## **CURRENT CONTENTS**

**JANUARY - JUNE 2023** 



Periodicals Section,

Main Library, Eastern University, Sri Lanka

Vantharumoolai, Chenkalady

#### **PREFACE**

This "Current Contents" is an annual issue published by the periodicals section of Main Library, Eastern University, Sri Lanka, under the Current Awareness Services (CAS). This issue includes the content pages of the selected periodicals which are received by the Library during the period of January to June, 2023.

Since the research journals, conference proceedings and some general periodicals are used as the sources of compiling this "Current Contents", I hope this publication will be very supportive for the academics and scholars to perform their academic teaching, learning and research activities in the University.

I wish to thank all the library staff who provide assisted me to compile and publish this "Current Contents" successfully.

(Finally, I expect your comments and suggestions to improve this service in future.)

Mrs.G.Navirathan

**Senior Assistant Librarian** 

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இதழ் 02

சித்திரை - ஆனி 2020

#### பிரதம ஆசிரியர் ஹாயத்திரி சண்முகநாதன்

வெளியீடு ஸ்ரீஸ்வர ஞானம் கலாலயம். 296A நாவலர் வீதி, யாழ்ப்பாணம், இலங்கை.

தொடர்பு ஹாயத்திரி கண்முகநாதன் ஆசிரியர், இசை ஆரம், 296A நாவலர் வீதி, யாழ்ப்பாணம், இலங்கை. 0769216854

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- 02. ஆசிரியர் பக்கம்
- 03. தமிழர் செவ்வியல் இசை
- 04. கர்நாடக சங்கீதத்தை அடுத்த சந்ததியினருக்கு எவ்வாறு எடுத்துச் செல்ல முடியும்.
- 05. ஆடலில் தவிர்க்கப்பட வேண்டியவை.
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- தென்னிந்திய இசையில் செல்வாக்குச் செலுத்தும் நவீன இசை.
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இசை ஆரத்தில் இடம்பெறும் படைப்புக்களுக்குப் படைப்பாளிகளே பொறுப்புடையவர்கள். ஆக்கங்கள் ஆசிரியரின் அவதானிப்புடன் பிரசுரமாகும்.

ஆசிரியர்.



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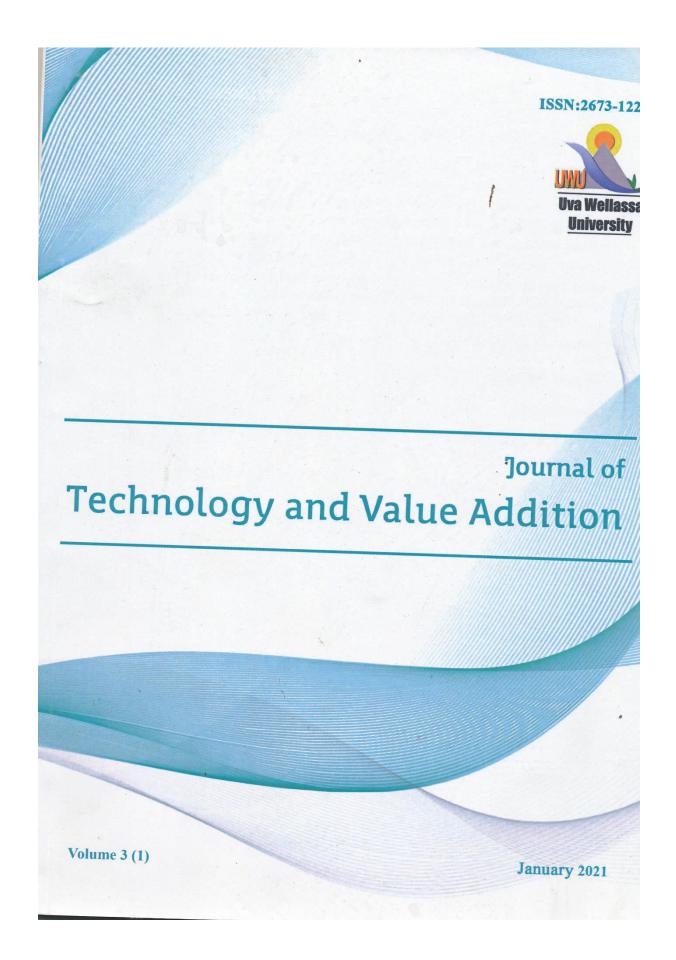
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#### 5 Conference time

There is still chance to book for this year's CILIP Conference and Expo in Liverpool, but be quick as time is running out.

