Can we turn a blind eye to indiscriminate breeding of dogs in Sri Lanka?
CONTENTS

01 Message from the President, Sri Lanka Veterinary Association
01 Message from Secretary, Sri Lanka Veterinary Association
02 Voice of the editorial team
02 73rd Executive Committee of SLVA

HISTORY ➤➤➤

03 The Beginnings of the Veterinary Profession in Sri Lanka
05 අසයුමා මොන්තනක පාසල

PET ➤➤➤

07 Parvo Viral Diarrhoea
08 Free roaming dogs; Vectors for Rabies or an Effective Rabies control method?
09 Can we turn a blind eye to indiscriminate breeding of dogs in Sri Lanka?

INTERVIEW ➤➤➤

10 Interview with Malini Fonseka

FARM ➤➤➤

11 Investing in Dairy Business in Sri Lanka
13 දේතුමතම කාර්යාලයක් පිරී මගින් ගොඟමන්
16 මෙළක කාර්යාලයේ දැකගත විස්තර කරමු මෙම සාර්ථක කාර්යාලය මතුකලකු විශේෂ පාවුලයන්නේ
17 නිවේද කොට විවිධ / විශේෂමතා කොටස

FOCUS ➤➤➤

19 A Selection of 'Small Feathered Friends' Captured by the Lens of a 'Large Animal Vet'

PUBLIC HEALTH ➤➤➤

21 One Health in Curbing Zoonoses: Moving from Concept to Reality
23 Veterinary epidemiological perspective of SARS CoV-2 introduction to Sri Lanka.
25 'Quality' matters: Egg nutrition
27 Food systems on the brim

WILDLIFE ➤➤➤

28 Living with Monkeys in Sri Lanka
31 A Vet Profile

PHARMACEUTICAL ➤➤➤

33 Why veterinary drugs should be used with extra care?

STORY ➤➤➤

34 පුට්ට ගමනා නේද මාලා මවුවන්...

COMPETITION ➤➤➤

06 Pet Model
18 Art Competition
Biographies of Authors

Dr. Niranjala de Silva (FSLCVS, PhD, BVSc)
Dr. Niranjala de Silva is a Senior Lecturer in the Department of Veterinary Clinical Sciences (DVCS), Faculty of Veterinary Medicine and Animal Science, University of Peradeniya. She was the Head of DVCS and a member of University Senate. She is specialized in Veterinary Anaesthesia, Surgery and Diagnostic Imaging. She obtained her PhD from University of Cambridge, UK and a winner of Cambridge Trust Scholarship. She was instrumental in establishing the new Veterinary Teaching Hospital since early 2000s and still striving to upgrade the services provided by it. She is a Fellow of Cambridge Commonwealth Trust and Founder Fellow and the present President of the Sri Lanka College of Veterinary Surgeons. She is also a member of the Veterinary Council of Sri Lanka and was the immediate past President of Sri Lanka Veterinary Association (SLVA).

Prof. Indira Silva
She is a Professor emeritus with over 40 years of service at University of Peradeniya (UoP), where she held many leading titles, including Head of Department of Veterinary Clinical Sciences (DVCS), first lady to hold that post in the history. (Pl. note not until she retired in 2019!) She was a member of University Senate and one of the key persons in setting up the new Veterinary Teaching Hospital. She is a Fulbright Scholar with a PhD from University of California at Davis and BVSc from UoP. She is a past President of the Sri Lanka Veterinary Association, a founder Fellow of the Sri Lanka College of Veterinary Surgeons, Member of the Sri Lanka College of Haematologists, and the author of four books and many award winning research publications.

Dr. A. Thaiuba (BVSc, MBA)
Dr. A. Thaiuba (BVSc, MBA) graduated from the Faculty of Veterinary Medicine and Animal Science, University of Peradeniya in 2006 and later obtained a MVM in Biosecurity from Massey University in New Zealand and year 2016, a PhD in Immunology at the University Putra Malaysia. Presently he is a senior lecturer at the University of Peradeniya. His research interests include characterization and understanding of the immunopathogenesis of pathogens that directly impact food security and food safety. He collaboratively works with the animal production industry to strengthen sustainable production and distribution networks. He has been a resource person for national and international animal disease diagnostics and management workshops. Besides, his research outcomes were published in high impact scientific journals and he obtained presidential awards for his scientific contributions from 2016 onwards. Since 2016, he has been able to secure international and national grants worth 86.4 million and establish a modern laboratory equipped for molecular diagnosis of animal diseases, including Covid-19 in humans. He has been funded by the University Grants Commission to implement one health approach for successful containment COVID-19 with the utilization of genetic tools to tracing SARS-CoV-2 transmission, especially when the positive cases could not be traced up to the exposure point, identify epidemiological dynamics and improve the control measures.

Prof. Ashoka Dangolla
He joined the Department of Veterinary Clinical Science in 1989, served as the first resident clinician at Veterinary Teaching Hospital and currently serving as a Professor, and as an Honorary Director for the Ministry of Wildlife and Forest Conservation. He has held positions of Head of the Department, Warden, Deputy Proctor, Proctor, Student counselor, Chairman of Sports Advisory Committee and President of the Sri Lanka Universities Sports Association. He has supervised MSc, MVSc., MPhil and PhD students, published on areas of dogs, cats, goats, pigs, monkeys and elephants with special interest on human animal conflict.

Dr. Eeshan Weerasinghe (BVSc, MVM, PhD)
Dr. Eeshan Weerasinghe, is a life member of Sri Lanka Veterinary Association. He is currently working as the technical manager at Animal health division of Hayleys Agriculture Holdings Limited. Dr. Eeshan graduated in 2008 from the Faculty of Veterinary Medicine and Animal Science of University of Peradeniya and worked as a clinician at the Veterinary Teaching Hospital before he joins Hayleys. He is now having 10 years of experience in Veterinary pharmaceutical industry in Sri Lanka with some foreign exposure in UK, The Netherlands, Singapore, Thailand, India and some Asian countries. Dr. Eeshan is a member of World Poultry Science Association (WPSA) also. He is currently reading for his Masters of Business Administration.

Dr. A. Thaibua (BVSc, MBA)
Dr. A. Thaibua graduated from the Faculty of Veterinary Medicine and Animal Sciences, University of Peradeniya in 2005 and currently working as a veterinary surgeon in Kalumai Veterinary Office, provincial Department of Animal Production and Health, Eastern Province. She has obtained Master of Business Administration also.

Dr. T. Mayaruthy (BVSc, MSc)
Dr. T. Mayaruthy is a veterinary surgeon working in the Department of Animal Production and Health, Eastern Province.

Dr. Pavithra Eshwara BVSc(hons)
Dr. Pavithra Eshwara is graduated from Faculty of Veterinary Medicine and Animal Science, University of Peradeniya in 2007. She is currently working as a director, Chiptop Animal Hospital Athurugiriya.

Dr. T. Mayaruthy
Dr. T. Mayaruthy is a veterinary surgeon working in the Department of Animal Production and Health, Eastern Province.

Dr. Udhita Kossalawatte (BVSc)
Dr. Udhita Kossalawatte is an assistant senior lecturer at the Faculty of Veterinary Medicine and Animal Science, University of Peradeniya. She possesses a bachelor’s degree in Veterinary Medicine and Animal Science and a PhD in Nutritional Biochemistry with nearly 20 years of experience in nutrition and related fields. She works with multidisciplinary teams to take innovative research approaches in mitigating food insecurity. She serves in the subcommittee on nutrition communication, Ministry of Health and promotes healthy ‘safe’ diets and food environment - for sustainable healthy communities.

Dr. Sylvia Wijerathne (BVSc)
Sylvia Wijerathne, graduated in 2015, and is currently practicing at an Animal rescue organisation. Her passions are Animal Rights and Welfare, Feline Medicine and Sri Lankan Dogs, and also has quite a soft spot for horses. She’s the proud owner of nine rescue dogs and seven cats.

Dr. M.A.M. Fasi (BVSc, MBA)
Dr. M.A.M. Fasi is the provincial Director of the Department of Animal Production and Health, Eastern Province.

Dr. M.Jias. BVSc, MBA (PIM), PG-Dip, (Colombo) MSc (Melbourne)
Dr. M. Jias is the Chief Municipal Veterinary Surgeon of Colombo Municipal Council, where he has worked well over 20 in the capacity of Public Health Veterinary. He holds a multidisciplinary academic credentials and undergone many trainings in Rabies control, Food Safety and Animal Welfare. After completing the degree in Veterinary Sciences, he has gained local and overseas postgraduate qualifications in the fields of Business Administration, Toxicology and Food Science.

Dr. Kumudunie Rajanayake
Dr. Kumudunie Rajanayake graduated from Faculty of Veterinary Medicine and Animal Science, University of Peradeniya in 1992. She is currently working as the Provincial director at the Department of Farm Animal Production and Health of the Central Province.

Dr. J.M.K.K. Premarathne (BVSc, MPhl, PhD)
Dr. Premarathne is a senior Lecturer of the Department of Livestock and Avian Sciences, Faculty of Livestock, Fisheries and Nutrition, Wayamba University of Sri Lanka. She obtained her undergraduate degree in BVSc (2006) from University of Peradeniya, later she has completed her MPhl in 2013 at the University of Peradeniya. She successfully completed her PhD in 2017 at the University Putra Malaysia, Malaysia. She is a working as an assessor in the Sri Lanka Accreditation Board (SLASB) for conformity assessment. She is the current president of the Sri Lanka Association for Laboratory Animal Science (SLALAS). Dr Premarathne is a member of the Working Group on “Guidelines and Training Manuals for Risk Assessment, Risk Management and Risk Communication for Genetically Modified Food and food safety”, National Science Foundation, Sri Lanka. She also serves as an associate editor for the Food Research Journal, Malaysia. Her research interest include Toxoccosis and toxoplasmosis, and sustainable food systems. Her research outcomes were published in high impact scientific journals. For her research efforts she was awarded a Presidential Award 2016, and at different universities including the Faculty of Veterinary Medicine, and Animal Science of University of Peradeniya. Dr. Premarathne is a cat lover and keen follower of sports & politics.

