

US





WIN
RS. 1,00,000!!!

**INTER-COMPANY
6 A SIDE
CRICKET TOURNAMENT**

Table of Contents

3	Editorial
4	Founders' Message
5	Thank you for the Hard Work
6	Congratulations!
7	Welcome to the team!
8	Happy Birthday!
10	US.LK Challenge Trophy
12	Staff Recognition
16	Inspirational Story
18	Knowledge Share
19	Staff Offers
20	Motivational Quotes

Editorial

The August issue of “US” is out!

With a new outlook for Sri Lanka, let us see what we, our teams achieved this month. We have some proud moments to share with you.

One of our colleagues have been recognized by Unilever Sri Lanka on his organizational skills and attention to detail. Catch it on page 05.

New beginnings with lifelong commitment, and love, by two of our own colleagues was celebrated this month.

It is also an extremely proud moment for me, as I was selected by the Australian High Commission and interviewed by the Australia Awards Programme to share how I personally navigated ‘The New Normal’ with my fellow Alumni. Feel free to read it on page 10. Additionally, I am now a certified personal Academic Teacher for Pearson’s Test of English. A personal double winnings this month.



Happy Reading...

Amila Gunawardana

FOUNDERS' MESSAGE

Welcome to yet another edition of 'US'.

With a Peaceful election, during a world pandemic concluding, I believe the tone has been set for the coming years.

September – Time to Step Up!

Working to increase our impact, expand our reach, enhance employee engagement, and increase our ability to adapt will be the focus in the next few months. The last several months have shown that “**WE**” – can realize these goals as we forge a new path for the future.

Without question Covid -19, forced us to implement new methods to do traditional business operations with unimaginable challenges. Some industries have incurred more costs whilst others manage to improve efficiency and reduce costs. No matter what, the operating landscape has changed forever.

It's time for each individual to critically evaluate and understand what changes have impacted their working environment. I am incredibly inspired by how our team members have adapted and responded to COVID-19. Whilst there has been a positive impact, the challenge has been to convert the negative impact to our advantage. The effect is similar for front line Sales, support staff to management and all others. As we learn the new normal, I recommend you talk to your colleagues, make collective decisions to embrace the change and be innovative.

"Our business competitiveness and survival are directly linked to your ability to innovate."

THIS MONTH Let us focus on:

Increase Competitiveness – How can you improve efficiency with lower costs and higher quality **SERVICE?**

Efficient use of all resources – are you maximizing your resources?

Protectiveness in your Business Approach – Is your working model synchronizing with the **NEW NORMAL** conditions?

Attract New customers – How can you service existing customers better and how can you enter new markets.

With a positive outlook for Sri Lanka, let's march towards the future. We optimistically anticipate the much-needed socio-economic growth. However, let us not lose sight that most countries have witnessed second wave; will be naive to think that we may not get it. We all have a responsibility to our families and society. Therefore, let us all continue to practice Covid prevention methods at work and home.



Manjula Kulatunga

THANK YOU FOR THE HARD WORK!

Negotiation and excellent people management skills together with Patience, Seriation, attention to detail, are not qualities that are found in every employee. However, the group is proud to have **Neville Christy Fernando** our Sales Representative, from **Ceilão Logistics Group** exhibit these attributes by negotiating shelf space to display all Unilever Products in an orderly manner at Sandeep Grinding Mills Thimbrigaskatuwa.



On a field visit by Regional Manager of Unilever, Mr. **Deepal Wickramasinghe**, he recognized Neville's efforts as, Unilever's presence on the shelf and the product availability was clearly dominant.



CONGRATULATIONS!

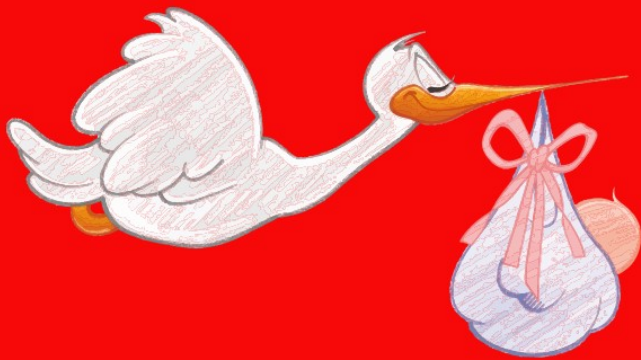
Wedding Bells to
Supun Dewapriya &
Dineshika Lakmai
From CLG!

WE WISH YOU
"A LIFETIME OF LOVE AND
HAPPINESS!"



Our family is growing.

Thamali from ATN (BPO)
welcomes
a baby!



SARATH FROM ATN

Welcomes a

BABY!



Congrats!

RASANGA FROM UPFILED

For Becoming a
father to a baby girl!

Congratulations!



Logistics Group together with the rest of the teams take this opportunity to Congratulate **Indunil Kumara** who has been promoted to Sales Executive effect from 01st of September

Welcome to the team!

AUSTRALIAN TALENT NETWORK

- N B U Jayasekara
- K D R Wimalarathna
- V N Wijerathna
- Mohamed Bhasith
- S D Y Kawmith
- M S Abeysekara
- Kalpa Basnayaka

CEILAO LOGISTICS GROUP

- Kumara Rathnayake

AUSTRALIAN MIGRATION CONSULTANTS

- Aloka Gunawardana



They say "Behind every successful MAN there is a WOMAN" .

