



# ANS NEWS LETTER

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## ANS Blood Drive



Blood donation is one of the most noblest and greatest donations a man can make. Many Sri Lankans lose their lives due to lack of blood. After identifying the service requirement of a donation of blood, 3<sup>rd</sup> year students of Animal Science Degree Programme annually organized "ANS blood drive" which was started in 2009 as a charitable activity. All the academic, non-academic staff members in Uva Wellassa University actively participated in this event in every year. Badulla General Hospital and the National Blood Transfusion Service extend great co-operation to make this event a success.



*Students of Department of Animal Science (2013/2014) with the staff of the General hospital Badulla.*

"ANS Blood Drive 2017" was successfully organized and completed by the 3<sup>rd</sup> year Animal Science students (2013/2014<sup>th</sup> batch), on 20<sup>th</sup> of October 2017 in the premises of Uva Wellassa University. This event was organized for the 9<sup>th</sup> consecutive year by the students of Animal Science Degree Programme with the aid of Blood Bank of General Hospital, Badulla. Dr. N.M.N. Nambapana, Senior lecturer, Department of Animal Science was the academic coordinator who greatly contributed to make this event a reality. A total number of 200 donors including the students and staff members from all Degree Programmes of the Uva Wellassa University Contributed generously to this endeavor. We are really grateful for everyone who helped to show the real values of mother UWU.

*By: Kasuni Siriwardhane (2014/2015 Batch)*

## Sakshara



*Sakshara 2017- Malangamuwa Vidyadeepa primary school*

When it comes to poverty and education, many children face difficult situations. Students who live in poverty come to school every day without the proper tools for success. As a result, they are commonly behind their classmates physically, socially, emotionally or cognitively. Apparently, everyone has a role in helping out these children.



"Sarkshara" is a wonderful example, which is responsible for helping less privileged students as mentioned earlier.

"Sarkshara" is organized by the Animal Science Society of Uva Wellassa University as one of their community service activities. The main objective of this event is to support a needy school and its students through supplying materials for their education and to motivate them to study well and move towards the path of success. In this event, a selected school was visited by the 3<sup>rd</sup> year undergraduates of the Animal Science degree programme together with their staff members. The little kids were donated with packages of stationery, school items and sports instruments.

"Sakshara 2017" was held on 21<sup>st</sup> November 2017 for the third consecutive year at the Malangamuwa Vidyadeepa

primary school in Badulla. It is located in a remote area in Badulla district and has only 61 students who follow their studies under fewer facilities.



Actually, it gives us an immense pleasure to see the innocent smiles on the faces of these little kids. Certainly, these innocent smiles and glistening eyes are evident for the success of this event.

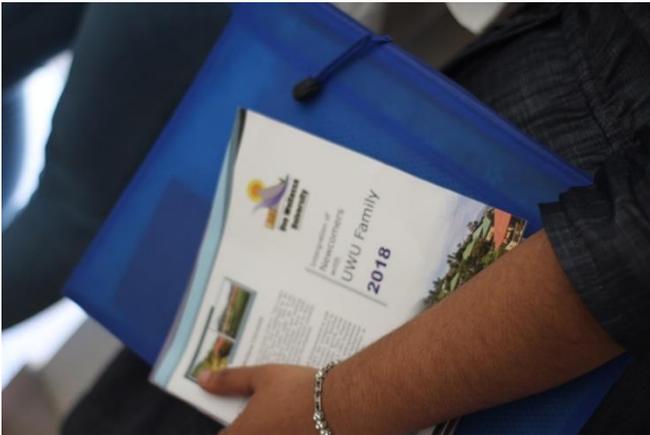
*By: Nalin Jayantha (2014/2015 Batch)*

## At the gate of wisdom

15<sup>th</sup> of January 2018 was not an ordinary day, but a life changer not for one, but for 758 youthful hearts. 758 freshers first step towards a better brighter and clearer future. Is there any other better place to start a journey than the beautiful plains of Badulla, where the Uva Wellassa University of Sri Lanka stands gracefully, captivated by an awe-inspiring ambiance, containing her pride in the most condescending nature.



Out of the 758 privileged scholars, 48 were chosen to follow the Bachelor of Animal Science (BASC) Degree program under the Department of Animal Science in the Faculty of Animal Science and Export Agriculture. Starting off from the first day, mother UWU along with her driving force of academic and non-academic staff had so much in store for each and every scholar for academic year 2017/2018. A 16-day orientation program was hosted and coordinated by a panel of respected academic staff in order to introduce and inculcate the culture, ethics, values, knowledge and attitudes required to be part of the UWU family.



