

BLOOM

e - Magazine

VOLUME 01 | ISSUE 01

“

*Beneath the vast sky,
the world blooms in
quiet harmony, inviting
our spirits to breathe
and dream.*

”



Department of English Language Teaching

Faculty of Social Sciences and Humanities
Rajarata University of Sri Lanka

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BLOOM

English e-magazine by
the Department of English Language Teaching
provides a creative platform for professionals and students
to present and enhance their creative and
artistic abilities in the scope of poetry, short fiction,
essays, articles, and reviews.

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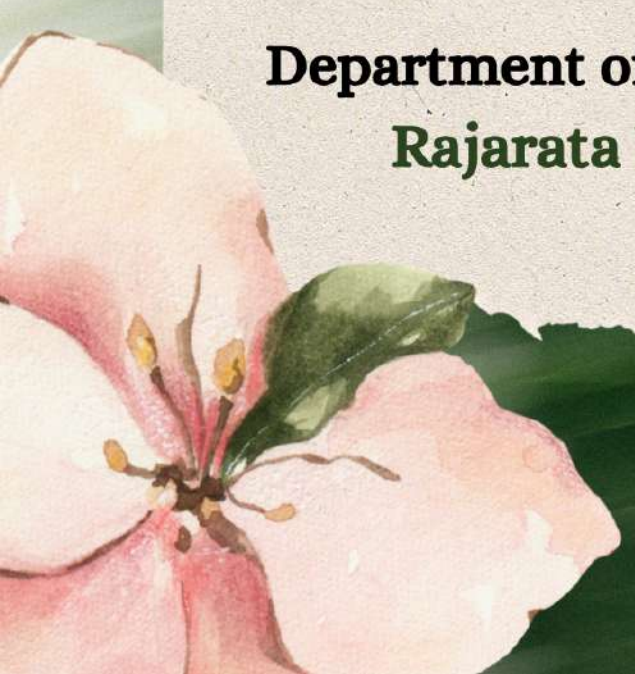
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BLOOM

IDEAS OUTLIVE EMPIRES

The First Creative Writing Magazine
by

**The Department of English
Language Teaching
tells the untold expressions of the
students and staff**

**Department of English Language Teaching
Rajarata University of Sri Lanka**

Message from the Dean of the Faculty of Social Sciences and Humanities



It gives me great pleasure to extend my warmest greetings to the contributors and readers of Bloom, the English e-magazine of the Department of English Language Teaching, Faculty of Social Sciences and Humanities, Rajarata University of Sri Lanka.

This publication stands as a testament to the talent, dedication, and creativity of our students, providing them with a valuable platform to showcase their skills, talents, and perspectives. Through their diverse contributions, they demonstrate not only their proficiency in English but also their ability to think critically, express themselves eloquently, and engage with a wide range of topics with confidence and originality.

Bloom is more than just a magazine; it is a reflection of the vibrant intellectual and creative spirit of our faculty. It encourages students to explore their interests, develop their writing and communication skills, and foster a sense of community among peers who share a common love for language and learning. I believe that this publication will inspire our students to continue striving for excellence and to recognize their potential to make meaningful contributions to society.

I would like to express my sincere appreciation to all the students, staff, and faculty members who have contributed their time, effort, and creativity to bringing this publication to life. Your dedication and hard work are truly commendable. I look forward to seeing Bloom grow and flourish as a source of inspiration, creativity, and academic and personal achievement.

I wish the editorial team, contributors, and readers of Bloom continued success and every best wish for the future.

Prof. EMS Ekanayake

Dean

Faculty of Social Sciences and Humanities

Rajarata University of Sri Lanka

Message from the Head of the Department of English Language Teaching



It is with great pleasure that I extend my warmest wishes to the students who have taken the initiative to launch this magazine dedicated to the English language and literature. This publication is a commendable effort that reflects not only your creativity and enthusiasm but also your commitment to developing your knowledge and skills in English.

A student magazine provides a valuable platform for young writers to express their ideas, share their perspectives, and engage with language in meaningful and creative ways. I hope this magazine will encourage students to explore literature, language, culture, and contemporary issues while developing confidence in their communication and writing abilities.

I am particularly pleased to see students taking responsibility for creating a publication that can bring together diverse voices and talents within our university community. Such initiatives contribute greatly to a vibrant academic environment and foster collaboration, critical thinking, and creativity.

I congratulate the editorial team and all the contributors on this achievement and sincerely appreciate the dedication and hard work behind this publication. May this magazine continue to grow, inspire, and provide a lasting platform for emerging student voices.

I wish the magazine every success and look forward to seeing many more editions in the years ahead.

Mr. DA Wehella

Head

Department of English Language Teaching

Rajarata University of Sri Lanka

Message from the Editor-in-Chief



It is with great pleasure and pride that I extend my warmest congratulations to the students of the Faculty of Social Sciences and Humanities on the launch of Bloom, the English e-magazine of the Faculty.

Bloom is a celebration of the creativity, talents, ideas, and diverse perspectives of our students. It provides a valuable platform for them to express themselves, share their thoughts and experiences, and communicate with a wider audience through the medium of English. More importantly, it reflects their enthusiasm, dedication, and ability to work together to transform ideas into meaningful creations.

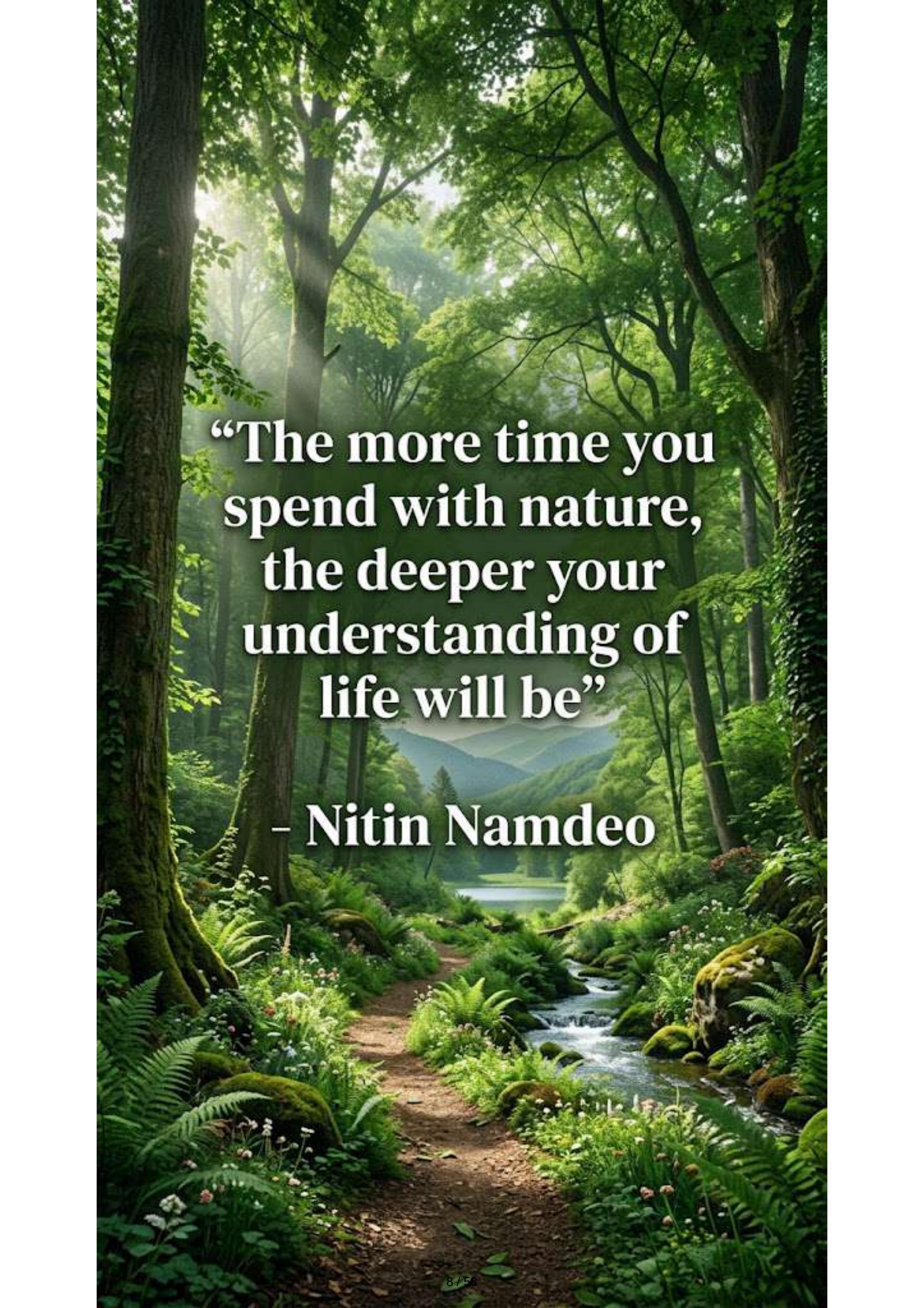
I am delighted to see our students stepping beyond the classroom to explore their potential and make their voices heard. Initiatives such as Bloom encourage creativity, build confidence, and provide meaningful opportunities for students to develop their communication skills while celebrating their unique abilities and perspectives.

The publication of this e-magazine is the result of the commitment and hard work of many individuals. I sincerely appreciate the efforts of the editorial team, student contributors, and everyone who supported and guided this initiative. Your collective dedication has made Bloom a reality.

I hope Bloom will continue to flourish as a vibrant platform that inspires creativity, nurtures talent, and encourages students to express themselves with confidence and purpose. May it continue to grow and inspire many more students in the years to come.

Congratulations and best wishes to everyone who contributed to this wonderful achievement.

Mrs. RMLC Kumari
Editor-in-Chief
Bloom e-Magazine



**“The more time you
spend with nature,
the deeper your
understanding of
life will be”**

– Nitin Namdeo

WHAT IS THE ENVIRONMENT?



What is the environment? The environment is what keeps us alive. We think that everything we get in this life is something we obtain ourselves, but behind it, there is a silent companion hidden. That is, the environment. From the moment we take a breath until the moment we die, we are constantly connected to the things around us. Humans are just one small leaf in the great tree called nature. Every drop of air we breathe, every drop of water we drink, and this very earth we walk on tell us that we are a part of the environment.

In this universe we live in, the Earth is not just a planet full of trees, rocks, and water. It is the cradle of life. The scent of a flower blooming in the morning, the coolness of a flowing stream, and the silence of a vast forest tells us that nature is a part of us. However, today, that beautiful heartbeat is slowly fading away. But have we ever thought about the reason for that? Is it right for us to treat this great magical creation that gives us everything without expecting anything in return? We need to ask ourselves that.



Every aspect of nature is interconnected. When a large forest is cut down, it is not just about obtaining wood; it is also about depriving thousands of living beings of their homes and disrupting the oxygen balance of the entire world.

The ancient Hela people looked at the environment with a sense of divinity. Hidden in the concept of "lake, dagoba, village, temple" was the unbreakable bond between man and the environment. Man knew very well that humans could not exist without nature.

In the face of technological advancement and industrialization, man has attempted to become the master of nature. The result has been climate change, global warming, and untimely natural disasters.

The smoke from huge factories and vehicles has turned our blue sky grey. Today, finding clean air is becoming increasingly difficult. Plastic and polyethylene, which do not decompose for hundreds of years, are slowly killing our oceans and river systems, silently killing the entire world. Millions of marine life are dying because of human negligence.

So where is the freedom and survival of nature's free creatures? Deforestation in the name of development has led to the loss of animal habitats, which has caused a number of serious social problems, such as human-wild elephant conflict.

The environment is a very sensitive element. It has a certain amount of tolerance for technology, development, etc. There is a certain range that man and his brain can tolerate, and the environment has a similar tolerance range. Its balance is being lost due to excessive development and technological activities, and isn't that dangerous? So why are we still silently allowing our resources, which we should protect, to be destroyed by ourselves? Don't we realize that time will pass, and we will regret it one day?



As we say, the end of patience is abandonment. What will happen if this environment abandons us one day? Have we ever thought about it? Isn't it a virtue to take every advantage possible and ignore the consequences? Thinking about it after something has happened is a matter of delay, so we should work together to protect the environment at every opportunity.