Big shout out to our Silent Supporter **Surangi**. Here's wishing her a wonderful Birthday and a fantastic year ahead!

NUWAN CHANDIKA

L K C Kanchana

M I C JAYASINGHE

I S Peiris

HAPPY BIRTHDAY!

M H D Surendra
SKKK FERNANDO

K G SANJEEWA

Let's celebrate with
G W G L Mohan cake and wine!

M G D U M Dhananjaya

Ranjith Bandara

H G M G Ranasinghe

SILVA M R

L P C D Liyanage



Happy

BIRTHDAY

**SUNI BASTIANS- GENERAL
MANAGER OF AUSTRALIAN
STRATEGIC PARTNERSHIPS**

L Ravichandran

R S Pandigama

S M D Perera

H R T H R W Held

S K D P E DASSANAYAKE

S I WARNAKULASOORIYA

A Puwaneswaran P Anandaraj

B S Kanthan



**Happy
Birthday**



H J P Lakshitha

S S D Lakshan

R J J Karunarathna

A M K S Athapaththu

K P T M Pethirene

E M P S Ekanayaka

K K A L Punyasena

G A S M Wickramarathne

H A Rahman

O B A D Jayawardana

G K G G Madushanka

S K D P E DASSANAYAKE



RS. 100,000!!!
WIN
INTER-COMPANY
6 A SIDE
CRICKET TOURNAMENT

DATE

Saturday 3rd October 2020

REGISTER BEFORE

10th September 2020

AWARDS

Champion team to win 100,000 LKR

Highest team score 20,000 LKR

Lowest bowled team score 20,000 LKR

**PAPARE BAND, MUSIC, FOOD STALLS, BEER GARDEN SUBJECT TO AVAILABILITY...
SURPRISES FOR ALL STAFF , WHO SHOW UP TO CHEER YOUR TEAMS...**

CONTACT

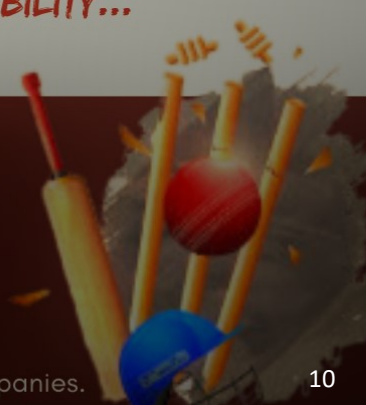
Amila- 0773721001

SUBMIT YOUR APPLICATIONS

amilag@amconline.com.au

6 A side cricket tournament is exclusively for the staff members of US.LK group of Companies.

See page 14 of the September issue of the newsletter for Rules and regulations & application form.



TEAM REGISTRATION FORM

US.LK Challenge Trophy-2020

Team Selection-

- 6 staff members of your own business can set up a team.
- Any number of teams can be enrolled from a business.
- For **Every girl** included in the team - will get 20 runs awarded (maximum of 40 runs)

Match Rules-

- **One person** get only **one over** to ball
- **5 overs per game**
- Each team can have **6 players and 1 reserve**. Teams with girls can have 2 (girl to replace girls and boy to replace boys)
- Enrollment Fee **Rs.10,000 per team** (First 05 teams to enroll may, get the sponsorship from your respective business unit.....)

COMPANY

WHAT'S YOUR TEAM NAME?

CAPTAIN

NAME:

CONTACT NO:

MEMBERS

NAME	ID NO.	GENDER	T-SHIRT SIZE
1.			
2.			
3.			
4.			
5.			
6.			

RESERVE PLAYERS

- 1.
- 2.

NOTE...

** Sri Lanka cricket, stipulated 6 a side tournament rules apply. Umpires are from the association.

Submit your applications : amilag@amconline.com.au



From my desk to yours: Amila Gunawardana from Sri Lanka

Posted: 31 July 2020

Sri Lanka, Alumni, COVID-19, Impact, Linkages



During the COVID-19 pandemic, we are sharing the experiences of Australia Awards alumni and scholars while they navigate a new normal.

Whether working or studying from home, schooling children while also juggling professional duties, or providing frontline COVID-19 support, these scholars and alumni open up about their struggles, silver linings and dreams for the future.

The reflections below come from alumna [Amila Gunawardana](#) in Sri Lanka. Amila undertook an Australia Awards Short Course on *Sustainable Tourism Development* in 2018 and she now runs her own travel business.

Can you tell us about your current role, what you are up to and how you are contributing to your country’s development?

“I started my own travel company based in Sri Lanka called [Go Ceilão](#) in 2018. Since the Easter terrorist attacks in Colombo in April 2019, recovery of the tourism industry in Sri Lanka has been slow. The COVID-19 pandemic that began in December 2019 has affected travel globally, with further consequences for Sri Lanka. However, I believe there is light at the end of the tunnel. ‘The pearl of the Indian Ocean’ will soon be a popular place to visit once more. With about 20 years of experience in leading travel companies, I am currently working with Trincomalee District Youth Development AHAM to develop key performance indicators for community-based tour products in the Trincomalee District. I believe Trincomalee has many unique experiences to offer and Sri Lanka will be ready to warmly welcome tourists again in the hopefully not-too-distant future.”