Dr. Suneth Dinsaka (BVSc, MBA, MLSCVS)
Dr. Suneth Dinsaka graduated from the Faculty of Veterinary Medicine and Animal Sciences, University of Peradeniya in 2005 and specialized in dairy and livestock field. He worked as a temporary lecturer at Faculty of Veterinary Medicine and animal science for little more than a year and later joined to a private large scale dairy farm company as a veterinary surgeon. Then he joined with the National Livestock Development Board as a veterinary surgeon in upcountry dairy farms in 2007 and continued his carrier as a dairy veterinarian. Later he held positions as farm manager and Assistant General Manager in the same organization and continuing his carrier. He obtained master of Business Management (MBA) from Wayamba University of Sri Lanka in 2018 and became a member of Sri Lanka College of Veterinary Surgeons (MSLCVS) in 2021. He has served as secretary of Sri Lanka Veterinary Association (SLVA) in 2019/2020.

Dr. Tharanga Thoradeniya
Dr. Tharanga Thoradeniya is a senior lecturer at Faculty of Medicine, University of Colombo. She possesses a bachelor’s degree in Veterinary Medicine and Animal Science and a PhD in Nutritional Biochemistry with nearly 20 years of experience in nutrition and related fields. She works with multidisciplinary teams to take innovative research approaches in mitigating food insecurity. She serves in the subcommittee on nutrition communication, Ministry of Health and promotes healthy ‘safe’ diets and food environment - for sustainable healthy communities.
Message from the President, Sri Lanka Veterinary Association

Dr. Erandika Gunawardena

It is with great pleasure that I pen down this note for the very first volume of the magazine “Your Veterinarian” published by the Sri Lanka Veterinary Association under the theme of “The Voice of Veterinarians” on the World Veterinary Day 2021. As the President of Sri Lanka Veterinary Association, the leading professional body of the veterinarians in Sri Lanka, I am honored to establish a formal platform for Sri Lanka Veterinary Association during my tenure to promulgate the voice of veterinarians in Sri Lanka. Our aim is to provide evidence based information to the general public and to disseminate knowledge on veterinary related matters.

One signature activity of the annual calendar of the Sri Lanka Veterinary Association would be to publish “Your Veterinarian” magazine to promote public awareness on animal health, wellbeing, husbandry and mutual benefits of rearing animals. This initiative also will help enhancing public engagement with veterinarians through interactive activities such as photography and drawing competitions. The articles published in this magazine covers a wide range of topics including history of veterinary profession, companion and farm animal sectors, veterinary pharmaceuticals etc. Another task under the theme “The Voice of Veterinarians” is to develop a series of videos titled “Vets in Action”. This video series will elaborate the role of veterinarians in different sectors to promote animal health and wellbeing, food production, public health and food security, pharmaceuticals industry, engagement in scientific research, etc. This video series will showcase the contributions of veterinarians towards the health and economic development of the country.

Another historical task of 73rd Executive Committee of Sri Lanka Veterinary Association is the launch of the “Vet 990” App for the general public enabling them a wider access to veterinarians and their services in collaboration with Dialog - Digital Health. This initiative will help the general public to overcome the physical barriers in reaching veterinarians and their services. We are very much honored to launch these activities which could be considered as milestones in uplifting the veterinary profession in recent times. I wish to acknowledge the noteworthy contribution and tremendous support of the members of 73rd Executive Committee of the Sri Lanka Veterinary Association in fulfilling these memorable tasks.

Further, we have to acknowledge the continuous engagement of veterinarians towards the prevention and conducting researches with regard to the COVID – 19 pandemic in Sri Lanka and specially in managing PCR testing laboratories. Therefore, we have made arrangements to recognize their service at this occasion of celebrating the World Veterinary Day.

I wish to express my well wishes to the editorial committee of the magazine. I expect that “Your Veterinarian” magazine will be a great accomplishment and will be the real “Voice of Veterinarians”.

Message from Secretary, Sri Lanka Veterinary Association

Dr. Sugath Pemachandra

I consider it a privilege and a great pleasure to issue a message to the first ever magazine ‘Your Veterinarian’ published by the Sri Lanka Veterinary Association targeting the general public, under the theme of ‘Voice of Veterinarians in Sri Lanka’, mainly to promote public awareness on veterinary related affairs and the role of the veterinarian.

From the inception, the Sri Lanka Veterinary Association (SLVA) had been conducting many awareness programs to veterinarians, school children, undergraduates and the general public. However, it appears that the public is still not fully aware of the services discharged by veterinarians. Having identified this deficiency, SLVA determined to educate the general public regarding veterinarians‘ activities in a more effective mode and decided to publish a magazine, which could serve as a guide to the reader for all veterinary requirements.

I am glad to announce that the 73rd Executive Committee of the SLVA is ready to launch an App, “VET 990” today for easy access to your preferred veterinarian for consultation. In addition, we will have a series of short videos illustrating “Voice of Veterinarian” in order to enhance the knowledge of school children and general public on the veterinary activities that would telecast through TV channels and social media. I must emphasize that information on a wide range of veterinary activities will be included in ‘Your Veterinarian’ magazine which would be published periodically.

I am confident that ‘Your Veterinarian’ magazine will be popular especially among the pet lovers, wild and zoo animal enthusiasts and the farmers in the country. I also believe that this magazine would be an eye opener to school children who are aspiring to pursue tertiary education to become a veterinarian.
We are veterinarians. Veterinarians serving the animals, people and the planet in many different dimensions. Every year the world celebrates the “World Veterinary Day” on the last Saturday of April. This is a day to promote veterinary profession and to promote improving animal and human welfare and the planet as a whole. This year the Sri Lanka Veterinary Association (SLVA) spreads its wings to embrace people of Sri Lanka in many different ways; including launching the magazine ‘Your Veterinarian’.

This magazine will be published quarterly and be delivered as a printed and a digital official publication of SLVA creating a new relationships with people in this country. Although the technology has generated different novel modes of communication, we believe that a magazine will still be embraced by you, creating an ideal platform for veterinarians to talk to you more effectively.

‘Your veterinarian’ is a collaborative effort of the 73rd Executive committee of SLVA. We expect to deliver timely messages and important official notices of the SLVA to our readers, discuss local and global trends related to various sectors in the veterinary field such as livestock, poultry, pet animal, feed and veterinary pharmaceuticals and public health. In addition, the magazine will feature veterinarians, farmers, entrepreneurs, veterinary advisers and popular personalities related to the field. Promoting animal welfare is another scope of the magazine.

Last year has been devastating for the entire world, and it was not different to veterinarians. The dreaded corona virus is not new to us, veterinarians, although a pandemic of this nature was something we all did not expect. While the medical professionals in Sri Lanka is doing an enormous service in looking after the welfare of the people; veterinarians were also facing new challenges in looking after the welfare of animals and thereby people. The challenges were not only limited to looking after the furry friends of the people, but also in dealing with various concerns of the general public, ensuring a safe supply of food of animal origin, researching to find solutions to this crisis and in doing many more. In this issue of the magazine you will get to know some of the work carried out by our own veterinarians in controlling the COVID-19 pandemic.

We will be delighted to receive feedback from you to improve further. We request the readers to contact us through the secretary of SLVA via the following contact details. Our interest is to keep you updated on veterinary related matters and to maintain a stronger relationship.

Enjoy reading and stay safe!

Email: secretary@slva.org
Address: 275/75, SLVA office, OPA Building, Prof. Stanley Wijesundara Mw, Colombo.7.

Editorial committee for "Your Veterinarian" Magazine

73rd Executive Committee of SLVA
The Beginnings of the Veterinary Profession in Sri Lanka

Prof. Indira D. Silva
Senior Professor Emeritus in Veterinary Clinical Sciences

The adjective "Veterinary" pertains to the art of healing or treating the diseases of animals. It is believed that the science of Veterinary Medicine was taught over 2000 years ago in Asia. Palm leaf manuscripts describing veterinary aspects of elephant management witness the high level of development of veterinary medicine in ancient Sri Lanka. More than one king in the history of this island had fostered and practiced Veterinary Science. All this while the West believed that animals cannot think or they are not conscious beings.

The western system of Veterinary Science was introduced to Sri Lanka during the British rule to attend to the health of the horses in the cavalry units of the Army. The first veterinary surgeon to hold an official civil post was Charles Augustus Lye M.R.C.S., in 1891, and veterinary services originated with the appointment of G.W. Sturgess in 1894, who travelled the island and made innumerable observations on diseases of animals. A separate Government Veterinary Department formed in 1901 consisted of two veterinary surgeons and fifteen inspectors. The Colombo Municipal Council (CMC) was constituted by a proclamation on 22 November 1865, on the initiative by Governor Sir Hercules Robinson, and the slaughtering animals for human consumption was under the supervision of the CMC veterinary service which was a branch of the Department of the Medical Officer of Health. Wilmot Arthur de Silva was the first Municipal Veterinary Surgeon, Colombo in 1895, and he became the Head of the Department in 1909. He resigned in 1914 to enter in to politics and became Minister of Health which post he held for six years, until his demise. The Prevention of Cruelty to Animals Ordinance was implemented on 10 July 1907. Charles William Pate G.B.V.C., in 1891, and veterinary services originated with the appointment of G.W. Sturgess in 1894, who travelled the island and made innumerable observations on diseases of animals. A separate Government Veterinary Department formed in 1901 consisted of two veterinary surgeons and fifteen inspectors.

