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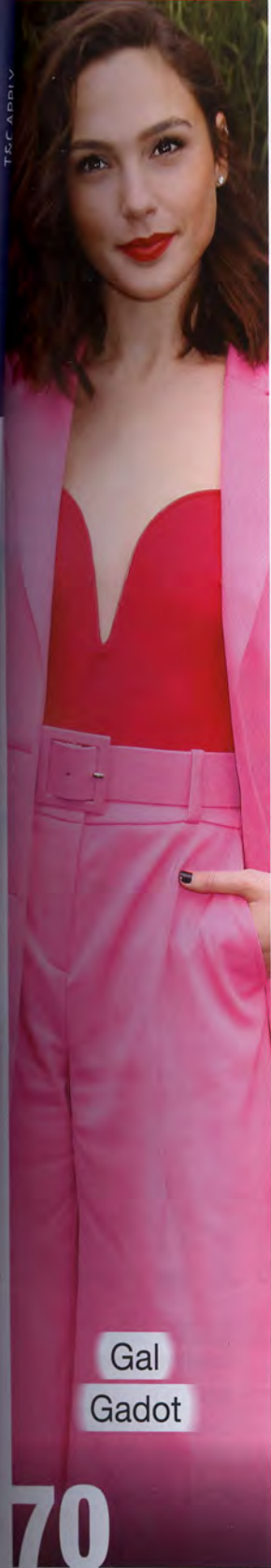
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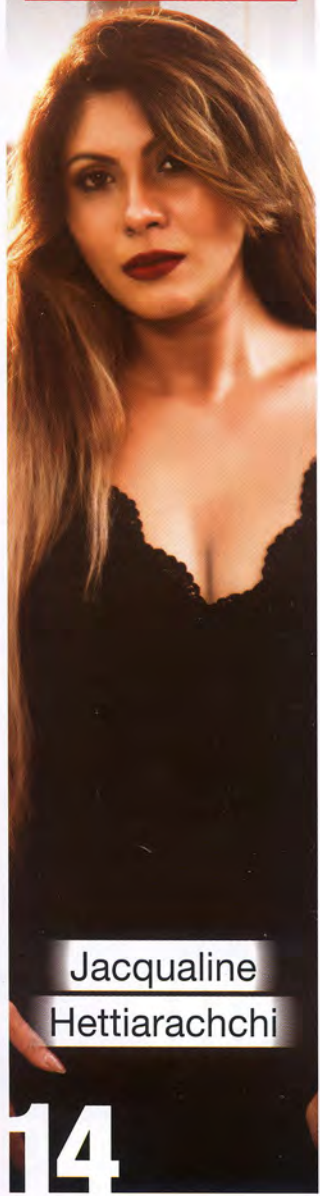


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Opportunity to Stretch Our rubber exports can prop up the economy			

## OPINION SHAPERS



**BALANCING ACT**  
We must understand that power must be exercised in an intelligent manner, rationally and not rashly

Saliya Pieris



**INSTABILITY REIGNS**  
We must be mindful when relying on social media. Sometimes it can be someone's misunderstanding; or it could be fake news

Rajeev Amarasuriya



**REALITY CHECK**  
We have to make sure that in that process the poorest sections of the population are not disproportionately affected

Dr. Paikiasothy Saravanamuttu



**REAL DEMOCRACY**  
I applaud the Bar Association of Sri Lanka (BASL) for the courage, wisdom and stand it has taken during this crisis

Dr. Aritha Wikramanayake



**STOP CORRUPTION**  
Corruption is a cancer that needs to be completely eliminated – it exists from top to bottom and in every field in this country

Dr. Harsha De Silva



**HONOURABLE LEADERSHIP**  
A leader who is willing to own wholly and acknowledge his or her mistakes is upheld by many as being noble and can proffer major dividends

