Thero and his students were able to complete a substantial amount of work, due to an ailment the Thero could no longer proceed and the entire area became engulfed in jungle. It was at this time that Ven Kandakkulame Dharmakeerthi Thero started looking for a person to handover the responsibility of the land and temple. Ven Dr Bodagama Chaminda Thero had

been the Chief Sanga Nayake of Taiwan for 30 years and was also well-versed in the Chinese language. The Thero was asked to take over the responsibility of the property. At that time only, the Temple Stupa and the house that had been used by President J R Jayewardene, which is today the Sangavasaya, were on the land and the rest was jungle. Ven Dr Bodagama Chaminda Thero upon his arrival cleared the land, which took almost three months. The Thero further added ten acres to the property,

which made the entire compound 50 acres. The Thero while in Taiwan contemplated on what should be done with such a massive land, which would benefit people from around the world. At that time President Mahinda Rajapaksa had the idea of building an educational institution that was similar to the Nalanda University in India, which more than 1,000 years ago was a great center of learning for Buddhism, Astrology, Ayurvedha, and was famous globally.







The young Mehnin Vahansas attend a class.

A team comprising professors, lecturers, architects and others were sent to India to study every aspect of Nalanda University, that is from the concept, design, and positioning to educational curriculum and courses. And, this was replicated in Sri Lanka.

As Ven Dr Bodagama Chaminda Thero has a significant following in Hong Kong, Taiwan, China, Singapore and Malaysia, all the funding for the project was provided by these devotees.

The foundation stone was laid in June 2013 by President Mahinda Rajapaksa and construction started in 2014. The entire project was done under the patronage of President Mahinda Rajapaksa. As construction progressed Chinese influenced architectural and design elements were also included. Thus, the massive complex that can be seen today depicts an elegant combination of designs.

The Nagananda International Institute for Buddhist Studies has five faculties; Buddhist Philosophy, Graduate Studies, Early Buddhist Sources, Practical and Applied Buddhism, Buddhist Therapeutic Systems of Medicine, and the Center for Information Technology. The university, which has received recognition from the Government of Sri Lanka is primarily for foreign students who wish to learn Theravada

Buddhism. The Thero explained that even those from Mahayana and Vajirayana Buddhist countries wish to learn Theravada Buddhism because it is the foundation. Furthermore, all universities around the world have faculties or departments for religion and the students, which to learn Theravada Buddhism from Sri Lanka. As such Ven Dr Bodagama Chaminda Thero believed that it was a great opportunity to provide this service to the world. Courses include BA in Buddhist Studies, BA (Special) in Buddhist Studies, Postgraduate Diploma in Buddhist Studies, MA in Buddhist Studies and MPhil in Buddhist Studies. While presently



The spacious and serene interior of the Maligawa.







The entrance to the auditorium.

the curriculum is taught in English and Sinhala, the Thero is in the process of offering the courses in Chinese as well. Generally, Chinese speaking students have to first learn English to study the course but simple English would not suffice to learn Buddhism, therefore it takes a great amount of time. Since the Thero and many of the other Bhikkus are also well-versed in Chinese, it was decided to offer the courses in Chinese as well.

President Gotabaya Rajapaksa during his recent visit to the campus had also requested that other subjects would be offered to the students as well. The current President too has given his fullest support to the university and further work is progressing under his direction.

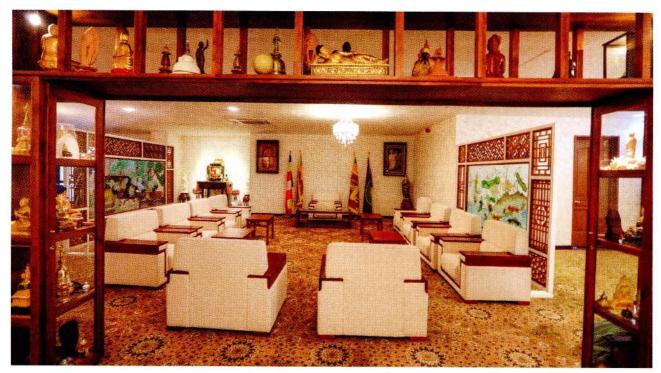
The university has a capacity for 5,000 students, and accommodation facilities are provided for both men and women. The courses are not only for the ordained but anyone who wishes to study Buddhism can attend the university where a fee will be charged as well.