Alumna Amila Gunawardana receiving her Australia Awards Short Course certificate. Featured here with Professor Noel Scott from Griffith University (left) and Tom Davis, First Secretary (Development Cooperation), Sri Lanka and Maldives, Department of Foreign Affairs and Trade (DFAT)



How did your Australia Awards Short Course help you get to this point in your career?

“Australia Awards gave me the courage to follow my passion of encouraging travel and tourism between Australia and Sri Lanka. The Short Course helped me understand what Sri Lanka has to offer in terms of tourism and how best to sustain this potential for generations to come. The knowledge gained helped me direct my time and energy into making this new venture a success. Through Australia Awards, I gained the courage to organise the very first international cycling event in Sri Lanka: Everesting 2019 (‘Everesting’, an Australian concept, is an event in which cyclists ride a hill repeatedly until they climb 8,848m, the height of Mount Everest). This promoted tourism and strengthened relationships between the two countries. Additionally, I arranged a workshop for the Sri Lankan women’s rugby fraternity with Australian female rugby player, Louise Burrows, to encourage and motivate the players. Through the Short Course I gained confidence, and built relationships and friendships that have helped me push beyond my boundaries.”

How did you find the ‘working from home’ experience?

★ / “Working from home was actually a really positive experience for me. I believe the key to successfully working from home is self-discipline. Being able to wake up at my normal hours, setting a routine or timetable, and having a designated workspace were some of the key areas that I focused positively on.”

“I disciplined myself to avoid the three greatest temptations: the refrigerator, TV and bed. I achieved this due to the strict timetable I followed. My time at home also made me appreciate some of the greatest things in life, such as family, having a place to live and having adequate food. Most importantly, it has taught me not to take the people we love for granted. We should cherish every moment we spend with one another, no matter if it is a work colleague or a friend, because you never know when it will be the last time you see them.”

What have you done (outside of your work) to look after yourself and keep your mind active?

“I have been doing quite a few activities to keep my mind and body active. I took up reading again. The two books I would like to recommend are *Creating Magic* by Lee Cockerell and *Mindset: Changing the Way you Think to Fulfill your Potential* by Dr Carol S Dweck. I have also been participating in tourism-, finance- and technology-related webinars organised locally and internationally (including from Australia) in order to better understand the global situation. I exercise daily, cycle when possible, engage in gardening, play badminton with my daughter and walk my dog. I communicate with my customers and industry partners on a weekly basis. I also speak to my friends and family more regularly now through Zoom.”

★ “Furthermore, as the Service Projects Chairperson for Rotary Club of Colombo Central, I actively assisted the community by providing 50 Tamil families in Kotte, Sri Lanka’s administrative capital, with dry rations and vegetable packs. Our club also donated a walk-through sanitation chamber to the Kirulapone Police Station in Colombo, Sri Lanka.”

Amila at her home office, where she has continued to manage her travel company, Go Ceilão



What were you able to learn while you were required to stay at home?

“I learnt how to live well with my husband! This was a new skill for us both—our work schedules before the lockdown kept us so busy, we had never spent so much quality time together... ever! I also learnt new technologies and how almost everything can be done online, thanks to Zoom, BlueJeans, Skype and mobile banking. I also learnt to host Zoom webinars for more than 100 participants based locally and internationally.”

Do you have any tips to offer fellow alumni on working remotely and living well during these uncertain times?

“My advice for my fellow alumni is to stay positive and be grateful for what you have. Learn to apply self-discipline. Pray. Take this time to look at your finances and restructure them, if necessary. And most importantly: laugh... a lot!”

What is something you hope to achieve either professionally or personally when the COVID-19 crisis subsides?

