



MAYA PUWATH

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DHAMMA PADA

“If beings knew, the results of sharing gifts, they would not enjoy their gifts without sharing them with others, nor would the taint of stinginess obsess the heart and stay there. Even if it were their last and final bit of food, they would not enjoy its use without sharing it, if there were anyone to receive it”. Itivuttaka 18

EDITORIAL

Hi Everybody!

Well, over half of this year has passed. Hope you are keeping up with the list of things you want to do this year -that is apart from the list of things you have to do! Mine is for ever growing!

The good news is that at MGCAANA we are on schedule on the list of things we hope to achieve. The sponsorship program where we sponsor kids at Mahamaya to complete their studies has been a huge success. Apparently we have gone beyond the target! Now isn't that simply wonderful? It is a great feeling to know that there are so many wonderful people out there who are willing to share their resources to make another person achieve a decent standard of education.

When you think of it, all who went to Mahamaya are products of free education. We are who we are today because of it. Even those who could afford to pay through school were able to gain a good education at no cost because of this concept. And then for what ever reasons we are not there helping Sri Lanka when she needs us. Some call it brain drain. But what ever you choose to call it the end result is that we have not had much opportunity to give back to Sri Lanka. So while we serve America, a country which has welcomed us and has given us a share of its abundance of resources and opportunity to achieve our dreams, it is indeed nice to share a bit of that sense of achievement with a less fortunate person and make her feel hopeful and not hopeless.

Most of the students at Mahamaya who need financial help have come from faraway places in the country. They are intellectually capable students who came there through competitive exams. We would have failed in our duty as human beings if we do not give them a chance to harness their resources due to lack of financial support. It is amazing that for a mere \$180 a year, \$15 a month the difference we could make. This is probably what most people would spend on on a night out. To think that that sum of money could help brake the vicious cycle of poverty and help some one change the course of their life is amazing. If we don't give them the opportunity, they too will fall through the cracks and end up filling the ranks of the destitute in Sri Lanka. Education is their way out of that quagmire, and the only means of empowering the youth and especially the women in Sri Lanka. Helping these kids at Mahamaya is a first step in the right direction.

So, we thank you for your magnanimity and generosity in supporting these kids, and we look forward to your future support. We also look forward to you spreading this word amongst Mahamayans and non Mahamayans alike so that we do not let a single kid that enters Mahamaya on Merit, leave the threshold of Mahamaya without sitting for her Advanced Levels for want of \$15 a month. Let me leave you with that thought!

Chathuri Nugawela-Munasinghe

Lessons from Mohandas Gandhi

■ Wealth without Work, Pleasure without Conscience, Science without Humanity, Knowledge without Character, Politics without Principle, Commerce without Morality, Worship without Sacrifice—The Perils of humanity

■ To forgive is not to forget. The merit lies in loving in spite of the vivid knowledge that the one that must be loved is not a friend.

■ You must be the change you wish to see in the world.

FYI

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Kahlil Gibran on Giving

“Generosity is not giving me that which I need more than you do, but it is giving me that which you need more than I do.”

Kahlil Gibran in Sand and Foam

MEDICAL COLUMN— CERVICAL CANCER CAUSING HUMAN PAPILOMA VIRUS

Each year approximately 12,000 women are diagnosed with cervical cancer in the United States. In most cases, cervical cancer can be prevented through early detection and treatment of abnormal cell changes that occur in the cervix years before cervical cancer develops. Human papilloma virus, commonly known as HPV causes these cell changes. HPV is a virus that is very common. In fact many men and women are infected with the papilloma virus at some point in their lives. There are approximately 100 types of HPV. Some HPV types only infect the genital area and may cause warts. Some cause mild changes in cervical cells that do not turn into cancer, and some cause changes that may become cervical cancer if present for many years. The types of HPV found in the genital areas are usually passed on during sexual contact (sexually transmitted). HPV types that cause warts on the hands or feet do not cause genital warts or cervical cell changes nor do genital HPV types spread outside the genital area.