The beautiful state-of-the-art auditorium can sit up to 1,000 pax. The entire campus has a beautiful design that inculcates learning and spirituality. Another main function of the Manelwatta Temple is the Buddhashravika Educational Institute, which is for novice and ordained Mehenin Vahansas. The

Another main function of the Manelwatta Temple is the Buddhashravika Educational Institute, which is for novice and ordained Mehenin Vahansas.



The auditorium can accommodate up to 1,000 people.



The elegant VIP room at the Auditorium.



The resplendent statue of Avalokithesvara Bodhisattva.



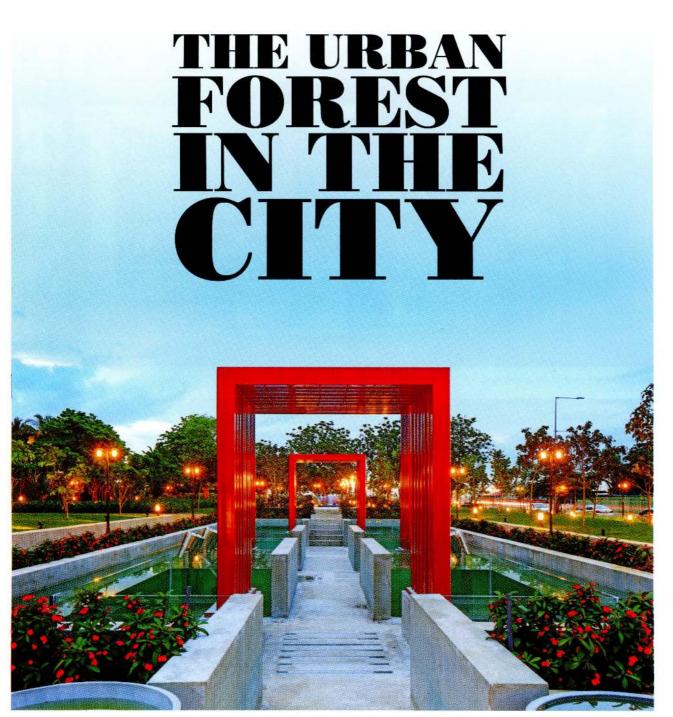
The lake and blissful surroundings of the Temple.

institute is recognized as a pirivena and the courses are followed by women only. They are provided with separate accommodation as well. There are presently about 50 students and this is separate from the University. Some of the Mehenin Vahansas who were educated at the Buddhashravika Education Institute have become lecturers and teachers as well. Furthermore, identifying the needs of the Mehenin Vahansas in Sri Lanka, which amount to about

4,000, Ven Dr Bodagama Chaminda Thero holds a yearly program where all Mehenin Vahansas are brought to the Temple and they are provided with alms, funding and other requirements.

Ven Dr Bodagama Chaminda Thero through his Theravada Samadhi Education Association of Sri Lanka in Taiwan prints and distributes books on the Dhamma to share the Buddhist philosophy with the world. It is with this same aim that the Nagananda International Institute for Buddhist Studies was established so that it would be a beacon of light where it is a center for spirituality and learning for the world.

Nagananda International Institute for Buddhist Studies Manelwatta Temple Bollagala, Kelaniya Tel: (+94 11) 290 5596 Fax: (+94 11) 298 6485 niibs2014@gmail.com niibs.lk



Galle Face Urban Forest Park is the latest urban oasis and offers a perfect place to unwind.

Beautifully lit green vistas adorn the city landscape on Scout Road that runs across from Galle Face Road along the Beira Lake. Creating an urban oasis, the Galle Face Urban Forest Park and Beira Lake Open Air Restaurant provide recreational spaces for people to relax and unwind within the city.

Words Udeshi Amarasinghe. | Photographs Menaka Aravinda.



Neat and ample walking paths to enjoy the bliss of nature.



Lush greenery and beautiful surroundings amidst busy Colombo.

he Galle Face Urban Forest Park and the Beira Lake Open Air Restaurant were built on the direction and guidance of President Gotabaya Rajapaksa and Prime Minister Mahinda Rajapaksa with the target of creating a beautiful environment that encompasses a network of urban forest, water parks, and green infrastructure. This has been implemented according to the national policy framework, 'Vistas of Prosperity and Splendor'. The Galle Face Urban Forest Park and Beira Lake Open Air Restaurant are located a short distance away from each other, where one could enjoy a delectable meal and stroll towards the forest park.