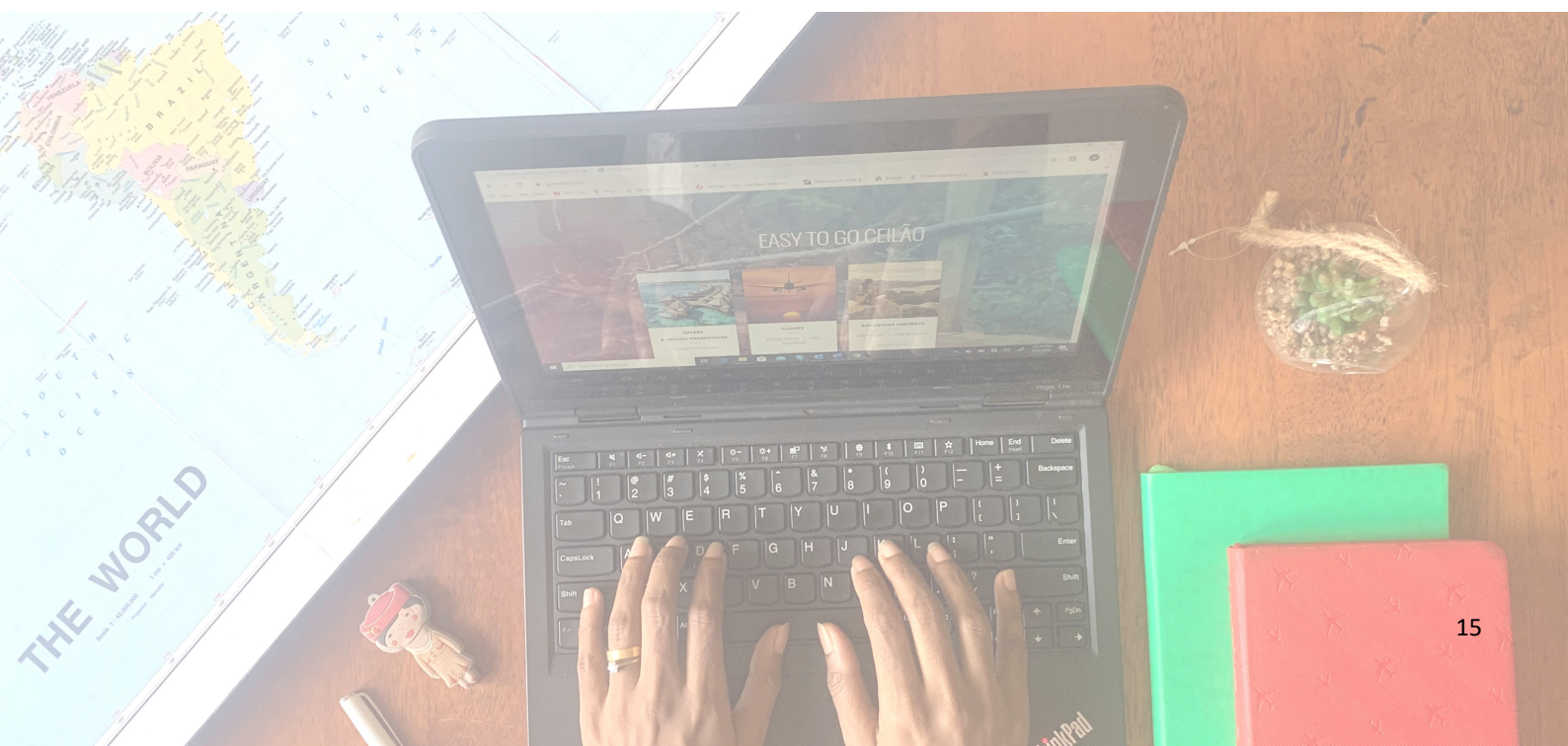
“This crisis has made me realise how fragile life is and how easily the industry I work in can be affected. While I understand that many people are being affected in different ways, it has allowed me to analyse my risks and re-evaluate my long-term goals. Personally, I have used this time to plan and restructure my finances. I have taken stock of all my assets, bank accounts and other investments. By the end of the crisis I am hoping to have a better understanding of my financial position, which will help me to minimise my debt and save more.”

VISIT:

<https://australiaawardssrilanka.org/from-my-desk-to-yours-amila-from-sri-lanka/>

[Privacy and Disclaimer](#)

Copyright © 2020 Australia Awards



WHAT IS LUXURY?

A SHORT STORY ABOUT LUXURY

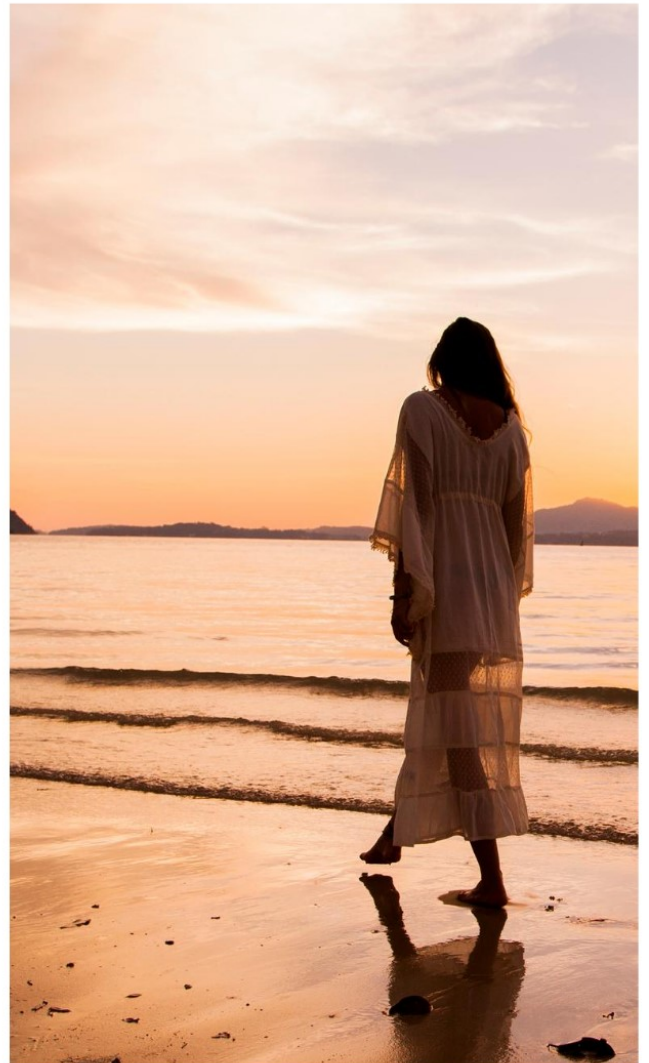
They made us believe that the luxury was rare, the expensive, the exclusive, everything that seemed unattainable...

