

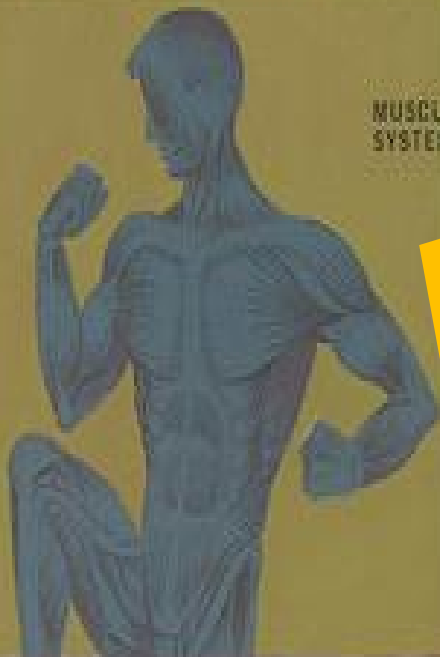
SKELETAL SYSTEM



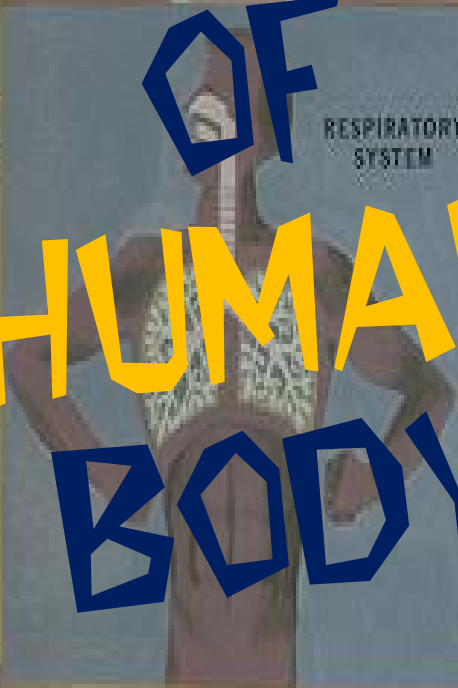
DIGESTIVE SYSTEM



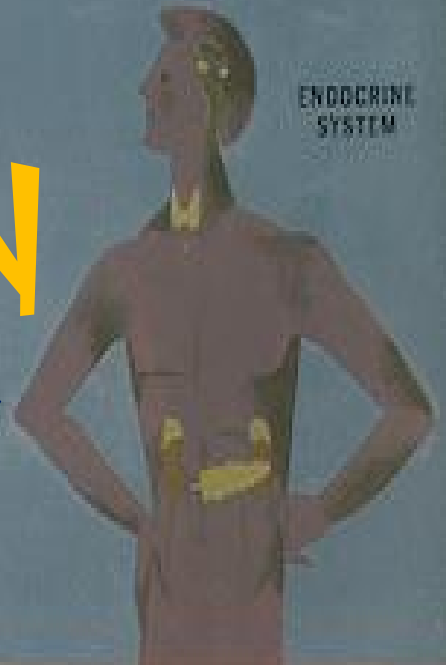
LYMPHATIC SYSTEM



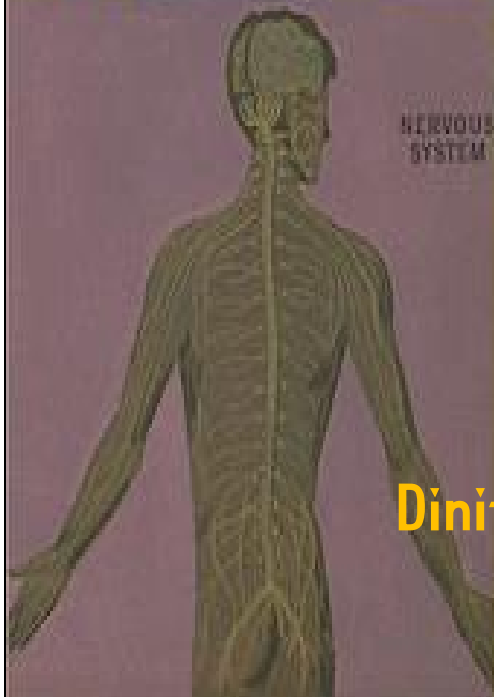
MUSCLE SYSTEM



RESPIRATORY SYSTEM



ENDOCRINE SYSTEM



NERVOUS SYSTEM



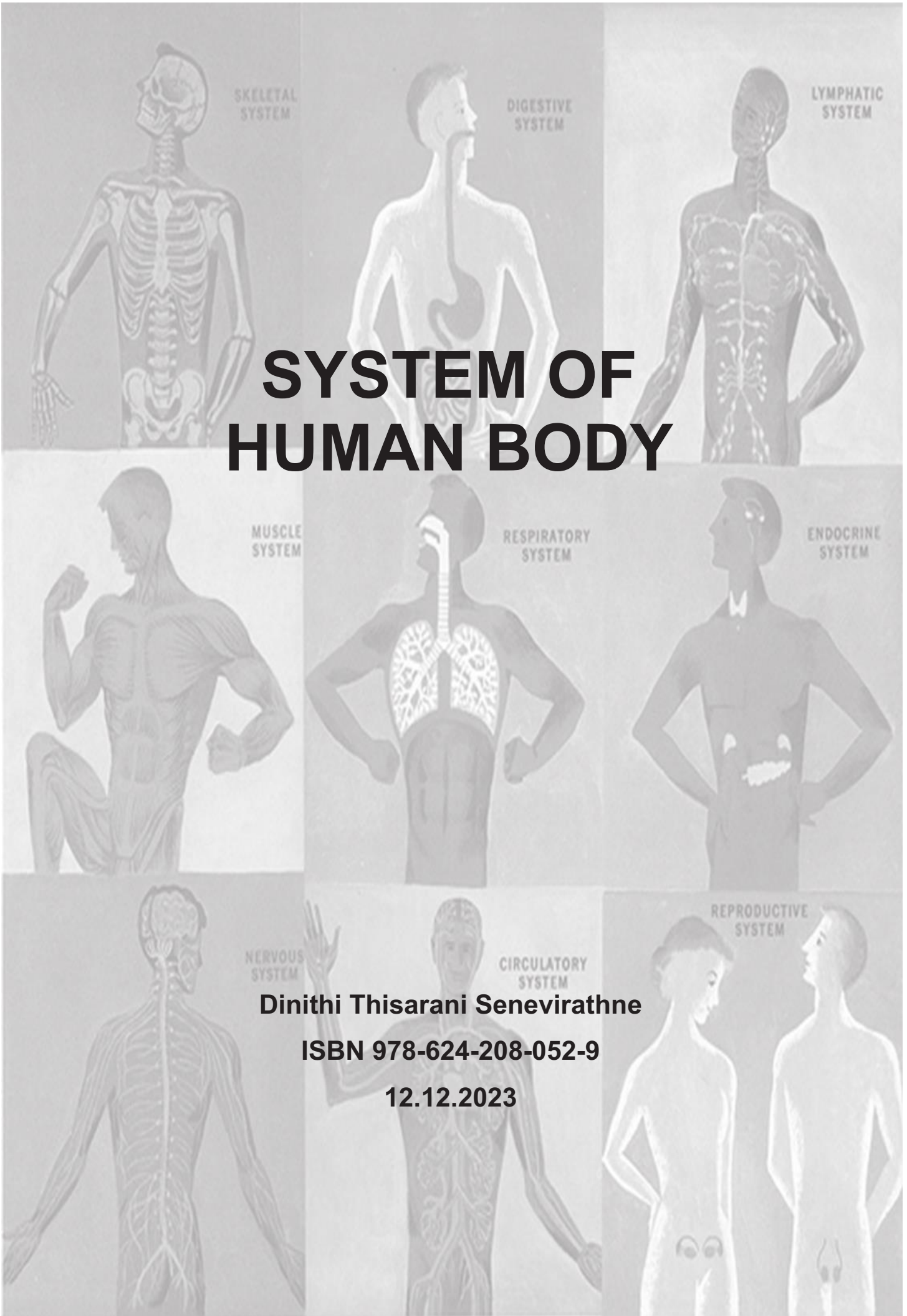
CIRCULATORY SYSTEM



REPRODUCTIVE SYSTEM

SYSTEM OF HUMAN BODY

Dinithi thisarani senevirathne



SYSTEM OF HUMAN BODY

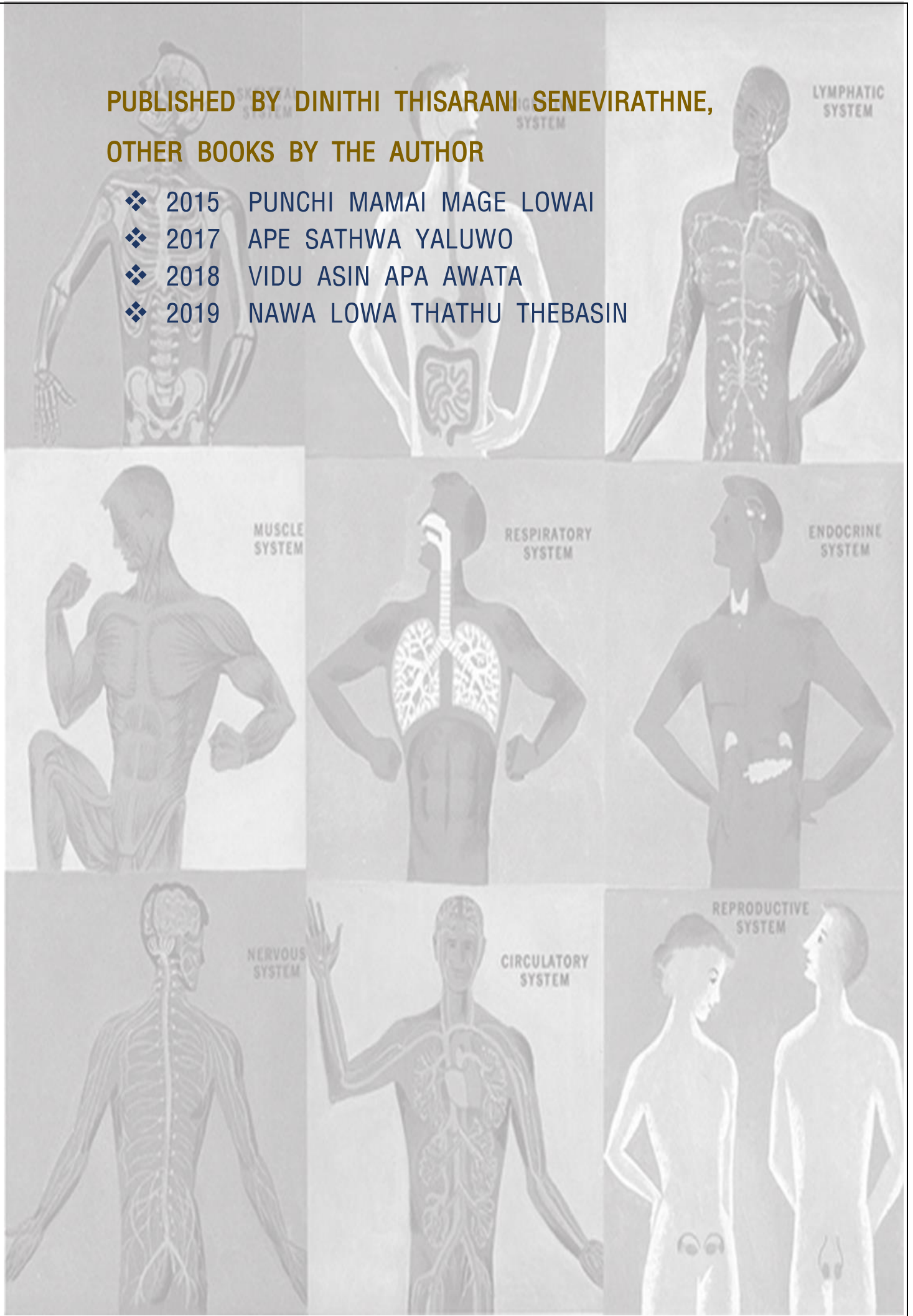
Dinithi Thisarani Senevirathne


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SPECIAL THANKS FOR MY MOTHER, FATHER, ELDER BROTHER, ELDER SISTER AND EVERYONE WHO MADE ME CONFIDENCE FOR FINISH MY 5TH BOOK.

Thank you



Preface

The primary goal of the current educational system is to mould a productive citizen and a caring family member who is equipped with knowledge and skills. The main responsibility of the school is to identify and recognize children's talents, as well as to sharpen their skills to meet the needs of the nation and the world.