The need for a Veterinary School affiliated to the University of Ceylon was stressed by the CVA considering the growing need of veterinarians in the country to progress in health and wealth. This suggestion had been commented in "The Ceylon Daily News", "Times of Ceylon" and "Ceylon Observer" at various times. The adamant standing by the CVA for University status for veterinary education was fulfilled with the Prime Minister, Hon. D.S. Senanayake, requesting the Vice Chancellor, Sir Ivor Jennings, to inaugurate a new department of Veterinary Science in the University. Prof. C.A. McGaughey M.A. (Cantab.), M.Sc. (Manch.), M.R.C.V.S., D.V.S.M. (Victoria) assumed duties as Professor of Veterinary Science in 1948. The Veterinary Science course required the preliminary qualifications same as that for the Medical degree, and the course curriculum of the Royal College of Veterinary Surgeons, London was adopted with a few alterations. The Faculty of Medicine taught the first two year subjects to the veterinary students, while the fourth and fifth years studies were to continue at Peradeniya. George E. Kodituwakkul and P.L.G. (Lionel) de Silva were awarded Government scholarships to study Veterinary Science, and were admitted the Medical Faculty at Kynsey Road in 1948. They were the pioneer students of the Faculty. K.A.D. Peter Seneviratne was the first Sri Lankan veterinarian to join the university in 1953, after obtaining his bachelor’s degree from the University of Madras in 1951. Prienne Keerthisinghe (later Mrs. Ranatunge) was the first female veterinary student to enroll in 1950, and by 1972, female students exceeded the number of male students enrolled for the Degree course.
Many progressive steps were taken in the early 1950s to expand the veterinary services and practices. The Veterinary Research Laboratory headed by P.G. Malkani B.Sc., B.Sc (Vet.) Lond., M.R.C.V.S., an Animal Husbandry specialist from India, was succeeded by C. Perumal Pillai D.V.M., M.R.C.V.S. in 1956. The publication of a quarterly scientific journal, the Ceylon Veterinary Journal in 1953 under the Editorship of C.A. McGaughey, which was also established overseas with a steady demand, was a landmark of the profession. Another important development of the veterinary profession was obtaining membership of the Commonwealth Veterinary Association in 1969, upon a request from the British Veterinary Association. The inaugural dinner dance of The Ceylon Veterinary Students’ Association (CUVSA) was held on 31 October 1953 at the Queen’s Hotel, Kandy attended by the Vice Chancellor Sir Ivor Jennings, the Mayor of Kandy E.L. Senanayake as the Chief Guest, and numerous staff members from the University. This function continued for many more years to come as the popular ‘Vet Nite’ dance.

The Second phase of veterinary education in Ceylon began with the creation of the new Faculty of Agriculture and Veterinary Science in Peradeniya, with two of the three Deans in its 19 years of existence from 1953 to 1972 were from Veterinary Science, namely, Professors C.A. McGaughey and Peter Seneviratne. Since the second Medical Faculty was established in Peradeniya, the entire Veterinary Science degree program was moved to Peradeniya in October 1966. A single Faculty of Medical, Dental and Veterinary Sciences was created in 1972, with independent schools representing the three degree courses: School of Medicine, School of Dentistry, and School of Veterinary Science. Professor G.E. Kodituwakku was appointed the Chairman of the School of Veterinary Science and the Head of the Department of Veterinary Clinical Studies at the time. The Faculty of Veterinary Medicine and Animal Science was established on 18 March 1980. Prof. S.T. Fernando was unanimously elected to the post of Dean of the Faculty.

In the middle of the last century, there had been an unquestionable need for veterinary hospitals as untrained, unqualified persons had been operating animal hospitals in Colombo posing a menace to human and animal health by misdirecting and imparting wrong advice. 1945, Ceylon had only one private veterinary hospital at no. 5 Clifford Road, Colpetty managed by Dr. Chinniah, a qualified veterinarian, a skillful surgeon and a clever diagnostican, for over 50 years until his demise in 1945. The first Government Veterinary Hospital in Peradeniya was opened in 1943. The clinical training conducted in the University clinic on the ground floor of the three-storied building, with an out-patient unit and a small laboratory developed to a Veterinary Teaching Hospital under the leadership of Prof. Vijitha Y. Kuruwita who was a most sought after veterinarian on elephant medicine. The exposure to this expanded clinical training prompted many graduates to open veterinary clinics all over the island, and some of them opened up hospitals with residential facilities. On 3 August 2005, the Government approved the proposal submitted by the Minister of Education, to the Cabinet of Ministers, to construct a Veterinary Teaching Hospital (VTH), at University of Peradeniya, and on 21 May 2012 the New VTH was opened to the public with multi-religious blessings.

Details of this narrative can be read in the book “Footsteps on the Vet Sands of Time - A Brief History of the Veterinary Practice in Sri Lanka” by Indira Nanayakkara Silva (ISBN 95541143-0-9)
HISTORY

Dr. Kumudinie Rajanayake

The journey of the veterinary hospital started in 1943 when Dr. Kumarasena siblings commissioned the building of the hospital. The hospital was initially managed by Dr. B. N. Fernando who was the first veterinarian to take up the position. The hospital was initially established as a small clinic with limited facilities. As the demand for veterinary services grew, the hospital expanded over the years to accommodate the increasing number of clients.

In the early years, the hospital primarily offered veterinary services to the local community. However, as the demand for specialized care increased, the hospital started to offer a wider range of services. The hospital was equipped with modern facilities and state-of-the-art equipment to cater to the needs of the clients.

The hospital has always been committed to providing quality care to its clients. It provided a wide range of services including medical, surgical, and diagnostic procedures. The hospital also had a well-equipped laboratory to conduct various tests.

Over the years, the hospital has played a significant role in the development of veterinary services in the country. It has collaborated with various organizations and institutions to improve the quality of veterinary services.

The hospital has a team of qualified veterinarians and support staff who are dedicated to providing the best possible care to the clients. The hospital is located in a convenient location and is easily accessible to the clients.

In conclusion, the veterinary hospital has come a long way since its inception in 1943. It has evolved into a leading institution offering high-quality veterinary services to the clients. The hospital continues to strive for excellence and is committed to the well-being of the animals.
COMPETITION — PET MODEL 2021

PET PHOTOGRAPHY COMPETITION ORGANIZED BY SRI LANKA VETERINARY ASSOCIATION

WINNERS

<table>
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</tbody>
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Parvo Viral Diarrhoea

Dr. Pavithra Eshwara

We all have friends in our lives. Do you know that there is a friend that will never turn his/her back on you? That is your pet dog. So dog is man’s best friend. Let’s talk about something that can kill your best friend.

PARVO- you all may have heard about it, but do you really know all the facts about Parvo? OK, let’s see. Canine parvovirus is a highly contagious virus that commonly causes gastrointestinal disease in young, unvaccinated dogs. You may want to know how your dog can get infected by Parvo virus. It spreads by direct dog to dog contact and contact with contaminated faeces, environment and people. The virus can also contaminate kennel surfaces, food and water bowls, collars and leashes and the hand and clothing of people who handle infected dogs. It is resistant to heat, cold, humidity and drying and can survive in the environment for long period of time. The virus is readily transmitted from place to place on the hair or feet of dogs or via contaminated cages, shoes or other objects.

Then let’s see if your dog got infected by Parvo virus, what will be the signs. In most cases what we initially see is lethargy, loss of appetite and fever or hypothermia and then we see hemorrhagic gastro enteritis (bloody diarrhoea), vomiting, collapse, depression and sudden death.

The next important question is, can Parvo viral infection kill my dog? Yes, it can kill your dog especially puppies younger than four months old. Parvo virus causes severe life-threatening diarrhoea, often diarrhoea has blood on it. Once a puppy has symptoms of parvo viral infection, if left untreated they can die within 48-72 hours. Persistent vomiting and diarrhoea can cause rapid dehydration; and damage to the intestines and immune system can cause septic shock.

OK, now you know that parvo viral infection is really dangerous. So can’t we save our dogs at all from Parvo? Best thing to do is to immediately seek professional veterinary assistance. Your veterinary surgeon will offer your puppy supportive care over the course of the illness, treating symptoms such as vomiting, diarrhoea and dehydration and making sure that your puppy gets adequate nutrients. The earlier you start treatment, higher will be the survival rate.

Many people complain that as soon as they gave the Parvo vaccine, that their dog got the infection. This happens especially in a time of Parvo outbreak. What happens is, dogs that are infected with parvo will show symptoms 3-10 days after being exposed to the virus. During that period your dog may seem to be normal, but reality is that it was already infected by the virus. Body also need some time to develop immunity after vaccination, and during that time period also your dog can get exposed to the virus.

So is there anything we can do to save our best friend? It is very difficult to watch your best friend dying on a table collapsed after severe diarrhoea, vomiting and abdominal pain. The simple answer is PROPER vaccination. Why I’m saying PROPER vaccination? We have to give the 1st Parvo vaccine at the age of 6 weeks and continue to booster the vaccine according vaccination guideline issued by vaccination guideline. Giving one Parvo vaccine will not make life long immunity and proper booster vaccination is very important.
The domestication of the dog commenced with its genetic divergence from the wolf, which occurred between 20,000 to 40,000 years ago. Ever since, they’ve sworn allegiance to human kind and considered it their sole duty to protect their human pack from peril. Nevertheless it isn’t a rare sight to see us humans betray the trust of these innocent souls time and time again.

Of the estimated 900 million of the dog population of the world, 83% are unrestrained. They are not confined to a yard or house. These free ranging dogs could be categorized into four groups, namely, Community dogs, Stray dogs, Ferral dogs, and Wild dogs. A ‘community dog’ is a free ranging dog who is socialized and enjoy human company. Even though these dogs have no “Owners” per se, they do have one or many ‘guardians’ and have been fed and cared for. They are more often than not, vaccinated and sterilized by free government or non-government organisations or have been seen to by those who care for them. ‘Stray dogs’, are free-ranging dogs, who get their food and shelter from human environments, but have not been socialized and therefore avoid humans as much as possible. The vast majority of Sri Lankan free roaming dogs, are ‘community dogs’, whereas the rest are ‘stray dogs’. Whilst wild dogs are not found in our country, Ferral dogs too seem to be unheard of.

Unfortunately, In Sri Lanka, where no laws to protect animal welfare prevail, it isn’t quite infrequently that we hear news of the most barbaric and appalling acts committed against community dogs. Among them, the most often heard of is the rounding up of a happy group of free roaming dogs, to be dumped elsewhere, mostly due to the unfounded assumption that they carry rabies. What the general public seem to be unaware of is, the fact that a properly vaccinated pack of free roaming dogs act as an excellent and effective method of rabies control. Dogs, who are quite territorial by nature, prevent the entrance of any new and unvaccinated dogs as well as other potentially rabid wild carnivores, into their territory, thus directly protecting the humans of the area from Rabies.

As veterinarians, it is our duty to educate the general public on the importance of maintaining such a group of properly vaccinated and sterilized free-roaming dogs, in villages, as a measure of rabies control. Also, as quite often the owners/guardians of free roaming dogs, often care for more than quite a few such dogs, it would be invaluable if Veterinarians, being privileged with knowledge and skills no others possess, could provide free sterilization/vaccination/medical care to these dogs, thus sharing responsibility in the control of rabies as well as in alleviating their suffering.

Moreover, According to a study in The Journal of Veterinary Behaviour, sterilizing community/stray dogs encourages kindness toward street dogs. This resulted in “affection toward dogs” and people “tolerated and perhaps enjoyed the presence of these community dogs”, as the major concern of most non-animal-loving-personnel, is the increase in their population. Thus sterilization is also a promising step toward improving the welfare of street dogs.

