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Sri Lanka

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WHO WE ARE...



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As the newsletter of the Library System at the University of Ruhuna, this publication covers noteworthy news and events that occurred during a specific period within the library system. The ideas expressed in feature articles published in this newsletter do not necessarily represent the ideas or opinions of the editorial committee but rather those of the writers

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University of Ruhuna celebrates opening of Renovated Library Building

Marking a significant milestone, the University of Ruhuna ceremoniously reopened its renovated library building complex on the 22nd of February 2024. The event, filled with jubilant spirits and anticipation, symbolized a return to academic normalcy after a period of partial closure due to necessary renovations. The three-story building complex of the University of Ruhuna Library began its construction in 1978 with the initiation of the university and was completed in 1986. It consolidated various small libraries that functioned in different places into one central hub for knowledge at the University of Ruhuna.

Over the past 36 years, it has been able to build up a vast collection of books related to a diversity of subject areas, enriching the hold of academic resources. Recognizing its importance in academia, the library underwent a significant renovation, costing Rs. 169 million. The refurbished library complex was unveiled on the 22nd of February 2024, promising the university community a renewed, more comfortable space for learning and exploration. The chief guest, Senior Prof. Sujeewa Amarasena, Vice Chancellor of the University of Ruhuna, graced the occasion with his esteemed presence. Additionally, the Deputy Vice Chancellor Professor Saman Chandana, Deans of the Faculties, Registrar, Bursar, and other academic and non-academic members were also in attendance, adding to the significance of the event.





The event commenced with a warm welcome address by the Librarian, Mr. Nimal Hettiarachchi, who expressed profound gratitude to all individuals whose concerted efforts made the reopening possible. The distinguished Chief Guest, Vice Chancellor Senior Prof. Sujeewa Amarasena, delivered an enlightening and heartfelt address, resonating with the collective aspirations of the university community. He emphasized the importance of the renovated library as a cornerstone of academic excellence. Deputy Librarian Mr. Lal Pannila made the vote of thanks.



LIBRARY ORIENTATION PROGRAMMES

Faculty of Humanities & Social Sciences

The Library Orientation Programme for the new intake 2023/2024 of the Faculty of Humanities & Social Sciences was held on 27th March 2024. The following library staff members contributed as resource persons.

Mr. U. A. Lal Pannila – Deputy Librarian

Mrs. Sakunthala Senevirathna – Senior Assistant Librarian

Mr. J. A. Ajith – Senior Assistant Librarian

This program included a library visit and practical sessions on 28th March 2024 following this orientation session.



Faculty of Technology

Library Faculty of Technology has conducted Library orientation sessions for new intake on 23rd and 30th November 2023. Mr. J A Ajith served as the resource person.



Library Quality Cell (LQAC)

The IQAC of the Library, University of Ruhuna was established in November 2020 in accordance with the guidelines given by the Center for the Quality Assurance (CQA) of the University of Ruhuna. The purpose of the IQAC, Library is to take measures to develop overall quality of the library under the vision and mission of the university. The primary purpose of an academic library is to serve the curricular, research and community outreach functions of its parent organization. Quality Assurance (QA) in higher education is the process by which university academic programs are assessed and evaluated against specific criteria. The Library plays a major role in Quality assurance mechanism of the University.

Responsibilities of IQAC

- Monitoring the overall quality of the library activities.
- Documentation of the various programs/activities leading to quality improvement within the Library.
- Arrangements to obtain feedback responses from students and the staff
- To promote a quality assurance culture within the university library system.
- To ensure good practices for quality assurance within the library with an enhanced governance and management.
- To serve as an implementing arm of the management in monitoring and evaluating development activities within the Library.
- The IQAC of the library should provide, promotes, maintains and evaluates a range of quality services that support the university's mission, goals and objectives.
- New policies should prepare in order to increase the quality of the services and the products of the library.

Establishing Quality Assurance Domains for the Library Quality Assurance Cell

In connection with the University of Ruhuna Library Quality Assurance Cell (LQAC), Quality Assurance Domains were established for streamlining the quality assurance activities in the library.

The LQAC members were assigned as the coordinators for each domain subcommittees. From 2024, the LQAC organizes its activities under these quality assurance domains.

Domain	Subcommittee
Staff development & Preservation and conservation	Mrs. Sakunthala Senevirathna - Coordinator Mrs. B.W.D. Pathirana - Member
Information	Mrs. K.A.I.M. Amarasekara - Coordinator
Library services and user satisfaction	Mr. U. A. Lal Pannila - Coordinator Mrs. K.A.I.M. Amarasekara - Member Mrs. H. E. Pavithra Mayuri - Member
Information Literacy & library user guide webpage	Mr. K.T.S. Pushpakumara – Coordinator Mrs. S.L. Gammanpila - Coordinator
Library web	Mr. J. A. Ajith - Coordinator
Promoting and marketing of library services	Mrs. H. E. Pavithra Mayuri - Coordinator
Infrastructure & meeting minutes archive	Mr. C.P.K. Edirisinghe - Coordinator Mrs. G.P. Dadallage - Member
Management of Processes	Dr. J. J. GarusingArachchi - Coordinator
IQAC quality assurance work - collecting and archiving information of quality related activities	Dr. Theja Kuruppu Arachchi – LQAC chairperson



LIBRARY IQAC
Internal Quality Assurance Cell



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From Visibility to Prestige: How Institutional Repositories (IRs) Elevate University Ranking through Enhancing the Research Visibility

By

Mr. D.M.T. Madushanka, Assistant Librarian (Technical Services) at the Main Library

In an era where the technology is pervasive everywhere, it is importantly required to highlight one side of integration of technologies in the modern libraries which excessively support for the betterment of an institution; especially in an academic setting. All around the world is talking about the open access availability of the knowledge and easy accesses to them as well as improvement of the institutional contribution to disseminate the knowledge around the world. The best platform for an academic institution to meet that objective is that maintain an Institutional Repository using flexible application software.

In simple terms Institutional repositories can be defined as “Extension of an academic institutional activity in support of research and developmental activities of the institution, protecting intellectual efforts and to promote scholarly communication among the users within and outside the institution” (Kaladhar et al., 2018).

An institutional digital repository, which is made up of digital content that has previously been published, and is ready for distribution or dissemination by the institution and is exclusively the result of student intellectual efforts. It is a good indicator of its academic success and achievements of both students and the staff. The following attributes are precisely what the institutional repository entails and comprises.



- **Open Access:** Usually, institutional repositories are open-access platforms, which allow users all over the world to freely access to the contents. This transparency increases the dissemination of scholarly outputs and enhances the visibility of academicians.
- **Digitalized Content Availability:** Research articles, conference papers, theses and dissertations, databases, multimedia resources, and other academic works created by, researchers, and students associated with the university are among the digital content that the repository mainly archives. And its provides an URI (Uniform Resources Identifier) for each publication hosted in the repository.
- **Long-term Preservation:** Digital scholarly content is intended to be permanently preserved and made accessible through institutional repositories. To protect against data loss and degradation, there are strong preservation techniques, such as backup systems, file format migration, and adherence to best practices for digital preservation in these application platforms.