Our Alma Mater is constantly guiding and assisting children who are creative. This project has been an ongoing process at our school for many years, particularly in terms of writing books. Many skilled and enthusiastic young writers participated in this exercise for years, producing novice writers to field of literature. We regard this as a great victory and a national need at this hour.

To continue this effort, we have adopted digital technologies and an e-book project this year. I am confident that this unique event provided youngsters with valuable experience and challenges that will benefit them in the future.

The Ministry of Education has hailed the project as an important step toward motivating young authors in schools. As principal of Mahamaya Girls' College, I am grateful to all of the students throughout the country who contributed to this endeavor. I commend and applaud all of the young authors of these-books for their perseverance and devotion in this difficult task.

I would like to thank our school management committee, employees, parents, for my students, administrators, and teachers from other schools who encouraged students to take part in this worthwhile effort.

Ms. Shashikala Senadheera
Principal
Mahamaya Girls' College - kandy
2023.11.10

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REPRODUCTIVE SYSTEM

How to make our body

The human body is structure of a human. There are some organizational level that can identified in living body. There are 78 main organs in our body. The skin is the largest organ in the body. And there are 4 types of smallest organs : the smallest muscle , smallest bone , the organ, and the smallest blood vessels.

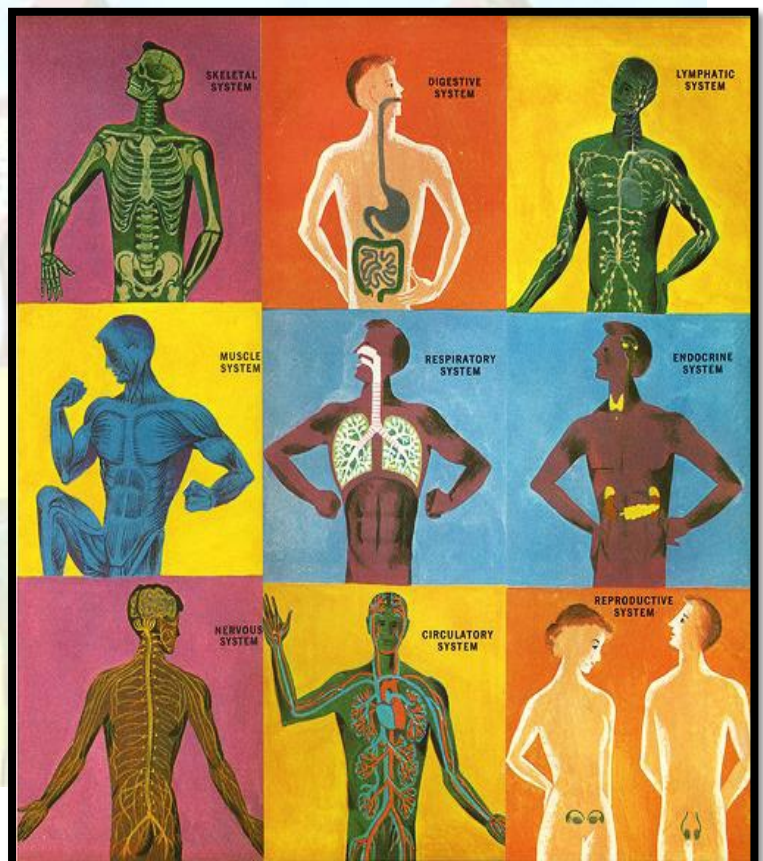
- Smallest muscle : the stapedius (the middle ear)
- Smallest bone : the ossicles
- Smallest organ : pineal gland
- Smallest blood vessel : capillaries

Cell → tissue → organs → organs system → organisms

Body system

Body systems are groups of organs and tissues that work together. There are 8 main systems in living body.

- Skeletal system
- Respiratory system
- Circulatory
- Immune
- Nervous
- Urinary
- Digestive
- Endocrine