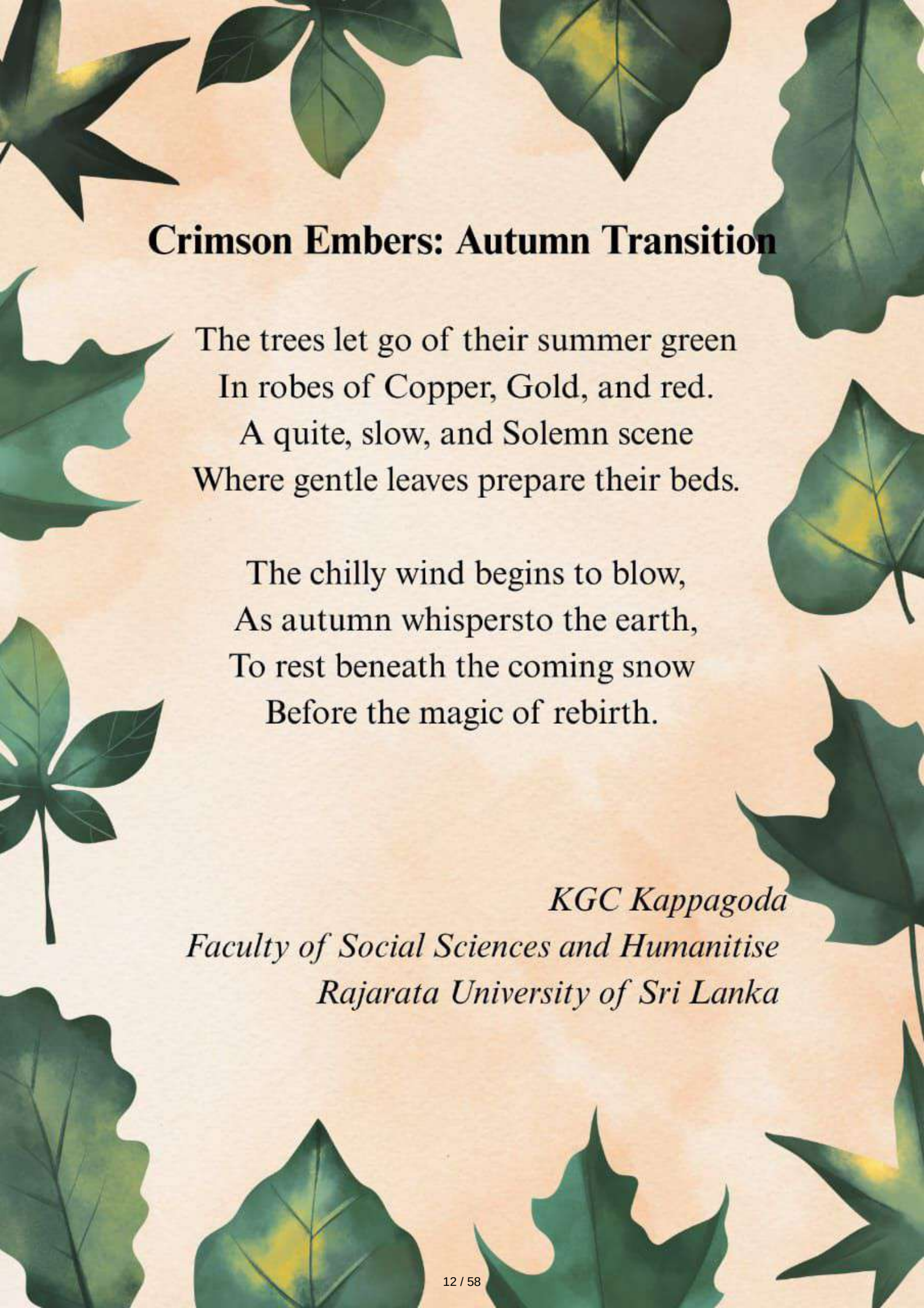
The environment does not punish us; it responds to us. Frequent floods, prolonged droughts, and extreme temperatures are nature's final warnings. The destruction we inflict on nature today is a dark future for our own children tomorrow.

By planting a tree in a small space around you, you give future generations a chance to breathe. Minimizing the use of plastic and disposing of garbage systematically can make a big contribution to protecting the environment. Using water and electricity sparingly is a way of showing respect to nature. Children should be trained to love the environment. A child who appreciates the beauty of a tree or a flower will never harm the environment.

We did not inherit the world from our parents; we borrowed it from nature. The best way to repay that debt is to leave a clean, green environment for future generations to live in.

We cannot live without the environment, but the environment can be very beautiful without humans. Let us understand that reality and join hands today to become true stewards of nature.

AA Jasmine
Faculty of Social Sciences and Humanities
Rajarata University of Sri Lanka



Crimson Embers: Autumn Transition

The trees let go of their summer green
In robes of Copper, Gold, and red.
A quite, slow, and Solemn scene
Where gentle leaves prepare their beds.

The chilly wind begins to blow,
As autumn whispersto the earth,
To rest beneath the coming snow
Before the magic of rebirth.

KGC Kappagoda
Faculty of Social Sciences and Humanitise
Rajarata University of Sri Lanka

Nature: The Greatest Gift of Life



Introduction

Nature is one of the most precious gifts we have received. The fresh air we breathe, the clean water we drink, the green trees around us, the colourful flowers, the singing birds, and the warm sunshine all remind us how wonderful nature is. Nature is not only beautiful but also essential for the survival of every living being on Earth. Without nature, human life would not exist. Therefore, it is our responsibility to love, respect, and protect it.

The Silent Provider of Life

Nature provides everything we need to live a healthy and happy life. It gives us oxygen to breathe, water to drink, food to eat, and plants that are used to produce medicines. Trees help to reduce air pollution by absorbing carbon dioxide and releasing oxygen. Forests provide homes for countless animals and birds, while rivers and lakes support both wildlife and human communities.

Apart from meeting our basic needs, nature also has a positive effect on our physical and mental well-being. Spending time in a peaceful natural environment helps people reduce stress, improve their mood, and feel refreshed. Even a short walk among trees or listening to the sound of birds can bring peace to our minds.

A Planet in Peril: The Human Impact

Today, nature is facing many challenges because of human activities. Deforestation, pollution, excessive use of plastic, illegal wildlife hunting, and climate change have caused serious damage to the environment. As forests disappear, many animals lose their natural habitats. Pollution affects rivers, oceans, and the air we breathe. Climate change has led to floods, droughts, rising temperatures, and unpredictable weather patterns around the world.

If we continue to ignore these problems, future generations will have to face even greater environmental challenges. Therefore, protecting nature is not only important for us but also for those who will live after us.



Sri Lanka's Natural Beauty

Sri Lanka is a country blessed with breathtaking natural beauty. It has green forests, beautiful waterfalls, mountains, rivers, beaches, and a rich variety of wildlife. Many local and foreign tourists visit Sri Lanka to enjoy its natural attractions. These natural resources are valuable treasures that should be protected for future generations.

My Personal Experience

As a university student living in a hostel, I have realized how important nature is in my daily life. Every morning, I enjoy the fresh air, the cool breeze, and the songs of birds around the university. After spending long hours studying, I sometimes sit under a tree or walk around the green surroundings. Those peaceful moments help me relax, reduce stress, and regain my energy. Through these experiences, I have understood that nature is not only important for our environment but also for our mental and physical well-being.

Small Steps, Big Differences

Protecting nature does not always require big actions. Every individual can make a difference through simple daily habits. Planting trees, reducing plastic use, saving water and electricity, recycling waste, and keeping our surroundings clean are easy but effective ways to protect the environment. We should also encourage our families, friends, and communities to care for nature and understand its importance.

Conclusion

Nature is the foundation of life and one of the greatest treasures on Earth. It supports every living creature and provides everything we need to survive. Protecting nature is not only the responsibility of governments or environmental organizations; it is the duty of every individual. If each of us takes small but meaningful steps today, we can build a cleaner, greener, and healthier world for future generations.

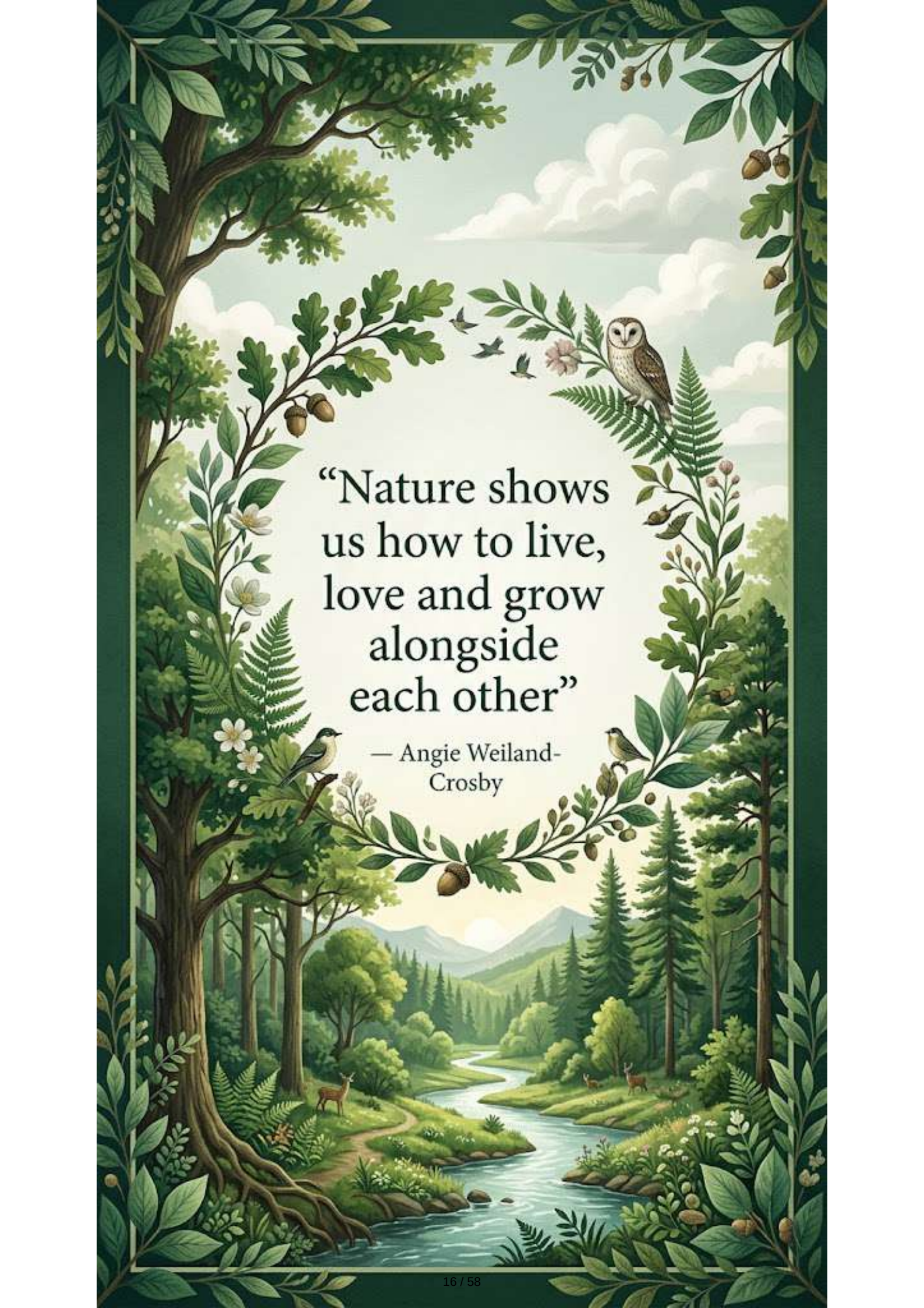
Nature gives us life. Let us protect it with love, respect, and responsibility.



TML Dilhani

Faculty of Social Sciences and Humanities

Rajarata University of Sri Lanka



“Nature shows
us how to live,
love and grow
alongside
each other”

— Angie Weiland-
Crosby

THE SUNSET

The sun begins to slip,
Leaving the sky behind.
Hope it stays for a little longer,
To rest within the cooling breeze.

Golden sun is glowing beautifully,
With the sky painted purple and orange.
Clouds glowing with shades of pink,
Isn't it a Miracle of nature?

No more blue in the sky,
The Fireball begins to decorate the blue Canvas.
Soon it will hide behind the trees,
A quite end to all the noise and heat.

The golden rays fade away,
Giving the word a touch to cool down.
The stars bloom one by one,
In the sky to ease loneliness.

The dark embraces the sky,
While stars try to fight the dark.
The word is in a deep sleep,
Hoping that tomorrow's sunset will be the same.

*WMMGS Dilanka
Faculty of Social Sciences and Humanitise
Rajarata University of Sri Lanka*

Listen To the Green World

The Silent Sound of Nature

You are exposed to many sounds each day. Sometimes you listen to those sounds, or they naturally pass through your ears without your awareness. But I am not talking about such sounds here. This is often a sound that is not perceived by our hearing—a sound that is not heard. It is the silent sound of nature.