- **Institutional Affiliation:** A particular academic institution's scholarly output is centrally stored in institutional repositories, which are associated with that institution. They frequently bear the institution's name and reflect its identity and branding.
- **Maintain Metadata Standards:** Standardized guidelines for metadata are used by institutional repositories to catalogue and describe the contents. Scholarly content can be found, retrieved, and interoperable across many repositories and especially hosted contents are indexed in Google.
- **Search and Discovery facilities:** Institutional repositories offer easy-to-use search and discovery options that make it possible for users to quickly find relevant academic material. Keyword search, advanced search filters, and author or subject-based browsing are available in these applications.

General Criteria of Higher Educational Rankings

There are different ranking systems run by different institutions and those ranking provides, regional, country and world rankings based on different criteria. In South Asian Countries, most popular ranking system is Ranking Web of Universities (Webometrics), Quacquarelli Symonds (QS) World University Ranking, The SCImago Institutions Rankings, UI Green Metrix, Times Higher Education World University Rankings, Academic Ranking of World Universities (ARWU) and etc. Majority of ranking systems consider research performance, innovation outputs and societal impact measured by their web visibility (SCImago, 2024), in addition to previous considerations the Sustainability, Employment Outcomes and International Research Network considered by QS Ltd., (2024), in UI Green Metrix which is assessing by(Integrated Laboratory and Research Center (ILRC), (2024), they consider Economic pillar with new considerations of QS World University Ranking. Not only that number of research articles published in reputed journals, number of citations and other factors related to research and publications are considered in every ranking system in the world.

Measures of Institutional Ranking (Webometrics)

As per the information at the methodology of Webometrics Higher Education Institutional Ranking provider Cybermetrics Lab - CSIC, (2024), “the Ranking Web is not a ranking of the websites of Universities, it is a Ranking of Universities. It uses both webometric (all missions) and bibliometric (research mission) indicators. The primary objective of the Ranking Web is to promote Open Access to the knowledge generated by the University. Best strategy to improve the rank is to increase quantity and quality of institutional web contents”.

When increasing the open access of the knowledge in the institutional web presence, it is required to publish them in an institutional domain which explore the institutional contribution that are considered by the institutional ranking providers.

In current scenario, to meet these requirements promoting the Institutional repository is the best platform for all the higher educational institution in Sri Lanka.



Enhancing Knowledge Visibility: The Role of Institutional Repositories

In a world of limitless information, making sure research findings are visible and accessible is essential to maximize their impact. As open-access repositories, institutional repositories facilitate academic communication by offering unrestricted, free access to research findings (Kodua-Ntim, 2023). Repositories expand the accessibility and impact of academic research by making scholarly findings easily accessible to a worldwide audience. This promotes increased cooperation, citation, and involvement within the scholarly community.



Moreover, by providing thorough metadata indexing and search capabilities, institutional repositories improve discoverability and make it easier for professionals, students, and researchers to find and access relevant scholarly material. In addition to helping individual researchers by providing more attention to their work, this enhanced visibility also helps the institution's reputation as a center for intellectual innovation and information sharing.

Emphasizing the commitment to extending boundaries of knowledge for the benefit of society, institutions may leverage new opportunities for cooperation, innovation, and academic excellence by adopting the principles of open access and information sharing. Institutional repositories will continue to be vital tools for increasing research visibility, enhancing academic impact, and influencing the way forward of scholarly communication as universities navigate the changing landscape of higher education through achieving the excellences. Thereby the Institutional Repositories provides an immense service as a Knowledge Management System to the institution in promoting its web presence.

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පොතක බලය : මානසික සුවය සඳහා ග්‍රන්ථ විකිත්සාව

සකුන්තලා සෙනෙවිරත්න, ජ්‍යෙෂ්ඨ සහකාර පුස්තකාලාධිපති, රුහුණ විශ්වවිද්‍යාලය.

කියවීම යනු කුමක්ද?

කියවීම මානසික ක්‍රියාවලියකි. කියවීම යනු කුමක්දැයි හැඳින්වීමට බොහෝ අර්ථකතන තිබේ. Merriam Webster Dictionary හි එය අර්ථ දක්වා ඇත්තේ පෙනීම හෝ ස්පර්ශය මගින් අකුරු සංකේත ආදියෙහි අර්ථය ලබා ගැනීමේ ක්‍රියාවලියක් ලෙසය. කියවීම යනු ලිඛිත හෝ මුද්‍රිත අකුරු වලින් අර්ථය ලබා ගැනීම සඳහා සංකේත විකේතනය කිරීම ඇතුළත් සංකීර්ණ සංජානන ක්‍රියාවලියක් ලෙස පෙන්වාදිය හැකිය. එය මූලික කුසලතාවයක් වන අතර දැනුම, තොරතුරු සහ අවබෝධය ලබා ගැනීමේ දොරටුවකි. කියවීම සාමාන්‍යයෙන් අකුරු, වචන සහ වාක්‍ය ඇතුළුව ලිඛිත භාෂාවේ අර්ථ නිරූපණය ඇතුළත් වන අතර පාඨයෙන් අර්ථය උකහා ගැනීම අවසාන ඉලක්කය වේ.

අද වන විට කියවීම සඳහා බොහෝ මාධ්‍ය ඇත. වර්තමානයේ පෙළ කියවීමට මෙන්ම තිරය කියවීමටද බොහෝ දෙනා පෙළඹී සිටී. පොත්පත්, සඟරා, පුවත්පත් වැනි මාධ්‍ය ඔස්සේ පෙළ කියවීම සිදු වන අතර රූපවාහිනිය මෙන්ම අන්තර්ජාලය භාවිතයෙන් පරිගණකය හෝ ජංගම දුරකතනය ඔස්සේ තිරය කියවීම සිදු කරයි. එසේ වුවත් මුද්‍රිත මාධ්‍යයක් ලෙස පොතට ඇති ඉල්ලුම ඉතා ප්‍රබලය. පොතට ඇති බලය කෙසේද යත් එයට මනස සුවපත් කිරීමේ හැකියාවක් ද පවතී. මේ නිසාම මනෝ විද්‍යාඥයන් විසින් රෝගීන්ගේ ප්‍රතිකාර ක්‍රමයක් ලෙස ග්‍රන්ථ විකිත්සාව (Bibliotherapy) යොදා ගනු ලබයි.