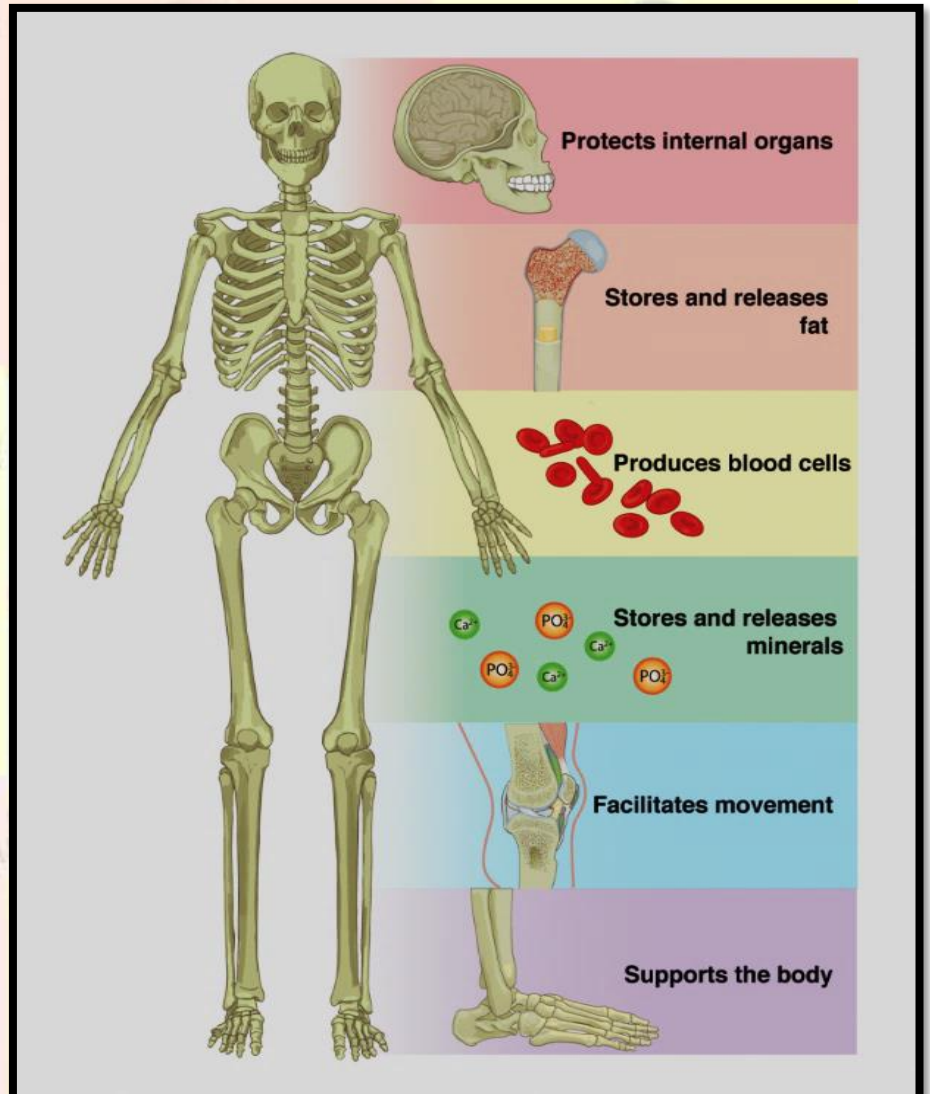


Skeletal system

The skeletal system is one of the most important system in the body. skeleton system supports for structure of our body. It gives the shape to the body, provide protection for internal organs and stores mineral. this system also called as muscular system.

Skeletal injuries:

1. Arthritis
2. Rickets
3. Scoliosis
4. Scurvy



1. ARTHRITIS

Arthritis usually effect joints symmetrically (both sides) most frequently occurs the hands , elbow, shoulders knees and ankles .

What course arthritis

- Fall of immune system
- Due to genetically factors
- Taking inflammatory foods

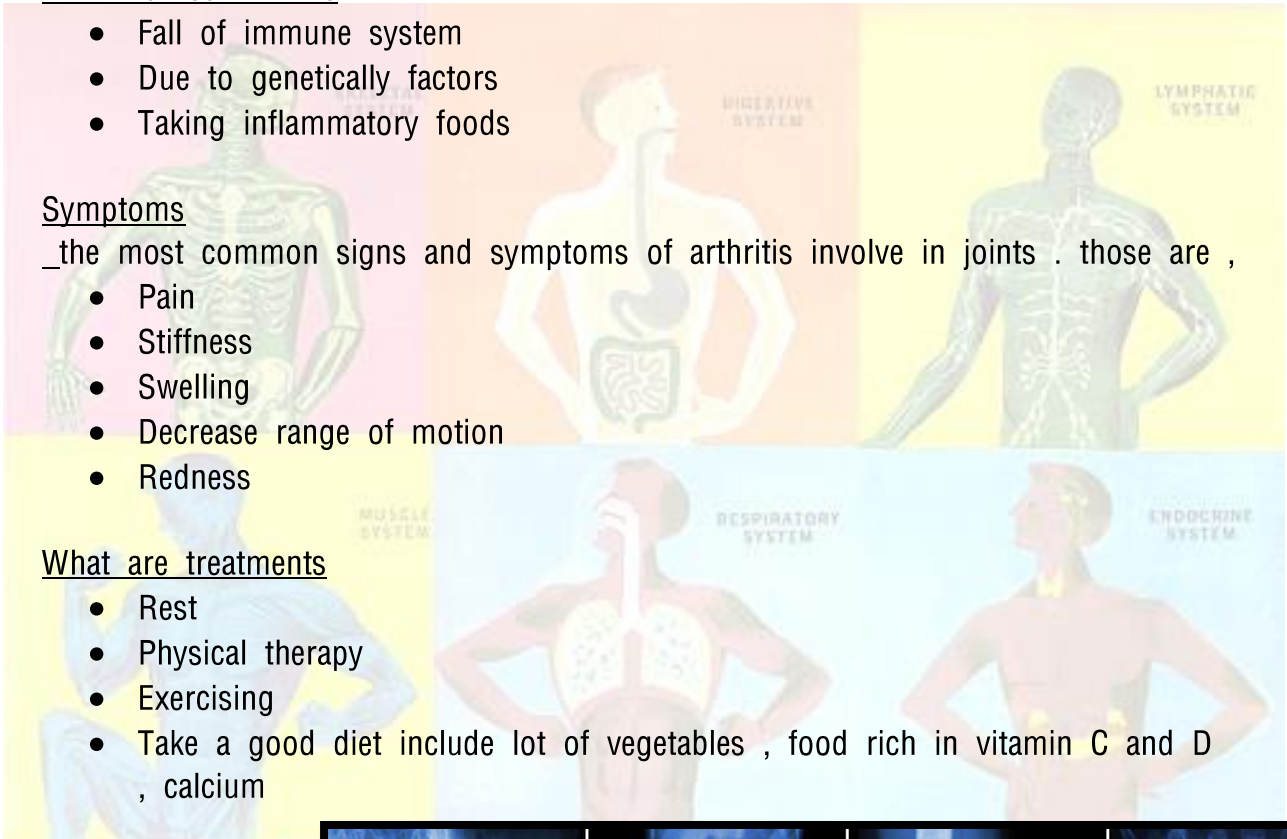
Symptoms

_the most common signs and symptoms of arthritis involve in joints . those are ,

- Pain
- Stiffness
- Swelling
- Decrease range of motion
- Redness

What are treatments

- Rest
- Physical therapy
- Exercising
- Take a good diet include lot of vegetables , food rich in vitamin C and D , calcium



2. RICKETS

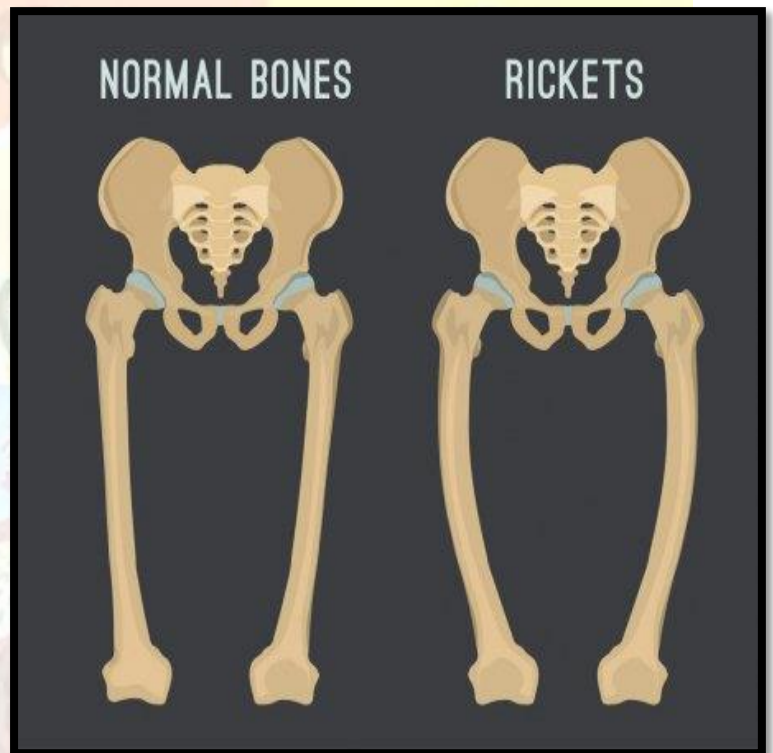
A disease of children caused by vitamin D deficiency, distortion of the bones typically resulting in bow legs. Rickets are mostly common in children who are between 6 and 36 months old.