We have not yet fully recognized what nature or the green world truly is. Rather than merely recognizing it, we need to understand it. Nature is a very complex, yet simple thing. Sometimes it seems miraculous, and sometimes we simply feel it. We can view nature as an interaction of two parts: biotic and abiotic, but there is much more depth to it. Life depends on this interaction.

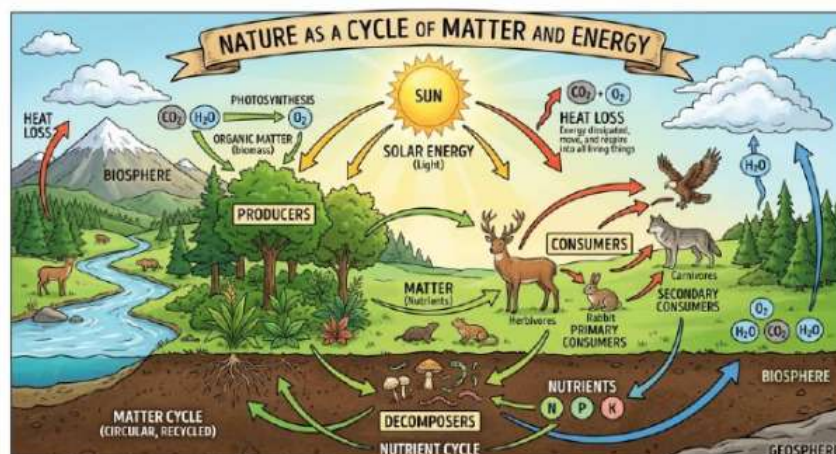
Nature as a Cycle of Matter and Energy

Nature is a cycle—a cycle of matter and energy. A vast amount of matter and energy come together to create something, and then they are returned back to the environment. For example, consider a tree. The tree is made up of various substances and energies—carbon, water, cellulose, solar energy, chemical energy, etc. The tree obtains these from the environment. Throughout its life, the tree provides food and oxygen to the environment. It gives back to the environment in proportion to what it has taken, and when it dies, it decomposes, releasing the substances it used for survival back into the environment.

Not only plants, but all living beings, including humans, follow this pattern. What is taken from nature must be returned. This process is called the biochemical cycle.

Humans and Nature

Humans are part of the biological realm of nature. According to science, they belong to the animal kingdom, scientifically named *Homo sapiens*. This species has evolved to a higher level of intelligence than other living beings. Due to this advanced intelligence, humans have begun to change and control nature.



Consequences of Human Actions

We must discuss whether humans have the right to control nature. It is unfair for humans, as merely a part of nature, to dominate it. In our evolutionary journey, humans developed intelligence that other animals do not possess. But with this intelligence, humans have started to manipulate nature.

From ancient times, humans have exerted some control over nature, and with today's technological advancements, they try not only to control environmental factors but also to change them. This situation has now spiraled beyond control.

Man, often considers himself separate from the environment, believing he is its owner. He becomes a threat to the existence of other living beings, ignoring all other living and non-living things. Humanity exploits everything for personal gain. But we forget that man did not create nature; nature created man. The world is not the exclusive property of humans. Unfortunately, many have forgotten about this—or ignored it.

According to the Red Data Book maintained by the International Union for Conservation of Nature (IUCN), numerous plants and animals have become extinct due to human activities. Notable examples include the dodo bird (*Raphus cucullatus*), the thylacine (*Thylacinus cynocephalus*), and the passenger pigeon (*Ectopistes migratorius*). Some plants, such as the St. Helena olive (*Nesiota elliptica*), the Franklin tree (*Franklinia atamhica*), and the Cry violet (*Viola cryana*), have also disappeared.

How tragic is this? Nature naturally eliminates components that are no longer needed for its survival. But humans have intervened. Continuing to make unnecessary interventions in nature's processes is an irreversible mistake. Homo sapiens—us—have already caused massive destruction. The entire human race must accept responsibility for this. It is a shared duty and accountability—yours and mine alike.



Listening to the Green World

It is time for us to truly listen to the environment. The green world around us is not just a spectacle; it is the very lifeblood that sustains our existence. We are not separate from nature; we are part of it. When nature is destroyed, ultimately, we destroy ourselves.

Nature has always provided everything we need to survive. Yet, we often betray it by exploiting and neglecting it. Are we betraying the very system that sustains our lives? If we continue down this path, future generations may look back at us with disappointment and regret, rather than gratitude.

Let us protect nature before its silent voice becomes permanent silence. Let us respect it and live in harmony with it. This is our responsibility today.



WANP Indrarathma.

Faculty Of Social Sciences and Humanities

Rajarata University of Sri Lanka.

NATURE-A SILENT MIRROR



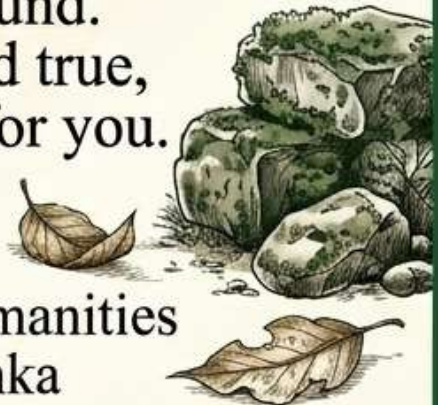
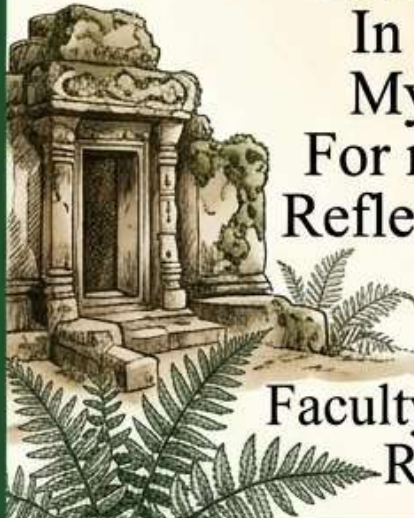
I stood beside the moving stream
To find my face, a quiet dream.
But water moved in restless blue
And blurred the image, strange and new.
In every wave that stirred the deep,
I felt the secrets my heart would keep.
For nature is a mirror, clear and true,
Reflecting the soul that lives in you.



I loved the trees so vibrant green,
Where life's bright hope was clearly seen.
But at my feet, a dry brown leaf
Told a secret cold and brief.
Its brittle touch, so rough and old,
Like many stories life has told.
For nature is a mirror, wise and true,
Reflecting the change that lives in you.



I walked where silent stones are laid,
In gardens where the shadows played.
Beneath the grass and ancient clay,
In every mound of silent ground,
My own tomorrow can be found.
For nature is a mirror, deep and true,
Reflecting the earth that waits for you.



MGSMS Thilakarathna
Faculty of Social Sciences and Humanities
Rajarata University of Sri Lanka



THE WORLD OF PANDORA

Nature Speaks Through “Avatar”

Reviewed films as Metadata.

1. Avatar (2009)

- Direct By - James Cameron
- Production -Lightstorm Entertainment and 20th Century Fox
- Running Time - 162 Minutes.

2. Avatar: The Way of Water (2022)

- Direct By - James Cameron
- Production -Lightstorm Entertainment and 20th Century Fox
- Running Time - 192 Minutes.

3. Avatar: Fire and Ash (2025)

- Direct By - James Cameron
- Production-Lightstorm Entertainment
- Running Time - 197 Minutes.

Cinema in the 21st century is not just a medium for entertainment. Many creators are trying to present social issues and problems in an artistic, creative, and impactful way. We can call this James Cameron's Avatar film series a series created to talk about nature and man. This film has been created as a work belonging to the science fiction category. Through this film trilogy, the way humans deal with the natural environment is visualized. Concepts such as naturalness, survival of life, human activity, and destruction can be seen throughout this series.

The film series is currently being shown as a three-film series. The film “Avatar” was released in 2009, “Avatar: The Way of Water” in 2022, and “Avatar: Fire and Ash” in 2025. The main character of the series is Jake Sully, a disabled young man from Earth. He joins the Pandora mission after his twin brother's death leaves him in a position of power. As a result, Jake Sully falls in love with Neytiri, a young woman from the Na'vi tribe of Pandora. However, due to the illegal activities of the Earthlings in Pandora's world, the challenges he faces with Jake Sully's bold decision to oppose his own race, the Earthlings, are evident throughout the series.

But since the purpose of this article is to evaluate the environmental vision of this film, we will set aside its other unique features for the moment. This series strongly criticizes modern industrialization. It can also be viewed as an opportunity for James Cameron's "Avatar" to turn his gaze toward the extreme characteristics of humans, such as how their efficiency is misused, dissatisfaction, and exploitation. This is an exploration beyond mere entertainment. We can appreciate this film as a powerful critique of corporate capitalism, imperialism, and the ruthless exploitation of nature.

Several important environmental themes can be identified in this series. In particular, Environmental Science and Anthropocentrism deserve special attention. The two parties involved in the main conflict are the RDA company, which came to Pandora from Earth, and the Na'vi people, the natives of Pandora. This conflict arises between the RDA company, which sees nature as a resource to be exploited, and the Na'vi, who view it from a deep environmental perspective. According to the movie "Avatar", Pandora is a planet interconnected with nature. Accordingly, the Pandorans prioritize spiritual and cultural growth over physical and material consumption, showing that they are satisfied not by getting more, but by being content. The destruction on Pandora serves as a metaphor for the destruction humans have caused on Earth today. Activities such as mining on Pandora, the destruction of oceans, killing animals, and burning trees illustrate the environmental crises faced on Earth.

Another major philosophical foundation evident in this film is metaphysics. It demonstrates that, although people are inherently good, development and progress can push them toward evil. Almost all the RDA military and scientists represent an anthropocentric society that exploits nature in the name of development. Pandora is merely a resource mine for them. Through this, Cameron seeks to show that capitalism and imperialism suppress the good side of humanity



Additionally, the life community theory is reflected in this film. The director has taken steps to consider Pandora's creatures not as separate entities but as parts of a single organism. Everything on Pandora is connected through a neural network called Eywa. If one part is harmed, everyone feels it. This story conveys that if we apply this concept to the real world, harming our environment and nature is like harming our own body. An analogy can be made: it's akin to trillions of cells coming together to form a single organism, our body.



This series also emphasizes that 'evil' or 'badness' does not only come from outside but can also exist within us. This is shown through the violent actions of the new tribes in the final film, “Avatar: Fire and Ash”. It demonstrates that hatred, anger, and unwillingness to adapt are not limited to one race, region, or area but can exist in everyone to a greater or lesser extent. The responsibility of individuals to protect nature is also highlighted here.

Cameron emphasizes this through the character of Jake Sully. Characters like Jake, who act as protectors rather than passive observers, help develop courage in the audience. These characters foster a sense of environmental citizenship and stewardship that is owed to every person.

Finally, we should discuss the technology James Cameron employs in his “Avatar” series. He uses the world's most advanced computer-generated imagery (CGI) and 3D technology. It must be said that Cameron’s efforts to bring Pandora’s extremely complex biodiversity to life and make it accessible to audiences are highly successful.