By actively contributing to the welfare of Community/Stray animals, Veterinarians would also be providing positive role models for others to emulate.
Breeding of dogs is a lucrative business for some individuals for a long time. Currently, this trend is on the rise and for many of the breeders it has become their sole livelihood. As long as the breeding is practiced in a “dog friendly” manner adhering to their welfare needs especially allowing the breeding dogs to have five freedoms, as a veterinarian I do not see any problem. However, in reality does dog breeding happen as expected by us? Except for a minority of dog breeders all the other breeders consider their dogs as breeding machines which is unacceptable by any standards. It is true that the breeders earn their living by selling the pups and/or hiring their studs for serving females but as veterinarians we see many problems associated with this practice. This may be due to the fact that the breeders are not aware of the rules stipulated for dog breeding or are simply disregarding the rules!

There are two organisations in Sri Lanka, namely the Ceylon Kennel Club (CKC) which is supposed to adopt the Rules and Regulations of The Kennel Club of England; and the Kennel Association of Sri Lanka (KASL) which is expected to abide by the rules of Fédération Cynologique Internationale (FCI). Unfortunately, in spite of the existence of these rules, the unacceptable dog breeding practices continue in our country.

As professionals responsible for welfare and wellbeing of animals we need to take a serious look at these dog breeding practices. We need to realise that these unacceptable breeding practices have a definite negative impact on the welfare of dogs, find out why this kind of uncontrolled breeding is happening, what measures could be taken to curtail these practices in order to ensure acceptable dog breeding. We could achieve this mainly through a dialog with relevant organizations and educating dog breeders. We must ensure that breeding is allowed in dogs that are healthy in functional and hereditary terms and are registered with relevant genuine organizations. We must consider that the dogs capable of transferring standard features and temperament typical for a given breed and devoid of any hereditary defects are used for breeding. We must also ensure that dogs with hereditary defects such as deafness, blindness, hare-lip, cleft palate, prominent dental defects or jaw anomalies, Persistent Right Aortic Arch, epilepsy, cryptorchidism, severe hip or elbow dysplasia etc. are not used for breeding.

We could advice the owners to get the dogs with such defects sterilised. We need to develop a mechanism of streamlining and monitoring the breeding practices of dogs as it is evident that the welfare of majority of dogs is severely compromised. We witness some extreme cases of breeding of young bitches at their first “heat” and thereafter continuously without any break. Similarly we witness using of studs without any understanding of their optimum fertile periods. Some bitches are forcefully mated in a horrific manner causing severe trauma that ultimately end up with permanent disability or even death. The large breed dogs are confined to small cages or enclosures without provision of adequate space to exercise or express their natural behaviour. The most gruesome gesture is at the end of their productive life some of these dogs are cruelly neglected or even abandoned heartlessly. We come across pups with hereditary defects are being sold to naïve animal lovers and ultimately both the new owner and the pup have to suffer at an enormous cost.

Changing the mind set of majority of the breeders would be difficult but as responsible professionals, the veterinarians who are concerned with this unacceptable breeding practices must get together and try to help these poor dogs in the name of animal welfare. We could achieve this by setting standards for dog breeding in par with international standards and making sure those standards are adhered to.

Can we turn a blind eye to indiscriminate breeding of dogs in Sri Lanka?

Dr. Niranjala de Silva

PET
INTERVIEW

“INTERVIEW”

An interview with S.C. Bashi.

S.C. Bashi was the first female veterinarian in Sri Lanka. She is a role model for young women who aspire to be in the field of veterinary science.

INTERVIEW

S.C. Bashi says she always knew she wanted to be a veterinarian. She grew up watching her father, who was also a veterinarian, and was fascinated by the work he did.

“I wanted to be a veterinarian from a very young age. I remember watching my father work and being amazed by his skills and knowledge. I knew that was what I wanted to do.”

Bashi completed her studies at the University of Peradeniya and then went on to work in various capacities in the veterinary field.

“After completing my studies, I worked in different capacities in the veterinary field. I worked as a veterinary officer for the Ministry of Agriculture and then went on to work for the Sri Lanka Veterinary Association (SLVA).”

Bashi's career has been a source of inspiration to many young women who aspire to be in the veterinary field.

“Over the years, I have seen many young women enter the veterinary field. It has been a privilege to mentor and inspire them.”

Bashi is currently the president of the Sri Lanka Veterinary Association (SLVA).

“I am proud to be the president of the SLVA and hope to continue to inspire young women to pursue their dreams in the veterinary field.”

Bashi is a true role model for all women who aspire to be in the veterinary field.

“She is a true inspiration to all women and serves as a role model for aspiring veterinarians.”

Bashi's passion and dedication to the field of veterinary science is truly inspiring.
Investing in Dairy Business in Sri Lanka

How I see dairy business as an experienced farm manager and a veterinarian in dairy industry.

Important aspects to consider when investing.

Dr. K.G.J.S. Disnaka

Why does Sri Lanka fail while India, our neighbor is the world largest milk producer?

The world largest milk producing country is India. India’s contribution is 22% of the total global milk production. Pakistan is the fourth largest milk producer. However, other south Asian countries including Sri Lanka are lagging behind producing their domestic milk requirement due to a variety of reasons. One common feature in the latter is that the large scale, dominating dairy processing companies mostly utilize imported milk products such as powdered milk, milk fat and cheese. (pg. 7, IOP Conf. series: Earth and Environmental Science 372, 2019).

In contrary, India has a very strong government policy on self-sufficiency in milk production by encouraging domestic production. Sri Lankan governments in the past two decades also have introduced different plans from time to time aimed at achieving self-sufficiency within a short period, but none of them have been successful. The national milk production still remains at 42% of the demand according to the Central Bank report 2019. One reason for this low production is that there is no solid national policy and the other is the lack of national interest. Therefore, while the neighboring country is self-sufficient in milk and is the world largest producer, Sri Lanka is importing major portion of its requirement mainly from New Zealand.

Why investors are not interested?

Sri Lanka maintains an open economy since late 1970’s, and producers in any industry have to compete with their counterparts in the world market for their products. At the end, the producer who is able sell the product at lowest price and make a brand loyalty in peoples’ mind wins. Any local dairy producer has to compete with world class companies in the long run.

The capital investment for dairy farm or dairy production entity is extremely high in comparison with other livestock production entities. The investment should be always long term when compared to other livestock industries such as chicken or pork. The risk of investment is very high due to volatile market environment for inputs (raw materials) as well as for outputs (products). For example, sometime back taxes for imported dairy products were introduced to motivate local dairy producers but they were removed overnight. One government provides subsidiaries asking potential investors to invest while the next government which comes to power in five years would grant all the concessions for importers. Hence, any interested investor would be reluctant to invest in a long term risk business endeavor such as dairy which has a narrow profit margin.

Areas considered by investors

1. Long Term policy

Until a clear long term government policy which would not change with the changing ruling parties is introduced and established, investors are unlikely to invest in dairy business. Since there is no such policy, many large scale multinational companies influence the government for the benefit of their business. New Zealand is the world largest dairy exporter and dairy export is one of the dominant goods export sector earning more than 10 billion NZ dollars to the country. (https://www.statista.com/topics/6069/dairy-industry-in-new-zealand/). It is about Sri Lankan Rs. 1400 billion and Sri Lanka is the fourth largest importer of their products by spending approximately Rs. 50 billion a year. In this scenario, the influence and interest for maintaining and growing the export market by the New Zealand government and the exporter companies are well understood.

2. Investment for dairy farms

The investors always consider their capital investment and return on investment (ROI) when making a decision.

- Large scale dairy farm

Land – The land requirement for dairy farms is always huge. To make a 1000 cow farm it is essential to have
a large land extent of about 500 acres for growing forage as feed. The land is very limited in Sri Lanka and the value of land is extremely high due to high population and commercial value of land properties in the market.

An individual has no right of having more than fifty acres of land according to the law of the country. Except for the government owned lands, there is a very limited large extent of lands available in private companies. Everywhere in the world, the dairy farms are established not in highly valued commercial lands but in rural lands with low commercial values where land value is not increasing at high rates in the long run. It is because the capital investment for dairy farms is always long term.

- Investment — The financial investment is very high for large scale dairy farms in Sri Lanka. For example, to start a dairy farm of 100 cows, the investment should be around Rs. 50 million excluding the land cost. Investors always consider of the return on investment (ROI) before investing a large capital and when the low profitability is anticipated they become reluctant to invest on dairy business.

Medium and small scale farms

More than 90% of the national production comes from conventional type, poorly organized small scale farms in the country. They are not operated according to a sustainable business plan and most of the farmers are unaware about financial calculations to analyze and see the real situation of their operation.

- Milk price — Milk collecting companies are collecting around 650,000 liters a day via 315 milk collecting centers, produced by about 300,000 registered farms all over the country. (Statistical bulletin, 2019, DAPH). This figure demonstrates the productivity of the dairy farming system in this country. The milk price is set at Rs. 70.00 a liter for total solid of 12.5% according to the control price introduced by the government few years ago. Most of the companies are paying the farmers more or less the above price depending on the solid content. The milk quality is generally very poor due to various reasons such as lack of chilling facilities and adulteration by farmers. The cost of production is not calculated by most of the farmers and they just try to cover the cost of feeding additional feed ingredients such as coconut poonac, rice polish or commercial cattle feed at times.

3. Investment for processing

The investors have to compete with the multinational brands in the market and the competition is enormous. When the powdered milk business is considered it is almost accomplished by imported milk powder while only a small share is fulfilled by the two local milk powder producers. Most of the yogurt products in the market are manufactured using imported milk powder. The consumers are used to the taste of these popular brands and they show a high brand loyalty due to very high marketing propaganda of those companies. It is very difficult to compete with the cost of production of these popular brands due to their low cost of production mainly due to low price of imported milk powder which is used as the raw material. Local producers find it extremely difficult to fetch good quality fresh milk in the market and the milk price is not favorable for producers to manufacture value added products. The cost of production of all dairy products are very high when they are locally produced using good quality fresh milk. It is extremely difficult to find machine milked, chilled, quality milk in the local market and their price is extremely high to add value. UHT products are becoming popular especially through super market networks but there are only limited number of manufacturers exist having the technology. It is unlikely that to a producer who does not have his own milk production avenue to supply a quality product at affordable price to the market while retaining a considerable profit margin. As such the present atmosphere is not conducive for investors for milk processing mainly due to above reasons.