What causes rickets

- Lack of vitamin D and calcium
- Problems with absorption
- Risk factors

Symptoms of rickets

- Bone fracture
- Pain in bones
- Muscle cramps
- Teeth deformities
- Skeletal deformities



Treatment of rickets

Take the calcium and vitamin D supplements, here are some stealthy foods rich in vitamin D.

- Salmon
- Cod Olive oil
- Egg Yolk
- Mushrooms
- Cheese

3. SCOLIOSIS

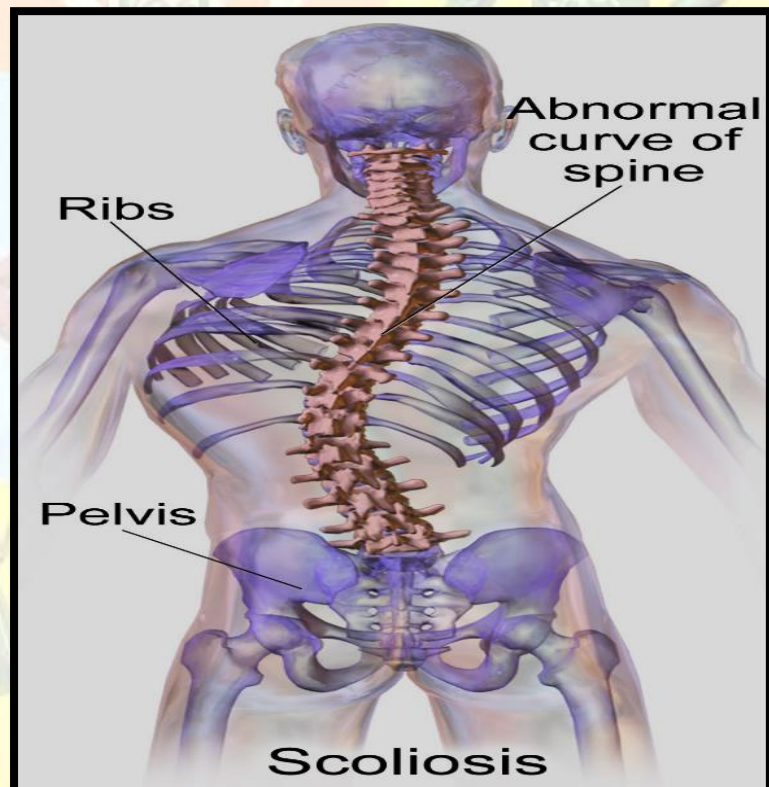
Scoliosis is disease that change the spinal code as it occurs from the age of 10-12 age yeas of teenagers .

What cause scoliosis

- Muscular dystrophy
- Birth defects
- Infections
- Genetic conditions

What are symptoms

- Uneven shoulders
- Uneven waist
- One hip higher than the other hip



What are treatments

- Treatment of scoliosis is depends on the risk when have high risk is good to surgery.

4. SCURVY

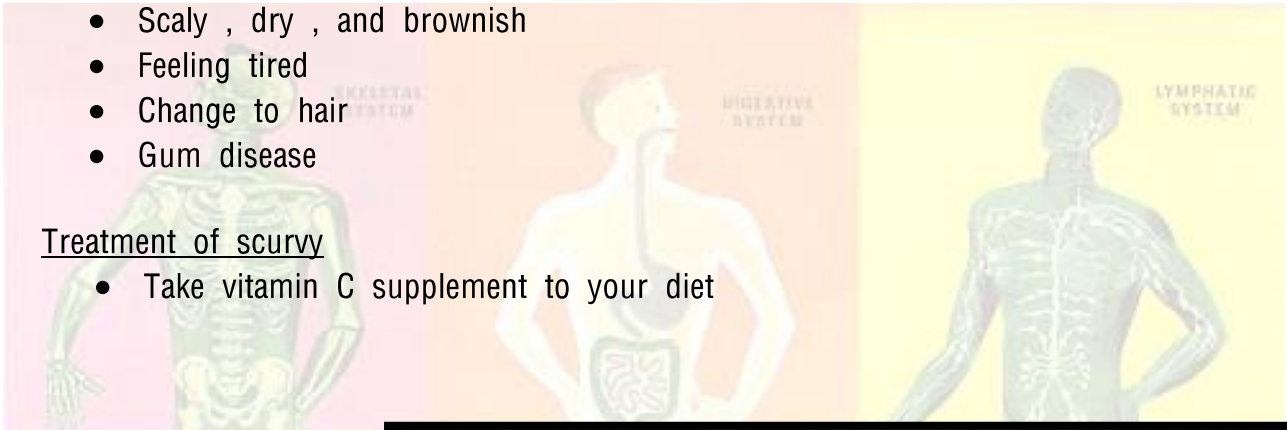
Scurvy is a disease caused by Lack of vitamin C.