The Beira Lake Open Air Restaurant consists of food outlets within convertainers that offer a varied choice of food and beverages. Seating is under the stars and as day turns to evening, the lights switch-on creating a surreal atmosphere and views of Beira Lake creates a cooling

The Galle Face
Urban Forest
Park and Beira
Lake Open Air
Restaurant
are located a
short distance
away from each
other, where
one could enjoy
a delectable
meal and stroll
towards the
forest park.



Sip on a refreshing beverage and enjoy mouthwatering delights from the Beira Lake Open Air Restaurant.

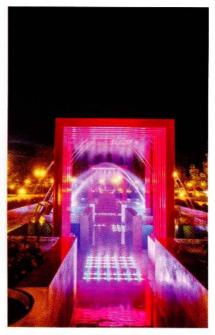


Spaces to relax after a hearty stroll.

The water show is indeed the first of its kind in Sri Lanka and provides a unique entertainment...

feel. With trees planted sporadically, it will soon become a space to dine under lush greenery.

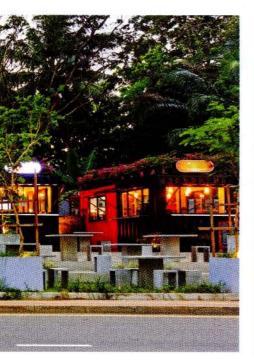
Facing the Galle Road and the ocean farther away, the Galle Face Urban Forest Park is lush and green with trees and foliage placed in sections presenting a neat and symmetrical appearance.



First of a kind water show with bright lights is another beautiful attraction.

At the center lies a corridor made of red beams with surrounding water features that signifies the water park area of the urban forest.

Families with young children, fitness enthusiasts and those finishing work at the end of the day, all gather at the urban park to either engage in fitness activities or to simply enjoy the sur-





Enjoy the beautiful scenery of Colombo at the Galle Face Urban Forest Park.



Water park area of the urban forest at twilight exudes a charming and soothing ambiance.

roundings and unwind. The beautifully laid paths are ideal for walking and a mini workout space with machines have been installed for exercise.

As the sun recedes into the evening skyline, the lights are switched on simultaneously and the water show begins. The entire urban park takes on a magical appearance with mist filling the air and music playing in the background. Lights and colors are alternated as the sound of water from the water feature fills the air.

The water show is indeed the first of its kind in Sri Lanka and thus, provides a unique entertainment while enjoying the peacefulness of the surroundings. After a busy day, the Galle Face Urban Forest Park as well as the Beira Lake Open Air Restaurant provide spaces to chill-out and relax while enjoying the natural beauty, lush greenery and magical aura of the water show.

Water Show daily from 6.30pm onwards

NEGOMBO BACK IN ACTION WITH LORDS

Colorful lights and toe-tapping music mesmerize your senses and you are drawn towards this hive of creativity. Serving delicious cuisine and exotic beverages, Lords reopens its doors to provide memorable experience to all their guests.

Words Udeshi Amarasinghe. | Photographs Menaka Aravinda.



Quaint and stylish Oval Restaurant at Lords offers an exciting ambience to unwind with delicious food, beverages and toe-tapping music.

ords Restaurant is chic and modern with an artistic vibe. The ambiance created by the Founder and Chairman of Lords Restaurant, Martin Fullerton, is where guests can immerse in an unique dining experience surrounded by the art featured in the gallery.

Of course, Lords has a cricket theme as indicated by its name and there are references to the sport from the various spaces of the restaurant to the food and drink menus as well. Lords Restaurant is the ideal place to spend a leisurely evening with friends and family enjoying good music and, if

you wish to watch sports too. There is a space for everyone!

The Batsman Restaurant, which is ideal for causal dining, overlooks Lewis Street, and has an elegant setting with music and lighting that creates a warm and tropical ambiance. This space then leads to the Lords Art



Watch the live sports action at the LBW Bar or at the outdoor Boundaries Garden Restaurant and Bar.

Gallery, which features paintings by talented Sri Lankan artists.

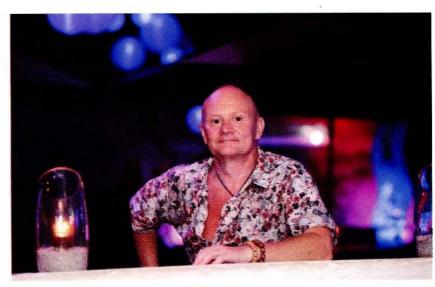
The Bowlers Bistro provides al fresco dining under the stars with vibrant and creative lighting giving a spacious and relaxing setting. With an open area, this space is ideal for families to enjoy themselves.

