

A scenic view of a traditional Sri Lankan village, likely Kandy, featuring a large lake in the foreground, a white building with a red roof on the water's edge, and a dense forested hill in the background. The text is overlaid on the image.

# Sustainable community tourism & traditional life in Kandy

Rohan Induka

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# Sri Lankan History In Brief

- Between 540-600B.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 Ruwanweliseya.
- 1592 AD Starting the Kandian era
- From 1592 AD to 1815 AD nine kings govern 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 systems
- 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 Anuradharura
- Pious devotees offer valuables and other articles and lighten 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.



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ഓർമ്മയ്ക്കും നമസ്കാരം. 1998

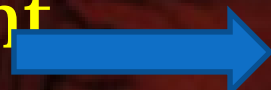






## Pirith Ceremony

- Pirith is a collective term designating a set of protective chants.
- Very popular ceremony among Sri Lanka'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 un satisfaction
- 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 spiritual activities

- According to Dr. Harold Koenig and Dr. Koenig, the immune system can be strengthened by engaging in religious activities (Quoted from – Psychiatry in Medicine)
- When you hear spiritual stanzas, interleukin-1, a chemical which affects the immune system (T.E. Woods, Wisconsin University)
- CD4 cells and white blood cells also get increased at the spiritual activities.
- Lifespan can be increased by participating in spiritual activities.
- According to Professor Koenig and Mecklenroth, 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

- 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,



A photograph of a plate filled with golden-brown, spiral-shaped sweets known as Peni Walalu. The sweets are arranged on a white plate with a blue decorative border. The background is a light-colored surface. A blue decorative banner is at the top of the slide.

# 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

# THANK YOU