ග්‍රන්ථ විකිත්සාව

ග්‍රන්ථ විකිත්සාව නොහොත් කියවීමේ ප්‍රතිකාර ක්‍රමය බොහෝ රටවල මින්සුන්ගේ මානසික සෞඛ්‍ය ගැටලු සඳහා ප්‍රතිකාර කිරීමේ ක්‍රමයක් ලෙස සෞඛ්‍ය සේවා වෘත්තිකයන්, මනෝ විද්‍යා වෘත්තිකයන් මෙන්ම පුස්තකාල විසින් යොදා ගනු ලබයි. මිනිසුන්ට උපකාර කිරීම සඳහා මාර්ගෝපදේශ කියවීම් ද්‍රව්‍ය සැපයීම මින් සිදුවේ.

Bibliotherapy යන වචනය ග්‍රීක භාෂාවේ biblion නැතහොත් පොත (Book) යන අර්ථයෙන් ද oepatteid නැතහොත් සුව කිරීම (Healing) යන අර්ථය ද ලබා දෙයි. ග්‍රන්ථ විකිත්සාව යන්න ග්‍රන්ථ මාර්ගෝපදේශනය (biblioguidance), සාහිත්‍ය විකිත්සාව (literary therapy), ග්‍රන්ථ උපදේශනය (biblio-counseling) සහ පුස්තකාල ප්‍රතිකාර (library therapeutics) යන විකල්ප නාමයන් ද මේ සඳහා භාවිතා කරයි.

ග්‍රන්ථ විකිත්සාව යනු මානසික රෝගී තත්ත්වයන් නිරාකරණය සඳහා පොත් හෝ වෙනත් මාධ්‍ය සෘජුවම භාවිතා කිරීමයි. තවත් ආකාරයකින් කිවහොත් උපදේශනයේදී රෝගීන් සුව කිරීමට භාවිතා කරනු ලබන විකිත්සක මෙවලමක් ලෙසය. ස්ටීප් ටිස්ටන් ග්‍රන්ථ විකිත්සාව හඳුන්වා දී ඇත්තේ, වෛද්‍ය විද්‍යාවේ සහ මනෝ වෛද්‍ය විද්‍යාවේ විකිත්සක මෙවලම් ලෙස තෝරාගත් කියවීම් කට්ටලයක් භාවිතා කිරීම සහ එමගින් සෘජුවම කියවීම හරහා පුද්ගලික ගැටළු විසඳීමට ඇති ක්‍රමයක් ලෙසය (Stip, Östlundh and Abdel, 2020).

ග්‍රන්ථ විකිත්සාව යනු පුද්ගලයෙකුට තම ජීවිතයේ මුහුණ දීමට සිදු විය හැකි ගැටළු පිළිබඳව අවබෝධයක් ලබා ගැනීම සඳහා පොත් සහ සාහිත්‍ය භාවිතා කිරීමයි (Cherry, 2023). මානසික සෞඛ්‍ය වෘත්තිකයෙකු සමඟ සිතුවිලි, චිත්තවේගයන් හෝ ගැටළු සාකච්ඡා කිරීමෙන් පසු, විකිත්සකයෙකු මිනිසුන්ට ඔවුන්ගේ ගැටළු ගැන වැඩි විස්තර දැන ගැනීමට සහ උපකාර කළ හැකි විසඳුම් සෙවීමට විශේෂිත පොත් නිර්දේශ කරයි. ග්‍රන්ථ විකිත්සාව ප්‍රතිකාරයක කොටසක් ලෙස කියවීම ඇතුළත් වන සායනික හෝ ස්වයං-සංවර්ධන ප්‍රතිකාර ක්‍රමයක් වන අතර මනෝවිකිත්සාව සම්බන්ධව බොහෝ විට භාවිතා වේ (APA Dictionary of Psychology, 2024).

ග්‍රන්ථ විකිත්සාව බොහෝ විට විවිධ මනෝවිකිත්සක ප්‍රවේශයන්හි අතිරේක ප්‍රතිකාර ක්‍රමයක් ලෙස භාවිතා කරන අතර පුද්ගලිකව කියවීමේ සිට කණ්ඩායම් වශයෙන් සාහිත්‍යය සාකච්ඡා කිරීම දක්වා සියල්ල ඇතුළත් විය හැකිය. පොත් යනු ග්‍රන්ථ විකිත්සාවේ වඩාත් සුලභ අංගයක් වන අතර ලිඛිත කෘතිවල ඕනෑම ආකෘතියක් භාවිතා කළ හැකිය. පොත් (ප්‍රබන්ධ/කවි/නාට්‍ය/විචාර/වර්තමාන), සඟරා, පුස්තිකා, පර්යේෂණ පත්‍රිකා, උපුටා දැක්වීම්, බ්ලොග් යනාදිය උදාහරණ ලෙස පෙන්වාදිය හැකිය. (Gillette, 2022)

මානසික යහපැවත්ම සඳහා ග්‍රන්ථ විකිත්සාව

පර්යේෂණයන් පෙන්වා දී ඇත්තේ මානසික යහපැවත්ම සඳහා ග්‍රන්ථ විකිත්සාව මගින් ධනාත්මක බලපෑමක් ඇති කළ හැකි බවයි. එමගින් ප්‍රතිකාර කළ හැකි මානසික ආබාධ වර්ග කිහිපයක් පහත දැක්වේ.

- මානසික අවපීඩනය (Depression)
- ආතතිය සහ කාංසාව (Stress and Anxiety)
- මනෝභාවයේ ආබාධ (Mood Disorders)
- භීතීකාව (Phobias)
- පශ්චාත් ව්‍යසන ආතති ආබාධ (Post-Traumatic Stress Disorder)
- සන්ත්‍රාසය (Panic Attacks)
- හැසිරීම් සහ චින්තනවේගීය ආබාධ (Behavioral and Emotional Disorders)
- ආහාර ගැනීමේ අක්‍රමිකතා (Eating Disorders)
- නිදාගැනීමේ අක්‍රමිකතා (Sleeping Disorders)
- ද්‍රව්‍ය භාවිතයේ ආබාධය (Substance Use Disorder -SUD)

(Dos Reis et al, 2020; Wang et al, 2020; Glavin & Montgomery, 2017; Hazlett-Stevens, 2017; Eum, 2015; Williams et al, 2013; Jernelöv et al, 2012; Febbraro, 2005; Wright et al, 2000).

මනෝ විකිත්සකවරුන්, සෞඛ්‍ය වෘත්තිකයන්, පර්යේෂකයන් විසින් පෙන්වා දී ඇති පරිදි විවිධ පුද්ගලයන් එදිනෙදා ජීවිතයේ මුහුණ දෙන බොහෝ මානසික ව්‍යාධි තත්ත්වයන්ට ප්‍රතිකාර ක්‍රමයක් ලෙස ග්‍රන්ථ විකිත්සාව නැතහොත් පොත් ප්‍රතිකාර ක්‍රමය බොහෝ ඉවහල් වන බවයි.