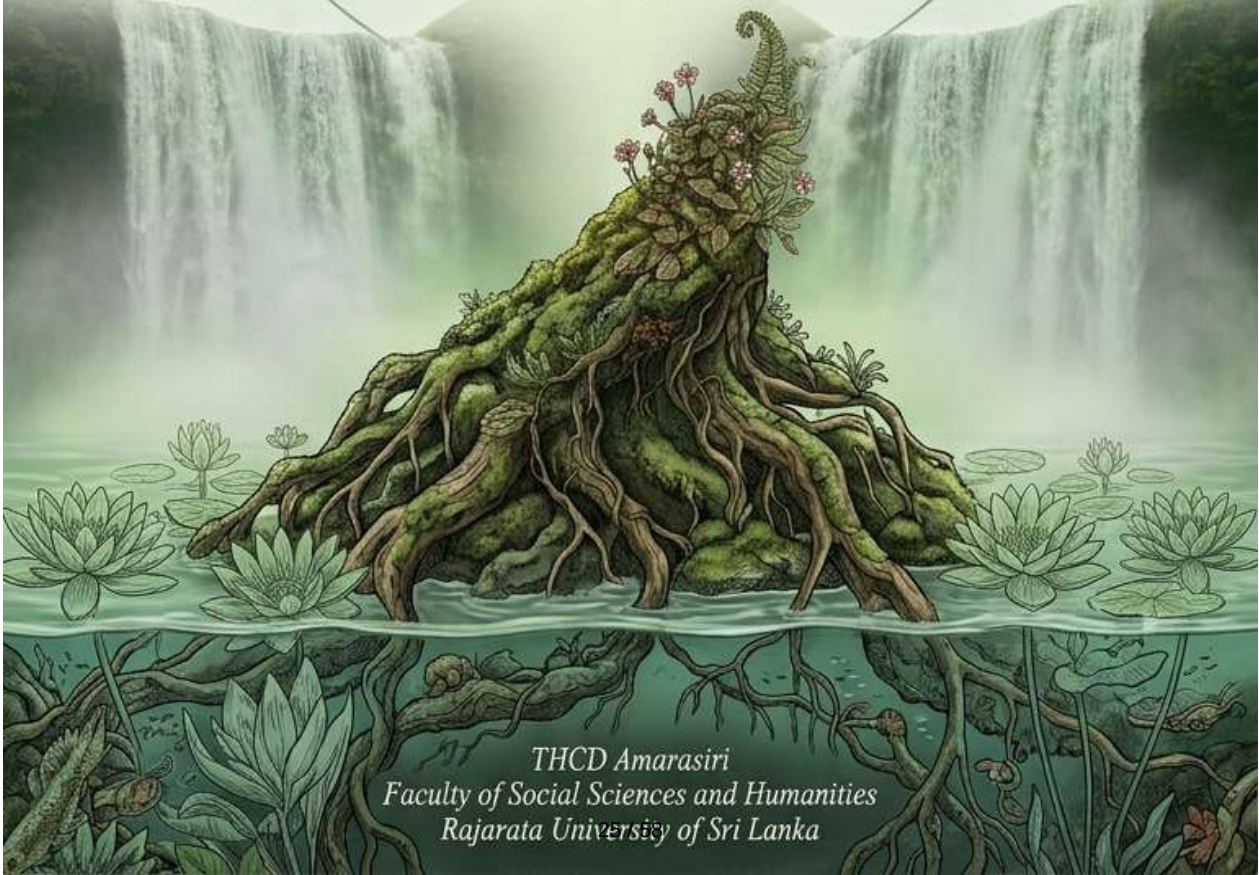
In conclusion, Pandora can be seen as a mirror of Earth. It is not an imaginary world separate from our planet but a living reflection of the current environmental crises on Earth. The corporate imperialist environmental destruction depicted in the series mirrors real-world issues, such as deforestation, ocean destruction, and species extinction, highlighting that this is not just a battle outside of Earth but a reflection of the real dangers facing our planet and its biodiversity due to human actions.

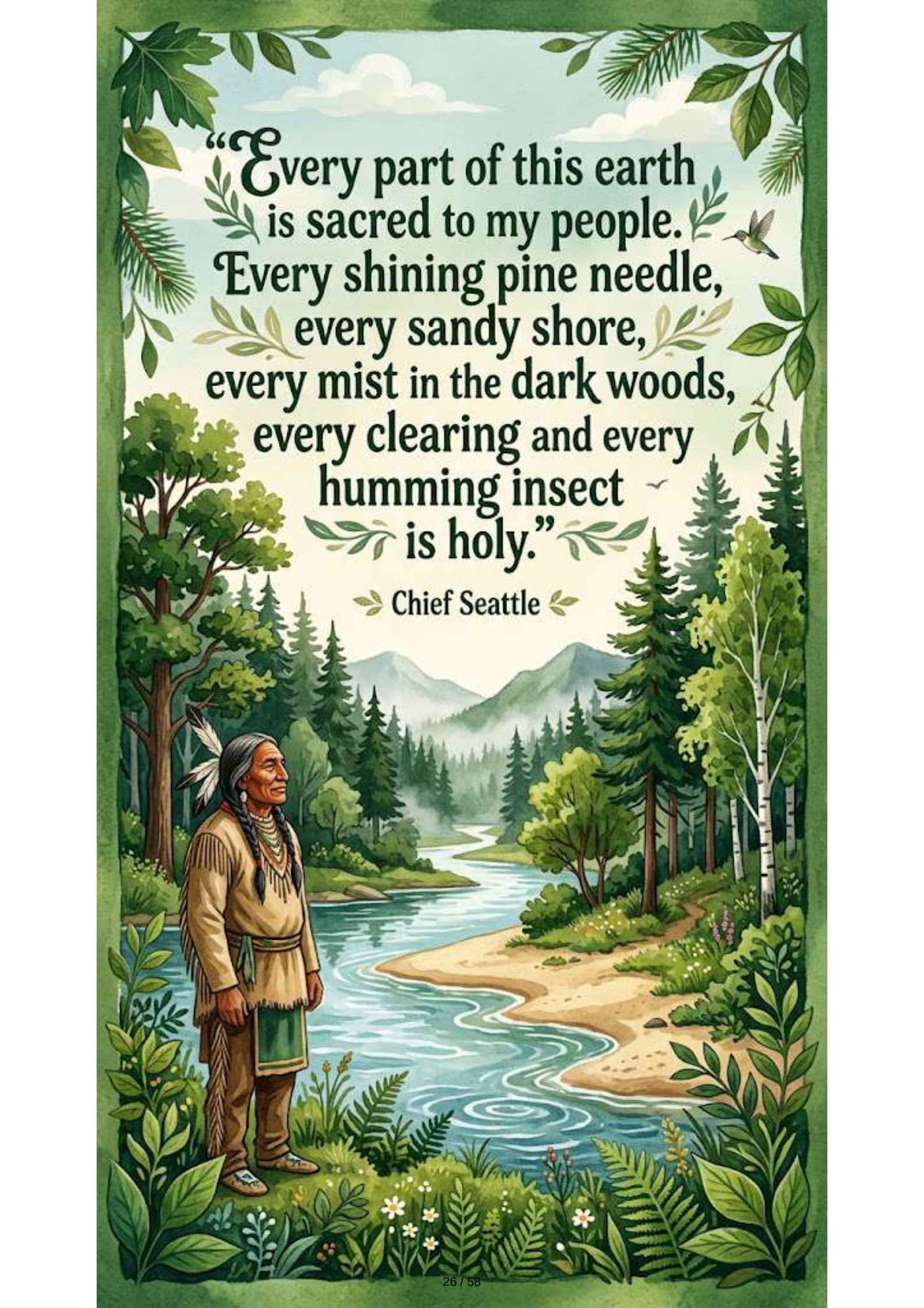
WANP Indrarathna
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THE SPRING OF LIBERTY



Tick... tick... tick... time passes by
The sky reveals itself in many shades of color
The waves of the ocean move in different rhythms
Isn't this sight truly wonderful?
In this world where we constantly run in exhaustion,
Pause for a moment and carefully observe your surroundings
Above you, stretches the beautifully colored sky,
And beneath you, lies the blue earth, offering freedom to experience
Raindrops fall and moisten the entire land
Flowing rivers move forward without caring for obstacles
The blowing wind gently brings relief and comfort
Who could have created all of these wonders?
Apart from the things created by humans,
Everything that exists in this world
Is a creation of something greater
What we call nature.



The background of the quote is a vibrant, detailed illustration of a natural landscape. In the foreground, a Native American man stands on the left, looking towards the right. He has grey hair with a single white feather in his hair, wears a tan fringed tunic, a green skirt, and moccasins. He is surrounded by lush green foliage, including ferns and small white flowers. A winding river flows through the center of the scene, reflecting the sky. The banks are covered in green grass and small plants. In the background, there are tall evergreen trees, deciduous trees with green leaves, and misty mountains under a blue sky with soft white clouds. A small hummingbird is visible in the upper right, near the text.

“Every part of this earth
is sacred to my people.
Every shining pine needle,
every sandy shore,
every mist in the dark woods,
every clearing and every
humming insect
is holy.”

Chief Seattle



Our Green Home

The Earth is our home, so big and so blue,
With mountains and oceans and forests too.
We breathe the fresh air, we drink from the streams,
We live on this land that gives us our dreams.

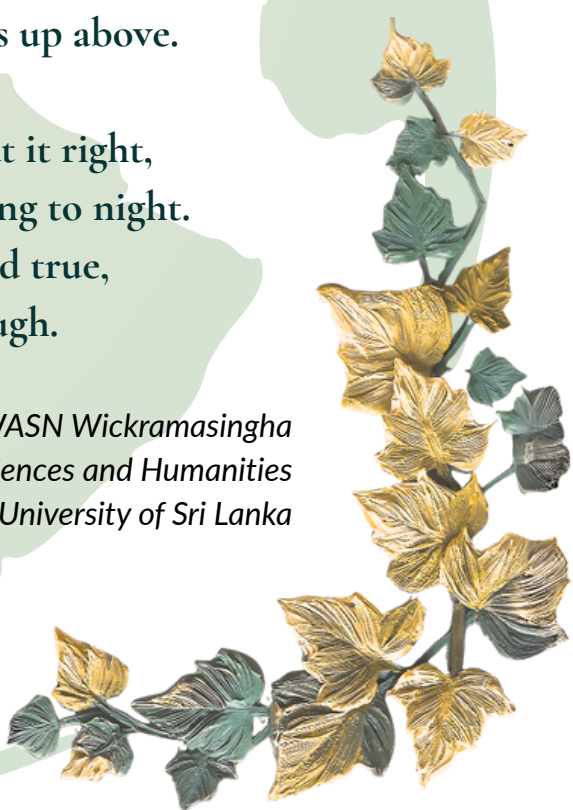
But trees are cut down, and rivers turn grey,
And trash fills the oceans day after day.
The animals hurt, their homes torn apart,
It's time that we listen, it's time we take part.

Let's turn off the lights when we leave a room,
And give our sweet planet more space to bloom.
Let's ride on our bikes or walk when we can,
Instead of the cars that dirty the land.

So, let's be the ones who care and who try,
Who look after the Earth, the sea, and the sky.
For if we protect it and give it our love,
It will bloom and grow like the stars up above.

We only get one home, so let's treat it right,
With kindness and care, from morning to night.
The Earth is a gift, so special and true,
It's up to us all to see it through.

WASN Wickramasingha
Faculty of Social Sciences and Humanities
Rajarata University of Sri Lanka



THE WONDER OF MEDICINAL PLANTS

Nature is a process composed of things visible in the physical world, namely animals, phenomena, and other products of the Earth. Nature means things that happen without human help. But this definition does not say who controls nature. Nature is a valuable resource that is essential for sustaining our lives. Its main elements can be identified as land, water, air, sunlight, plants, animals, mountains, rivers, seas, and various weather conditions. All these elements are interconnected and maintain the natural balance.

Plants are very important in nature. They give oxygen to humans and animals to live. They also provide food, medicine, wood, and shade. Forests, flowers, trees, and grass make the environment beautiful. They keep nature in balance. Plants also give food and homes to many animals. This helps protect all living things. When you put a seed in the soil, it does not die. A plant grows from it and becomes a big tree. Then, the tree gives fruits with new seeds. This lifecycle keeps repeating.

Let's now study medicinal plants, which are wonderful gifts of nature.

Since ancient times, most medicines used for human needs have been made from plants. Many traditional medical systems used in various countries around the world are identified as plant-based medical systems. According to Ayurveda, about 20,000 plant species are used worldwide for medicine production, and out of 3,350 plant species found in Sri Lanka, 1,442 are considered medicinal plants. Let's now look at some information about a few such plants used as medicine.

Aloe Vera

Botanical Name : Aloe barbadensis miller



Aloe Barbadensis Mill Aloe vera is highly famous as a medicine used for cosmetics. It is identified as a perennial plant with a short stem and shallow roots. There is no midrib in its leaves. The leaves take a bluish-green color and have white spots. There are thorns along both sides of the leaf margin. Flowers bloom on these during the dry season.

Aloe vera is a highly potent medicine for various diseases, including eye disorders, nutritional deficiencies, and suppressing low immunity conditions. It provides effective treatment for stomach ulcers, intestinal wounds, hemorrhoid-related colorectal cancers, skin cancer, and leukemia. Additionally, it is used to treat menstrual cycle irregularities, menopause-related health issues, and to heal long-standing wounds. It is also popular in cosmetic therapies, protects the skin from radiation, and acts as a successful remedy for diabetes and mental disorders.

Nellie

Botanical Name : Phyllanthus emblica

It grows in the dry zone forests of Ampara and Monaragala districts in Sri Lanka. It can also be seen in intermediate zones. The tree grows up to 10 meters tall. The branches are spread out. The bark of the branches is thin. It has an ash color. The parts on the small branches look like feathers. Male and female flowers are on the same plant. The flowers are greenish-yellow in color.

Boil Nelli in water and wash your mouth to heal mouth ulcers. Mix Nelli with other medicines and wash your hair to cure dandruff. You can also grind Nelli with other herbal ingredients and drink it to treat piles.