The Oval Restaurant has a trendy aura with the interior furnished in darker shades. The music gets you dancing while music videos play on the large screens.

The LBW Bar features live sports where guests can enjoy delectable cocktails and mocktails while watching sports. The Boundaries Garden Restaurant and Bar is an outdoor venue where guests can watch and enjoy sports while immersing in delicious food and beverages.

The food menu at Lords Restaurant is creative as well and features an array of Asian fusion cuisine. The spread of seafood is exquisite and the presentation of the delicious cuisine provides a sensory experience. Lords also serves

Lords Restaurant is the ideal place to spend a leisurely evening with friends and family enjoying good music and, if you wish to watch sports too. There is a space for everyone!



Martin Fullerton, Founder/Chairman of Lords Restaurant. Digitized by Noolaham Foundation. noolaham.org | ক্রমান্তর্গাধীকাম org



Delectable Sri Lankan platters to dig in.



Wicket Maiden, Mango Passion Mojito, Chillie Margarita and Howzat.



Lords Art Gallery displays an exquisite collection of paintings of Sri Lankan artists.



Dine under the stars at the Bowlers Bistro.

80 B, Poruthota Road
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(+94 77) 285 3190
martin@lordsrestaurant.net
lordsrestaurant.net
Opening hours: 6pm to 11pm

Lords Restaurant

For good food, beverages, music and an eclectic atmosphere, Lords Restaurant will definitely provide an unforgettable experience.

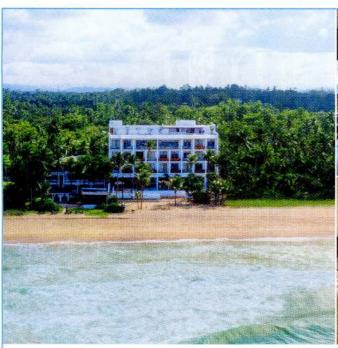
a kids' menu, vegan and gluten-free menus as well.

Lords Restaurant is now offering a 30 percent special discount on all food and beverages, while also providing other promotions for selected beverages.

Through its CSR initiative, the Hope Foundation, Lords Restaurant continues to support street dogs and cats.

Lewis Street, Negombo has come alive again with the reopening of Lords Restaurant. For good food, beverages, music and an eclectic atmosphere, Lords Restaurant will definitely provide an unforgettable experience.

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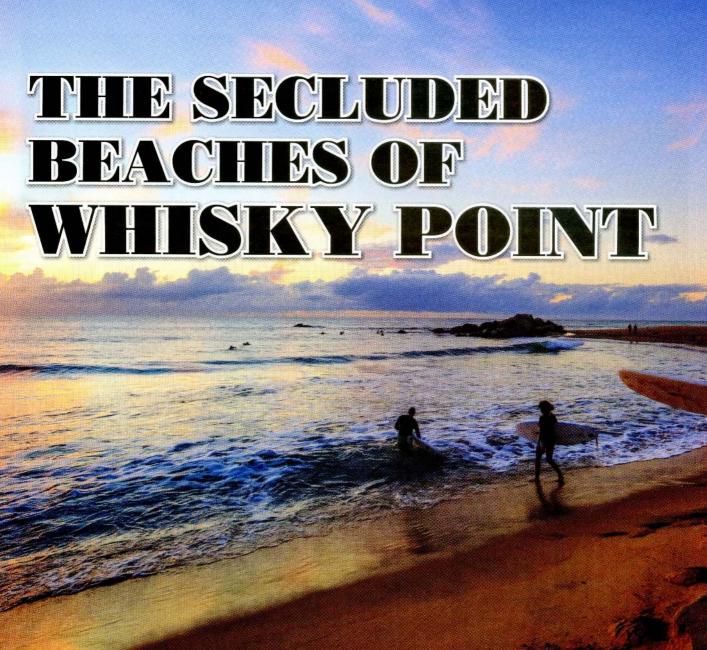




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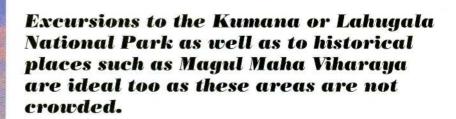


The stunning stretch of Whisky Point is ideal to enjoy as a laid back holiday or for top notch activities like surfing.

The mesmerizing sun rise is almost like a painting and the sounds of the waves crashing has a rhythmic lull. The beach is tranquil with only nature's sounds accompanying you. Whisky Point is the secluded beach in Arugambay away from the daily routine of life.