Symptoms of scurvy

- Loose teeth
- Scaly , dry , and brownish
- Feeling tired
- Change to hair
- Gum disease

Treatment of scurvy

- Take vitamin C supplement to your diet



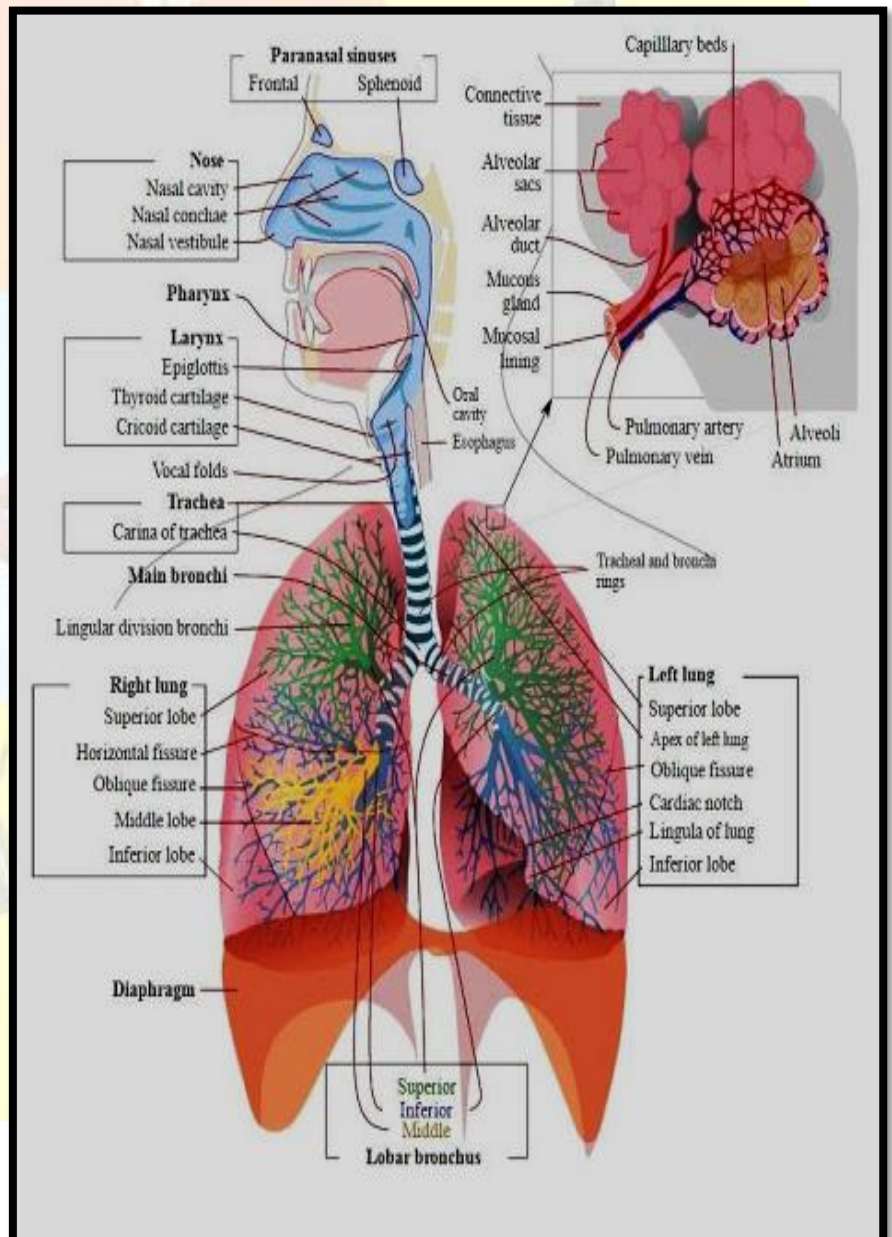


Respiratory system

The respiratory system has many functions : allows to talk and smell, remove waste gases including CO₂ , from the body when you exhale and protects air ways.

Respiratory illness and diseases

1. Asthma
2. Pulmonary diseases
3. Lung cancers
4. Pneumonia
5. Pleural effusion



1. ASTHMA

Asthma is a lung disease that infect to airways to the lung.

What cause asthma?

- Genetics
- History of viral infections
- Hygiene hypothesis

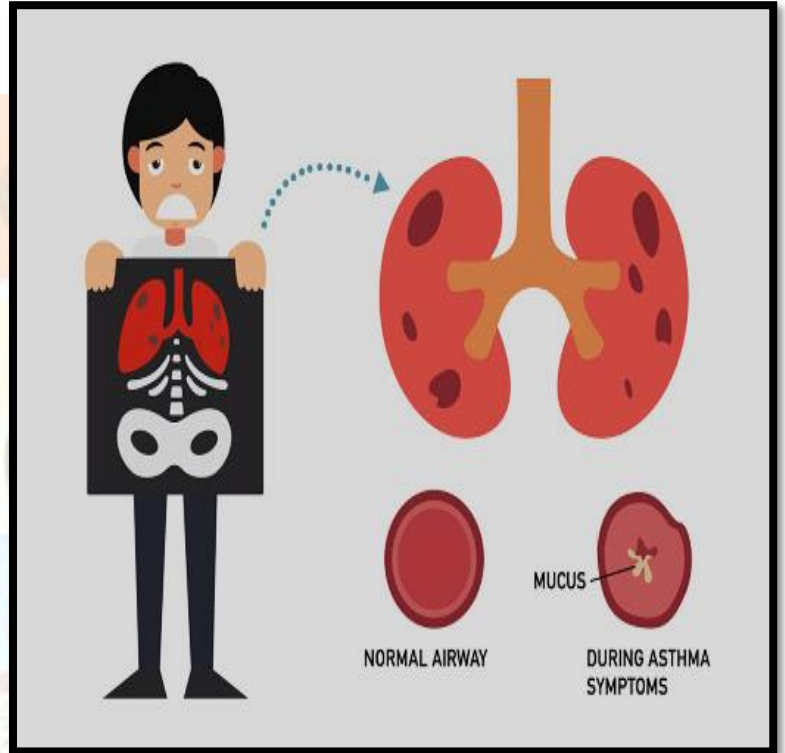
Symptoms of asthma

- Coughing (specially at night)
- Shortness of breath
- Difficulty of talking
- Panic
- Fatigue

Treatment of asthma

These tips are useful to reduce asthma attack

- Eating healthy diet
- Maintaining healthy weight
- Exercising
- Reducing stress



2. PULMONARY DISEASE

This is the long time disease cause in lungs .

What cause pulmonary disease ?