Kohomba

Botanical Name : Aloe barbadensis miller

In Sri Lanka, this tree grows mostly in the dry zone, especially in districts like Jaffna, Trincomalee, Vavuniya, Puttalam, and Anuradhapura. Kohomba trees are drought-resistant and can often be seen along the roadsides in Jaffna and Trincomalee. The fruits and seeds of the tree are used to produce neem oil. The tree grows rapidly, typically reaching a height of 15 to 20 meters (about 50 feet), though some rare trees can grow up to 35 to 40 meters tall



The roots, leaves, bark, flowers, and seeds of the Kohomba tree are used to treat various diseases. It is a disinfectant that purifies the blood and destroys worms.

Golden Shower

Botanical Name : Aloe barbadensis miller

Ehela is a large tree that grows up to 20 meters tall and has gray bark. It is commonly found in the dry zone and has dark green, feather-like leaves. The tree produces beautiful, bright yellow flowers that hang down in long bunches. During the blooming season, flowers cover the entire tree, making it look completely yellow and very beautiful.



Ehela tree's parts are used to treat many illnesses like skin diseases, wounds, coughs, fever, constipation, and snake bites. Almost every part of this tree, including leaves, bark, flowers, and roots, is used as medicine. Ehela syrup made from mature pods helps relieve constipation in young children. It also purifies blood and kills germs.

Accordingly, the environment is a gift from nature to make people healthy. It keeps us comfortable and well. Our ancestors knew that trees and plants naturally keep us healthy. Because of this, they worked hard to protect both nature and the trees.

*DKGAV Thilakarathna
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The Hermit of the Mountain

Perched atop a solitary mountain's crest,
A woman dwells in tranquil rest.
Her heritage, a legacy of grace,
An inheritance from her ancestors' embrace.

Her brother tends the fertile land,
Ensuring her needs are gently planned.
With steady means and steady flow,
She lives unburdened, free to grow.

Below, society's whispers stir,
They judge her silence, they infer,
That solitude must be despair,
That living alone is a tragic affair.

They pity her, see her as undone,
A life forsaken, a lonely one.
Yet in her sanctuary, she finds her peace,
A symphony where worries cease.

She converses with the singing birds,
Dances with wind, in nature's words.
Among the blooms, she finds her grace,
In solitude's embrace, she's found her place.

She reads beneath the canopy's shade,
While fragrant breezes softly play.
She laughs at those who chase fleeting fame,
Their restless hearts, their endless game.

They deem her life a hollow shell,
But in her soul, she knows so well,
True happiness is born within,
In harmony with life's purest din.

So let the world's judgments fade,
Her joy in nature's serenade.
For she is whole, her spirit free,
The queen of her mountain's symphony.

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Do You Love HIKING

Sri Lanka is one of the most beautiful countries in the world. We all know that Sri Lanka is a spectacular island with rich biodiversity and breathtaking mountain ranges. Today, I am going to talk about three of the most beautiful mountain ranges in Sri Lanka. Let's explore what these mountains are:

- Knuckles Mountain Range*
- Hulangala*
- Knuckles Mountain Range and Pitawala Pathana*

These mountain ranges are located in the Matara and Kandy districts of the Central Province of Sri Lanka. Based on their characteristic shapes, the British named it the "Knuckles," and since ancient times, our ancestors called it the "Dumbara Mountain Range," which means "covered in mist." Currently, the Knuckles Conservation Forest covers an area of about twenty-one thousand hectares.

Travelers love its beauty and peace.

In 2010, the Sri Pada Nature Reserve, Horton Plains National Park, and the Knuckles Conservation Forest were declared a World Heritage Site by UNESCO.

Pitawala Pathana is a unique grassland found within the Knuckles Forest. Located beside the Rattota-Illukkumbura road, it features a grass cover spread over approximately 1,000 acres of gently sloping rock slabs covered with soil. Are you a nature lover? You can easily travel and hike in this area. If you enjoy hiking, this will be a wonderful experience for you!

Hulangala is locally known as “Mini World’s End”. It’s called that because of its stunning views. When you visit Hulangala, you’ll experience a truly beautiful sight, which attracts many foreign tourists.

Located at the highest point of the Knuckles Mountain Range, Hulangala appears very tall from this vantage point, providing breathtaking panoramic views of the surrounding grass lands, highlands, and lowlands.

Many young people visit Hulangala by motorcycle, and mountain climbers consider it a must-visit spot when exploring the Knuckles. From the top, you can enjoy spectacular views of the lush valleys and tea plantations.

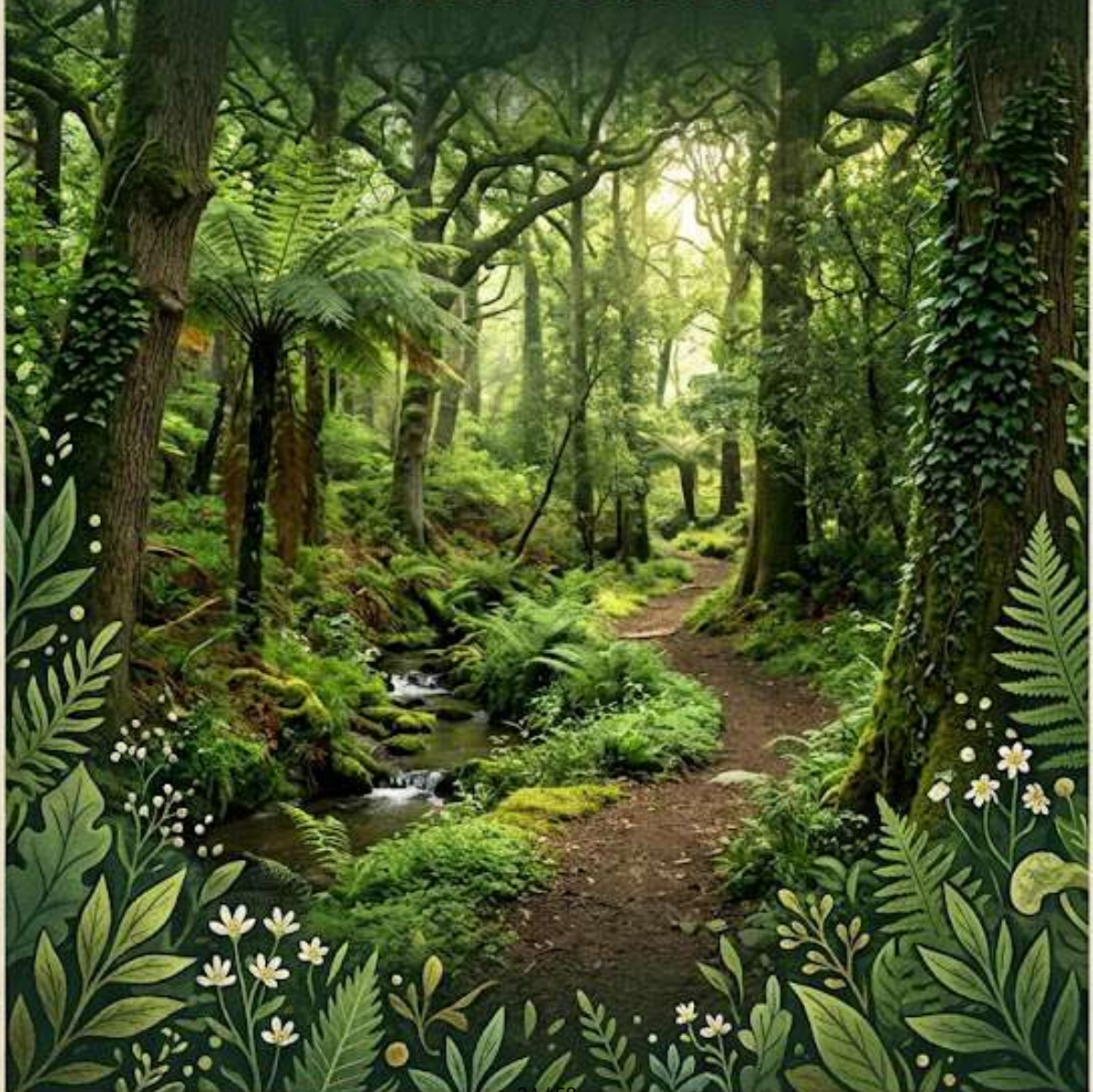


Hulangala Mini World’s End is situated on the southern edge of the Knuckles Mountain Range, within the Selagama Estate. To reach there, start from Kurunegala, head toward Dambulla, and then turn onto the Yatawatta road. The journey is roughly 40 kilometers. This hidden gem features dramatic drop-offs, mist-covered valleys, and lush tea plantations, offering a quieter but equally stunning alternative to Horton Plains. If mountain climbing is your hobby, Hulangala will undoubtedly become your favorite spot.

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“ Look deep
into nature and
then you will
understand
everything better,”

— ALBERT EINSTEIN —



THE BLUE GEM OF THE EARTH

THE OCEAN SYSTEM AND ITS LIFE

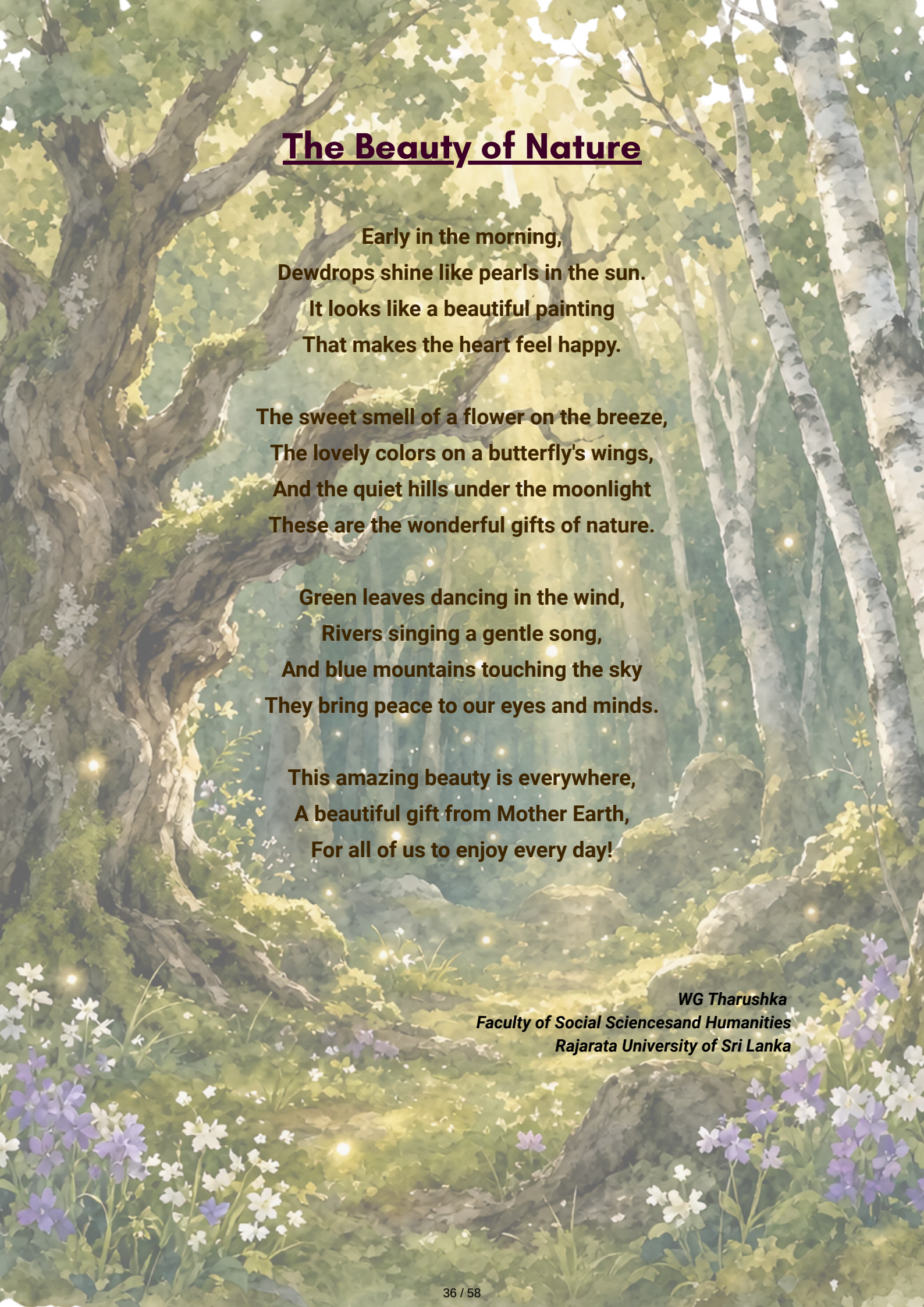
Nature is not just the trees, rivers, or animals that we see around us, but a complex system that sustains life on Earth. Its most essential component, the ocean, covers more than 70 percent of the Earth's surface and is known as the "blue gem of the Earth." More than half of the oxygen we breathe is produced by microscopic plants called phytoplankton that live in the ocean. Therefore, protecting the ocean is not only about protecting marine life but also about safeguarding the future of the entire living community, including humans.