වර්තමාන සමාජය තුළ සෑම පුද්ගලයකුම ඉතා කාර්යබහුල ජීවිත ගත කරනු ඇත. තවද නූතන තාක්ෂණය භාවිතයත් සමඟ මිනිසාගේ වැඩ ලෝකය සංකීර්ණ වී ඇත. මේ හේතුවෙන් මිනිසාගේ සෞඛ්‍යයට කායිකව පමණක් නොව මානසිකව ද ප්‍රබල බලපෑමක් එල්ල වී ඇත. පුද්ගලයකුගේ මානසික සෞඛ්‍ය සුවපත් කිරීමේ ප්‍රතිකාරයක් ලෙස ග්‍රන්ථ විකිත්සාව යොදා ගැනීම තුළින් මානසික යහපැවත්ම වැඩිදියුණු කිරීම සඳහා එය කෙසේ වැදගත් වන්නේදැයි බලමු.

ආතතිය සහ කාංසාව අවම කිරීමට (to reduces Stress and Anxiety):

වර්තමානයේ බොහෝ පුද්ගලයන් සතු ලක්ෂණයක් ලෙස ආතතිය හැදින්විය හැකිය. එය සෞඛ්‍යය සම්පන්න ජීවිතයට බාධා පමුණුවන මානසික ව්‍යාධි තත්ත්වයක් ද වේ. මානසික ආතතිය අවම කිරීම සඳහා විවේකය ඉතා වැදගත් වේ. කෙසේ වුවද ආතතිය නැති කිරීම දුෂ්කර කාර්යයක් වුවද එය පාලනය කිරීමේ හැකියාව පවතී. මනෝ විකිත්සකවරු විසින් පුද්ගලයකුගේ මානසික ආතතිය අවම කිරීම සඳහා ග්‍රන්ථ විකිත්සාව බෙහෙවින් යොදා ගනී. හොඳ පොතක් සමඟ සම්බන්ධ වීමෙන් එදිනෙදා ජීවිතයේ පීඩනයෙන් මිදීමට හැකියාව ඇත. එසේම යම් යම් පුද්ගලයන් තුළ කලින් කල ඇති විය හැකි කාංසා හැඟීම් (feeling of Anxiety) සමනය කර ගැනීමටද කියවීම උපකාරී වේ.

ෂර්මා විසින් කරන ලද අධ්‍යයනයකින් පෙන්වා දෙන්නේ එම අධ්‍යයනයට යොදාගත් පිරිසගෙන් 89%ක ප්‍රතිශතයක් සඳහා ග්‍රන්ථ විකිත්සාව මගින් ආතතිය, ඔරොත්තු දීමේ හැකියාව, සිහිය, කාංසාව සහ ජීවන තත්ත්වයෙහි සංඛ්‍යානමය වශයෙන් සැලකිය යුතු දියුණුවක් ලබා ඇති බවයි. ඒ අනුව ආතතිය සහ කාංසාව අඩු කර සනිය සිහිය සහ ජීවන තත්ත්වය වැඩි දියුණු කිරීම සඳහා කියවීම තුළින් විශිෂ්ඨ බලපෑමක් සිදුවන බව පෙන්වා දෙයි (Sharma, 2014).

මානසික අවපීඩනය අවම කිරීමට (to reduces Depression):

මානසික අවපීඩනයෙන් පෙළෙන බොහෝ අය පොතකට පිවිසීමෙන් තම ජීවිතයේ කරදරවලින් ටික වේලාවක් ඉවත් කළ හැකි බව සොයාගෙන ඇත. එහිදී විවේචනාත්මක චින්තන කුසලතා ක්‍රියා කිරීම තුළ මානසික අවපීඩනය අඩු කිරීමේ ප්‍රබල කාර්යභාරයක් සිදු වේ. එසේම කියවීම මානසික ආතතිය අඩු කරන නිසා හොඳින් නිදා ගැනීමට උපකාර වන අතර එය මානසික අවපීඩනය සමනය කිරීමට ද උපකාරී වේ.

ඒ අනුව ග්‍රන්ථ විකිත්සාව මානසික අවපීඩනයට ලක්වූවන්ට සම්පූර්ණ වශයෙන් හෝ අතිරේක ප්‍රතිකාරයක් ලෙස මානසික අවපීඩන රෝග ලක්ෂණ වලට ප්‍රතිකාර කිරීමට භාවිතා කළ හැකි බව පර්යේෂකයන් පෙන්වා දී ඇත (Usher, 2013).

නිදා ගැනීමේ අක්‍රමිකතා හා භීතීකාවන් අවම කිරීමට (to reduces Sleeping Disorders and Phobias):

විශේෂයෙන්ම කුඩා දරුවන්ගෙන් අවම වශයෙන් 20% ක් සඳහා නින්දාට යාම විශාල දුෂ්කරතාවයක් බවට පත් වන අතර, එය දරුවා සහ දරුවාගේ පවුලේ අය සඳහා දරුණු නින්දේ ගැටළු, කාංසාව සහ දුක් වේදනා සමඟ සම්බන්ධ වන බවත් පර්යේෂකයන් විසින් පෙන්වා දී ඇත (Gordon et al, 2007).

එසේම රාත්‍රීකාලය තුළ ඇතිවන භීතීකාව ළමුන් තුළ බහුලව දක්නට ලැබෙන තවත් මානසික ව්‍යාධි තත්ත්වයකි. මෙම රාත්‍රී භීතීන්ගේ අන්තර්ගතය විවිධාකාරයෙන් දැකිය හැක. අන් අයගෙන් වෙන්වීම හෝ අහිමි වීම (උදා., දෙමාපියන් මියයාම ගැන කතාස්සල්ල), පුද්ගලික ආරක්ෂාව (උදා., කොල්ලකරුවෙකුට ඇති බිය, සොරෙකු නිවසට කඩා වැදීම), මන:කල්පිත ජීවීන් (උදා: අවතාරවලට ඇති බිය සහ රාක්ෂයන්), බියජනක සිහින, සහ අඳුරට බිය සහ තනිව සිටීම (Rafihi-Ferreira et al, 2018) වැනි මෙම මානසික ව්‍යාකූල තත්ත්වයන්ට ප්‍රතිකාරයක් ලෙස ග්‍රන්ථ විකිත්සාව යොදා ගැනීම තුළින් අවම කර ගැනීමට හැකියාව ඇති බව මෙම පර්යේෂණ තුළින් පෙන්වා දී ඇත.