The traditional test for early detection has been the PAP test. Which finds changes in the cervical cells that are abnormal. The test involves taking a small sample of cells from the cervix usually during a routine pelvic exam. These cells are then sent to a laboratory where the cells are prepared and evaluated under a microscope.

Now a test for HPV is being offered that can be used with the pap test in women of age 30 and above and in women of any age where the pap test has found slight cell abnormalities. The HPV test can find any of the 13 types of HPV that are most commonly found in cervical cancer. The presence of any of these HPV types in a woman for many years can lead to cell changes that may need to be treated so that cervical cancer does not occur. The HPV test is done at the same time as the PAP test by using a small soft brush to collect cervical cells that are sent to the laboratory, or the HPV testing sample may be directly taken from the PAP sample. There is GOOD NEWS! A new vaccine protecting against HPV will be available at the end of this year for adolescent girls. The vaccine, Gardasil, protects against two types of the sexually transmitted HPV: 16 and 18 which together causes 70% of the cervical cancer cases.

Submitted by Dr. Devi Gunasekera From: ashstd.org

MEET MAHAMAYANS IN NORTH AMERICA: DR. RANJANI SIRIWARDENE

Dr. Ranjani Siriwardane (nee Wijesundera) is a Mahamayan we should all be proud of.

Dr. Siriwardane is the group leader for surface chemistry and sorbent development at the National Energy Technology Laboratory (NETL)/U.S.DOE. She conducts and directs research related to removing impurities emitted during processes that use coal. Her research group is developing reusable materials to capture the impurities that harm the environment and the power plants. They are also working on removing carbon dioxide emitted from power plants to control global warming.

Dr. Siriwardane's accomplishments are numerous and due to constraints in space we are compelled to highlight the most outstanding ones.

Dr. Siriwardane was the winner of the R&D 100 award for year 2000 –This is an Award given by the R&D magazine to the 100 most technologically significant new products of the year. This was for her discovery of RVS-; “The regenerable desulfurization sorbent. “The cheap, coal-fired electricity made clean by RVS-1 may soon be powering our homes” says a NETL/USDOE article.

This NETL article further explains “RVS-1 acts like a sponge to remove sulfur from gasified coal used to power turbines that generate electricity resulting in Coal-fired power generation with no sulfur oxide emissions to end up as acid rain.....what is new about RVS-1 is that it removes nearly all the sulfur, removes it efficiently because it can withstand the high temperatures of gasification, and can be used over and over again. All this at a cost up to 50 times less than competing products.....The development of RVS-1 is a leapfrog advancement in state-of-the-art coal and fuel gas cleaning.

Dr. Siriwardane was able to develop a simple solution — 20 years in the making — to a very complex longstanding quandary in advanced power generation.” For more information visit: www.netl.doe.gov

Dr. Siriwardane is also the recipient of six patents from U.S. patent office and has another patent application under review. Her most recent patent received from U.S. Patent office is for the invention of “Solid sorbents for carbon dioxide removal from gas streams.” This deals with carbon dioxide removal from gas streams to control global warming while the other patents deal with impurity removal from coal gas.

Also among Dr. Siriwardane's accomplishments are over 90 research publications and presentations, and NETL Director's award for excellence in leadership and innovation. Dr. Siriwardane has also been selected to be in “Who's Who in Science and Engineering” and by invitation, serves as a reviewer for several international journals.