The ocean makes a huge contribution to climate control and the global economy. It helps maintain the Earth's temperature by absorbing excess heat from the sun. It also provides protein-rich food for billions of people and secures the livelihoods of millions through the fishing and tourism industries. The ocean is also considered the world's largest biodiversity system, providing habitat for coral reefs, fish species, and countless other marine creatures.

However, today, the ocean is facing serious threats due to human activities. The lives of turtles, whales, and many other marine creatures are in danger due to the accumulation of plastic and polythene waste, industrial waste, and chemicals in the sea. Also, the natural balance of the marine environment is being disrupted due to the destruction of coral reefs and overfishing, aggravated by global warming. The impact of these issues ultimately affects human health and food security.

Protecting the ocean is not only the responsibility of people living in coastal areas but also of all of us. Simple measures such as reducing the use of single-use plastic products, disposing of waste properly, participating in beach clean-ups, and using eco-friendly products can help protect the ocean.

Protecting this blue gem, considered the heart of the Earth, depends on the responsible decisions we make today, and it is the most valuable gift we can give to future generations.



The Beauty of Nature

Early in the morning,
Dewdrops shine like pearls in the sun.
It looks like a beautiful painting
That makes the heart feel happy.

The sweet smell of a flower on the breeze,
The lovely colors on a butterfly's wings,
And the quiet hills under the moonlight
These are the wonderful gifts of nature.

Green leaves dancing in the wind,
Rivers singing a gentle song,
And blue mountains touching the sky
They bring peace to our eyes and minds.

This amazing beauty is everywhere,
A beautiful gift from Mother Earth,
For all of us to enjoy every day!

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Let Us Show Our Gratitude To Mother Nature, Who Is Slowly Dying, Before It Is Too Late

“After all the trees have been cut down, after all the rivers have dried up, and after the last fish has been caught and eaten, only then will humans realize that money cannot be eaten.”

— Chief Seattle —

The above statement is a famous saying by the Native American leader Chief Seattle. According to him, the Earth does not belong to humans; rather, humans belong to the Earth. Just as relatives are bound together by a common bond, everything in this world is interconnected. Human beings, considered intellectually superior, are also a remarkable creation of nature. Surrounding them are other children of Mother Nature, such as plants, animals, rivers, streams, air, soil, the sun, the moon, the stars, and the vast water resources covering most of the Earth's surface. All of these are interconnected and form a chain within our environment.

Nature is an extremely vast system. Compared to the modern world, ancient societies maintained a much closer relationship with nature. However, in the pursuit of material development today, humans have caused large-scale environmental destruction. One of the severe consequences the world has recently faced is the COVID-19 crisis. Therefore, as humans, it is our responsibility to live harmoniously with nature for the well-being of ourselves and future generations.

Today, due to human activities, Mother Nature is gradually falling into a state of crisis. Human negligence—such as the excessive use of water resources, improper waste management, and deforestation—is destroying the natural environment that sustains our lives. In response, nature also reacts through disasters such as the Meethotamulla garbage dump collapse, the destruction caused by Cyclone DITWA, and the global loss of human lives due to COVID-19.

Driven by greed and the pursuit of money, human activities have impacted over 33% of Sri Lanka's total land area through soil erosion. Each year, millions of tons of fertile topsoil are washed into the sea. It takes approximately 500 years for nature to create just one inch of fertile soil. Scientific evidence indicates that improper agricultural practices largely contribute to this soil degradation, which increases farming costs by about 40% and threatens food security. In Sri Lanka's central highlands, soil erosion reaches about 40 tons per hectare annually, significantly damaging water catchment areas and causing reservoirs like Victoria and Randenigala to fill with sediment.

While human activities are the primary cause of environmental destruction, certain animal behaviors also contribute to minor environmental damage. For example, in Horton Plains National Park, sambar deer damage trees by eating and stripping their bark, leading to tree death. Despite these challenges, many individuals and organizations are working tirelessly to protect nature. These include environmental protection organizations, the Central Environmental Authority, and the Department of Wildlife Conservation. Additionally, special international days have been designated to promote environmental conservation, such as:

- 03 March – World Wildlife Day
- 15 February – World Hippopotamus Day
- 02 February – World Wetlands Day

In this world led by humans, life ultimately depends on the pure air of nature, water resources, fertile soil, and forests. Great religious leaders, including the Buddha, emphasized through their teachings the importance of protecting clean water, green grasslands, and pure air within our living environment. Practicing these teachings is not merely a duty but a responsibility of humanity. Born beneath a tree, enlightened beneath a tree, and passed into Nirvana beneath a tree -you who follow such a teacher must surely learn to love the trees and the green earth.

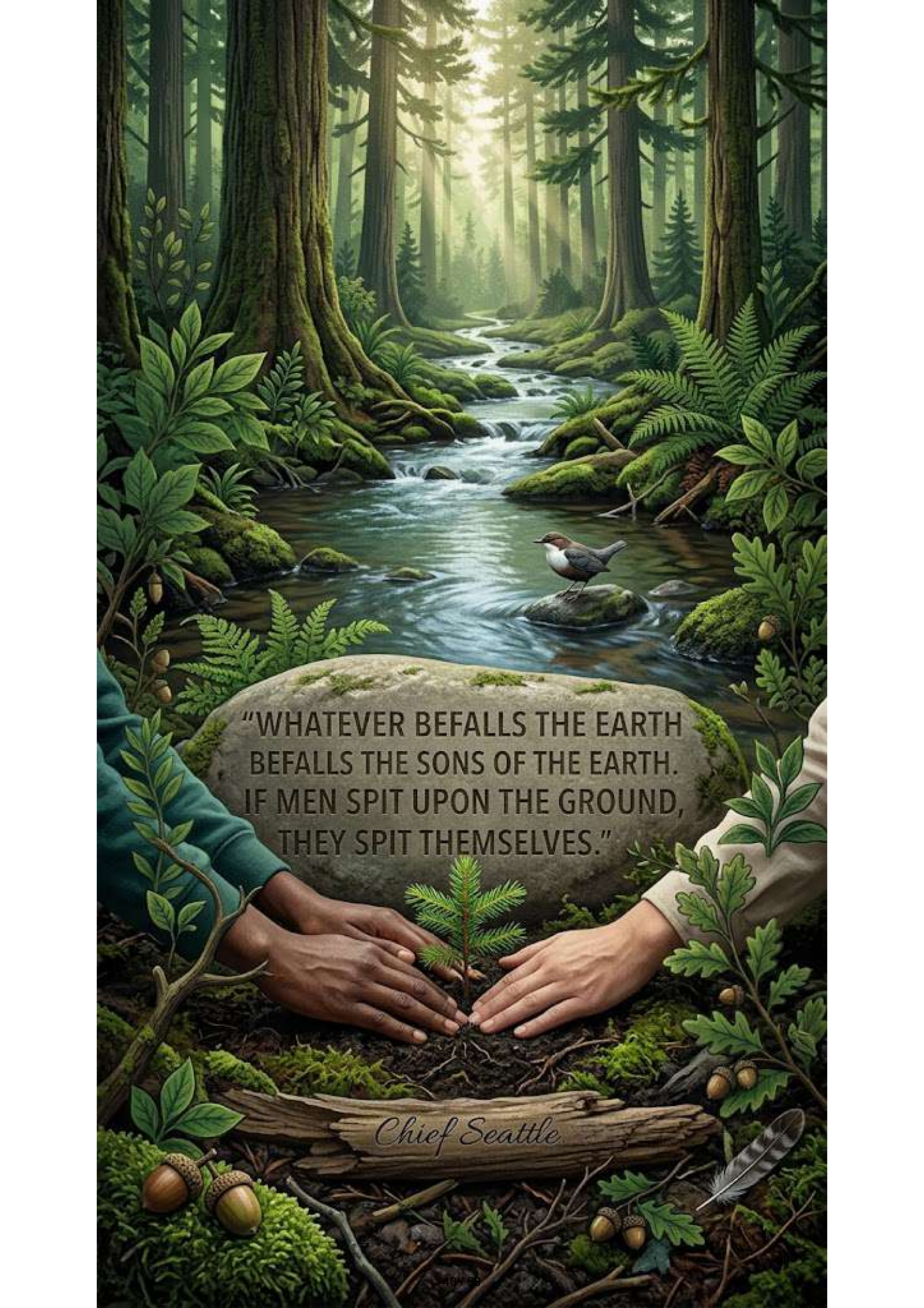
*RAE Nawodani
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LOTUS



I may be a flower,
Growing from the underground...
Lotus bobbing in the mud,
Dreaming into being.
Live with virtue during rough times...
Because I am the lotus.
Everybody knows it, I am the lotus...
I may be a flower,
I may be a flower,
Growing from the underground.

*SASD Jayarathna
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A detailed illustration of a forest scene. In the foreground, two hands, one dark-skinned and one light-skinned, are shown planting a small evergreen sapling into the ground. The hands are positioned on either side of the sapling, with fingers gently holding the soil. The ground is covered in moss, acorns, and small plants. In the background, a stream flows through a dense forest of tall trees, with sunlight filtering through the canopy. A small bird is perched on a rock in the stream. The overall atmosphere is peaceful and natural.

"WHATEVER BEFALLS THE EARTH
BEFALLS THE SONS OF THE EARTH.
IF MEN SPIT UPON THE GROUND,
THEY SPIT THEMSELVES."

Chief Seattle



The Thief of Joy

**An amazing walk
Surrounded by colors
Of sea, mountains
And green leaves**



**Have the petals
Applied blush
To be this bright?**

**Have the pearls
Drunk the bubbles
To shine this clear?**

**How can such
A wonderful atmosphere
Turn into a thief of joy
All of a sudden?**

**If not humans,
Who must answer
For these disasters
Traced by footsteps?**

**Let us lay our hands
Upon the skin of the world
For our future and
For our nature's unborn babies.**



OAP Pahasarani

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The Silent Crisis Beneath Sri Lanka's Sea

Sri Lanka is an island nation in the Indian Ocean, south of India. The Indian Ocean has been integral to Sri Lanka's identity for centuries. The ocean provides fish, a daily source of food for many families, and fishing has supported coastal communities since antiquity. Fishing boats leaving the shore at dawn and markets laden with fresh seafood are daily sights in coastal areas. But behind this familiar scene, there is evidence that a much larger, silent crisis is brewing. This hidden crisis will soon pose a serious threat to coastal communities, marine ecosystems, and national food production.

Most people enjoy seafood without considering where it comes from or whether this resource is in decline. Recent changes in the ocean have alarmed both scientists and fishermen. Fishermen say that fishing is not what it used to be, meaning they have to travel long distances in the ocean and spend more time searching for fish. Observations by fishing communities indicate that certain fish species are becoming increasingly difficult to find in coastal areas, such as the Negombo lagoon. The ocean, which used to seem like an endless supply, is now starting to show signs of strain. The question is not whether fish stocks will continue to change, but how long we can ignore these warning signs.

The main reason for the decline in fish stocks is overfishing. Over time, rapid population growth has increased demand for fish. At the same time, the number of fishing boats has increased, and modern technological equipment enables fishermen to catch large numbers of fish in a short period. Although these technological advancements have exceeded past production capacity, they have also caused delays, placing severe pressure on marine ecosystems and hindering their recovery. Overfishing disrupts the balance of marine ecosystems. Although the ocean appears vast, the resources hidden on the ocean floor are not unlimited.



Another serious problem is the highly destructive fishing methods used. Illegal methods such as dynamite fishing and bottom trawling can be identified. Coral reefs, seagrass beds, and other underwater ecosystems provide breeding and feeding grounds for many marine species. These illegal fishing methods damage these habitats, making it difficult for fish populations to recover. Areas such as the Hikkaduwa Coral Reef are at high risk from human activities and environmental changes. The stress that coral reefs are experiencing also affects many species that depend on them.

Pollution is a major and ongoing problem in Sri Lanka that threatens the growth of marine life. Every day, plastic waste, sewage, and industrial toxins flow into the sea through rivers. These pollutants directly harm fish and have a huge impact on the ecosystems they depend on. Plastic waste, in particular, is a common problem in many coastal areas. A plastic bottle thrown ashore can float into the ocean and break into small pieces that marine life can swallow. If we treat the ocean like a rotten mountain, what future are we leaving for marine life and for ourselves?