ආහාර ගැනීමේ අක්‍රමිකතා අවම කිරීමට (to reduces Eating Disorders):

ආහාර ගැනීමේ අක්‍රමිකතාව යනු හැඟීම් සහ වෙනත් තත්ත්වයන් සමඟ කටයුතු කිරීමට ආහාර පාලනය භාවිතා කරන මානසික සෞඛ්‍ය තත්ත්වයකි. සෞඛ්‍යයට අහිතකර ආහාර ගැනීමේ හැසිරීම් වලට වැඩිපුර හෝ අඩුවෙන් ආහාර ගැනීම, සිරුරේ හැඩය හෝ බර ගැන ඇති කතාස්සල්ල, ආහාර ගැනීමෙන් පසු විරේචක ගැනීම, අනවශ්‍ය ලෙස ව්‍යායාම කිරීම වැනි ආහාර සමඟ ඇති දැඩිපුරුදු හෝ වර්ගාවන් මගින් කතාස්සල්ල, මානසික අවපීඩනය හෝ මනෝභාවයේ වෙනස්කම් වැනි රෝගී ලක්ෂණ තත්ත්වයන් දැකිය හැක.

මෙවැනි මානසික සෞඛ්‍ය තත්ත්වයන් සඳහා ස්වයං-උදව් පොත් නිර්දේශ කර ඇති අතර ප්‍රබන්ධ (උදා: නවකතා, කථා), කවි සහ මතක සටහන් ඇතුළු අනෙකුත් පොත් බොහෝ විට විකිත්සකයින් විසින් නිර්දේශ කර ඇති බව පර්යේෂණ තුළින් පෙන්වා දී ඇත (Trosianko, 2018).

ඇබ්බැහිවීම් අවම කිරීමට (to reduces Addiction):

වර්තමානයේ බොහෝ පුද්ගලයන් විවිධ ද්‍රව්‍ය සඳහා ඇබ්බැහි වී ඇත. විශේෂයෙන්ම කුඩා දරුවන් අන්තර්ජාලයට හා වීඩියෝ ක්‍රීඩා (Video Games) වැනි ක්‍රියාකාරකම් සඳහා ඇබ්බැහි වී තිබීම සුලබ ලක්ෂණයකි. එපමණක් නොව තරුණ පිරිස් අතර විවිධ නීති විරෝධී මත්ද්‍රව්‍ය, මධ්‍යසාර හෝ ඖෂධ වැනි ද්‍රව්‍ය භාවිතයට අධික ලෙස පෙළඹී සිටිනු දැකිය හැක. මෙලෙස ද්‍රව්‍ය භාවිතය පිළිබඳ අක්‍රමිකතාවය හේතුවෙන් පුද්ගලයෙකුගේ මොළයට සහ හැසිරීමට බලපාන මානසික ආබාධයන් හා රෝග ලක්ෂණ දරුණු විය හැක. ශාරීරිකව බලපාන රෝගී තත්ත්වයන් මෙන්ම මානසික වශයෙන් බලපාන සියදිවි නසා ගැනීම, ලිංගික අපරාධ, මිනීමැරුම්, අසහන තත්ත්වයන්ට යොමුවීම සිදුවීමට එය සෘජුවම බලපායි.

පර්යේෂණ මගින් පෙන්වා දෙන්නේ මුල් අවධියේදීම මෙවැනි ව්‍යාකූලතාවයන් සමනය කිරීමට ග්‍රන්ථ විකිත්සාව යොදා ගැනීම ඵලදායී වන බවයි. ශේෂ විසින් කරන ලද පර්යේෂණයට අනුව යොදා ගත් පිරිසගෙන් වැඩි ප්‍රතිශතයක් මත්ද්‍රව්‍ය භාවිතය සම්පූර්ණයෙන්ම නතර කිරීමට අධ්‍යාත්මික/ ධාර්මික ග්‍රන්ථ විකිත්සාව තුළින් හැකි වූ බව පෙන්වා දෙයි (Shehu, 2019). සාහිත්‍ය කියවීම නැතහොත් සාහිත්‍ය විකිත්සාව මෙවැනි ඇබ්බැහිවීම් සඳහා යහපත් ප්‍රතිකාර ක්‍රමයක් බව ඔවුන්ගේ අදහසයි.

මෙම කරුණු අනුව පැහැදිලි වන්නේ පුද්ගලයන්ට බලපාන විවිධ මානසික රෝගී තත්ත්වයන්ට ප්‍රතිකාර ක්‍රමයක් ලෙස ග්‍රන්ථ විකිත්සාව නැතහොත් පොත් කියවීම තුළින් එය සමනය කළ හැකි බවයි. විශේෂයෙන්ම ප්‍රබන්ධ කෘති මෙන්ම ප්‍රබන්ධ නොවන කෘති, කවි හෝ නාට්‍ය සම්බන්ධ කෘති, චරිතාපදාන/ ස්වයං චරිතාපදාන පිළිබඳ කෘති මෙන්ම අධ්‍යාත්මික නැතහොත් ධාර්මික ග්‍රන්ථ මගින් ඒවායෙහි ජීවත් වන විවිධ චරිත හා අත්දැකීම් පුද්ගලයෙකුගේ මනස සුවපත් කිරීමට ඔසුවක් බවයි. පුද්ගලයෙකුගේ මානසික බිඳවැටීමකින් ඇති වන දුක, තරඟ, කාන්සිය, අතෘප්තතාවය පාලනය කිරීමටත්, පුද්ගල සංවේදනයන් ඇති කර ගැනීමටත්, පුද්ගලික සබඳතා කෙරෙහි ධනාත්මක බලපෑමක් ඇති කළ හැකි ප්‍රතිකර්මයක් ලෙස පොත් කියවීම පෙන්වා දිය හැකිය.

මනෝවිද්‍යාත්මක ගැටලු නූතන සමාජයට විශාල අභියෝගයකි. සෑම පුද්ගලයින් 8 දෙනෙකුගෙන් එක් අයෙකු නැතහොත් ලොව පුරා මිලියන 970 ක ජනතාවක් මානසික ආබාධයකින් පෙළෙන බවත්, කාංසාව සහ මානසික අවපීඩන ආබාධ ඒ අතර වඩාත් සුලභ බවත් සෞඛ්‍ය ප්‍රමිතික සහ ඇගයීම් ආයතනය පෙන්වා දෙයි (Institute of Health Metrics and Evaluation, 2019). 2020 දී COVID-19 වසංගතය හේතුවෙන් කාංසාව සහ මානසික අවපීඩන ආබාධවලින් පෙළෙන පුද්ගලයින්ගේ සංඛ්‍යාව සැලකිය යුතු ලෙස ඉහළ ගොස් ඇති අතර මූලික ඇස්තමේන්තු අනුව වසරක් තුළ කාංසාව සහ ප්‍රධාන මානසික අවපීඩන ආබාධ සඳහා පිළිවෙලින් 26% සහ 28% ක වැඩිවීමක් පෙන්වුම් කරන බව ලෝක සෞඛ්‍ය සංවිධානය අවධාරණය කර ඇත (World Health Organization, 2022).