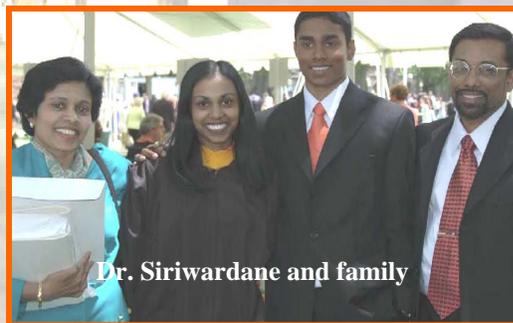
Of her days at Mahamaya Dr. Siriwardane says: “I have fond memories of my Mahamaya days. The School principal at the time was Mrs. Gunawardane. She was very strict with us but I respected her a lot. I still appreciate the well-rounded education I received at Mahamaya. Sports meets and prize giving events we had every year were the biggest events in the school at the time. We had to stay after school to prepare for the sports meet and it was fun to socialize with my friends during that time. After sports practice we treated ourselves with "ice palam" at the ice cream shop at Ratubokkuwa (near the park and the tennis club). Getting an extra prize at the prize giving was very important to us then. I remember going to speech competitions just to get a prize even though I did not like giving speeches in front of a large audience. Now I realize the importance of that when I have to give presentations in conferences and defend my research work as a part of my job.

speech competitions just to get a piece even though I did not like giving speeches in front of a large audience. Now I realize the importance of that when I have to give presentations in conferences and defend my research work as a part of my job. Mathematics was my favorite subject at school but I had fun during more relaxing classes like Art, elocution, music and needle work. Mrs. Adhikaram, my math and science teacher in middle school (grades 6-8), was one of my favorite teachers. Some of the little things she taught us during class have been very useful in my career. She got us to document the procedures step-by-step perfectly when we answered math/science questions. We had to use log tables for math and nobody had calculators/computers.

I was the "games vice captain" in high school and played in the school netball team. I am thankful to Mrs. Weerasinghe (our games teacher at the time) for giving me the opportunity to play in the netball team. I enjoyed representing the school at competitions with other schools. We had to stay after school and also had to come during the school holidays for practices. Mrs. Weerasinghe made sure we had a very strong team and one year we also won the national championship. Team work and ability to take criticism during those long practice hours are some of the valuable things I learned from Mrs. Weerasinghe (even though I did not appreciate it at the time). Table tennis and badminton were also very popular.

During our free periods, we always played those sports and sometimes got into trouble. Mrs. Peries was considered as the teacher with the most beautiful sarees and she was considered as one of the "pretty" teachers. Majority of kids wore school uniforms with either braided hair (if long) or short hair. Length of the uniform was a big issue and we got punished if it was too short."

In her final year at Mahamaya (in 1973), Dr. Siriwardane received the Award for the best Advanced Level results in physical sciences at Mahamaya College. This was followed by the award for the best student in the graduating class in Chemistry, University of Sri Lanka, Peradeniya, in 1977. Dr. Siriwardane has a B.Sc. from the University of Peradeniya with First class Honors and a Ph.D. in Chemistry from the Virginia Polytechnic and State University.



Dr. Siriwardane and family

On her single greatest achievement Dr. Siriwardane says "the biggest achievement in my life so far has been raising two kids while having a career. This is very challenging in the U.S. since we have no help".

Hailing from Matale, Sri Lanka, Dr. Siriwardane says that her parents and older sister Sujatha Meetalawa, also of Mahamaya and now a teacher at Pushpadana College, Kandy were the driving forces and positive influences in her early life.

Dr. Siriwardane is married to Prof. H.J. Siriwardane, a professor of engineering at West Virginia University in Morgantown, WV, USA. They have two children. Their daughter graduated from Princeton University (in New Jersey), engineering department last year and their son is an undergraduate student also at Princeton University.

In her spare time, Dr. Siriwardane tutors students at no charge at the local university in Science and Math. .

Finally, Dr. Siriwardane has the following message for aspiring Mahamayans: "Get the best possible education and don't waste your talents. Appreciate the well rounded, high quality, free education you are receiving (or received) at Mahamaya College. Participate in extra curricular activities/volunteer activities, help and learn to work with others. Those will be very useful in your career/life one day. I am thankful for the education/experience I received at Mahamaya. Enjoy your life and I wish everybody all the best".

Editors note: Our thanks to Dr. Siriwardane for dedicating her time to assist in the compilation of this article. Not only Mahamayans but all Sri Lankans too will be proud of you Dr. Siriwardane!