During these 16 days, we were able to get a wholesome idea about the academic and administrative structure of the university and furthermore we acknowledged about the information provided on Bursary and “Mahapola scholarship” schemes which aided in clarifying doubts that we had. In addition to this we were made conscious about various other important topics which are salient for our university life. On the other hand we were also introduced and provided guidelines about the nuance facilities that are offered by the University. Such as; the UWU mentoring program, Library, IT Centre, Sports Centre and also the hostel facility and rules and regulations. During the period all scholars were provided with a basic Mathematics and English course that would support their future academic life.

The sports day organized by the sports center of the University helped to build teamwork and leadership among us. Furthermore, the personality development program helped to polish our attitudes and identify our strengths and weaknesses. Without stopping here, the integration program ended extravagantly on the 30th of January with a talent show ‘Affinidad 2018’, which was organized by the fresher’s themselves. This event was a

great opportunity and a platform to identify our hidden talents and develop our management skills and also to get to know one another.



Being a part of the UWU family has been a prerogative experience thus far and definitely will continue towards the future. The orientation program was succeeded to propel the cohesiveness between the scholars and the university and also in between the scholars themselves. It opened the gates for 758 dreamers to make their dreams a tangible reality. Hence, now as children of mother UWU, we share the common goal of making her the renowned center of knowledge and expertise for value addition to the Sri Lankan resources base.

*By: Sandhiti Fernando (2016/2017 Batch)*

### ANS Trophy



ANS trophy, is one of the most remarkable and prestigious sports events in the history of Uva Wellassa University. This has been organized since 2008, focusing on bringing out the sports talents and potentials of University undergraduates while sharpening and enlightening the

talents. Undergraduates of Animal Science degree programme organize this football tournament annually in the University playgrounds with the active participation of respective gathering. The tournament is conducted with the teams representing the respective Departments; together with a team composed of former football players of Uva Wellassa University.



ANS Trophy 2K17 was held on 10<sup>th</sup> August of 2017, at university's playground, and it was the 10<sup>th</sup> consecutive year. Mr. J.D.M. Senevirathne, lecturer, Department of Animal Science was the academic coordinator to make this event a success.



10<sup>th</sup> Anniversary celebration coins

In this year, 6 teams battled head to head against each other, to gain the honor of being champions. As a result of heavy raining, playing schedule was shifted to the next day. CST Black Bears reigned as champions, after defeating UWU firebirds by penalties. Certainly, they had the fire in their heart and the determination to get the job done, way to go CST Black Bears. Congratulations!

By: Ramesh Nimatha Rupasinghe (2015/2016 Batch)

## Nutrition of the egg



Eggs are wholesome foods which are consumed throughout the world regardless of religion and ethnic groups. They are having a high biological value of 93.79% comparable to milk, fish, and beef. To get the balanced nutrition it is not necessary to eat expensive food. Apart from being inexpensive, eggs are a complete food which contains a balanced amount of all the essential nutrients in contemporary diets.

An egg basically consists of 3 parts namely eggshell, egg yolk, and egg albumen. Albumen also is known as egg white accounts for most of an egg's liquid weight about 67%. Egg white compress more than half the eggs total proteins. It contains many functionally important proteins. Ovalbumin, ovotransferrin (conalbumin), ovomucoid, ovomucin, and lysozyme are among the major proteins and ovoinhibitor, ovomacroglobulin (ovostatin), cystatin, avidin can be found in minute levels.



Scotch egg also called picnic egg, a value added egg product

Egg yolk or yellow portion makes up about 33% of the liquid weight of an egg. It contains all of the fat in the egg and a little less than half of the protein. It is composed of

phospholipids, triglycerols, free cholesterol, cholesterol ester, and essential unsaturated fatty acids which have a central role in egg nutritional properties evaluation. Further, an egg is a potent source of vitamin D, A, K, E (fat-soluble vitamins) and water-soluble B vitamins and minerals like iron, phosphorous, manganese but it is low in calcium and devoid of vitamin C.

This provides a unique well-balanced source of nutrients for persons of all ages. This contributes significantly to the body's nutrient needs during rapid growth and is, therefore, an excellent food for young children and teenagers as a growth promoter. The high digestibility and concentrated nutrient content of eggs make them a valuable food source for those recovering from illness. In addition, eggs are acceptable in diets for the elderly who may have lower caloric needs but have greater difficulty digesting and absorbing nutrients.

The components of egg have been for recognized biological diverse including antimicrobial activity and immunomodulatory activity. Nature has provided good cholesterol (HDL) in the egg yolks, which is in minute quantity, but very effective. Eggs are a very good remedy for protein malnutrition.

In conclusion, eggs don't have any side effects on the heart, blood pressure, and serum cholesterol, and are safe in every aspect which play a major role in the nutritive aspect in human lives.