Climate change is also beginning to affect the health of the ocean. Rising sea temperatures and changing ocean conditions, which are not yet fully understood, could disrupt marine ecosystems. Warming waters are causing coral bleaching and the loss of important habitats, while shifting ocean currents could affect fish migration and spawning habitats. These changes pose severe challenges for fishing communities that depend on predictable sea patterns.

Both awareness and action are important to protect marine resources. Governments can strengthen fisheries management by implementing regulations that limit destructive fishing practices. Marine protected areas play a crucial role in restoring ecosystems. Improving sustainable fishing practices, proper waste management, and strong environmental awareness all contribute to protecting marine ecosystems. These efforts should also be firmly recognized as a shared responsibility of everyone in society.

However, destruction begins with simple understanding. The ocean is not an endless source of resources but a living system that must be respected and protected. The ocean has supported Sri Lanka for generations, providing food, livelihoods, and natural beauty. But if we continue to exploit the ocean without allowing it to recover, we will be losing a priceless resource. From today, every time we enjoy a meal from the ocean, we must ask ourselves, "Are we protecting the ocean that nourishes us?" or are we unknowingly allowing the ocean to empty? The future of Sri Lanka's oceans and the generations that depend on them will determine the future of Sri Lanka itself.



***DMKT Dassanayake
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A PEACEFUL EVENING.

Just imagine,
a beautiful evening
a cool breeze
touching my body, calming me.

The sun is slowly setting,
painting the sky
in many colours.

The sunlight doesn't fall on my
face,
as if it knows
not to disturb me,
quietly moving away
with gentle care.

Inside the university,
among the green surroundings,
I sat alone on a bench,
To enjoy the evening.

Without trying,
I started swimming
in a sea of thoughts.

Around me,
lovers sat close together,
holding hands,
lost in their love.

But I?
I fell deeply in love
with nature.

Is it only lovers who enjoy?
I also love this feeling.
Breathing in the cool air,
filling my lungs,
and letting it out slowly..
What greater freedom is there?

Among these trees,
there is no one
to comfort me like this,
to let me feel this way,
except nature.

Between the tamarind trees,
I saw little monkeys playing.
I wished
I could climb like them.
jump from branch to branch...

But I can't.
My legs would shake.
I would fall
from the very first branch.

When they ate those,
I felt like asking,
"Can I have a piece too?"
But then I realized.
they eat because they are hungry.
But I?
I want it just for desire.

They say I have migraines.
I take so many medicines.
But today,
when the wind carried away
all my problems,
I just sat there empty.
like dry leaves
blown away by the breeze.

Then suddenly,
I remembered
I need love too
with someone else.

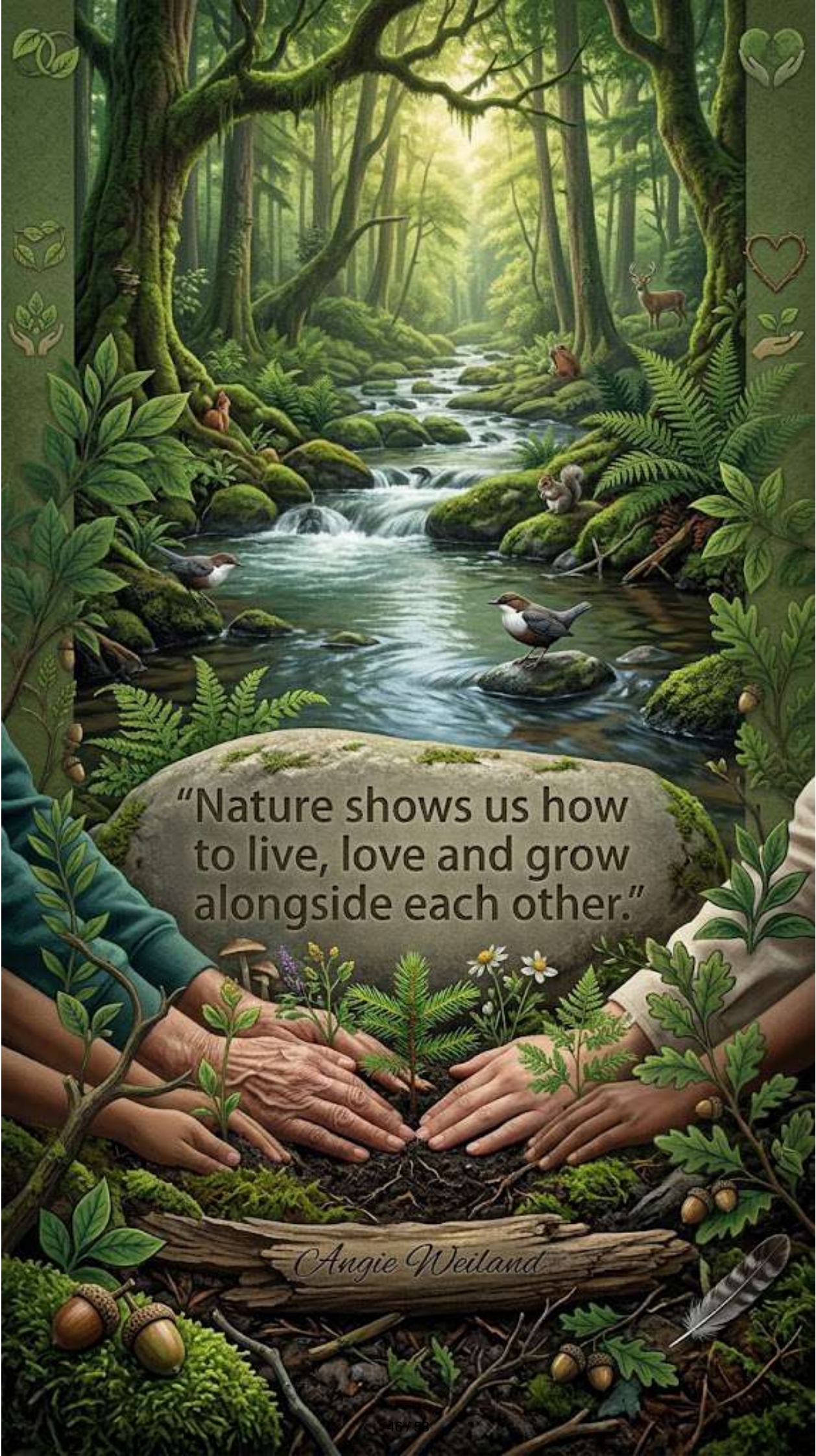
Was it my fault
that I couldn't stop
at my first station?



As my heart quietly questioned me,
I wished
that first stop
had been the last.

I looked at the clock.
If only I could stay
where I feel happy...
But time doesn't allow it.
Thinking I will return again,
I got up from the warm bench,
and through the evening darkness,
I walked back
to my boarding place.

Shanika Subhashinie Withanage
2023/2024
Social Sciences & Humanities



"Nature shows us how
to live, love and grow
alongside each other."

Angie Weiland

Nature and the Economic Development

Nature and the economy are strongly interconnected areas. The economy aims to meet human needs by using limited resources. Most of the time, these resources are obtained from nature. Land, water, forests, minerals, sunlight, and air are some of these resources. We cannot conduct any economic activity without these natural resources. Therefore, nature is the foundation of the economy.

All sectors, including agriculture, industry, and the service sector, depend on these natural resources. For example, agriculture requires land and water. In the industrial sector, we need raw materials for production. Industries like tourism are mostly based on natural beauty. In countries like Sri Lanka, tourism and agriculture are especially important for earning foreign exchange. Thus, protecting nature is very important for economic stability.

However, rapid economic development has caused environmental damage. This is a reality we can see in today's world. Pollution from factories pollutes the air and water. Deforestation reduces biodiversity. Overuse of natural resources can lead to resource scarcity, which may negatively affect the economy in the long run.

Increasing global temperatures, droughts, floods, and other natural disasters impose significant costs on the economy. Agricultural failures, decreased production, and rising health issues result in decreased economic growth. Therefore, attempting to achieve economic development without considering natural resources is not sustainable in the long term.

To address these problems, we need sustainable development. According to economist Robert Solow (1974), sustainable development means that each generation should leave enough natural resources and capital so that future generations can enjoy at least the same standard of living as the present one. In 2015, the United Nations introduced a set of 17 Sustainable Development Goals. Since then, sustainable development has gained widespread recognition. Many countries are now using clean energy, reducing pollution, and paying attention to natural resource conservation.



A green economy helps achieve this goal. A green economy refers to economic growth achieved through environmentally friendly methods. By using solar energy, wind energy, recycling waste, and adopting nature-friendly production methods, we can reduce pollution. This allows us to protect the environment while promoting economic growth simultaneously.

Building a green economy requires the support of the government, businesses, and society. Governments should create laws to protect the environment. Business owners should consider their social responsibility, not just profit. People should protect water, forests, and the environment, and everyone should recycle waste.

In conclusion, the economy and nature are two interconnected areas. We cannot sustain long-term economic growth by destroying nature. Therefore, only by protecting nature and promoting economic development can we build a secure and successful green future.

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LIFE IS YOU

IN EVERY FALLING DROP, HOPE RISES

A mother and children string
The title pipe you gave me
Still numb to the core.

When the cold wind blows around you,
I was drunk.
It's in your hair.

Flowing whiter and whiter
You are the bride of the mountains.

Smooth, watering patterns
Kissing the sky
While falling.

On another day,
To see you,
I dreamed of a princess.

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IN EVERY FALLING DROP, HOPE RISES



FORESTS



The world of nature is a treasure trove of wonders, and among its most captivating and enchanting creations is the forest. Forests are one of the most valuable natural resources on Earth. They cover large areas of land and are home to countless plants, animals, and birds. Forests are vast areas covered with trees and other plants. They are vital for life on Earth because they provide oxygen and clean air. Trees in forests absorb carbon dioxide, which helps fight climate change. At first glance, a forest appears as a sea of green, with trees towering above like majestic sentinels

But a closer examination reveals a vibrant ecosystem teeming with life. Every nook and cranny harbors a multitude of organisms, from the towering giants to the humble ferns that carpet the forest floor. The symphony of sounds that fills the air, from the chirping of birds to the rustling of leaves, serves as a reminder of the forest's ceaseless vitality. It is a living, breathing entity, pulsating with energy and constantly evolving. Forests also help in rainfall and prevent soil erosion by holding the soil firmly with their roots. They maintain ecological balance and control climate change.

Additionally, forests help prevent flooding by absorbing and releasing water slowly. Beyond its aesthetic appeal, a forest is a vital hub of biodiversity. It provides a home for countless species, from the smallest insects to the largest mammals, creating a delicate balance that sustains life. The trees themselves are guardians of this intricate web, offering shelter, nourishment, and protection. They provide habitat for animals, offer shade to delicate plants, and purify the air we breathe by absorbing carbon dioxide and releasing oxygen. Forests are often called the "lungs of the earth" for this very reason, playing a crucial role in mitigating climate change and maintaining the delicate equilibrium of our planet. The forest's role in our world is extremely vital; its destruction may end all life on Earth. They play a massive and crucial role in sustaining life on our planet. Moreover, they provide many economic and ecological benefits to wildlife, the community, and our country. Biodiversity depends on forests. They are home to a wide variety of animal and plant species, many of which are endemic to certain forest environments. Numerous creatures find homes, food, and shelter in forests, which support the resilience and stability of ecosystems.

Furthermore, forests have a major role in controlling the planet's temperature. Through the process of photosynthesis, they take up carbon dioxide from the atmosphere and store it in the form of organic matter, plants, trees, and soil. This is their value in decreasing carbon emissions by lowering the atmospheric concentration of greenhouse gases; this helps to moderate climate change.

Apart from their ecological significance, forests offer a plethora of economic advantages. They aid in the growth of sectors including ecotourism, medications made from medicinal plants, and the timber industry. In addition to their ecological significance, forests of a variety provide economic advantages that boost local economies by giving communities that practice sustainable forestry jobs and revenue.

Furthermore, forests play a significant role in water cycle regulation. They influence rainfall patterns, help maintain soil moisture, and stabilize watersheds. Forests reduce the risk of flooding and erosion by absorbing and slowing down rainwater runoff, which helps maintain water quality and availability for both human consumption and agricultural use. In a broader sense, forests advance the country's development and sustainability goals. We should all do our part to protect forests. Therefore, to protect forests and nature and to save forests worldwide that are threatened with extinction, we must reduce waste and plant trees.

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The Lonely Flower in Nature....

No matter how beautiful the Swiss Alps meadows are,
They remain one of nature's most charming creations.

Yet,

Just as the El Reno tornado sometimes roars fiercely,
I too flare up at certain moments in life.