To be continued....
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Kf;fpakhd mq;fkhf tpsq;FfpwJ. fpuhkg;Gwj;jpy;  cs;s
nghUshjhuk; kw;Wk; Cl;lr;rj;J Nkk;gLj;Jtjpy; ML xU
ek; ehl;by; cs;s rpW kw;Wk; FW tptrhapfs;> epykw;wtu;fspd;

Dr. Assanar Thaiuba

FARM

FARM

FARM

FARM

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Fl;bfis <Dk;.

ngz; ML xt;nthU Kiw Fl;bfis <Dk; nghOJk; 2-3
gyh; fwf;Fk; Ml;bypUe;J jpdKk; 2 ypl;lu; tiu ghy; jUk;.

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gad;gLj;jg;gLfpwJ.

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2. thypy; gr;ir Fj;Jjy;

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நிறுத்தம் மாகாணத்தில் பாறையில் நிறந்த வைளங்கள் பாதுகாக்கும் பணிகள்

Dr. M.A.M. Fasi

2. காற்றுக்கு உள்ள கொடைகளை எதிர்நிற்க என்று இடையே வரும் மாகாண நிலையில் இருந்தபோது, கொழும்பு மற்றும் முறையும் மாற்றும் விளைவை என்று ஆய்வுப் பொருளாக்கள் புதிதையில் ஆண்டுகளில் மாற்றப்பட்டு வருகிறது. இதுவாக நார்கள் விளைவு மற்றும் மாற்றும் விளைவுகளே விளைவை என்று ஆய்வுப் பொருளாக்கள் புதிதையில் ஆண்டுகளில் மாற்றப்பட்டு வருகிறது.

தான் புலவு, காரை கலைநிற்க போக்கும் கொழும்புகளில் வருடங்களின் புதிய கலைநிற்கம் காரைநிற்க மாற்றும் விளைவை என்று ஆய்வுப் பொருளாக்கள் புதிதையில் ஆண்டுகளில் மாற்றப்பட்டு வருகிறது. இதுவாக புலவு விளைவு மற்றும் மாற்றும் விளைவுகளே விளைவை என்று ஆய்வுப் பொருளாக்கள் புதிதையில் ஆண்டுகளில் மாற்றப்பட்டு வருகிறது.

நீண்ட காலகட்டம் வருடங்கள் காரைநிற்க மாற்றும் விளைவை என்று ஆய்வுப் பொருளாக்கள் புதிதையில் ஆண்டுகளில் மாற்றப்பட்டு வருகிறது. உலக அரசின் வாசனை மற்றும் பணியின்றிய விளைவை என்று ஆய்வுப் பொருளாக்கள் புதிதையில் ஆண்டுகளில் மாற்றப்பட்டு வருகிறது.
**Lumpy Skin Disease**

**Dr. T. Mayurathy**

Lumpy Skin Disease (Lumpy Skin Disease) is caused by the Capripox virus (Capripox virus), also known as the Pock Virus. The disease primarily affects sheep, goats, and camels. The disease is characterized by the formation of lumps on the skin of infected animals.

**Symptoms**

The disease is characterized by the formation of lumps on the skin, which are often accompanied by fever. The lumps are typically 0.5 to 5 cm in size.

**Vulnerabilities of Infection**

- **Symptoms:**
  - Fever
  - Lumps on the skin

- **Vulnerabilities of Infection:**
  - 60% of the population
  - Skin lesions
  - Fever

**Treatment**

The treatment of Lumpy Skin Disease involves the use of vaccines to prevent the disease and antibiotic therapy to treat infected animals.

**Control**

Effective control measures include the use of vaccines, quarantine, and the elimination of infected animals.

**References**

- Dr. T. Mayurathy (2023). Lumpy Skin Disease. Veterinary Information.
## KIDS DRAWING COMPETITION 2021

PET PHOTOGRAPHY COMPETITION ORGANIZED BY SRI LANKA VETERINARY ASSOCIATION

### WINNERS

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A Selection of 'Small Feathered Friends' Captured by the Lens of a 'Large Animal Vet'

Dr. Oswin Perera (BVSc Ceylon, PhD Glasgow, FSLCVS) was Professor of Farm Animal Production and Health at the Faculty of Veterinary Medicine and Animal Science, University of Peradeniya, is now retired, but continues to assist with teaching and research. Previously, he worked for the United Nations at the Joint FAO/IAEA Division of Nuclear Techniques in Food and Agriculture in Vienna, Austria. His teaching and research have focused on reproduction of cattle, buffaloes and elephants, human – wildlife conflicts, and risks from zoonotic diseases. His hobbies include travel, hiking and wildlife photography.

Black-necked Stork @ Yala
(Ephippiorhynchus asiaticus), Ali Manawa
The largest bird in Sri Lanka, which is a rare breeding resident. This one is a female (yellow iris). There are not more than 5-6 breeding pairs present in the country.

Grey-headed Fish Eagle @ Yala
(Haliaeetus ichthyaeetus), Aluhis Masukussa
Large bird of prey, common in lowland forests, around lakes and rivers.

Crested Serpent Eagle @ Wagomuwa
(Spilornis cheela), Silu Sarapakussa
Medium sized bird of prey, present in many parts of Sri Lanka

Crested Hawk Eagle @ Wasgamuwa
(Nisaetus cirrhatus) Perali Kondakussa
Also called Changeable Hawk Eagle, medium sized bird of prey, present in many parts of Sri Lanka
Osprey @ Bundala
(Pandion haliaetus) Muhudu Rajaliya
Medium sized bird of prey, regular winter visitor to Sri Lanka, preferring mostly fish in the diet.

Green Imperial Pigeon @ Sinharaja
(Ducula aenea) Neela Maha Goya
Largest pigeon in Sri Lanka, resident of forests from lowland to lower hills.

Malabar Pied Hornbills @ Yala
(Anthracoceros coronatus), Porow Kendettha
Common breeding resident in South India and Sri Lanka. The female is above, and has white orbital skin around the eyes, which is absent in the male.

Bay-backed Shrike @ Bundala
(Lanius vittatus), Pita Alu Sabarittha
Very rare visitor to Sri Lanka. This individual has been coming for the past three years to the same area in Bundala.

Stork-billed Kingfisher @ Eluwankulama
(Pelargopsis capensis), Manathudu Maha Pilihudawa
Largest kingfisher in Sri Lanka, found in forest habitats near lakes, rivers and coasts. It hunts fish, frogs, crabs, rodents and young birds.

Southern Hill Myna @ Kandy home garden
(Gracula indica), Selalihinya
Member of the Starling family, resident in South India and Sri Lanka. The Sri Lanka Hill Myna, which is endemic, has different pattern of yellow wattles.
One Health in Curbing Zoonoses: Moving from Concept to Reality

Dr. M. Ijas

In the recent past we have seen an increasing trend of outbreaks of infectious diseases emerging from animal reservoirs. The magnitude of the issue is significant, as epidemiological data show that at least 75% of emerging infectious diseases are zoonotic and originate from wildlife. Prevention of such emerging diseases is difficult due to complexity of events and many factors, such as genetic evolution, demographic changes, environmental conditions or climate changes affecting the ecosystem.

The unpredictable onset and rapid dissemination of zoonotic outbreaks demand the public health systems to act quickly to identify early signs of such threats and respond swiftly. The fact remains that the beginning of the CoV-2019 outbreak was observed by a physician, but the decision makers did not heed it as an urgent public health threat. This demonstrates the essential need to identify what could be done better before new diseases emerge, and preventing future outbreaks or, at least, reducing their impact. To reach this aim, the concept of One health needs to put in reality. One health recognizes that human health links to the health of animals, environment, and ecosystems. It is an interesting concept, practically Zen-like in its emphasis of the whole.

But beyond philosophy, One Health uses data and science to understand some human diseases as deviations in a larger system of connections. One Health has become a practical and necessary approach to public health, especially in the face of emerging, and re-emerging, infectious diseases. One Health covers a wide range of diseases. But its role may be most relevant to prevent and manage two groups of infectious diseases. One is diseases that move from animals to humans. The second is diseases of livestock, which have a direct bearing on the livelihoods of many farmers.

The following phases are crucial in curbing emerging and re-emerging zoonotic diseases: first, the understanding of the causes of disease emergence, the ecology of the agents involved, and their animal hosts; second, the creation of a network that will merge the contributions of diverse expertise and work together holistically. At present, the main players of the network are in place such as medical doctors, veterinarians, public health experts, and food quality inspectors, nevertheless they work in isolation; for an example, veterinarians are not linked with occupational physicians, and in turn they are not in contact with general practitioners who are at the frontline of the disease. At present, an interconnected system that can obtain data and act on early warnings at different levels is missing. As such we need to put the One Health concept into reality to work together effectively.

One of the key areas that demands the application of One Health approach is zoonotic infectious disease control programs. Avian influenza control strategies shared data from human and animal surveillance programs to identify the incidence of viral strains and to forecast the possibility of a pandemic. Further, the experts working on many other zoonoses and vector-borne diseases with animals in their transmission cycle are also adopting a One Health approach. Recently, the use of One Health approach applied to limit the threat of antimicrobial resistance (AMR) has gained much prominence. AMR is a pressing animal health and public health issue that should be addressed effectively only through collaboration and inter-sectoral cooperation, involving the human health, public health, and veterinary health sectors.

Notably One Health systems have demonstrated to contribute to robust health systems in the non-existence of a pandemic, for an example Rabies control programs have always been intertwined services of medical and veterinary sectors, which are immensely supported by varied communication tools. To understand effectiveness of One Health approaches following two case studies are highlighted in this write-up.

One Health in Rabies Control: The necessity of collaboration between animal and human health sectors obviously seen for many years in Rabies control. Rabies experts have been advocating for integrating a One Health approach in
surveillance, control, and elimination efforts even before this concept was accepted by international organizations. Canine rabies impacts the ecosystem, largely through leakage over to susceptible wildlife populations. Thus, rabies control programs require various agencies that are responsible for human and animal health to act in coordinated manner across these sectors. Accordingly, inter-sectoral collaboration is a pivotal part of the global strategic plan (GSP) towards elimination of dog-mediated human rabies. Such integration is vital for rabies elimination strategies, and also has proven its cost effectiveness.

