Sustainable community tourism & traditional life in Kandy

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Sri Lankan History In Brief

- Between 540-600 B.C lord buddha visited to Srilanka
- 307-267 BC King Dewanampiyathissa's reign Buddhism was brought to Sri Lanka by Mihindu Thero from India. A new philosophy for Sri Lanka
- 161 BC King Dutugemunu unified the country built huge shrine Ruwanwelisaya.
- 1592 AD Starting the Kandian era
- From 1592 AD to 1815 AD nine kings governed keeping kandy as the capital
- 1505 Portuguese era
- 1658-1796 Dutch Period.
- 1796 Starting the British era
- 1815 British captured kandy
- 1948 obtaining the freedom from Britain.
There are three main potentials for sustainable community Tourism in Kandy and its periphery:

1. Historical potentials
2. Cultural and Spiritual potentials
3. Agricultural potentials
Historical potentials for sustainable community tourism

In Kandy there are many historically important places

Sacred Tooth Temple
Kandy Lake

Other Temples
There are many historically important places in the periphery of Kandy

(a) Anuradhapura
(b) Polonnaruwa
(c) Sigiriya
(d) Mahiyanganaya
above places are important for

- huge shrines
- monoliths
- water management system
- frescos
- habitats of indigenous people
• **Bodhi Pooja (The veneration of the Bodhi tree (Ficus religiosa))**
  - a sapling of original tree was brought from India by Theri Sangamitta.
  - It was planted in Anuradapura in 3 BC since then it has become a necessary feature of every temple.
  - Special ritual is held annually at Anuradhapura.
  - Pious devotees offer valuables and other articles and light coconut oil lamps around the tree.
  - To avert the evil influences of inauspicious planetary conjunctions.
  - Offering flowers, milk rice, fruits, betel bathing the tree with scented water and burning scented powders.
  - Performers circumambulate the tree once or thrice reciting appropriate stanza.
  - Farmers offer milk rice from their first harvest.
Pirith Ceremony

- Pirith is a collective term designating a set of protective chants.
- Very popular ceremony among Sri Lankan's
- Regarded as capable of protecting from evil, dangerous diseases, evil influence of the planet and evil spirits.
- Special chamber is made and decorated with medicinal herbs
- Buddhist monks chant stanzas over night
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Bali and Tovil Ceremony (Kind of exorcism)

- The belief in the god and evil influence of the planets according to the time and place of one’s birth is quite widespread in Sri Lanka.

- Bali is the ceremony where the presiding deities of the planets are invoked and placated in order to ward off their evil influence.

- The Sanni Yakuma is the best known exorcists related demons are portrayed by exorcists wearing elaborate masks.
Meditation

- To concentrate the mind meditation is practiced by Sri Lankans
- Main objective is for completed understanding of three characteristics.
  - Dukka – suffering or unsatisfaction
  - Anithya – in permanence
  - Anathma – not self
  - Wisdom can be upgraded by meditation
  - There are many meditation camps in Sri Lanka
    Specially around Kandy
    eg: Nillambe – Kandy
Importance of participating in spirituals activities

- According to Dr. Harrold Koenig and Dr. Kohen, immunity system can be strengthened by engaging in religious activities (Quoted from – Psychiatry in Medicine)

- When you hear spiritual stanzas, interleunin b1a chemical which affects on immunity system (T.E Woods, Wisconsin university)

- CD4 cells and white blood cells also get increased at the spirituals activities.

- Lifespan can be increased in participating the spirituals activities.

- According to Professor Koenig and Meckulo, Cortisol Concentration can be reduced, (Cortisol is a stress hormone)
Agricultural Potentials

- Kandyan Forest Gardens
- Specific forest gardens inherited to kandy region.
- Spicy trees are grown
  - Eg: claws, nutmeg, cardomom
- Soil erosion is prevented.
- Shady environment.
Home gardening is practiced by many SriLankans they grow their own foods at their home gardens.
Advantages of Home Gardening

- Fresh vegetables can be taken.
- Free of Chemicals.
- Extra income can be earned.
- Hobby for family members.
- Waste materials can be used.
- Sharing crops with neighbors mutual friendship can be increased.
Compost making programs

• Waste materials are used to make compost; cattle manure, plant materials are used.
• done in 2 ways
  a. heap method
  b. pit method.
• Extra income for farm families.
• Environmental pollution can be reduced,
Cottage Level Industries

- Peni Walalu (Honey Rings)
- Very tasty sweet which is inherited to Kandy region.
- Milk related Products
- Curd, Ghee, Cottage cheese are produced.
- Bio Tea Production
How tourists can utilize above potentials

- They can get a good knowledge about the Kandian and related history.
- Tourists can actively participate in home gardening, organic farming etc.
- Tourists can stay in farm yards. They can harvest, cook on the spot and dine.
- Tourist can get the experience of weeding, ploughing, tilling, planting and harvesting.
- With the engaging in meditation they can get mental relaxation.
Advantages for rural Communities

- They can earn an extra income.
- Their lands can be used in optimum level.
- They can get the ideas of foreigners.
- Their lifestyle can be upgraded.
Our modal for Sustainable Community Tourism

- CPC travels has already developed a special three fold Pathway for tourist.
  - Knowledge through historical places
  - Physical Exercises from home gardening.
  - Mental satisfaction from religions activities.
You can come to Sri Lanka and enjoy above things