Words Udeshi Amarasinghe. | Photographs BT Images.







Chill out at Paper Moon Kudils, a perfect beachside getaway.



ituated in Urani, Pottuvil about ten minutes away from the main town of Arugambay, Whisky Point is a peaceful stretch of beach that is far away from village life. It is not busy or crowded but is a laid-back area where visitors can enjoy the beauty of the ocean undisturbed. There are no boats or other contraptions to be seen, leaving the entire place to visitors.

With proximity to two surfing points, Whisky Point and Pottuvil Point, the waves provide the ideal recreational activity for those who love the sea. Depending on the conditions of waves, the surfing points would be ideal for those who are amateurs to more experienced surfers.

While Pottuvil Point is named after the location, there is no definite origin for the name Whisky Point. One could only imagine that the name arose from the Tamil term 'whisekey', which means swirling as the seawater literally swirls around the rock outcrop. You can either bask in the sun or watch the activity below comfortably perched on top of the rock. It is also possible



Dream Garden with lush greenery and coastal features, ideal for a relaxing holiday.



Aprota Villas is a luxurious green oasis.



Whisky Point Surf Cabana coupled with comfortable amenities and endless views of the ocean.



Babar Point offers spacious private bungalows amidst a charming tropical environment.

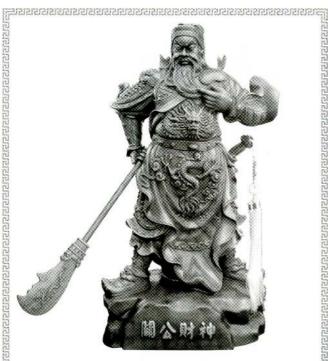
to have sea baths near Whisky Point as the waves draw in near the rocks creating a pool.

There are various types of hotels along the beach stretch at Whisky Point, most with ocean views. The beach is such a secluded area it could easily be considered as a private beach where guests staying at these hotels can enjoy and relax.

Visitors can enjoy long walks along the beach and also witness the many birds in the area. The East Coast being an elephant country, during early evening, elephants are known to come into the area. Thus, visitors can enjoy a night safari where elephants can be witnessed on the road. Excursions to the Kumana or Lahugala National Park as well as to historical places such as Magul Maha Viharaya are ideal too as these areas are not crowded.

Furthermore, if visitors wish to explore cultivations such as organic gardens and select their own produce for their meals, this could be done too. Whisky Point has many activities to keep you engaged.

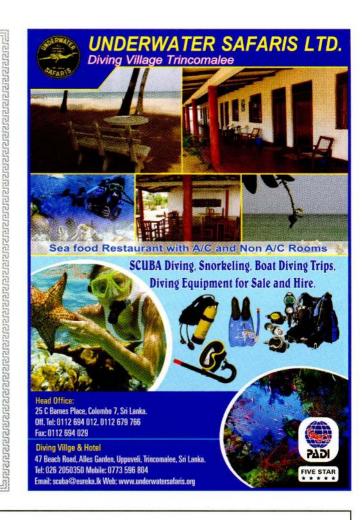
But if you simply want to enjoy the beach and the ocean, then Whisky Point provides the ideal getaway. Whisky Point is pure seclusion and tranquility in the Eastern Coast of Sri Lanka.



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ArugamBay **PodBay**

ArugamBay PadBay is a novel concept that comprises compact convertainers (NapPods) in pastel riues, HomePods and Bay rooms. The seaside hotel has one of the largest swimming pools in the area (WaterPod), and the restaurant PotPod serves a range of cuisine and beverages in an area ideal for relaxation



ArugamBay PodBay, Main Street, Arugambay, Pottuvii (+94) 718 10 99 99 nfa@arugambaypodbay.lk | arugambaypodbay.lk





THE GLOW OF TURMERIC

Beautiful as the moon. Golden and brilliant. Holy and auspicious. Healthy and charming. Who wouldn't be captivated by the energy attributed to turmeric in Sanskrit?

Words Jennifer Paldano Goonewardene.



A flourishing plantation and a promising future for Sri Lankan turmeric farmers.

ear to the gods and exalted by native physicians, this intense yellow tuber, South Asian in identity, heals, destroys disease causing microbes and enhances beauty. More importantly, in Sri Lankan cuisine, turmeric is a 'golden spice' that is used in every-day cooking. Sprinkling turmeric infused water at the entrance to a home or place of work is a disinfectant; and for women, an enhancer of complexion, adds glow and heals skin aberrations. Turmeric is a wonder herb for good health. Since

December 2019, the Government, under its agriculture development and import substitution drive to boost local farmers, imposed restrictions on importing turmeric, which has led to a flurry of activity among enthusiastic growers.