සෞඛ්‍ය ප්‍රමිතික සහ ඇගයීම් ආයතනය විසින් පෙන්වා දෙන දත්ත වලට අනුව, මිලියන 301 ක ජනතාවක් කාංසාව ආබාධයෙන් පෙළෙන අතර ඉන් මිලියන 58 ක් ළමුන් සහ නව යොවුන් වියේ දරුවන් බව පෙන්වා දෙයි. එසේම මිලියන 280 ක ජනතාවක් මානසික අවපීඩනයෙන් පෙළෙන අතර ඉන් මිලියන 23 ක් ළමුන් සහ යෞවනයන් වේ. මිලියන 3 කට ආසන්න ළමුන් සහ යෞවනයන් ඇතුළු මිලියන 14 ක ජනතාවක් ආහාර ගැනීමේ අක්‍රමිකතාව නැමති මානසික පීඩනයට ලක්ව ඇත (Institute of Health Metrics and Evaluation, 2019). මෙවැනි බොහෝ මානසික ව්‍යාකූලතාවයන්ට ප්‍රතිකාර ක්‍රමයක් ලෙස මනෝ චිකිත්සකවරුන්, සෞඛ්‍ය වෘත්තිකයන්, පුස්තකාලයාධිපතිවරුන් විසින් ග්‍රන්ථ චිකිත්සාව නොහොත් පොත් කියවීමේ ප්‍රතිකාරය වර්තමානයේ බහුලව භාවිත කරන බව පර්යේෂණයන් තුළින් පෙන්වා දී ඇත.

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Achievements (Academic Staff)



Mr. J. J. Garusing Arachchige, the Senior Assistant Librarian at the Faculty of Engineering, University of Ruhuna, successfully completed his PhD studies on 30th October 2022 at the University of Colombo, Sri Lanka. His research focused on the examination of the relationship between resource capabilities and service quality in university libraries.

New Appointments



It is acknowledged that Mr. J. A. Ajith, Senior Assistant Librarian at the Technological Library, University of Ruhuna, has been appointed as the Administrator for the Turnitin Similarity Checking platform of the University, effective from February 2024. The university community is advised to contact him in cases of using Turnitin.



Mrs. H.E.P. Mayuri, Assistant Librarian at the Allied Health Library, University of Ruhuna, has been appointed as the Administrator for the Institutional Repository (IR) of the University of Ruhuna, effective from February 2024. The Institutional Repository of the University of Ruhuna serves the community by hosting a repository of academic publications from the university community, providing global visibility of the resources. Also, she was appointed to the following positions.

- A member of the Publicity Committee of UOR Quality Assurance Sessions (2024)
- A member of the iRuFARS Publicity & Web Committee (2024)
- The Chairperson of the Library and IT Committee of the Faculty of Allied Health Sciences (2024)
- A committee member of the university web committee (2024)



Ms. Sakunthala Senevirathna, Senior Assistant Librarian at the Main Library, University of Ruhuna, has been appointed as the Treasurer of the Humanities and Social Sciences Teachers' Union year 2023/2024.



Mr. U.A.Lal Pannila, Deputy Librarian at the Main Library, University of Ruhuna has been appointed as the Executive member of the Humanities and Social Sciences Teachers' Union year 2023/2024.

Resignations/Transferring



Mr. Thilina Madushanka, Assistant Librarian, Main Library resigned from the post and accepted the post of Lecturer at the Faculty of Management & Finance, University of Ruhuna with effect from 01st February 2024.

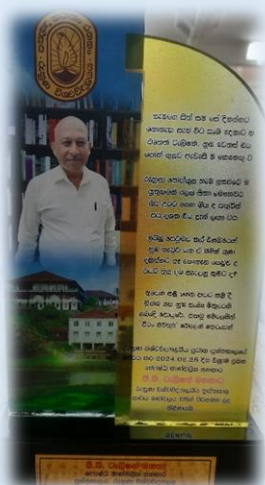


Retirements

Mrs. Umani Bogahawatta, Senior Staff Assistant (Library Service) at Main Library, University of Ruhuna, marked a long journey in her career and retired in November 2023.



Mr. P.B. Telison, Senior Staff Assistant (Library Service) at Main Library, University of Ruhuna, marked a long journey in her career and retired in February 2024.



Workshops

Workshop for Library Information Assistants



Library Staff require a refresh of their knowledge while they are continuously engaging in the process whereby supporting scholars to improve themselves through finding better resources relevant to their academic journey.

Under the theme of “Unlocking Library Excellence: Exploring Cataloging, Koha Database, and Institutional Repository for Modern Libraries”, a two-day workshop was held on 30th November 2023 and 01st of December 2023 at the main library, University of Ruhuna.

During the workshop, the following areas were covered.



Advanced Cataloguing Techniques for an Efficient Library- Mrs. Sakunthala Senevirathna – Senior Assistant Librarian

Working with Koha Database: New Trends and Practices – Mr. Nimal Hettiarachchi – The Librarian

Library Ethics, Accountability, and Responsibility – Mr. Lal Pannila – Deputy Librarian

Quality Assurance for enhancing Library Services – Dr. Theja Kuruppu Arachchi – Senior Assistant Librarian

Exploring the Process of Managing Institutional Repository and Document Delivery Service – Mr. Thilina Madushanka – Assistant Librarian

Mrs. Sakunthala Senevirathna coordinated the program.



Workshop: How to find resources from e-Databases



With the collaboration of the Library, the University of Ruhuna, and the Faculty Library Committee of the Faculty of Fisheries and Marine Sciences & Technology (FMST), conducted a workshop on 18th October 2023, for the final year students in the Faculty of Fisheries and Marine Sciences & Technology in the University of Ruhuna.

The workshop encompassed a comprehensive range of topics designed to enhance students' knowledge and awareness of available information sources at the University of Ruhuna, along with best practices for their utilization. The following areas were covered in the workshop.

- In-depth study of scholarly databases crucial for dissertation construction.
- Hands-on experience with techniques for effectively retrieving information from scholarly databases.
- Insights into alternative avenues for accessing commercially available publications.
- Comprehensive understanding of plagiarism and familiarity with the University of Ruhuna's robust Plagiarism Prevention Policy.
- Study of proven techniques for efficient reading and extraction of findings from research articles.
- Process involved in constructing the literature review chapter.

Dr. Kumudu Radmpola, the Chairperson of the Faculty Library Committee of the Faculty of Fisheries and Marine Sciences & Technology moderated the workshop and the following members served as the resource persons.