This compilation is based on written information provided by Dr. Ranjani Siriwardane

A Peek into the Past: The Kandy Sadachara Bauddha Kulangana Samithiya (1926-1927)





Seated - The founders of the *Kulangana Samithiya* (1926-1927): Sarah Soysa (2nd from left), Emmie Jayatilleke (4th from left), Chitravo Ratwatte (5th from left). Standing in the 1st row – Alice de Silva (3rd from left); Standing in the back row – Dora Pieris (1st from left) and Thosawathie Weerasiri (2nd from left)

*This picture was taken from a photograph displayed at the Mahamaya Girls' College Archives, which is housed in the old Hostel Building.

The last two decades of the 19th Century and early 20th Century was a critical period in the history of the education in Sri Lanka; to challenge the domination of Christians in the field of education, Buddhists, Hindus, and Muslims reacted forcefully to the proselytizing efforts of Christian missionaries and established their own schools. In 1932, Mahamaya Girls' College was founded in the city of Kandy, the capital of the last independent Sinhalese Kingdom, by an association of mainly middle class Buddhist women – *the Sadachara Bauddha Kulangana Samithiya*.

Kandyan women in 1924 lived within the parameters of a traditional conservative society, yet women had high status in pre-colonial Kandyan society as a consequence of their Buddhist heritage. Women were socially and economically active in the days of the Kandyan Kingdom. After the British invasion of Kandy, the Western missionaries introduced Victorian norms of propriety and behavior for women as well as the Christian concept of marriage sanctioned by the church. As the Kandyan upper classes began to accept these norms, the position of women deteriorated and limits were imposed on women's freedom.

On the 16th of March 1924, a full moon day, Sarah Soysa with *Bhikku* Karandana Attadassi, the chief monk of the Dhammayuttikaramaya of Katukelle, and four other women, Chitravo Katugaha Ratwatte, Henrietta Atukorale, Emmie Jayatillake, and Isobelle Wijegunawardene, held a meeting in the temple and established a society for Buddhist women. It was called the Kandy Sadachara Bauddha Kulangana Samithiya.

The primary objective of the Kulangana Samithiya was to establish a Buddhist Girls Secondary School teaching in English medium. The society's aim was to teach the *Dhamma* to the students, to train them to live according to Buddhist values, and to teach them to love and appreciate their Buddhist cultural heritage, while giving them a modern English secondary education. The society adopted "Vijja uppatatam settha" – knowledge is the highest gain – as its motto; this was adopted as the motto of Mahamaya Girls' College once it was established.

(This valuable information was taken from With a Fistful of Rice – Buddhist Women and the Making of Mahamaya Girls' College written by Indrani Meegama.)

Submitted by **Dharshani Nanayakkara**.

MEMORIES FROM MAHAMAYA

			
White shoes in front of the new music room	▲ New door for the archives which was the hostel then	The "Bell" in a new location	The new cooperative store

WHATS COOKING?

What you need: 1 lb Semolina, 1/4 lb Raisins, 4 cups Honey, 1/4 lb flour, 25 Cashew nuts, 2 cups Scraped Coconut, 2 ozs Butter, rind of Lime, 1/4 lb Sugar, 2 tsps Vanilla, 1 tsp Rose water, 1/2 tsp Cardamom, 1/2 tsp Cinnamon, Dates, Ginger preserves, Sultanas, Chow-Chow and any other fruit you like.

How to: Add sugar and honey to scraped coconut and cook over slow flame until coconut is cooked. Add all fruits and cool over night. Next day add butter semolina and flour to mixture. Then add vanilla, rose water, cinnamon and cardomons. Bake in moderate heat.

fruits and cool over night. Next day add butter semolina and flour to mixture. Then add vanilla, rose water, cinnamon and cardomons. Bake in moderate heat.

From: <http://paradisaya.tripod.com/recipes/>