Now we realize luxury were those little things that we did not know how to value when we had them and now that they are gone we miss them so much...

Luxury is being healthy, Luxury is not stepping into a hospital, Luxury is being able to walk along the seashore, Luxury is going out on the streets and breathing without a mask, Luxury is meeting with your whole family, friends , Luxury are looks, Smiles are the Luxury, Luxury are hugs and kisses, Luxury is enjoying every sunrise, Luxury is the privilege of loving and being alive.

All this is a luxury and we did not know...

Stay Blessed! Stay Grateful!!



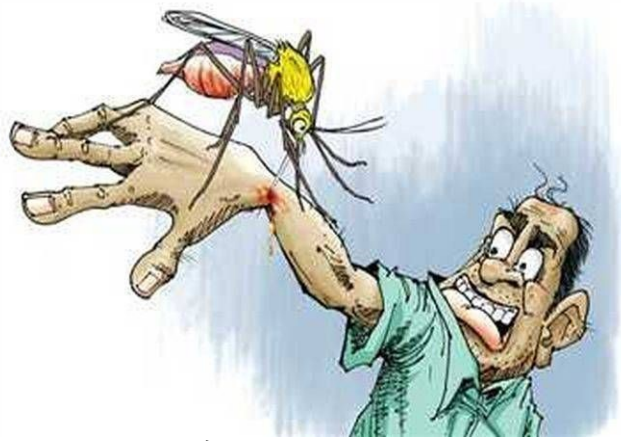
කොරොනා සිහියෙන්

ඩෙංගු අමතක කරන්න එපා!!!

ඩෙංගු ගැන දැනගනිමු.

වලක්වා ගැනීමට දායක වෙමු.

එය අප සැමගේ වගකීමය.

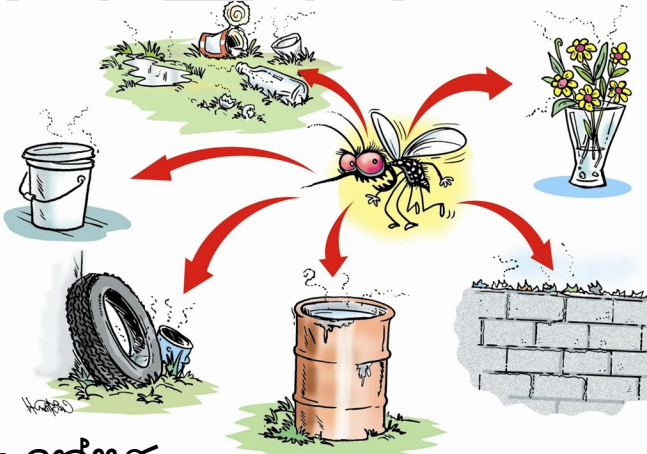


- ඩෙංගු උණ රෝගය වෛරස ආසාදනයකි. වෛරසය කාණ්ඩ 1,2,3 හා 4 වශයෙන් 4 ක් වේ.
- එබැවින් කෙනෙකුට ජීවිත කාලය තුළ හතර වතාවක් ඩෙංගු රෝගය ආසාදනය විය හැක.

ඩෙංගු වලක්වා ගනිමු

ශ්‍රී ලංකාව තුළ මදුරු විශේෂ 140ක් පමණ ජීවත් වන අතර ඩෙංගු රෝග වාහකයන් වන්නේ ඊඩ්ස් ඊජිප්ටයි හා ඊඩ්ස් ඇල්බොපික්ටස් මදුරු විශේෂ 02ය.

රෝගය වලක්වා ගැනීමට මදුරුවා හා මිනිසා අතර ගැටීම් අවම කළ යුතු වන අතර මදුරුවන් බෝවන ස්ථාන අඩු කිරීම මගින් මදුරු ඝණත්වය පාලනය වඩාත්ම ඵලදායී ක්‍රමය වේ.



රෝග ලක්ෂණ

ආසාදනයත් බහුතරය රෝග ලක්ෂණ නොපෙන්වන අතර මෙම පුද්ගලයන්ගේ රුධිරය තුළද වෛරසය සජීවී ව දින 5 සිට 7 ක කාලයක් පවතී. එම කාලය තුළ රුධිරය උරාබොන මදුරුවන් තුළට වෛරසය ඇතුළු වන අතර එම ආසාදිත මදුරු දෂ්ඨනයෙන් නීරෝගී අයෙකුට රෝගය ආසාදනය වේ. වෛරස ආසාදනයෙන් දින 7-10 අතර රෝග ලක්ෂණ පහළ වේ.

ආසාදනය වූ වෛරසයට අනුරූප ප්‍රතිදේහ රෝගියාගේ සිරුර තුළ ජනනය වන අතර එවා වෛරසයට එරෙහිව සටන් කර එය විනාශ කරයි. පවත්නා එම ප්‍රතිදේහ එම කාණ්ඩයේ වෛරසය නැවත ආසාදනය වැලැක්වූවද දෙවන වර වෙනත් කාණ්ඩයකට අයත් ඩෙංගු වෛරසය ශරීරගත වීමෙන් රෝගී විය හැක. අවාසනාවකට දෙවන වර හෝ වැඩි වාර ගණනක් ආසාදනය වීමේදී රෝගයේ උත්සන්නතාවය වැඩිවීමේ අවධානමක් පවතී. මෙහිදී රුධිරයේ රුධිර පට්ටිකා හා සුදු රුධිරාණු සංයුතිය පහළ යෑමෙන් ඩෙංගු රක්තපාන උණ තත්ත්වයට පත් විය හැක.