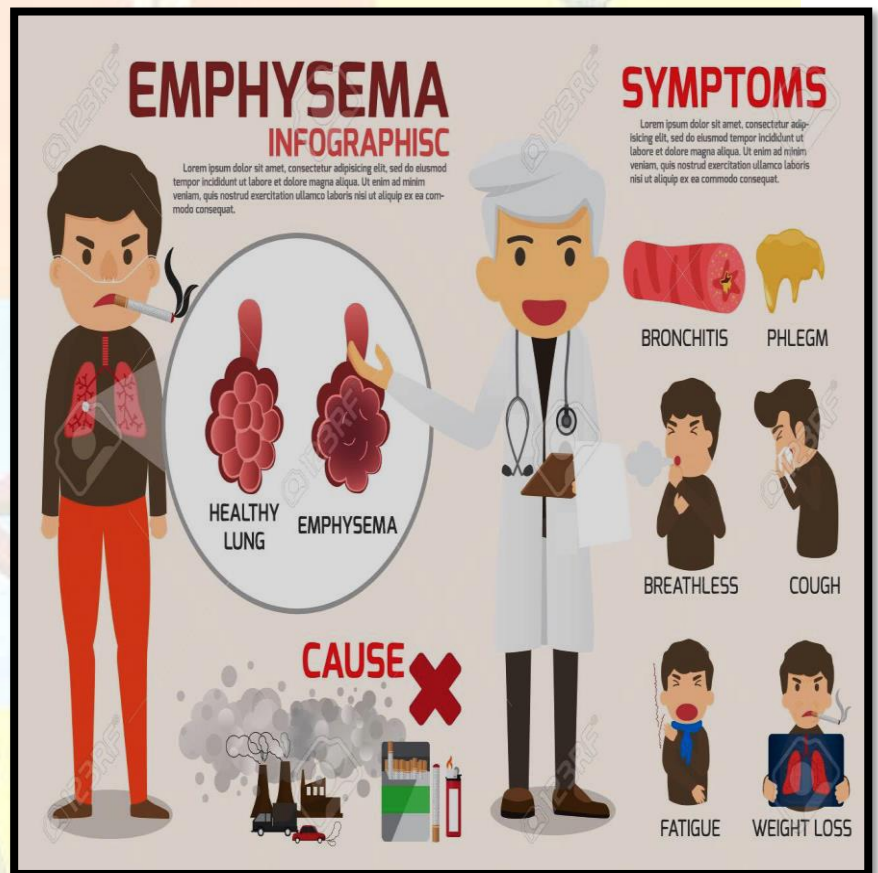
- Smoking ,smoke from cigarettes
- Asbestos
- Air pollution

What are symptoms ?

- Shortness of breath
- Wheezing
- Chest tightness
- Fatigue
- Weight lose

Treatment

- Medication
- Oxygen therapy
- Surgery
- Lifestyle



3. LUNG CANCERS

Lung cancer is one of most dangerous type of cancers . lung cancer mainly effect to older ones.

What cause lung cancers

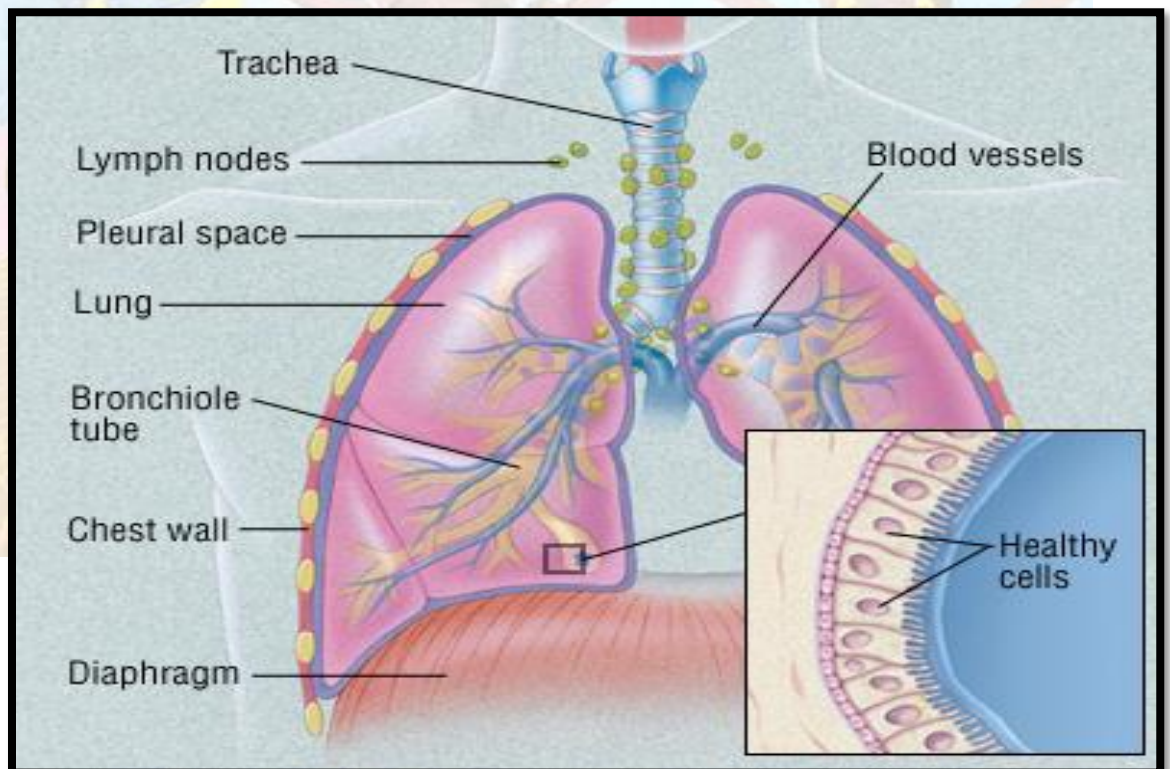
- Smoking tobacco is main reason for this .about 80% of lung cancer deaths are caused by smoking.
- Gene changes

What are symptoms

- A persistent cough
- Coughing up blood
- Fatigue
- Weight loss
- Pain when breathing or coughing

Treatment

- Ratio therapy (this therapy applies to destroy cancers surgery)
- Immune therapy



4. PNEUMONIA

Pneumonia is an infection in one or both lungs. Bacteria ,_virus and fungi cause it.