For long, Sri Lanka has relied on turmeric imports to fulfil the shortfall of supply from local cultivation. In 2019, turmeric was cultivated in 923 hectares, which produced 9,500 metric tons of fresh turmeric and 1,600 metric tons of dry turmeric. The total annual requirement of the country being 7,500-8,000 metric tons of dry turmeric, Sri Lanka had imported 5,288 metric tons of dry turmeric at a cost of 1,142 million rupees.

By 2023, Sri Lanka hopes to be selfsufficient in turmeric. In the shortterm, the State is promoting cultivation and processing, increasing plant



Getting the ground ready is important for a rich harvest.



Methodical placing of finger rhizomes along straight lines with adequate spacing ensures good growth.



Turmeric plants sprout through a layer of mulch allows moisture retention and weed control.

production and creating awareness. In the long-term, it hopes to establish a formidable group of farmers and processors, introduce value addition and robustly target the export market, while establishing a turmeric seed garden. In 2021, the Government plans to produce six million turmeric plants, while the initial work for a seed garden is in progress. Sri Lanka is already exporting turmeric; 69.24 metric tons was exported in 2020, which brought in a revenue of 86.30 million rupees.

Sri Lanka is blessed with the perfect climate to grow this perennial herb with yellow to orange,

By 2023,
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and creating
awareness.

cylindrical and aromatic roots that is cultivable in the wet zone, certain areas in the dry zone and the intermediate zone. Farmers and home growers in Colombo, Gampaha, Kalutara, Galle, Kurunegala, Kandy, Matale, Badulla, Nuwara Eliya, Ratnapura, Polonnaruwa, Monaragala and Ampara, cultivate turmeric in substantial areas of land or in bags. Cultivation begins around March -April. Soil preparation is crucial to a good harvest. Finger roots must be planted at least a meter deep, ensuring that the soil is secure on top: plants must be strengthened with additional soil from time to time to protect the root from exposure to excess light. A layer of mulch, consisting of either saw dust, hay or coconut palm is essential for moisture conservation and weed control, which must be changed every three months. As the roots germinate into plants, fertilizer is applied after 45 and 90 days of planting.

Harvesting takes place during January to March, nine months following planting. Detaching the root is meticulous, done gently with a garden fork to avoid damage. Allowing the plant to grow for a specific time period yields good roots, whereas harvesting

With tremendous energy being exerted into establishing modern processing facilities and raising quality standards, Sri Lanka's yellow tubers may soon be dubbed as 'Ceylon Turmeric'.



Turmeric farmers can take pride in their labor as beautiful green plants promise a booming harvest.

before maturity will require a higher quantity of fresh turmeric to make one kilogram of dry turmeric. One hectare of turmeric cultivation yields 15-20 metric tons of fresh root. According to local officers, generally, farmers harvest turmeric only upon demand, or else the tubers are left in the soil for at least two-three months in a mixture of sand or coir dust. By May, farmers can choose either to harvest the remaining roots or allow them to sprout into fresh plants. Harvested fresh tubers are stored in a room under low temperatures or in areas where ambient temperature is low.

Equally pedantic is the preparation of fresh turmeric root. Separating the

fingers from the mother rhizomes, cleaning begins by soaking in water and scrubbing off the dirt. In separate pots, the mother rhizomes are boiled for about 45 minutes and the finger rhizomes for 30 minutes. If pressure cooked 20 minutes would suffice. The proof of 'textbook' processing is when a broken root displays a threadlike substance and the raw odor is absent. The mother rhizomes are cut lengthwise and dried with the finger rhizomes. Under favorable weather conditions, fresh roots have to be sundried for at least 10 days. However, on the first five days of the process, strong sunlight between 11 in the morning and 2 in the afternoon is



Bag cultivation is one of the easiest ways to get a plentiful harvest.



Bag cultivation is as pedantic as cultivating on the ground, but harvesting roots is less exhausting.

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Fresh turmeric, washed and ready to be boiled.



Home growers can dry fresh turmeric in pieces.



In whatever form, even unpolished turmeric is a bellyful of flavors.