Sakunthala Senevirathna – Senior Assistant Librarian

Thilina Madushanka – Assistant Librarian



Workshop for the academic staff members of the Faculty of Science. “eResources access and introduction to TURNITIN”



A hands-on workshop on “eResources access and introduction to TURNITIN” was held on 11th June 2024 for the academic staff members of the Faculty of Science. The workshop venue was the Department of Computer Science computer laboratory. Dr Theja Kuruppu Arachchi, a Senior Assistant Librarian at the Main Library University of Ruhuna, contributed as the resource person.

Workshop on Curiosity-based Reading Enhances English Proficiency Among Undergraduates

Mahamodara, April 30, 2024 – Mrs. H.E. Pavithra Mayuri, Assistant Librarian at the Library, Faculty of Allied Health Sciences, University of Ruhuna, in collaboration with the faculty English Unit, hosted a highly successful workshop titled “Curiosity-based Reading as a Stimulus for Improving English among Undergraduates” at Lecture Hall 01, Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna. The purpose of the workshop was to enhance intrinsic motivation among undergraduates to learn English by harnessing curiosity.



The workshop targeted first-year undergraduates in the Faculty of Allied Health Sciences, with nearly 80 students in attendance. Assistant Librarians Ms. H.E. Pavithra Mayuri and Senior Lecturer Dr. K.G. Pramudika Nirmani also participated as organizers of the event. The workshop featured Mr. Ruwan Gunawardane, Senior Lecturer from the Department of English Language Teaching, Faculty of Humanities and Social Sciences, University of Ruhuna, as the esteemed resource person. Also, Ms. Kavidya Jayawardena, Assistant Lecturer in English, Faculty of Science, and Ms. L.H. Vishmi Dilprabha, Assistant Lecturer in English, Faculty of Allied Health Sciences, provided their invaluable support for this workshop.

Mr. Ruwan captivated participants with his expertise, insightful concepts, methodical teaching, and engaging presentation style. His passionate and stimulating session inspired lively discussions and significantly enhanced the participants' interest in learning English.

Feedback from attendees was overwhelmingly positive, emphasizing the profound impact of Mr. Gunawardane's contributions on their understanding, motivation, and appreciation of the subject matter. The Faculty of Allied Health Sciences expressed their sincere gratitude to Mr. Ruwan for his invaluable contribution and looks forward to future collaborations.

Other Matters

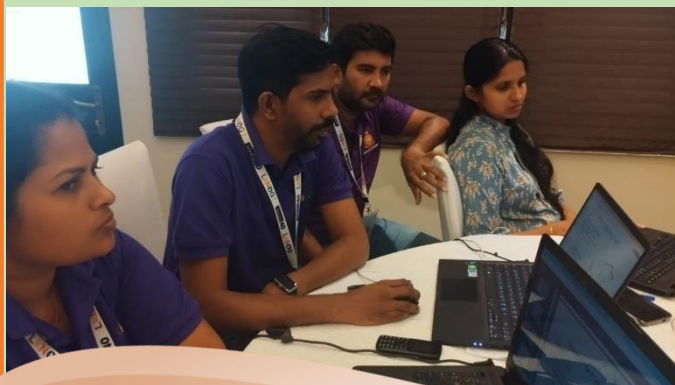
Pavithra Mayuri was Awarded Fellowship for SANOG40 Conference and Workshops

Conference Venue: Ballroom, Hilton Colombo, Sri Lanka - October 16, 2023

Workshop Venue: The Galle Face Hotel, Sri Lanka - October 17-20, 2023

Mrs. H.E. Pavithra Mayuri, Assistant Librarian at the Faculty of Allied Health Sciences, University of Ruhuna, recently participated in the 40th South Asia Network Operators Group (SANOG40) conference and workshops, held in Colombo,

Sri Lanka, from October 16 to 20, 2023. Mrs. Mayuri was honored with a prestigious conference fellowship, awarded to encourage the participation of women in the Internet and network industries. The fellowship also covered the \$190 total registration fee, which included lunches, stationery, and tea/coffee during the 05 event days. Hosted by LKNOG, the SANOG40 conference brought together professionals from across the region to discuss critical topics such as campus network design and operations and network security. These areas are directly relevant to Pavithra Mayuri's role as a member of the university network sub-committee and align with her long-term career goals.



This fellowship provided Pavithra Mayuri with an invaluable opportunity to expand her knowledge, network with industry experts, and contribute to the growth and development of the University of Ruhuna and the Library. Her participation underscores the importance of increasing women's involvement in the rapidly evolving field of network operations and security.

University Librarians Association Nominated Seven ULA Members for APAN56 International Conference

Colombo, Sri Lanka – August 21-25, 2023

The Library, University of Ruhuna, is pleased to announce that seven ULA members were nominated by the University Librarians' Association to participate in the 56th Meeting and Conference of the Asia Pacific Advanced Network (APAN56). The event was held from August 21st to 25th, 2023, at the Galle Face Hotel in Colombo, Sri Lanka.

Among the nominees, Mrs. H.E. Pavithra Mayuri, an assistant librarian at the University of Ruhuna, and an Exco member of the University Librarians Association (ULA) of Sri Lanka in 2023, was a key participant. Joining her were six distinguished colleagues: Dr. W.M.T.D. Ranasinghe, Ms. Pradeepa Udayangani de Silva, Ms. T.M. Seneviratne, Mr. S. Santharooban, Dr. (Ms.) Nayani Gunawardane, and Mr. Kusala Fernando. Three of the nominees attended the conference in person, while the others participated online, as shown in the accompanying picture.



Hosted by LEARN, the APAN56 Conference brings together experts and professionals in advanced networking and research from around the world. The participation of ULA members underscores the University librarians' commitment to professional development and international collaboration. Notably, the registration fee of \$450 per person was waived for all seven nominees, highlighting the significance of their involvement in this important conference.

The Library, University of Ruhuna, extends its best wishes to all seven nominees for a successful and enriching experience at APAN56.



The Library, University of Ruhuna Contribution to iRuFARS 2023 Conference by HE Pavithra Mayuri



Galle, Sri Lanka – November 10, 2023

The Faculty of Allied Health Sciences, University of Ruhuna, successfully hosted the iRuFARS 2023 conference under the theme "Health Research Beyond 75 Years of Independence." HE Pavithra Mayuri, representing the library of the University of Ruhuna, actively participated in the event as an organizing committee member. She was in charge of the Publicity & Web Committee, contributing significantly to the conference's success through her dedicated efforts in managing publicity and online presence.



University of Ruhuna Contribution to ICULA 2023 Conference by H. E. Pavithra Mayuri

Colombo, Sri Lanka – October 26, 2023

The University Librarians Association of Sri Lanka (ULA) organized the ICULA 2023 conference, focusing on "Transforming Academic Libraries for a Sustainable Future." Ms. H.E. Pavithra Mayuri, representing the library of the University of Ruhuna, played a pivotal role in the event, both as a presenter and an organizing committee member of ICULA 2023. She served as the Conference Web Editor and In charge of the Sponsorship Committee, successfully collecting sponsors totaling almost 9 lakhs for the event. Her contributions were instrumental in the conference's successful execution and financial backing.