Merilee Kern



# BUSINESS VOICES



**RUBBER INDUSTRY**  
We also need to implement the National Export Strategy (NES), which was designed to increase and diversify the export basket  
**Ravi Dadlani**



**FINANCIAL SERVICES**  
Miscalculated changes in monetary policy lead to high and wide inflation, and impede economic growth in numerous ways  
**Rienze Wijetilleke**



**HUMAN RESOURCES**  
We will see an entirely new suite of HR positions requiring a variety of fresh skills in overcoming a host of challenges  
**Ransi Dharmasiriwardhana**



**SHIPPING INDUSTRY**  
Sri Lanka is already a transshipment hub for the region but the service that we need to develop is value addition as a hub for cargo as well  
**Romesh David**



**BANKING SECTOR**  
The possibility of declining credit quality across the board, mostly visible in the retail sector, will exacerbate banks' liquidity buffers  
**Richie Dias**



**SRI LANKANS OVERSEAS**  
The situation in Sri Lanka is an example of how corrupt leadership can bring a country to its knees  
**Gaddafi Ismail**

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INGIMAGE®

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### HEALTH The Ultimate Guide To Your Gut

If your gut microbiome is out of balance, it can have serious consequences for your overall health.

Here's what you can do about it. VANESSA MILNE



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When a deadly avalanche hurtled down Silver Mountain in Idaho, followed by a second, a group of skiers were buried in their path.

ROBERT KIENER

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#### Nutmeg

Sweet and aromatic, this spice pairs well with many foods.

DIANE GODLEY

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Behind the genius of the songs and music of The Beatles was an extensive creative process. With a little help from your friends, you can apply their methods to your own endeavours.

ZOË MEUNIER





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**කර්මාන්ත**

කර්මාන්ත හා ව්‍යාපාර ක්ෂේත්‍රයේ සංවර්ධනය සඳහා සෑම අංශයක්ම ආවරණය වන පරිදි සකස් කරන ලද කර්මාන්ත සඟරාව දැනටමත් එම ක්ෂේත්‍රයේ නියැලී සහ ඊට අවතිර්ණවීමට බලාපොරොත්තු වන පිරිසට මෙන්ම ශිෂ්‍යයන්ට/ගුරුතවතුන්ට අතිරේක දැනුම ලබාගත හැකි හරබර ලිපිවලින් සමන්විතය.

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**KARMANTHA**

"Karmantha" is a quarterly journal printed and published by the Industrial Development Board of Ceylon. It covers a wide spectrum of topics dealing with all aspects of information pertaining to industry and focuses on providing a full cycle of informations required to operate an industry.

Contributions to the journal are invited from researches, educationists, entrepreneurs or any others interested in the industrial field. Articles based on factual data, research work, surveys etc. are welcome. Published contributions would be paid for at the rate of Rs. 1000/- per page subject to the maximum of Rs. 4000/- per article.

Contributions to the journal should be addressed to the Editor.

