සන්නස SANNASA

Unity with Conflict and Diversity

Kithsiri Senadeera

Our මහගත්කරු-great writer Martin Wickramasinghe wrote in his book නව පද්‍ය සිංහලය that having issues, disagreements or difference of opinion වාදවිවාද enriches literature. If I remember correctly Prof Siri Gunasinghe also mentioned something similar when there was an issue on 'නි 'ණි 'ල' බේදය or 'නිසදෙස්'. Even Prof Ediriweera Sarachchandra has endorsed this opinion. Over 2600 years ago The Buddha mentioned a similar opinion about mankind. He said human beings have various physical and various psychological/ mental forms 'නානත්ත කායා, නානත්ත සංඥා' (Anguttara Nikaya)

Most of us think that disagreements and conflicts are part and parcel of our Sri Lankan culture. But I have observed that these are common to all other communities as well. But to what degree is difficult to assess.

My personal opinion is that, diverse opinions, views and conflicts in the Sri Lankan community is partly due to the education system in Sri Lanka. Though we often boast or self-praise that we are highly qualified professionals from Sri Lanka, the knowledge we gained is limited only to our subject area. It is not a multi-disciplinary education system. From Ordinary Level onwards students are channeled to Arts, Physical Science, Bio & Medical and Commerce. Even at university level that has not change. Disciplines such as History, Geography, Sociology, Psychology Anthropology, Fine Arts, Visual Arts etc. are not included in our university curriculum to have a multi-disciplinary or inter-disciplinary approach. It is regrettable to state that our internationally renowned university dons hardly did anything to bring a multi¡disciplinary approach to our university curriculum.
Further, as we concentrate mostly on academic excellence, very few students take part in extracurricular activities during their school or university career. Because of this narrow knowledge and lack of inter personal skills or social skills we find it difficult to understand or comprehend other persons, viewpoint and behaviour. The result is undue arguments and conflicts, I have seen this in our cultural activities when most engineering and science professionals are unable to comprehend the visual and performing arts approach and mentality resulting in major conflicts. Problems created by individuals or groups at times give us the opportunity to assess ourselves and to improve our own conduct and the associations' It is always good to remember the dark days of history, as it then places brighter days for the future. This is possible only if we learn lessons from history. By recalling our mistakes and irregularities made in the past we can learn lessons to eliminate similar occurrences in the future. Therefore, even the recent Easter Sunday terror attack in Sri Lanka could be used to prevent future attacks and also develop religious and ethnic harmony in the society.

A well known historian Southgate compared the two major political parties Tory and Liberal *(19th century)* in the British Parliament as two wheels in a carriage. Both are going in the same direction but throw mud to each other on the way. Similarly we all try to achieve the objectives given in a constitution of an association. However, we may differ in strategies and cause of action to achieve them. Therefore, we may have difference of opinion that may result in conflicts. If we are aware of this phenomena, we should be able to amicably settle any differences as we are seeking common goals. Setting up a conflict resolution process is a good move to any community organization. it is also good to have a self evaluation of any organization periodically and begin to think about the future directions.

After all conflicts are a natural phenomenon of humankind. The world history will prove this fact. However, it should not divide a group, a community or a nation. I think the Sri Lankan community in Australia are intelligent and matured enough to understand this phenomenon and work together in peace and harmony i.e. 'Unity with conflicts and diversity'

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- avoid the known allergen where possible.

Adrenaline Autoinjectors (EpiPen)

Adrenaline works fast to reverse a severe allergic reaction and adrenaline autoinjectors (EpiPens®)are designed for use by people who are not medically trained. If you are at risk, your doctor will have prescribed an adrenaline autoinjector.

Emergency first aid for asthma attacks

If you have asthma, your doctor will prescribe the correct medication and help you to develop a plan to manage your asthma and an action plan for asthma attacks.

Asthma can be well controlled with medication in most people. The main types of medication are:

- relievers that act quickly to relax the muscles around the airways – this is the medication used during an asthma attack (eg Ventolin)
- preventers that slowly make the airways less sensitive to triggers and reduce inflammation inside the airways – they are taken daily to help keep you well (eg- Seretide/ Flixitide)
- combination therapies that are preventers containing two different medications.(eg- Symbuicort)

If you, or someone you know, are having an asthma attack, follow the asthma action plan. In case of emergency, call triple zero (000) and ask for an ambulance. Tell the operator that someone is having an asthma attack.

The signs of an emergency include when the person:

- finds it very difficult to breathe
- is unable to speak comfortably or if their lips are turning blue
- has symptoms that get worse very quickly
- is getting little or no relief from their reliever inhaler.
  While waiting for the ambulance, give four puffs of reliever medication every four minutes.

If the person having the asthma attack (or sudden breathing difficulty) is known to have an allergy to food, insects or medication, always give the adrenaline autoinjector first, and then the asthma relief medication – even if there are no skin symptoms.

Where to get help

In an emergency, always call triple zero (000)

Emergency department of your nearest hospital

Your doctor

NURSE-ON-CALL.
Tel. 1300 60 60 24 – for health information and advice (24 hours, 7 days)

St John Ambulance Australia.
(Victoria) Tel. 1300 360 455

Allergy & Anaphylaxis Australia.
Tel. 1300 728 000

Asthma Australia.
Tel. 1800 ASTHMA (1800 278 462

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