How to develop reading habits

Ms. Sakunthala Senevirathna, Senior Assistant Librarian, University of Ruhuna delivered guest speech for the school students regarding the benefits of the reading books.

This program was conducted by the Athkandura Public Library in the Welivitiya Divithura Pradeshiya Sabha on 22th of March 2024. The main objective was in this program to develop reading habits of the school children.

School students, Librarians and Teachers participated in this program.



Reading Day Event Enlivened by UoR's Resource Person



A reading camp was organized by the public libraries of Pinnaduwa, Kalahe, and Kurunduwatta, operated by Akmeemana Local Government, on 9th November 2023 to celebrate the Reading Month Programme. This engaging session attracted over a hundred students from schools, along with a significant turnout of public librarians, teacher librarians, and parents. Mrs. Sakuntala Seneviratne, Senior Assistant Librarian of the University of Ruhuna, along with directors from the National Library and Documentation Services Board, contributed as resource persons to this event, enriching the experience for all participants.



Workshops conducted by the Library

The University of Ruhuna Library conducted the following workshops to improve information literacy skills among the university community.

No	Date	Workshop Title	Coordinated By	Target Group	Resource Person
01	2023-07-26	Awareness of Information Retrieval Techniques form Scholarly Databases Subscribed by University of Ruhuna	Faculty Library Committee of Faculty of Management and Finance	Final year Undergraduates of the Department of Entrepreneurship	Mr. D.M.T. Madushanka
02	2023-07-30	Awareness of Plagiarism Prevention policy of UOR	Faculty Library Committee of Faculty of Agriculture	All the final year Undergraduates of Agriculture	Mr. D.M.T. Madushanka
03	2023-07-30	Awareness on Plagiarism Prevention Policy of UOR	Faculty Library Committee of Faculty of Allied and Health Sciences	Final Year Undergraduates of Department of Nursing	Mrs. H.E.P. Mayuri
04	2023-08-02	Awareness of Information Retrieval Techniques form Scholarly Databases Subscribed by University of Ruhuna	Faculty Library Committee of Faculty of Management and Finance	Final year Undergraduates of the Department of Accountancy	Mr. D.M.T. Madushanka
05	2023-08-03 10:00 am - 12:00 pm (04 Groups)	Introduction to Library Environment and Best Practices	Library, Faculty of Allied Health Sciences	First year undergraduates of the Department of Nursing	Mrs. H.E.P. Mayuri
06	2023-08-18 9.30 am – 3.30 pm	Information Retrieval Techniques from Scholarly Databases of University of Ruhuna	Main Library	All the Library Information Assistants and Library Attendants in main library (12 Members were attend physically)	Mr. D.M.T. Madushanka Mrs. K.A.I.M. Amarasekara
07	2023-08-18 2023-08-25 2023-09-08 (03 Days)	Workshop on Information Searching Techniques and Scholarly Databases available in the Library	Main Library	All the Information Assistance in the library System	Mr. Nimal Hettiarachchi Mr. DMT Madushanka Mrs. KAIM Amarasekara
08	2023-08-25 9.30 am – 3.30 pm	Information Retrieval Techniques from Scholarly Databases of University of Ruhuna	Main Library	All the Library Information Assistants and Library Attendants in main library (12 Members were attend physically)	Mr. D.M.T. Madushanka Mrs. K.A.I.M. Amarasekara
09	2023-09-01 01:00 pm - 04:00 pm	Workshop on Reference Management Software - Zotero	Library, Faculty of Allied Health Sciences	Final year undergraduates of the Department of Pharmacy	Mrs. H.E.P. Mayuri

No	Date	Workshop Title	Coordinated By	Target Group	Resource Person
10	2023-09-05 10:00 am- 12:00 pm	Introduction to Zotero Reference Management Software	Library, Faculty of Allied Health Sciences	Faculty Library Staff	Mrs. H.E.P. Mayuri
11	2023-09-12 01.00 pm – 03.00 pm	Introducing Turnitin, plagiarism and reference management	Library, Faculty of Technology	Final-year students in the Department of Engineering Technology at FOT.	Mr. J.A. Ajith
12	2023-09-19 01.00 pm – 03.00 pm	Introducing Turnitin, plagiarism and reference management	Library, Faculty of Technology	Final-year students in the Department of Engineering Technology at FOT.	Mr. J.A. Ajith
13	2023-09-23 Time: 1.00 pm – 4.00 pm	Reference Management and awareness of Scholarly Databases	Library, Faculty of Agriculture	Post Graduate Students, Department of Agric. Economics and Agri Business Management	Mrs. K.A.I.M. Amarasekara
14	2023-10-16	Information Retrieval Techniques	Faculty Library Committee, Faculty of Agriculture	Final year students (42nd batch) of the Green Technology Degree program	Mrs. K.A.I.M. Amarasekara
15	2023-11-30 2023-12-01 2023-12-07 2023-12-08 (04 Days)	Workshop on Unlocking Library Excellence: Exploring Cataloging, Koha DataBase and Institutional Repository for Modern Libraries Workshop on “Quality assurance for enhancing library services”	Main Library	All the Information Assistance in the library System	Mr. N. Hettiarachchi Mr. U.A.Lal Pannila Dr. Theja Kuruppuarachchi Mrs. R.A.P.S. Senevirathna Mr. D.M.T.Madusanka
16	2023-12-11	Depositing Academic Publications to Institutional Repository	Main Library	Academic Staff, Faculty of Science, University of Ruhuna	Mr. D.M.T. Madushanka
17	2023-12-20 2023-12-21	Information Literacy section was conducted as a major component of Technical Writing and Presentation skills module (CC4102) for Final Year Students of Faculty of Agriculture (04 hours Session)	Library, Faculty of Agriculture	Final Year Students of 42 nd Batch	Mrs. KAIM Amarasekara
18	2024-04-30 03:00 pm – 05:00 pm	Curiosity-based Reading as a Stimulus for Improving English among Undergraduates	First year undergraduates of the Department of Nursing	English Unit and the Library, Faculty of Allied Health Sciences	Mr. Ruwan Gunawardane, Senior Lecturer at the Department of English Language Teaching, University of Ruhuna



LIBRARY

UNIVERSITY OF RUHUNA

Vision of the Library

“To be an internationally recognized academic library that caters for teaching, learning, research, and community development.”

Mission of the Library

“The mission of the University of Ruhuna library is to support the university’s commitment to excel in higher education by providing a high-quality information service to students, staff and the community at large, developing resources without prejudice and limitation to languages, contents and formats ensuring a continuous free flow of information, collaborating with other universities, institutional and governmental libraries in Sri Lanka for resource sharing.”



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