ඩෙංගු රක්තපාන උණ තත්ත්වයේ උණ අවධිය, අවදානම් අවධිය හා සුව වන අවධිය ලෙස අවස්ථා 03 කි.

උණ අවධිය

- දින 2-7 අතර කාලයක් පවතී.
- රෝග ලක්ෂණ:
 - අතපය වේදනාව, මස්පිඩු වේදනාව, අධික හිසරදය, ඇස් පිටුපස වේදනාව, වමනය හා සමෙහි රතු ලප. සමහර විට උගුළු වේදනාව හා ඇස් රතු වීම.
 - උණ බැස ගියද පළමු දින 3-5 තුළ සංකුලනා මතු විය හැකි බැවින් හොදින් විවේක ගැනීම හා දියරමය ආහාර ගැනීම සිදු කළ යුතුය.

අවදානම් අවධිය

- සාමාන්‍යයෙන් උණ මතුවී දින 03 කට පමණ පසුව කාලය අවදානම් අවධියයි.
- මෙම අවධියේ රුධිරනාල වල බිත්ති හරහා රුධිර ප්ලස්මාව කාන්දු වීම සිදුවී රුධිර නාලිකා තුළ ප්ලස්මා තරල පර්මාව අඩු වීමෙන් රුධිර ඝණත්වය අඩුවීම හා කම්පන තත්වයන් ඇතිවීම සිදු විය හැක.
- අතභවය ඉන්ද්‍රියන්ට රුධිර සැපයුම අඩාල වීම නිසා ඉන්ද්‍රිය ක්‍රියාකාරීත්වය ද අඩාල වන අතර ඩෙංගු රෝගීන් බහුලව මියයන්නේ මෙම හේතු නිසාය.

ඩෙංගු මදුරුවා කවුද?

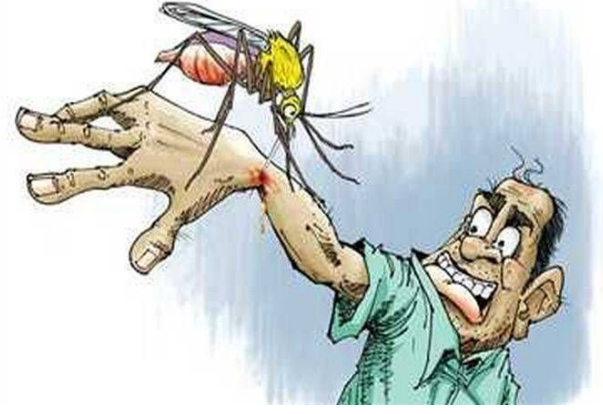
- කඩිසර කුඩා මදුරුවෙකි.
- ගැහැණු සතා රුධිරයෙන් යැපෙන අතර එක වේලක් සඳහා කිහිප දෙනෙකුට දෂ්ඨ කරයි.
- වරකට බිත්තර 100-200 බැගින් ජීවිත කාලය පුරා සිවුවරක් පමණ බිත්තර දමයි.
- ජීවිත කාලය සති 2-4 අතර වේ.
- බිත්තර ඇලෙනසුළු අතර පැහැදිලි ජලය සහිත ස්ථාන/ බදුන් තුළ බිත්ති වල බිත්තර අලවයි.
- බිත්තර සුහුඹුලෙකු බවට පත් වීමට දින 7-11 අතර කාලයක් ගත වේ.
- බිත්තර වියළි තත්වයෙන් මාස 06 සිට අවුරුද්දක් දක්වා කාලයක් නොනැසී පවතී.
- බොහෝවිට උදෑසන හා සවස් කාලයේ දෂ්ඨ කරයි.

- අප්‍රමාදී ප්‍රතිකාරය ජීවිතාරක්ෂාවට වැදගත් වන අතර පට්ටිකා අඩු වීම මෙහිදී මරණයට හේතු නොවේ.

සුව වන අවධියේදී

- අවදානම් අවධියේ පිටතට කාන්දුවූ ප්ලස්මා තරල නැවත රුධිර වාහිනී තුළට ඇතුළු වේ.
- ආහාර රුචිය වැඩි වන අතර මුත්‍රා පිටවීම ඉහළ යයි. හොදින් විවේක ගැනීම හා සර්ලන ආහාර ගැනීම ඉක්මන් සුවය සඳහා වැදගත් වේ

கொரோனா யோசனையில் டெங்குவை மறந்துவிட வேண்டாம்!!!



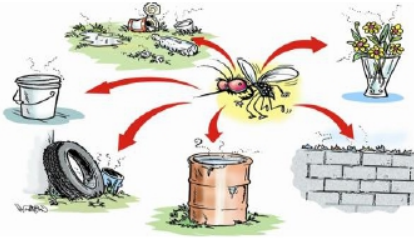
டெங்கு பற்றி அறிந்த கொள்வோம் தடுக்க பங்கேற்போம் அது எங்கள் கடமை

- டெங்கு காய்ச்சலானது வைரஸ் தொற்றாகும். இவ்வைரஸ் நான்கு வகையாகும்.
- ஒருவரின் வாழ்நாளில் நான்கு முறை இந்நோய் தொற்ற வாய்ப்புண்டு.