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# දෛසනිය

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**මාලා මල්කාන්ති පරණගමගේ**

රූ රටා සංස්කාරක  
**සංජීව පෙන්නාවඩු**

විශේෂාංග ලේඛකයන්  
**රංගිකා අබේසේකර**  
**තිරාණ මධුරංගි**

ප්‍රවෘත්ති නිලධාරී  
**නිල්මිණි ප්‍රනාන්දු**

ජායාරූප  
**රජයේ ප්‍රවෘත්ති දෙපාර්තමේන්තුවේ**  
**ජායාරූප අංශය**

බෙදුනැරීම  
**දෛසනිය හා ප්‍රකාශන අංශය**

මුද්‍රණය  
**රජයේ මුද්‍රණ දෙපාර්තමේන්තුව**

ප්‍රකාශනය හා බෙදුනැරීම  
**රජයේ ප්‍රවෘත්ති දෙපාර්තමේන්තුව**

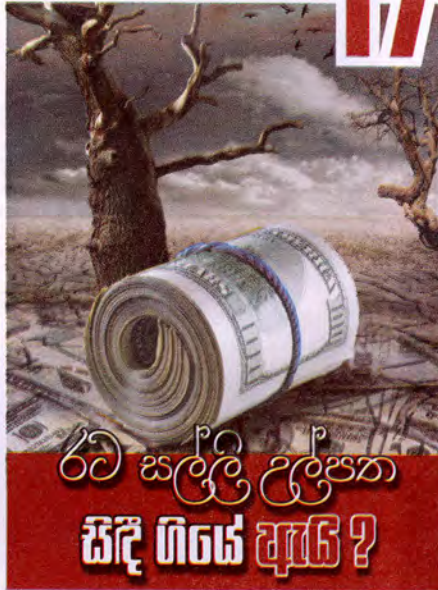
### නිතවත් පාඨකයින්,

44 වසරක් ඔබ වෙත දැනුම ලබාදුන් 'දෛසනිය' පුවත් සඟරාව වෙත පාඨක ඔබගේ අදහස් කෙටියෙන් ලියා කැපැල් ලිපිනයට හෝ විද්‍යුත් කැපැල් ලිපිනයට හෝ යොමු කරන්න

**සංස්කාරක**

මෙහි පළ වන ඇතැම් ඡායාරූප අන්තර්ජාලයෙන් ලබාගත් ඒවා වන අතර ඒවායේ අයිතිය මුල් හිමිකරු සතු යි.

## නවරැස් නෂාව 17

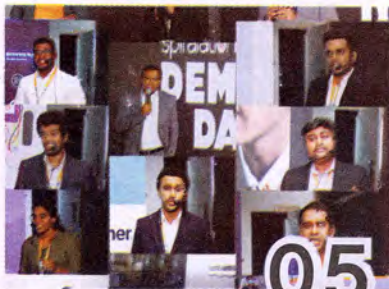


### ඊට සල්ලි දැමෙන සිඳි ගිවේ ඇයි ?



# 03

### නිදහසේ හුස්ම ගන්න



# 05

### තාක්ෂණ ව්‍යවසායකයන්ගේ ඵලදැක්ම



# 10

### නැවත ඉපදුණු ප්‍රතිසංස්කරණවාදියා



# 32

### ලක් මව රනිත් සැරසූ විද්‍යාඥයා



# 34

### නිල ආරථිකයේ නිසි ඵල හෙළාගෙන නැහැ



# 40

### 'දේව හස්තය' ට වාර්තාගත මිලක්



✓ ප්‍රධාන විශේෂාංගය

ඉලෙක්ට්‍රොනික් අපද්‍රව්‍යය

අද තිබෙන ලෝක පාරිසරික අර්බුද අතරින් මූලධර්ම වික් තිබෙන්නේ ඉලෙක්ට්‍රොනික් අපද්‍රව්‍යය එක් රැස්වීමයි.

04



✓ පුවත් විශේෂාංග



06



07



08



09

06 පික්සෙල් වොච්!  
ගූගල් වෙතින් ස්මාර්ට්වොච් එකක් වයි.

07 රොකි වැලට් අලුත් ක්‍රිප්ටෝ වැලට් එකක් හඳුන්වා දෙයි.

08 ඊශ්‍රායෙලයේ ඉසිවර දැක්ම වසංගත පුරෝකතන කෘත්‍රීම බුද්ධි යෙදුම් වයි.

09 පරිගණක ක්‍රීඩාව  
10 අලුත් වෙබ් සේවා

11

[PCUser]



- 13. ආඩුර්නෝ මයික්‍රො කොන්ට්‍රෝලර් ප්‍රෝග්‍රෑම්
- 14. වින්ඩෝස් 11 ශෝකස් ඇසිස්ට් විශේෂාංගය
- 16. සවුන්ඩ් සහ ටීවී කාඩ්වල දෝෂ සමනය කිරීම
- 18. පරිගණක පැන - විසඳුම්

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