#### 6 Ethics code

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#### 7 Libraries through the lens

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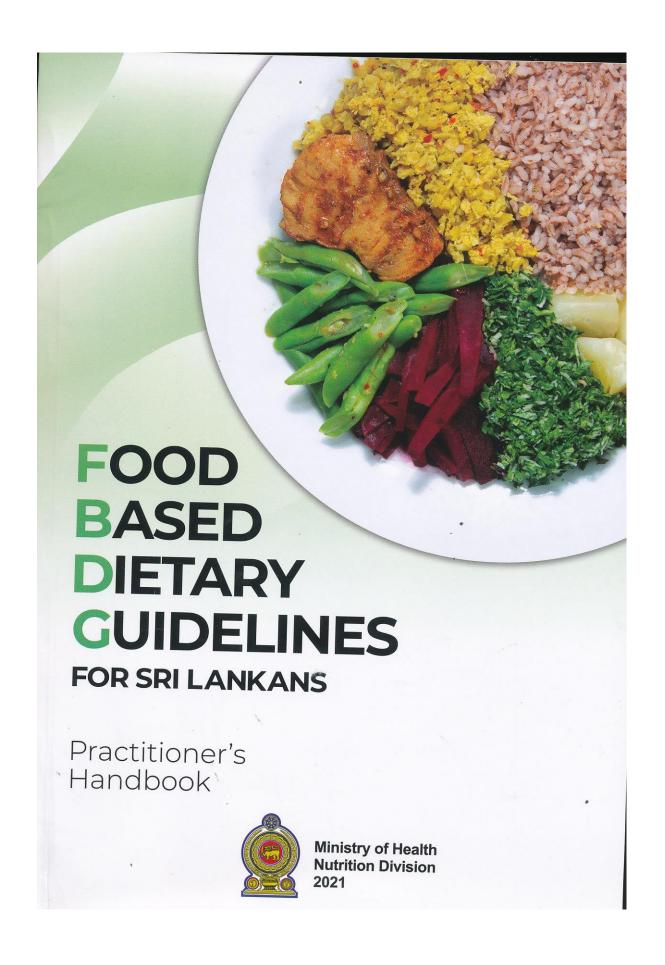
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| 3.               | FBDG 2 - Eat whole grains and their products including less polished or          |
|                  | parboiled rice instead of refined grains and products                            |
| 4.               | FBDG 3 - Eat at least two vegetables, one green leafy vegetable and two fruits   |
|                  | daily  |
| 5.               | FBDG 4 - Eat fish or egg or lean meat with pulses at every meal                  |
| 6.               | FBDG 5 - Have fresh milk or its fermented products                               |
| 7.               | FBDG 6 - Eat a handful of nuts or oily seeds daily                               |
| 8.               | FBDG 7 - Limit salty food and adding salt to food                                |
| 9.               | FBDG 8 - Limit sugary drinks, biscuits, cakes, sweets and sweeteners             |
| 10.              | FBDG 9 - Water is the healthiest drink: Drink 8 to 10 glasses (1.5-2.0 Litres)   |
|                  | throughout the day   |
| 11.              | FBDG 10 - Be active: engage in moderate physical activity for at least 150 – 300 |
|                  | minutes per week   |
| 12.              | FBDG 11 - Sleep 7-8 hours continuously everyday                                  |
| 13.              |  |
| 14.              | FBDG 13 - Eat fresh and home cooked food: limit processed and                    |
|                  | ultra-processed food   |
| 15.              |  |
| 16.              |  |
|                  | and vegetables during pregnancy and lactation                                    |
| 17.              |  |
|                  | and continue age-appropriate breastfeeding along with appropriate comple         |
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Food Based Dietary Guidelines for Sri Lank





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Sri Sathya Sai University for Human Excellence,

India

Eastern University, Sri Lanka 03rd & 04th January, 2023

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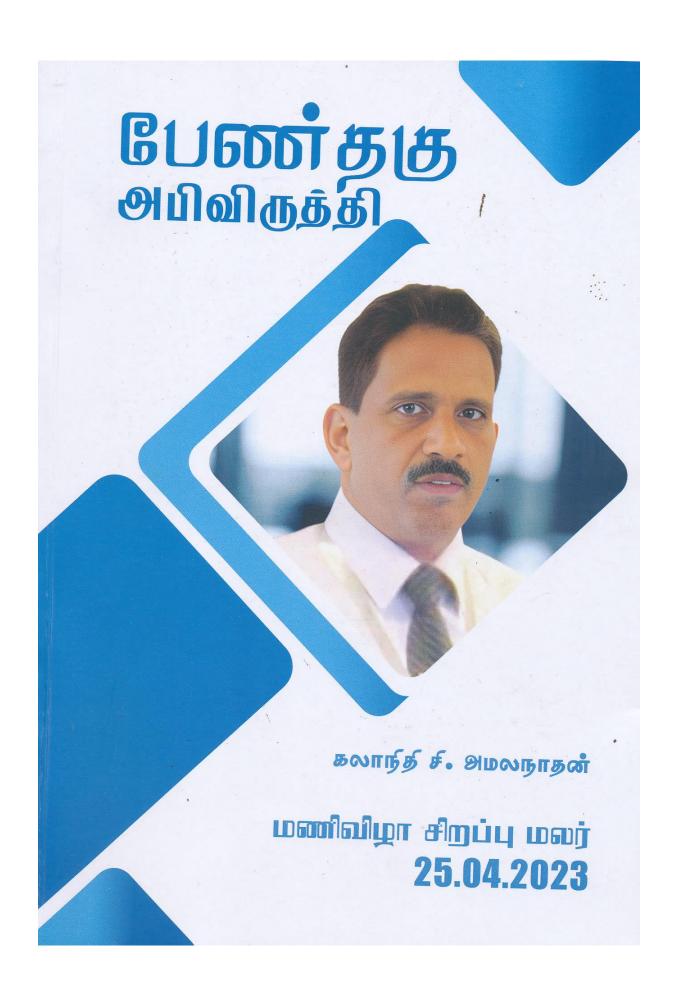
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