The spicy roots of goodness in all its splendor.

avoided; over exposure to strong sunlight shrivel the roots, which can be prevented by drying them before 11 in the morning and after 2 in the afternoon. Perfect drying ensures quality, and so the first five days are important, the roots can be dried under continuous sunlight for the remaining five days. Machine drying in 55°–60° Celsius takes a maximum of 18–24 hours.

Dry tubers are harsh in appearance, dull with crusts and root bits. Small-scale farmers follow a very rudimentary method of polishing using a tin drilled with small holes; the dry roots are turned in a circular motion inside the tin where the rough surface is scraped against the sharp points of the holes. The same spherical motion is used by large-scale farmers who

use a drum shaped machine for smoothening. Polishing by machine adds quality as sprinkling turmeric mixed water on the roots increases shine. Harvested and dried turmeric is stored in sacks lined with polypropylene, stacked on wooden frames, away from sunlight, lest it accelerates the process of deterioration. Turmeric is processed into powder, slices, fingers, paste and oil.

For domestic use, home growers with limited space are encouraged to grow turmeric plants in bags that give a better yield. A blend of sand, with compost or dung, coir dust and top soil are ideal as the soil is rich in nutrients and ensures moisture conservation. Bag cultivation is encouraged as it's easy to maintain, simple to harvest and a

yield from a bag with a capacity of 50 kilograms is generally 6 kilograms of fresh root. Moreover, home growers can dry the boiled roots in pieces of 2mm thickness until they become crispy, store in airtight containers and when required use a domestic blending machine to make turmeric powder.

With tremendous energy being exerted into establishing modern processing facilities and raising quality standards, Sri Lanka's yellow tubers may soon be dubbed as 'Ceylon Turmeric'.

Information provided by: Upali Ranaweera Director (Development) Department of Export Agriculture Gatambe, Peradeniva.

WHAT'S ON

Colombo Hilton Colombo

All-Day-Club; SunsetBlu; daily; 8am-12am High Tea Platters; daily; L.A.B;

3pm-6pm

Dinner; Sri Lankan and Seafood restaurant, daily; Curry Leaf; 7pm-12midnight

Dinner buffet; Graze Kitchen; daily; 7pm-11pm

Café Kai; daily; 8am-12midnight L.A.B; 8am-1am; Mondays to Thursdays & Sundays, 8am-2am; Fridays & Saturdays Stella Karaoke Lounge; 7pm-4am; Monday to Saturdays

Endless High Tea; Graze Kitchen; Sundays, Pova Day & Mercantile Holidays: 12.30pm-2.30pm, 3pm-5pm 50% Promotion on selected beverages and food; daily; Pool Bar; 5pm-6pm

Live entertainment; Wednesday to Saturday; L.A.B; 8pm-12midnight Happy Hour; L.A.B; daily; 5.30pm-7.30pm February 12

Chinese New Year; dinner buffet: Graze Kitchen; 7pm-10.30pm

Negombo **Lords Restaurant Complex**

30% off on all food and beverages Bottle promotions for local spirits, free French fries and 3 chasers, LKR 5,500. Tequila shots, LKR 350, Margarita cocktail promotion (buy 2, get one free, LKR 2,500), Live music; Saturday

February 14, 2021 Valentine's Day **Promotions**

Fox Resorts

Valentine's Getaway (breakfast in bed/alfresco dinner, a sunset swim/ misty morning views at sunrise, candlelit dinner & complimentary chocolates) LKR 14.000

Colombo Hilton Colombo

Valentine's Day Endless High Tea Buffet; Graze Kitchen; 1st sitting: 12.30pm-2.30pm, 2nd sitting: 3pm-5pm Valentine's Day Grand Dinner Buffet; Graze Kitchen; 7pm-10.30pm February 12-14; Café Kai; a range of specialty cakes, chocolates, flowers, balloons and valentine's cards) Romantic Fly Away package for two; (1 night stay at presidential suite, complimentary wine, strawberries, rose bouquet, helicopter ride over Colombo at sunset with complimentary tickets for two, 5 course set menu at SunsetBlu) February 13; Bullet For My Valentine's; SunsetBlu's anti-Valentine party; 7pm onwards; D/s Hiranya and Naushad and live entertainment, Cold Sweat February 14; SunsetBlu Valentine's Day; 5 course menu; 11am-11pm; live entertainment; 8pm-12.30am February 14; Candlelit Private Cabanas, LKR 20,000 per couple