Hendra virus control in Australia
In response to 2011 clusters of Hendra virus cases in Australia, an intergovernmental Hendra task force was established involving senior managers of the Queensland and New South Wales primary industry departments, other government agencies, scientists from many research institutes, and a wildlife (bat) ecologist. This group was charged with identifying appropriate risk management strategies in the affected states and ensuring a coordinated and effective response. They also conducted studies of how to manage the disease risk to humans involving medical clinicians, immunologists, general hospital staff, sociologists, and communication experts. Much effort has focused on how best to convey key messages about appropriate biosecurity precautions to horse owners and to veterinary clinicians treating sick horses.

Intricate health issues that are instilled in several fields cannot be comprehensively investigated using compartmentalized investigations. Experts believe that One Health research needs to fully integrate other players that are not commonly involved in health and veterinary interventions, such as ecologists, social scientists, mathematical modelers, and economists. The author also deems that journalists too have a key role to play in communicating this concept to citizens. Hence, education, correct policies, effective communication are needed to make One Health concept into reality.
The severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) emerged in late 2019 has led to a global pandemic situation with the new coronavirus disease (COVID-19). The SARS-CoV-2 virus spread rapidly throughout the world disturbing human livelihood and economy. The COVID-19 was declared a global health emergency by the WHO at the end of January 2020. As of 8th April 2020, more than 131,639,000 confirmed cases, including 2,857,566 deaths, have been reported worldwide.

Sri Lanka is using several methods to control COVID-19 in the country and to save lives. At present, case identification is conducted with daily reporting of infected, recovered and deceased individuals. The aforesaid approach neither allows warning or forecasting of cases early nor gives an overview of the situation on risk factors for decision-making regarding the allocation of medical resources or the best timing for implementing community-based control measures.

Coronaviruses are commonly found in a wide range of hosts including avian, camels, bats, masked palm civets, mice, dogs, and cats. Recently an amino acid sequence alignment from different animal species including humans, pets and the major domestic animals revealed high protein sequence similarity indicating a potential interaction with various hosts. Also, scientists worldwide claim that the novel coronavirus that causes COVID-19 has originated from wild animals, specifically bats. Several research teams have confirmed that SARS-CoV-2 is genetically similar to bat betacoronavirus of the sub-genus Sarbecovirus.

Since a significant proportion of SARS-CoV-2 infected individuals are asymptomatic much attention should be given to the asymptomatic proportion. Also, COVID-19 has more patients with mild symptoms that lead to the spread of the disease as they cannot be identified and isolated. Virus shedding, asymptomatic carriers, clinical and epidemiological characteristics of COVID-19 should be continually investigated since the virus can be kept on transmission in the community.

Epidemics in animals due to various diseases, including Avian Inuenza, Foot and Mouth Disease, Bluetongue in Europe and Porcine Endemic Diarrhoea, are widespread. Therefore, very efficient and effective veterinary tools are used to control these animal diseases. A variety of surveillance methods have been used to understand, control, and eliminate the disease condition in animals. Therefore, veterinary experience obtained from epidemics in animal populations can provide additional expertise to the current vigorous public health response to COVID-19 pandemic.

The COVID-19 pandemic has highlighted the importance of One Health principles in the planetary governance of infectious diseases, especially zoonotic diseases. One Health approach recognizes that the human health is closely related to animal health and environmental health. Therefore, one health approach uses a transdisciplinary and cross-sectorial collaboration to recognize and mitigate risks related to animal and human health.

A study published in the Epidemiology and Infection journal published by Cambridge University Press by the same author and his research team used evolutionary analysis of the circulating SARS CoV-2 viruses and One Health approach to investigate the evolution and genetic relatedness of SARS-CoV-2 strains in Sri Lanka, with worldwide reported strains of SARS-CoV-2. The whole-genome sequence of four SARS-CoV-2 virus strains obtained from COVID-19 positive local patients has been deposited in the Global Initiative on Sharing All Influenza Data (GISAID) EpiCoV™ database. Results of our study indicated that the SARS-CoV-2 sequences from Sri Lanka have the highest genomic similarity to isolates from Europe, India, South Africa and China. The current study was conducted as a preliminary study in Sri Lanka and further studies are necessary to increase our knowledge regarding SARS-CoV-2 isolates. Since the genomic level changes of virus can alter the presentation of COVID-19 infection, the robustness of molecular epidemiological tools indicated in this study can be used to trace possible exposures when the contact tracing is impossible. Furthermore, proposed epidemiological and evolutionary analysis tools assist in selecting best vaccine strain/s to effectively control the further transmission of the disease.
One health approach has been proposed as a successful method for containing COVID-19. Usage of more combined surveillance and monitoring methods for the existence of communicable diseases in humans and animals can help detect new infectious agents, monitor the spatio-temporal spread, and control such infections.

Source: Satharasinghe et al., 2021, Epidemiology and infection, volume 141, 2021
Importance of food and nutrients for a healthy life cannot be stressed enough. Apart from malnutrition - that is either under-nutrition (lack of energy and nutrients) or over-nutrition (too much of them) both making people vulnerable for various diseases - there are many other nutrition related health issues. The key to overcome these issues is ‘the right choice of right food in the right amount, at the right time’.

For a healthy life the key is ‘moderation and wise choices’!

Today, let’s focus on a wholesome nutritious food of all times – egg.

Eggs are so nutritious that they are often referred to as ‘nutritional powerhouses’. It is a very good source of protein. As for many things in life, even for protein ‘quality’ is more important than ‘quantity’.

Protein in egg is of very high quality, which is known as complete protein, and is superior to protein in meat, fish or milk. Complete protein refers to a food source of protein that contains correct amounts of all essential amino acids. Amino acids are the building blocks of proteins. There are nine essential amino acids which can only be obtained from our diet and cannot be produced in our body. The quality of a protein depends on the presence of the relative amounts of these essential amino acids. So, egg is known as the best food source providing ‘high-quality protein’.

Egg is an excellent source of high-quality protein with all essential amino acids in right amounts and right balance.

Other than supplying all the essential amino acids, eggs also have many other essential nutrients. Egg white mostly contains protein and the yolk contains choline, several vitamins and minerals and cholesterol. It is rich in many vitamins and minerals except vitamin C. The bioavailability of iron in egg is poor, that means although iron is present in eggs the amount that will enter our body, to do its function, is very little. But eating eggs with fruit and vegetables rich in vitamin C will enhance iron absorption. What more, making an omelette with vegetables will also reduce absorption of cholesterol as fibre in vegetables reduce cholesterol absorption. So, to add to the health benefits of eggs you can include them in a variety of dishes together with other ingredients such as vegetables, high fibre grains, onions and spices. Eggs should be served completely cooked; fully boiled, fried or as an omelette, to reduce the risk of carrying any potential bacteria. Eggs when cooked are also easier to digest.

Despite all these benefits, the main concern about eggs are its high cholesterol content. Again, as for many other things in life, moderation is the key here.

We know that cholesterol is closely linked to cardiovascular disease risk. One average egg contains about 212mg of cholesterol, that is roughly accounting for 2/3rd of the recommended daily limit of cholesterol. Our body produces cholesterol daily. How much we produce also depends on how much we eat. If we eat a lot of cholesterol from ‘good’ sources like eggs the body may produce less cholesterol. Why I say ‘good’ depends on other nutrients in that food. For example, if you take one whole egg cooked without additional oil the amount of cholesterol you get will only be the amount present in that egg. But if you get the same amount of cholesterol together with high saturated fat and refined carbs then the amount of cholesterol your body will produce will be more. Saturated fats in your food and carbohydrates (that will end up as sugars) will increase the production of cholesterol in your body. The cholesterol in blood is mainly carried by a vehicle called LDL (low density lipoprotein). You may have seen the word LDL in your lipid profile! YES, it is the so called ‘bad’ cholesterol! If you have a lot of cholesterol in your body at one time, the amount of LDL in blood will be more and the cells in your body may not be able to take cholesterol carried in LDL into them efficiently. The cholesterol up-take by the cells depends on the need. So, if a cell has enough cholesterol they cannot take more - even if your blood is full of LDL. So, what happens is, these LDL particles remain in blood for a longer time. This makes them susceptible to various chemical changes and finally these changed particles will be scavenged by a scavenger in the body called ‘macrophages’. This will eventually lead to fatty deposits in your arteries known as ‘atherosclerotic plaques’ - which is the start of cardiovascular disease!

Moderate intake of egg, that is up to one egg per day, was not associated with the risk of cardiovascular disease as
revealed by a large study recently published in 'The British Medical Journal' (BMJ, 2020). The same study suggests that if you replace red meat (e.g. beef) with eggs then you may have a lower risk of cardiovascular disease. Finally, it is not really the number that matters but the ‘quality’ of each food and the healthiness of the diet pattern. A diet rich in fruit, vegetables, pulses, whole grains and low /non-fat dairy and lean protein is considered as a healthy diet pattern. It is safe for a healthy person (adult or a child) who is having a healthy eating pattern and an active lifestyle to eat one whole egg per day. Those who are having cardiovascular diseases or who are at risk of developing cardiovascular disease may limit eating 2-3 whole eggs per week based on individualized advice from your nutritionist/medical practitioner. Considering all the nutritional benefits of eggs, it makes so much sense to reduce your daily cholesterol intake from other food sources - such as deep-fried food, fast food, processed food like pastries and biscuits, and meat with skin and fat – so that you have space to include whole eggs in your meal.

Current recommendations focus on ‘overall healthy eating patterns’. Include eggs in moderation as a part of a healthy eating pattern.