By: *Cayathree Nidarshika (2013/2014 Batch)*

### **Aurora "the juicy bite"**



Aurora is an annual food festival organized by the Department of Animal Science. It is always a highly

anticipated event in UWU's annual event calendar. The most wonderful thing is in addition to being an entertaining activity; this annual event was organized to raise funds to help needy school children in Uva Province.

An additional flavor was incorporated with a melodious musical background to this event by the members of the Art circle of Uva Wellassa University. Moreover, Uva Rayon Media Unit generously offered the official photography partnership for the event to make it memorable. Aurora 2k17 was hosted by the 3<sup>rd</sup> year students of Department of Animal Science under the supervision of academic coordinator, Mr. Priyanath Jayasinghe, Lecturer, Department of Animal Science.



To make things even more exciting there were a large number of food verities. Spectacular range of lips smacking dishes were offered under different categories for attractive prices which include Meat products (Chicken kebab, Chicken rotti, Grilled sausages, Barbeque, Chicken lollipop), Egg products (Egg scotch, French toast), Milk products (Milkshake, Ice cream), Fish products (Fish barbeque, Devilled fish). Absolutely the atmosphere was exquisite with numerous aromas and colorful decorations.

This amazing event creates the chance for the whole university community to get together and feast their taste buds with delicious foods. Hopefully the upcoming Aurora will come with a lot of twists, so be prepared!

By: *Helili Hemamali (2014/2015 Batch)*

## ANS Endeavors (Symposium)



The 2<sup>nd</sup> international Research symposium of Uva Wellassa University (IRSUWU 2018) was successfully held on February 1& 2, 2018 at Uva Wellassa University premises.

The Technical Sessions for 12 thematic areas were conducted after the plenary session. 425 presenters presented their research finding either as oral or poster presentations. Three Animal Science students, (2012/2013 batch) showed their brilliance through the presentations of the poster and oral media.

- Mr. A.G.M. Kalhara
  - Use of dried caged layer litter for replacing molasses in Total Mixed Rations (TMR) for dairy cattle
  - Best poster presenter in Plenary I- Animal & Crop Production Technology
  
- Ms. W.M.M.H. Thilakarathne
  - Assessment of sensory acceptability of beetroot (*Beta vulgaris*) incorporated buttermilk wine
  - Best Poster Presenter in Plenary II-Food Science & Technology
  
- Ms. J.M.N.H. Premarathne
  - Development of Garlic (*Allium sativum*) incorporated symbiotic butter
  - Best Oral Presenter Plenary II- Food Science & Technology
  - Best Overall Oral Presenter- Food Science & Technology



Ms. W.M.M.H. Thilakarathne, Best Poster Presenter in Plenary II- Food Science & Technology.

First, other people ignore you and laugh. Then they begin working against you. If you were anyone else, you would have just given up. Since you are you, you end up winning. We knew all along that you could do it. Congratulations! This is your reward for putting in so much hard work! Make sure to enjoy every bit of it.

By: Lahiru Lakmina (2012/2013 Batch)

## THE PERFECT INTERCEPTION...

Nimruk Ganepola is a 3<sup>rd</sup>-year Animal Science student who plays for UWU's rugby squad. Most recently he was nominated for Sri Lankan University's rugby squad. He was born in 1994 and his hometown is Negombo. This young talent is an old boy of Harischandra National College Negombo. During his school period, he was an honorary member of the school's athletic squad. He has participated in 100m & 200m sprinting event up to provincial level.



One of the most admirable things in his sports career is that the first introduction of rugby to his life has occurred in his early University days. As he mentioned he has been continuing his training sessions under a lot of barriers. Currently, he plays for the rugby team of Mercantile Investments & Finance PLC too. This talented youth is an immense pride for UWU family.



Lakmi Amendra Walisundara is an Animal Science student (2014/2015 batch), who plays for Uva Wellassa University basketball team as a defensive powerhouse. Due to her versatility on the court, she was nominated as the Uva Wellassa University student, who represents Sri Lanka of International University Sports Federation volunteer leader's academy 2018 at Russia.

She was born on November 2<sup>nd</sup>, 1992. Her primary education was completed from Girls' High School Mt. Lavinia, and then she attended St. Pauls' Girls' School Milagiriya until she completed her advanced level. She has performed well in school level basketball. She was the vice-captain of the under 19 basketball team of her school. Apparently, she is a really gifted young lady. Currently, she is the captain of UWU basketball squad. Her versatility and strong character in court provide a marvelous role model for everyone. We always think that the sky should always be the limit, but you have shown us that truly we should think beyond the sky. Congratulations on your achievements.