Paradise Road

'With Love, Paradise Road' The Gallery Café Valentine's day lunch & dinner (set menu LKR 6,250, a la carte with signature favorites); Valentines Day Dessert Tasting Menu; 3-course dessert tasting menu for 2; LKR 2,750; 10am-midnight

February 12 - 14; Paradise Road Tintagel Colombo Valentine's Day; Breakfast in bed, complimentary wine, executive suite for LKR 30,000 per night, superior/royal suite for LKR 40,000 per night or stay for 2 nights over February 12-14 and enjoy all the above for LKR 50,000, Executive suite, LKR 70,000 for superior/ royal suites, a voucher of LKR 5,000 for dinina

Paradise Road Tintagel Colombo Valentine's Day Brunch; 9am-3pm (signature breakfasts, lunch favorites, brunch cocktails)

Tintagel Colombo Valentines Day Dinner; LKR 6,450 and a bespoke Paradise Road bouquet

Ramada Colombo

Valentine's Day Dinner Buffet: LKR 6,500 per couple Special room package, LKR 15,000 per night on couple occupancy. (14.02.2021 night stay with dinner & next day breakfast) Valentine's goodies; Baked (available from 08.02.2021)



Till February 3

Private Collection Art Sale



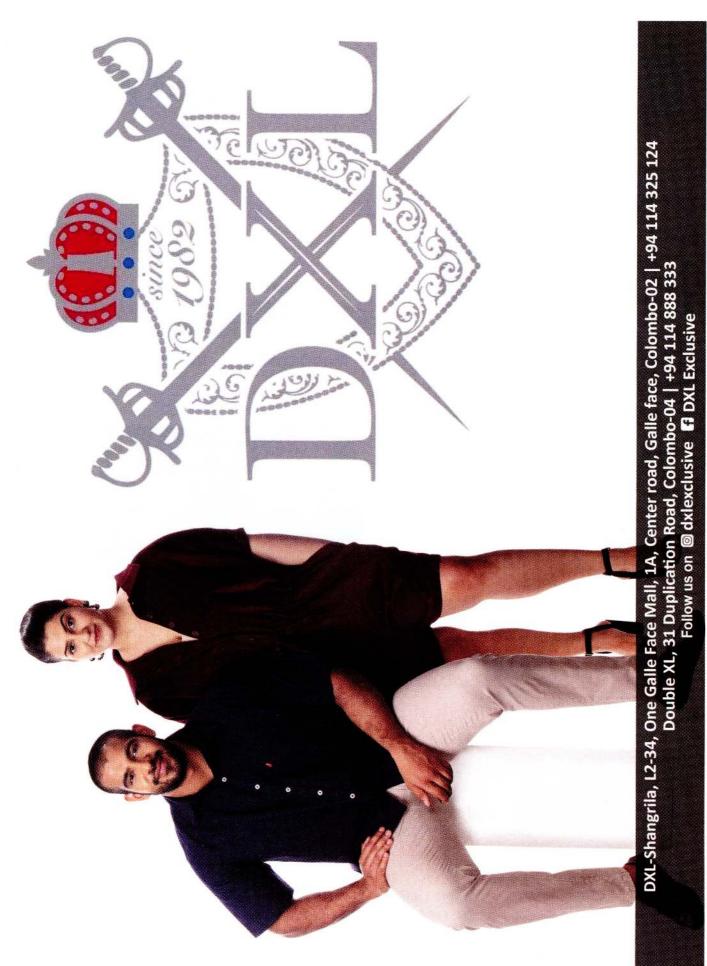
Paradise Road Galleries presents works from their private collection. The presentation is a unique opportunity to purchase works that have been handpicked by Udayshanth Fernando, Works included from artists' J C Rathnayake, Sanjeewa Kumara, Anup Vega, Ruwan Prassana, Sameera Kalupahana and more.

February 3 - March 3

Eyes Only



Gavan Prageeth's exhibition looks at the developments of post-war generation in the context of political corruption, enforced disappearances and ethnic conflict. These reflections are presented in an intricate surrealism where notions of growth and destruction are juxtaposed in dismantled landscapes. Gayan Prageeth's exhibition will be featured at Saskia Fernando Gallery.



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KCC operates in compliance with COVID-19 safety guidelines advised by WHO and Ministry of Health - Sri Lanka

Kandy City Centre www.kandycitycentre.lk

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September 2020



October 2020



November 2020



December 2020



January 2021



February 2021

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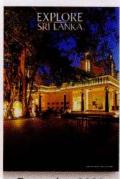
September 2020



October 2020



November 2020



December 2020



January 2021



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