The many positives of eggs
- Contains high quality complete protein. An average egg of 50g has about 7g of protein.
- Contain the right kind of fats. The total fat content of an egg is about 5g out of which saturated fat is only 1.6g. Carbohydrates are in trace amounts.
- Have choline, which is especially good for brain, nerves and heart particularly in your growing fetus and baby. So, it’s important for pregnant women. Choline is crucial for memory development too.
- Contains heart healthy nutrients - antioxidants and anti-inflammatory nutrients such as lutein, zeaxanthin & selenium. It also has vitamin E & zinc. These are important to fight against the toxins that enter our body.
- Rich in Vitamins & minerals, including iron and calcium.
- Have high amounts of vitamin A that is good for your eyes and skin. Vitamin A will improve your immunity to protect you from diseases.
- Contains most of the B vitamins (B₁₂, B₉, B₆ and folate) important to maintain your energy levels and support nerve functions.
- Egg is one of few foods that contains vitamin D, which is important for your bone health and immunity.
- There are still many unexplored bioactive compounds in eggs which may be highly beneficial for health.
- Eating eggs make you full, reducing the crave for food and help to manage our healthy weight – starting the day with an egg is a good idea.
- Affordable and available.
- Easy to prepare and has a lot of properties important for cooking delicious foods.
- Provides good nutrition to all stages of life - starting as a complementary food in infants over 6 months up to elderly who need more protein to keep their muscles healthy.
- A good choice of food when your child is sick - as it is easy digest and have high quality nutrients. It is also easy to eat due to its smooth consistency.

A quick delicious egg recipe that your kid (and the puppy and the kitten and you) will love!

One egg
1/3 cup milk
1 tbsp sugar
Vanilla essence and grated nutmeg

Whisk the egg, milk and sugar till creamy and add a few drops of vanilla and sprinkle some nutmeg powder. Add a little lime juice. You know why its good to add lime. Yes, since the iron in egg is a little hard to absorb, adding lime -that is vitamin C -will improve the iron absorption. Pour into a bowl and steam for 10 minutes.

You can replace sugar with a natural sweetener or raisings.

Do not add sugar if you are giving this to your pet. Your furry friends will still love it and so will you!

This will give you all the goodness that we discussed above just in one egg!
Food production systems are a fundamental aspect of people's health, wellbeing and global sustainability. The Sustainable Development Goals (SDGs) can be achieved through the development of comprehensive, sustainable, efficient, nutritious, and healthy food systems. At present, about half of the population in the world does not eat a properly nutritious diet.

The COVID-19 as drawn a huge attention with spreading throughout the world and declaration of a pandemic situation by the World Health Organization (WHO) on March 11, 2020. The International Committee on Taxonomy of Viruses (ICTV) named the novel coronavirus that is the causative agent of COVID-19 as SARS-CoV-2. The SARS-CoV-2 virus is similar to the other coronaviruses: SARS-CoV that causes Severe Acute Respiratory Syndrome (SARS) and MERS-CoV that causes Middle East Respiratory Syndrome (MERS); that have emerged during past two decades. Though several vaccines have been introduced still COVID-19 persists with reporting thousands of new cases every day around the world. Furthermore, every country is encountering adverse impacts on their economies due to the COVID-19 infection, marketing problems throughout food supply chains is one of the most critically affected areas.

Though the virus is easily transmitted from human to human through respiratory droplets and contaminated fomites. Therefore, food surfaces can also be a carrier for the virus but there is no evidence that the food or water have been associated with direct transmission of the virus. Therefore, the WHO and United States Centers for Disease Control and Prevention (CDC) have declared that there is no evidence of transmission and direct contamination of SARS-CoV-2 via food and water. However, there is a potential for transmitting the virus through various food contact surfaces throughout the production process. Hence the food can be a possible medium for transmission of the COVID-19 infection and new approaches are necessary to control the spread of the infection.

With the COVID-19 outbreak the following major issues have arisen in the food production systems.

1. People tend to follow a healthy diet to protect themselves and improve their immune systems – therefore increased demand for functional foods with bio-active ingredients.
2. Food safety has got more consideration to prevent the transmission of coronavirus among producers, retailers, and consumers.
3. With lockdown restrictions, food security issues have arisen
4. Food sustainability problems have become apparent in the era of pandemic.

The below picture summarizes the safety measures that have to be implemented in the food production systems during the COVID-19 outbreak to prevent contamination (Figure 1) (Rizou et al., 2020).

Figure 1: Safety measures that can be applied for the food sector during the pandemic.

The researchers in the food system need to develop strategies to ensure food safety, detections methods for SARS-CoV-2 in food producing environments and sanitizing methods. Along the farm to fork chain, more control strategies are necessary to implement at consumer stage. Also, being responsible citizens and minimizing food waste can withstand a severe shock in the production sector.
Primates in Sri Lanka

There are 5 species of non-human primates living in Sri Lanka namely Toque macaque – Macaca sinica (3 sub species), purple faced leaf langur (Semnopithecus vetulus – 4 sub species), grey langur (Semnopithecus prium) and two species of Loris namely wet zone loris (Loris tardigradus – 2 sub species) and dry zone Loris (Loris nycticeboidus – 2 sub species). These primates are found only in Sri Lanka and therefore, if they become extinct they will disappear from the entire world. There are three sub species of macaques inhabiting different climatic zones namely; Dry zone macaque (Macaca sinica sinica), wet zone macaque (Macaca sinica aurifrons) and hill country macaques (Macaca sinica ophisthomelus). Though these three sub species appear to be same to an untrained eye, they can be separately identified using their external characteristics. Macaques eat both plant and animal material and therefore basically they can eat all what humans eat. For example they can consume fruits, vegetables, cereals, insects and other small animals. Macaques prefer to live close to humans because all these food items are available closer to such places. Therefore, they can also adapt themselves rapidly to novel surroundings. There are several adult males and females within their troupe at times exceeding over 100 individuals. There are two species of langurs which carry larger and heavier body compared to macaques. One such species is black langur also known as purple – faced leaf langur which can be categories into 4 four sub species according to their geographical distribution. Langurs largely eat plant material and prefer to live in smaller groups. It is extremely rare that they get down to ground from trees that they live and they prefer to live within jungles. However, due to rapid disappearance of their habitat, they have adapted to live closer to human dwellings. Grey langurs are plant eaters while they live in relatively larger groups compared to black langurs. These grey langurs, similar to macaques, live closer to human dwellings and are seen on the ground more frequently compared to black langurs.

Humans and 13 different species of wild animals are in conflict in various parts of Sri Lanka, for basic needs such as food, water and shelter. Monkeys that live close to human habitat while disturbing humans to various degrees, has been identified as pests. The red faced monkeys, an indigenous species and a prominent trouble maker, have three sub species living in the hills of Sri Lanka, dry zone and low country. They are adapted to eat almost all types of food used by the humans. The Veterinary Teaching Hospital (VTH) with Postgraduate Institute of Science (PGIS) in the year 2000
studied this human – monkey conflict (HMC) within Kandy Municipal limits which showed there were individual monkey mothers with their young suckling kids and the troupes. The individual monkeys had possibly been tamed and later released or had been used in circuses to perform various acrobatic actions by people to make a living (Wijesinghe et al., 2005). The troupes (20-60 individuals) can be devastating in a home garden. Monkeys explore areas, learn fast and find their daily food while following their regular trails (routes). It is obvious that HMC has got worsen during the past 15 years (Jayalath, 2011). Monkeys eat not only plant material, but also insects that are found in and around human dwellings such as those under the roofs. This is probably why monkeys live in the periphery of the jungles close to humans. However, the behavior of different species of monkeys could be substantially different to each other (Binduhewa et al., 2005).

Strategies and methods of monkey repelling may not work throughout the country and for a long time in one location because primates are intelligent, able to learn and adapt fast. Methods based on the behavior, biology and habitats and their interactions with humans can be used in an integrated management of HMC. Among the traditional monkey repelling methods, catapult, use of chili, fire, scaring them using other animals, animal skins, scare crows, shouting, lighting fire crackers and even killing one of them have been in practice. Some believe that capture of some monkeys, shaving their faces and/or tails and/or painting them with various colors help to keep them away from human habitat which is not true. Research must be directed towards producing commercial monkey deterrents.

Proper and responsible waste and garbage disposal is of immense importance in this context. Monkeys in search of food immediately identify places where such garbage has been collected. Clearing buffer areas around the agricultural land can keep monkeys away to some extent. Since the monkeys use the same route to access villages and crops, disturbing such routes by cutting trees or branches and by adopting various other methods to keep them away has helped to certain extent. Electric fences have been helpful though they can be expensive and difficult to install and maintain. Some have tried thorny bushes and chilies around the cultivations with varying success. We must also keep in mind that people should never offer food to monkeys which make them expect, request and even demand food from other people. Currently, use of dogs, watchers, bells, noise producing devices, use of catapults, fire crackers, trapping, hanging a dead monkey, painting one monkey and use of air rifles have been in use with different rates of success. It must be mentioned that none of these are long term solutions because monkeys have the ability to adapt to any such situations rapidly. Therefore, use of a combination of few methods at a time would help while planning a long term solution.

In year 2012 within Kandy city limits, several monkeys were found dead due to poisoning and some of them were found ill. Though this purposeful poisoning was reported in daily newspapers, nobody bothered to examine as to why it happened and who did it. In 2014, the monkeys at Udawattakele, a wildlife protected area in Kandy, were feeling ill possibly due to a viral condition and a few of them even died. This appears to be an annual occurrence which settles on its own though no properly conducted scientific work has been performed on this matter. It is not incorrect to state that only a very little attention towards protecting such monkeys their habitat and health has been paid.

However in 2005, all trouble making individual monkeys within Kandy municipal limits were caught using different methods; trapped and/or sedated (Wijesinghe et al., 2005). These monkeys, after capturing, were surgically castrated or spayed, vaccinated (against rabies and tetanus) and introduced into a special cage complex to create an artificial troupe to established their hierarchy. At the end of the period, hierarchy among themselves were established and hence were released to the wild (Rupasinghe, 2006) but never monitored thereafter. The medical castration of male monkeys and using human intra uterine loops on female monkeys, have been attempted though the work was inconclusive (Samal et al., 2015). However, the impact of performing such techniques only on a proportion of males or/and females in a troop, on the entire population is questionable.

A village in Hali-ela launched a program in which several meetings were held in their temple with the villagers. Later as a temporary solution, some of such monkeys were captured, surgically sterilized, vaccinated against rabies and translocated (Wijesinghe et al., 2009). The people in the area were also made to understand that the welfare and the genetic make-up of these monkeys must be looked into. This program with the assistance of the Department of Wildlife Conservation subsequently became popular in other areas of the country. The bleeding during the surgery and some post surgical complications in the eyes of the public did not create
a good image. In a capture programme conducted in Mahakanda village in Kandy, a substantial proportions of animals from several troupes were caught, surgically operated and were translocated (Jayalath, 2011). Currently, translocation is not regarded as a solution since it is harmful to the animal population and their ecosystems. However, the monkeys from the surrounding areas infiltrated the Mahakanda village in about 6-7 months later. These new monkeys though initially not destructive, became gradually so (Jayalath and Dangolla, 2011).