Just as the mighty icebergs of Antarctica collapse
When hopes are shattered,
I feel the same.

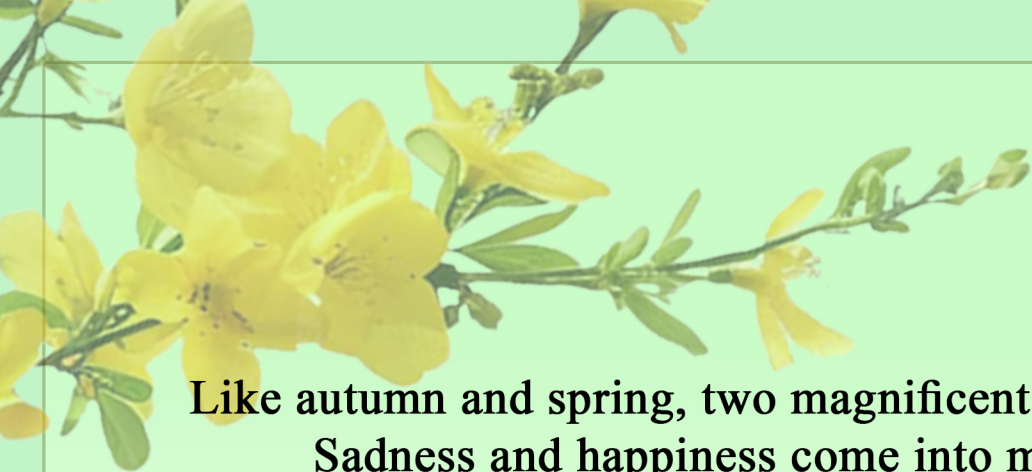
But,

Like a strong pine tree growing alone on a cold mountain,
I rise again.

Like Mount Kilimanjaro, standing silently in solitude,
I too am alone and isolated.
Like the Bermuda Triangle, shrouded in mystery and curiosity,
I become lost in my thoughts.

The reason I prefer to stay isolated from others is,
People are like dormant volcanoes—
Their selfish emotions, like the lava of a dormant volcano,
Can suddenly erupt.

That's why I believe it's better to remain alone,
Surrounded by the thick fog of the Atacama Coast.

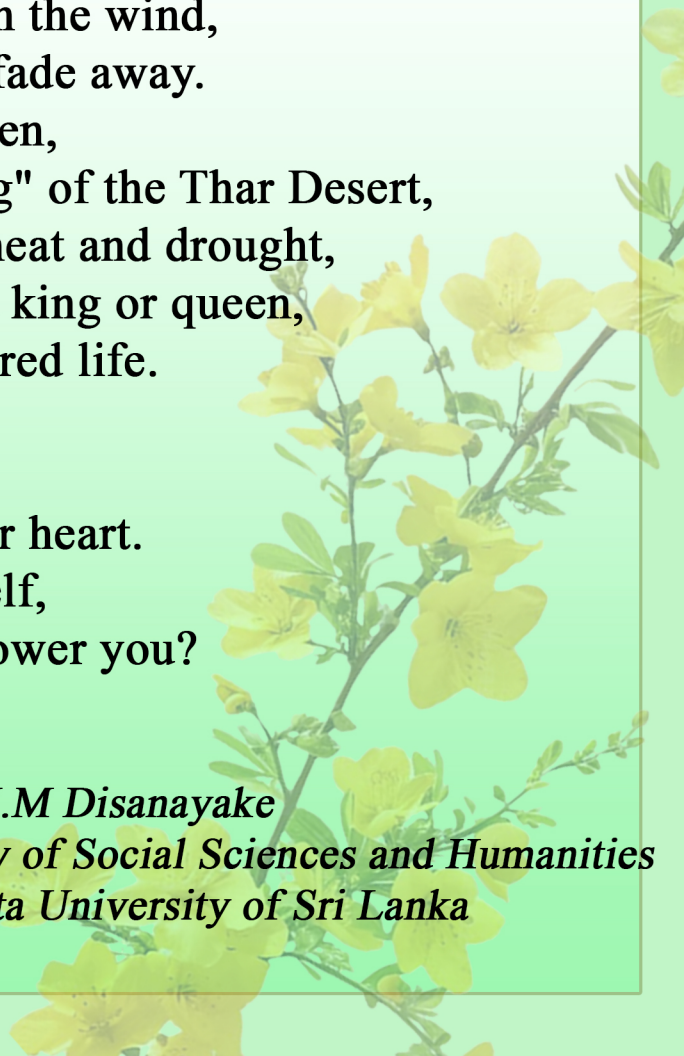


Like autumn and spring, two magnificent creations of nature,
Sadness and happiness come into my life in turn.
Like a rainbow that adorns the cascading Niagara Falls,
My life is filled with wonder and beauty.

Like the thorn-covered Copiapó cactus,
The path to success beckons me to walk upon it.
Yet,
Just as the fragrant, colorful flower blooms
On the thorny cactus,
I firmly believe that one day,
Success is within reach.

Just as cherry blossoms bloom,
wither, and fall with the wind,
I too will one day fade away.
But even then,
Like the Khejri tree, the "King" of the Thar Desert,
Which endures extreme heat and drought,
I wish to be known as a king or queen,
Who has conquered life.

So...
Think from your heart.
Ask yourself,
Isn't this lonely flower you?



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THE POCAHONTAS CARTOON I SAW WITH MY OWN EYES



The animated film Pocahontas beautifully portrays the deep and spiritual connection between human beings and nature. Unlike many other cartoons that treat nature merely as a background setting, Pocahontas presents nature as a living, breathing presence that has its own spirit and voice. When I watch this cartoon, I feel a sense of calmness and admiration for the natural world. The flowing rivers, whispering winds, tall green forests, and free-moving animals create a peaceful atmosphere that reminds us of the beauty and balance of nature.

The character Pocahontas herself symbolizes harmony with nature. She does not see the forest as a place to conquer but as a home where every living being has value. She listens to the wind, follows the river, and respects every creature around her. Through her character, the film communicates the idea that humans are not the masters of nature but only a small part of a larger natural system. Her relationship with the environment shows a deep respect for life and balance.

One of the most powerful moments in the film appears through the famous dialogue: “You think you own whatever land you land on. The Earth is just a dead thing you can claim.” This statement challenges the human tendency to treat nature as property. Instead, the film encourages viewers to see nature as something sacred and alive. Pocahontas then expresses her own belief by saying, “But I know every rock and tree and creature has a life, has a spirit, has a name.” Through these words, the film highlights a philosophy that values every element of nature, even the smallest rock or the quietest tree.

The song Colors of the Wind further deepens the environmental message of the cartoon. In this song, Pocahontas tries to teach that a true understanding of the Earth comes from appreciating its beauty and diversity. One meaningful line says, “You can’t own the Earth and still, all you’ll own is Earth until you can paint with all the colors of the wind.” The “colors of the wind” symbolize the richness, diversity, and freedom of nature that cannot be controlled or possessed by humans.

The natural imagery in the cartoon is also very symbolic. The flowing river represents the journey of life and the natural flow of time. The wind symbolizes freedom and wisdom, guiding Pocahontas to make the right decisions. The forest represents harmony and balance, where different forms of life coexist peacefully. Even the animals in the film, such as birds and raccoons, play a role in showing how all living creatures are connected within the same ecosystem.

From my perspective, Pocahontas is more than just a cartoon; it is a meaningful reflection on environmental ethics and human responsibility toward nature. It reminds us that nature is not something to dominate but something to respect, protect, and live with in harmony. The emotional storytelling, poetic dialogues, and breathtaking natural scenes encourage the audience to develop a deeper appreciation for the Earth.

In conclusion, Pocahontas creatively compares human life with the natural world and reminds us that the survival of humanity depends on the protection of nature. By presenting nature as a living and spiritual force, the cartoon inspires viewers to see the Earth not as a possession but as a shared home that must be loved and preserved for future generations.

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The Forest Goddess Cries

The statement "Where trees are protected, life is protected" has become very meaningful in the world today. Not only the survival of humans, but also the survival of all living things depends on the natural environment. The most valuable resource in that natural environment is the forest. Forests are not only a collection of trees but also a complex ecosystem in which living and non-living components, including plants, animals, insects, microorganisms, water sources, and soil, are interconnected. It provides humans with food, water, oxygen, medicines, timber, fuel, and economic resources and also performs essential functions such as controlling the climate, maintaining the water cycle, protecting the soil, and preserving biodiversity.

However, today, forests are being rapidly destroyed due to human activities such as population growth, urbanization, industrialization, agricultural expansion, and illegal logging. This situation has become a serious threat not only to the environment but also to the economy, society, and future generations. Therefore, it is an urgent need to understand deforestation and take action to prevent it.

Deforestation is the process of clearing, burning, and converting forest land to other uses, such as for agriculture, settlements, factories, roads, and other development. This results in the destruction of the natural ecosystem of forests and a decrease in biodiversity. Deforestation can also occur due to natural causes, but today it is mainly caused by human activities.

Forests are called the "lungs" of the Earth because they produce large amounts of oxygen and absorb carbon dioxide. Forests make a significant contribution to reducing global warming. Forests control rainfall. The root system of trees retains rainwater in the ground and feeds groundwater. This helps to maintain water in rivers, streams, waterfalls, and reservoirs. Forests also protect the soil. In areas without trees, the risk of soil erosion, landslides, and floods due to rainwater increases. Forests are home to thousands of animal and plant species. In Sri Lanka alone, a large number of endemic plant and animal species that are not found in any other country in the world live in forests. Forests also contribute greatly to the human economy. Products such as wood, honey, medicinal herbs, spices, fruits, and rubber are obtained from forests. Forests are also an essential resource for the tourism industry.

Sri Lanka, despite being a small country, is rich in biodiversity. Forests such as Sinharaja, Knuckles, Yala, Wilpattu, Horton Plains, Kanneliya are nationally and internationally important ecosystems. These forests protect water sources and indirectly contribute greatly to agriculture and hydroelectricity production. On the other hand, the livelihoods of many rural people in Sri Lanka are also linked to forests. Medicinal plants, honey, vines and other natural resources have become their sources of income.

Strict laws should be implemented to control deforestation. Illegal logging and land acquisition should be strictly controlled. Tree planting programs should be implemented nationwide, and several trees should be planted in place of every tree cut down. Environmental education should be strengthened from the school level, and awareness about forest conservation should be developed among the people. Sustainable agricultural methods should be used and environment-friendly development projects should be implemented. Forest conservation programs should be implemented jointly by government institutions, the private sector, and the public. Voluntary organizations and the youth should also make an active contribution to this.



We can all protect forests by planting trees, avoiding cutting down trees, using paper sparingly, minimizing plastic use, and adopting an eco-friendly lifestyle. Participating in environmental conservation programs and educating others is also an important responsibility. We can all protect forests by planting trees, avoiding cutting down trees, using paper sparingly, minimizing plastic use, and adopting an eco-friendly lifestyle. Participating in environmental conservation programs and educating others is also an important responsibility.

Therefore, protecting forests is not only the responsibility of the government but also of every citizen. Keeping in mind the truth that "the tree we protect today will protect our life tomorrow", it is a timely need to dedicate ourselves to forest conservation. Only by protecting forests can we pass on a green, healthy and sustainable future to future generations.

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THE SECRET LIFE OF TREES

Without trees, can you live in the world?

Trees are one of the greatest gifts of the environment in the world. All people and animals can't live properly without trees because trees help us in many ways. Trees give us food, shelter, wood, medicine, and especially oxygen. Not only that, but through these trees, our environment becomes calm and beautiful.

In the world, we know trees and forests exist everywhere. Some people use those trees for their daily needs. For example, leaves and fruits provide food; wood is used to build houses; and trees are also a source of medicine. All people need to breathe oxygen. Therefore, we must think about how to protect all these trees for our future.

Actually, to protect trees, we can take many actions. For example, little children can be taught how to protect trees and do activities with them. We can form organizations to protect these trees. If we cut some trees for our needs, we should plant new trees as replacements. We can also create laws and ethics to protect trees. Furthermore, we should love and care for all trees.

Today, in the modern world, we see trees being destroyed every day because some people act without mercy. This includes cutting down trees for timber, building roads and highways, forest fires, deliberate burning, industrial development, and mining activities. This is not good for our future. For example, in Sri Lanka, we see many cases of tree destruction, mostly caused by human activities. This is not good for the country and impacts its development.

Actually, without these trees and a healthy environment, we cannot live properly in the future. Every tree has its own life. Therefore, we must protect all these trees for future generations and treat them with love.

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BLOOM



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*Nature does not
hurry, yet everything
is accomplished.
Let us learn to grow
with patience,
live with gratitude,
and bloom
in our own season.*

”

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