டெங்குவைத் தடுப்போம்.

இலங்கையில் வாழும் 140 வகை நளம்புகளில் ஈட்ஸ் ஈஜிபடை மற்றும் ஈட்ஸ் எல்பெரிக்டஸ் எனும் இரு வகை மாத்திரமே டெங்கு நளம்புகளாகும்.

மனிதனை நளம்பு நெருங்குவதை தடுப்பதும், நளம்பு பெருகுவதை ஒழிப்பதும் டெங்குவைத் தடுக்க சிறந்த வழிமுறைகளாகும்



யார் இந்த நளம்பு?

- கடுககுப்புடைய சிறிய நளம்பாகும்
- பெண்ணினமானது உயிர்வாழ்வதற்காக ஒருவேளைக்கு ஒருவருக்கு மேற்பட்டவர்களுடைய இரத்தம் பருகும்.
- தன் வாழ்நாளில் ஏறத்தாழ நான்கு முறை 100-200 வரையிலான முட்டைகளிடும்.
- அதன் வாழ்நாள் 2-4 வாரங்களாகும்.
- முட்டை ஓட்டும் தன்மை உடையதனால் தெளிந்த நீர் மற்றும் குவளைகளில் ஓட்டிவைக்கும்.
- முட்டை நளம்பாக மாற 7-11 நாட்களாகும்.
- காய்ந்த நிலையினான முட்டை 06 மாதம் தொடக்கம் ஒரு வருடம் வரை உயிர்வாழும்.
- இந்நளம்பு தாக்குவது காலை மற்றும் மாலை நேரத்தில் மாத்திரமே.

நோய்க்கான அறிகுறிகள்.

டெங்குத் தீநுண்மத்தைக் காவும் கொசு ஒருத்தரைக் கடிக்கும்போது அக்கொசுவின் உமிழ்நீருடன் தோற் பகுதிக்குத் தீநுண்மம் செல்கின்றது. பின்னர் வெண்குருதியணுக்களுடன் ஓட்டிக்கொண்டு அவற்றின் உள்ளே நுழைந்து இனம் பெருகுகின்றது. வெள்ளணுக்கள் இதற்கு மறுவினையாக, இனம்பெருகவைத் தடுப்பதற்குரிய இன்டெர்பெரோன் போன்ற சமிக்ஞைப் புரதங்களைத் தயாரிக்கின்றன, இதுவே காய்ச்சல் போன்ற அறிகுறிகள் தென்படுவதற்குக் காரணம் ஆகின்றது.

கடுமையான தொற்றில் தீநுண்மத்தின் தன்பிரதி அமைத்தல் மிகையாகின்றது; கல்ரீரல், என்புமச்சை போன்ற பல்வேறு உறுப்புகள் பாதிக்கப்படுகின்றன. குருதிக்குழாயிலிருந்து நீர்மங்கள் வெளியே கசியத் தொடங்கும். குருதிக்குழாய்ச் சுவரின் ஊடுபுகவிடு தன்மை கூடுவது இதற்குக் காரணமாகின்றது. இவற்றின் காரணமாகக் குருதிக்குழாய்களுள் குறைவான அளவு குருதி உடலில் சுற்றோட்டத்துக்கு உட்படுகின்றது, இதனால் குருதி அழுத்தம் குறைகின்றது

காய்ச்சல்

காய்ச்சல் தொடங்கியுள்ள காலப்பகுதியில் தோல் நமைச்சல், சினைப்பு தோன்றக்கூடும். முதல் அல்லது இரண்டாம் நாள் (காய்ச்சல் மற்றும் மற்றைய அறிகுறிகள் தோன்றியதிலிருந்து) தோலின் சில பகுதிகள் சிவப்பு நிறமாக மாறும். அடுத்த 3-5 நாட்களில் சின்னமுத்து நோயில் உண்டாகும் சினைப்பைப் போன்று சிறிய சிறிய சிவப்பாலான புள்ளிகள் போன்ற தோற்றம் பெறும்.

கடுமையான பருவம்

சிலருக்கு இந்நோய் கடுமையான பருவத்தைக் கொண்டிருக்கும். காய்ச்சல் முடிவடைந்த பின்னர் ஏற்படும் இப்பருவம் ஓரிரு நாட்கள் நீடிக்கும். இப்பருவத்தில் உடலில் நீர்மத்தேக்கம் ஏற்படும். குருதி நுண் குழாயின் ஊடுபுகவிடும் தன்மை அதிகரித்து கசிவு ஏற்படலால் நெஞ்சறை, வயிற்றுப் பகுதிகளில் நீர்மத்தேக்கம் உண்டாகின்றது. இதனால் சுவாசச் சிக்கல், வயிறு புடைத்தல் ஏற்படும். இப்பருவத்தில் உறுப்புகள் செயலிழப்பு, கரும் குருதிப்போக்கு (முக்கியமாக, இரையகக் குடலியத் தொகுதியில்) என்பன ஏற்படும். சிகிச்சை அளிக்கப்படாத நிலையில் இது அடுத்த கட்ட நிலையான டெங்கு அதிர்ச்சிக் கூட்டறிகுறிக்குச் செல்லும். வயிற்று வலி, வாந்தி, அமைதியின்மை போன்றவற்றுடன் பொதுவான அதிர்ச்சியின் அறிகுறிகளும் இதன்போது ஏற்படும். டெங்கு தொற்றுக்குட்பட்டவருள் இக்கடுமையான அறிகுறிகள் தோன்றுகின்றது, ஏற்கனவே டெங்கு தீநுண்மத்தின் பிறிதொரு குருதிப்பாய வகையால் பாதிக்கப்பட்டோருக்கு இவ்வறிகுறிகள் மிகவும் கடுமையாக இருக்கும்.