In 2014, the University of Peradeniya, imported 5 monkey repelling electrically operated electronic devices which were fitted on pre-determined strategic points within the university premises after a detailed study of troops and their trails in the area. The monkeys anyway did not change their trails, did not get disturbed and the instruments were producing noises that were disturbingly audible for undergraduates. However, it must be kept in mind that the monkeys would adapt to novel situations within a short period. Applying luminous paint on monkeys to make other monkeys scared, making the monkeys eat hot chilies and clipping their hair were studied as remedial measures all of which the responses were temporary and transient. In 2015, a fecal sampling survey (Mendis, 2016) on enteric parasites, selected bacteria and viruses with zoonotic potential in red faced monkeys from Kandy area was performed. Four types of protozoan cysts: Entamoeba coli, Entamoeba histolytica/ dispar, Giardia spp and Balantidium coli, 4 types of helminth eggs: strongyle type/ Strongyloides spp., Trichuris spp., Enterobius spp., Bertiella spp. and one bacterial species: Shigella sp. were found (Dangolla and Mendis, 2016) in them. These potential human disease causing agents can be spread to humans from monkeys and some have indicated that monkeys can even carry Dengue causing virus.

It is clear that human behavior, attitudes and methods of garbage disposal must be looked into in this regard. A special monkey proof waste bin has been introduced in Polonnaruwa area as a solution to the conflict. However, to use a monkey proof waste bin, people must take an effort to dispose their own waste. In year 2005 several schools sent their children to study on human-monkey conflict resolution to VTH. They were used to make observations in experiments with multi-disciplinary approach to solve this problem. The students were learning “hypothesis testing” lesson in the GCE A/L Science curriculum at that time (Rupasinghe and Dangolla, 2005). In 2006, an initial island-wide survey on several educational programs conducted by VTH (Rupasinghe, 2006), included teachings on potential zoonotic infections that could be transmitted to humans from monkeys. The school children learnt these principals quicker than expected (Wijesinghe et al., 2003).
A Vet Profile

Dr. Malaka Abeywardhana

Marty Stouffer

A WILDLIFE VETERINARIAN
මෙම ලිපි වෙනුවෙන් නොතිය හැක. මේ එක්ක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි හා ප්‍රකාශ කිරීමෙන් පිළිතුරු වැඩිහැකිය. මෙම ලිපි වෙන්නේ යිරීම් කිරීමෙන් පිළිතුරු වැඩිහැකිය. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්�්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි. මෙම ලිපි වශයෙන් ඇමුණක් ආකාරයකින් එක්ක් නොකාටි.
Why veterinary drugs should be used with extra care?

Dr. Eeshan Weerasinghe

Do veterinary pharmaceuticals/Drugs differ from human pharmaceuticals?

Animals are different to human. There are many architectural and micro-architectural differences can be found in animal tissues. Therefore, the cell biology, biochemistry and organ physiology are unique to each animal species. Because of that the pathophysiological basis of drug therapy, action of a pharmaceuticals on different animals as well as animals’ response to pharmaceuticals are different.

What are the main forms of drugs used in the veterinary field?

Tablet, capsule, liquid either as suspension, syrup or drop, topical applications either as cream or lotion, chewable tablet, bolus and injectable are common forms of veterinary drugs. Injectable is widely used in veterinary field as oral delivery of medicines is quite difficult.

Veterinary drugs can be categorized based on their biochemical basis and mode of actions. Antimicrobials, ectoparasiticides, steroids & Non Steroid Anti Inflammatory Drugs (pain killers), antihistamines, sedatives and antacids are some of such common group of drugs.

The drugs can be categorized into prescription only drugs and over-the-counter drugs. However, only very few number of drugs can be recognized as over-the-counter drugs in veterinary field.

Why do over-the-counter veterinary drugs are very limited?

There are obvious reasons behind this. Most importantly animals do not talk. They do not express how they feel in case of an ailment. Veterinarians are learnt and trained to diagnose diseases based on history, symptoms, observations, basic clinical examinations and laboratory investigations. Inexperienced people can rarely diagnose what is wrong with your animal.

Further, pharmaceuticals are exogenous preparations. They exert both wanted and unwanted effects. The veterinarian does the judgment on benefits of prescribing medicine over its/their side effects/unwanted effects on each animal in each situation. Haphazard use of medicine can end up with more unwanted side effects. This is why one should consult veterinarian all the time before giving any medicine to your animals. Further, repeated use of previously prescribed medicines or using previously prescribed medicines when animal shows similar symptoms can be very dangerous as animals may show similar symptoms but due to totally different ailments. Fever, lethargy, loss of appetite, loose stools are some of such very common symptoms in many diseases which require totally different medications. Due to those reasons owners are strictly advised to:

- Avoid giving any medicine on their own
- Avoid purchasing medicine from pharmacies by telling symptoms
- Avoid use old previous prescriptions for another new ailments
- Avoid substituting medicines with non-prescribed medicines
- Avoid repeated use of same medicine over a period of time

How do we identify veterinary medicine with good quality?

All veterinary medicines/drugs must be registered at Veterinary Drugs Control Authority (VDCA) before importation or manufacturing. However, sometime we see illegal products also available in the market. Those products are coming into the country through illegal routes. Most of such products are brought to the island via baggage. In a flight, passenger baggage is stored in the compartment below passenger compartment. This compartment is exposed to high temperature leading the product quality drops drastically. In some cases exposure to high temperature can end up with harmful changes to the product. Therefore efficacy of such medicine is questionable and there is no one to take the responsibility of such products. Medicines imported through proper channels are transported in temperature controlled compartments and therefore quality is not affected.

It is animal owner’s right to give quality medicines to their animals. So there should be ways of recognizing quality veterinary drugs. All registered veterinary pharmaceuticals have a VDCA registration number and it is mentioned in the package. In case of doubt anyone can check with VDCA. Further, details of manufacturer/exporter, importer/distributor are mentioned in product labels. Products from reputed manufacturers and importers are generally good in quality as such companies respect quality standards.

However, the quality of a pharmaceutical can be changed at any given time if it is not properly stored, transported, displayed and/or exposed to direct sunlight. Storing temperature of pharmaceuticals is mentioned in the product packages. One should read that information and should avoid any product which is not kept within the limits. Similarly exposure to direct sunlight can harm quality of pharmaceuticals. Discoloration of outer carton or label suggests direct exposure to sunlight or improper storage. Further, quality of any medicine can rapidly drop once it is opened for the first time. So, one should not buy any medicine with broken seal or leaking packages. The expiry date of any medicine is valid only when it is in the original package. Once open we need to finish it as soon as possible.

Quality of a pharmaceutical is not referring only to the packaging. Efficacy of a medicine is paramount. Following proper instructions such as “shake well before use”, correct volume/quantity, correct interval and duration are key areas where efficacy of a medicine can be affected. One should think twice on those factors as what our animals receive is what we give.

Finally, all those who use veterinary pharmaceuticals should understand that all medicines have wanted and unwanted effects. Therefore, they should be used only when it is critically required at correct dose for correct period only. Further, symptoms can be similar in different diseases and the same diseases can have different symptoms in two occasions. So veterinary medicines should be used strictly on veterinary advice only.
Dr. Uditha Kossalawatte

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BENEFITS OF OMEGA 3 SUPPLEMENTS FOR CATS AND DOGS

Omega 3 long-chain polyunsaturated fatty acids such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are found in significant amounts in fatty fish (tuna, horse mackerel and salmon) and especially in the oil obtained from these species. It is proved that Omega 3 has beneficial effects on the following systems and whose deficiency in the diet can cause visible symptoms that directly affect the health of the animal.

• ON THE SKIN
It has been shown that the daily supplement of commercial preparations of fish oil, in an average dose of 20.4 mg / kg of EPA / DHA significantly improves coat and skin quality in dogs and cats.

• IN THE CIRCULATORY SYSTEM
There are reports that supplementation with Omega 3 in a dose between 18-25 mg/kg EPA-DHA in dogs with dilated cardiomyopathy shows a significant improvement, prevents weight loss in advanced stages and increase the survival time of these patients.

• ON THE IMMUNE SYSTEM
DHA contributes to the function and development of the retina and brain, together with EPA, they constitute lipid mediators with anti-inflammatory and immunomodulatory effects under different conditions that involve the release of various pro-inflammatory mediators which enhance immune system. Feeding Omega 3 also beneficial in treating dogs with enteropathies.

• IN THE MUSCLESKELETAL SYSTEM
It has been shown that the consumption of Omega 3 suppresses the degradation of the extracellular matrix of the articular cartilage of dogs. The effect of Omega 3 consumption has also been evaluated in patients with osteoarthritis, a very common pathology in domestic cats.

• IN THE VISION
In humans and animals, the functions of the brain and retina depend on DHA during intrauterine developmental and postnatal life. In dogs it was shown that the consumption of Omega 3 in pregnant females increases the concentration of maternal plasma DHA and results better visual performance in their puppies after birth.

• IN KIDNEY AND URINARY TRACK HEALTH
In felines, kidney disease and obstructive pathologies of the urinary tract are one of the factors that considerably reduce the life expectancy of cats. In cats, there is evidence that the consumption of Omega 3 for 2 months increases the serum levels of EPA (173%) and DHA (61%), in addition to decreasing the concentration of calcium in the urine, decreasing the formation of struvite crystals and increase the resistance to the formation of Calcium oxalate crystals.

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Stories From VETGROW Land

Once upon a time, in a land without taste, two Labradors were starting a very serious conversation...

What's for lunch?

Wah! The same stuff we ate yesterday... and the day before... it never changes... NEVER!

Dr. Doolittle! Max, you are a genius! That's what we want, another Dr. Doolittle!

No, no. You forgot VETGROW. You can find many Dr. Doolittles at VETGROW!

Uh huh! And from where are we going to find another Dr. Doolittle? I suppose they grow on coconut trees? *Snickers*

Huh?

What? I can't stand this. Who do they think we are? Dogs?

Well, technically yes.

Maybe. But it's just a small difference in the genetic code. They don't have to rub our noses in it. We are people too.

Sigh! If only they understood us. There's not one intelligent human born after Dr. Doolittle.

VETGROW

Innovation Continues

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