மீள்நிலைப்பருவம்

அடுத்ததாக மெதுவாக நிகழும் மீள்நிலைப் பருவம், இதில் குருதிக்குழாய்க்கு வெளியே கசிந்த நீர்மம் குருதிக்குழாய்க்குள் இழுக்கப்பட்டு குருதியை அடையும். இது இரண்டு, மூன்று நாட்களுக்கு நீடிக்கும். இந்நிலையின்போது நமைச்சல், தாழ் இதயத் துடிப்பு போன்றன காணப்படலாம், மேலும் நீர்ம அதிகரிப்பு இந்நிலையில் ஏற்பட்டால் மூளையைப் பாதித்துச் சுயநினைவு இழத்தல், வலிப்பு போன்றவற்றை உண்டாக்கலாம். நோயின் பின்விளைவுகளில் கல்ரீரல் பாதிப்பு ஏற்படலாம். இது டெங்கு கல்ரீரல் அழற்சி எனப்படும்.

DISCOUNTED OFFERS

Exclusively for

US




**FREE
DELIVERY**
ISLAND WIDE

FOR PURCHASES
ABOVE 2000 LKR

PRODUCT DESCRIPTION	MRP/Unit	Staff Px/Unit
Axe Dark Temptation Shower Gel 250ml	860.00	791.20
Ayush Anti Pimple Turmeric Face Wash 50g	250.00	208.33
Bru Coffee Premix 850g	1,350.00	930.00
Clear Complete Soft Care Shampoo 180ml	310.00	278.03
Closeup Coconut & Charcoal Gel Toothpaste 120g	200.00	181.82
Comfort After Wash Lily Fresh Fabric Conditioner 860 ml	680.00	575.73
Domex Ultra Thick Bleach Toilet Cleaner Pink 500ml	280.00	260.40
Dove Daily Shine Conditioner / Shampoo 180ml	300.00	250.00
Fair & Lovely Fairness Clean up Face Wash 50g	200.00	166.67
Horlicks Malt Based Food Drink 400g	425.00	399.06
Knorr Chicken Seasoning Powder 500g	527.50	500.05
Knorr Professional Crispy Coating Mix 1kg	2,760.00	2,222.22
Laojee Black Tea 400g	440.00	400.00
Lifebuoy Hand Sanitizer 100ml	350.00	305.68
Lifebuoy Hand wash Total 200ml	225.00	201.79
Lipton Ceylonta 500g	620.00	563.64
Lux Botanical Honey & Lotus Body Wash 240ml	400.00	335.18
Marmite Large 210g	570.00	532.71
Pears Sleeping Beauty Cologne 100ml	265.00	231.44
Ponds Light Moisturizer 75ml	400.00	333.33
Rexona Ice Cool Deodorant 50ml	425.00	355.95
St.Ives Gentle Smoothing Oatmeal Scrub and Mask 170g	1,050.00	976.50
Sunlight Care Detergent Powder 1kg	220.00	200.00
Sunsilk Soft & Smooth Shampoo 180ml	240.00	215.25
Surf Excel Matic Top Load Washing Powder 1kg	360.00	327.27
Tresemme Keratin Smooth Shampoo 185ml	650.00	541.67
Vim Anti Smell Dishwash Liquid 500ml	230.00	209.09
Viva Malted Food Drink Carton 800g	620.00	582.16

E MAIL your orders to: info@clg.lk
For Special Price List: **0704505050**



An aerial photograph of a vast mountain range, likely the Rocky Mountains, captured during the "blue hour" of twilight. The sky is a deep, clear blue, transitioning into a darker hue over the mountains. The terrain is rugged, with numerous peaks and valleys, some of which are illuminated by the low light, creating a mix of dark blues, purples, and hints of orange and red. The overall mood is serene and majestic.

True humility is
not thinking less
of yourself; it is
thinking of
yourself less.

C.S. LEWIS



US.LK

REMEMBER WHY YOU STARTED

CEILAO LOGISTICS GROUP
www.clg.lk

AUSTRALIAN MIGRATION
CONSULTANTS
www.amconline.com.au

AUSTRALIAN TALENT
NETWORK
www.austalentnetwork.com

THOMAS PEER SOLUTIONS
www.thomaspeer.com.au

AUSTRALIAN STRATEGIC
PARTNERSHIPS
www.sp-solutions.biz

CIVICON ENGINEERING
SERVICES PVT. LTD.
www.civiconeng.com

GO CEILAO
www.goceilao.com

CEILAO SPILL ABSORBENT
www.ceilaospillabsorbent.com

CEILAO EZY
www.ceilaoezy.com