What cause pneumonia

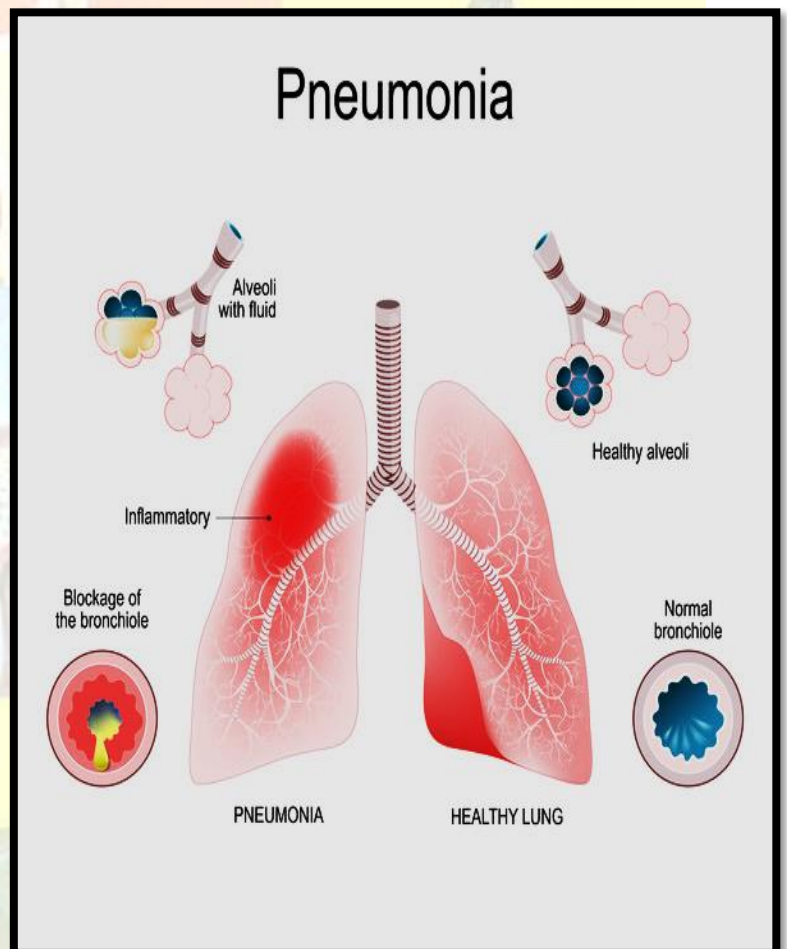
- By viral infections
- By bacteria
- By fungi

Symptoms of pneumonia

- Coughing
- Fever
- Sweating or chills
- Shortness of breath
- Chest pain

Treatment

- Do not take cough medicines
- Drink warm beverages
- Stay away from smoke
- Get lot of rest

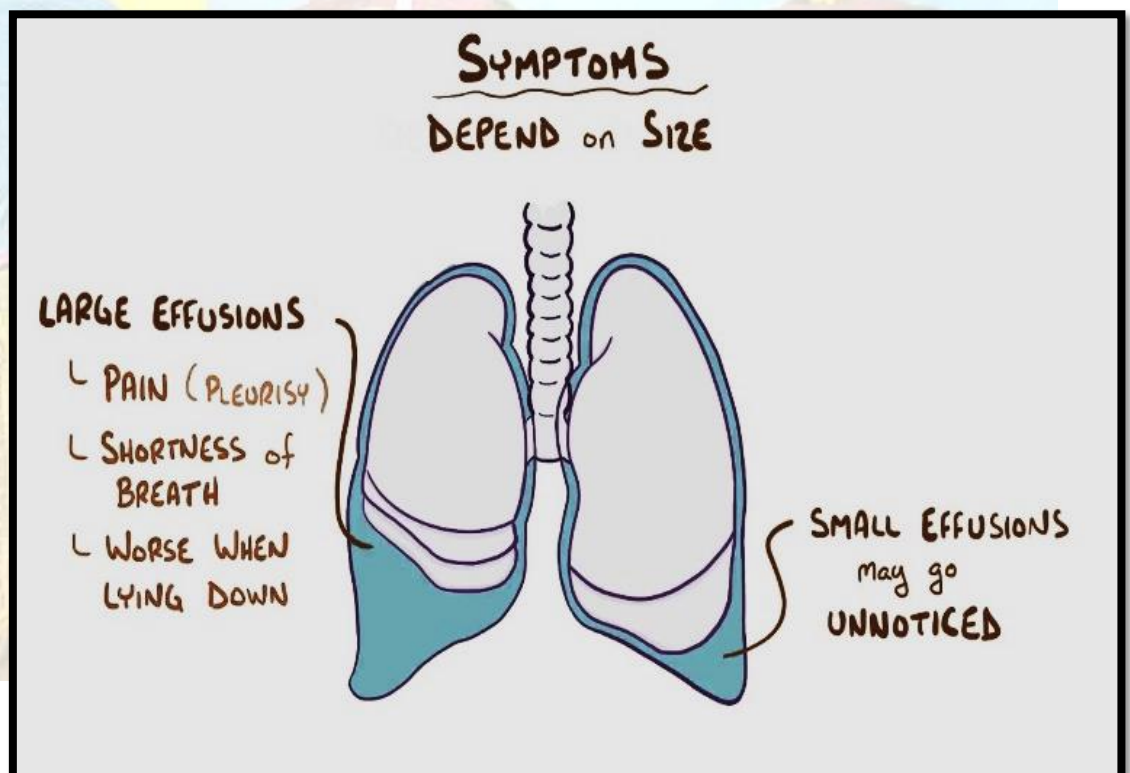


5. PLEURAL EFFUSION

Pleural effusion sometimes referred to as water in lungs .this is build up of excess fluid between the layers.it is a thin membrane .

What causes pleural effusion

- Pleural effusion is very common therefore there are 2 categorize help physician to determine the cause of plural effusion
 - ❖ The most common cause of trans dative pleural effusion include
 - ✓ Heart failure
 - ✓ Pulmonary embolism
 - ✓ Post open heart surgery
 - ❖ Pleural effusions are most commonly caused
 - ✓ Pneumonia
 - ✓ Cancer
 - ✓ Pulmonary embolism
 - ✓ Kidney disease
 - ✓ Inflammatory disease





Circulatory system

To circulatory system we also called as cardiovascular system. The circulatory system is a combination of organs and blood vessels. there are so many functions : nutrient , oxygen and hormones are delivered to every cell , waste removal such as CO₂ , are removed not only that this system keep us alive , keep cells healthy. The main function of this is supply / pumps blood through network done by the heart .

Circularly system disease

1. High blood pressure
2. CAD
3. Heart attacks
4. Heart failure
5. Strokes
6. Aneurism

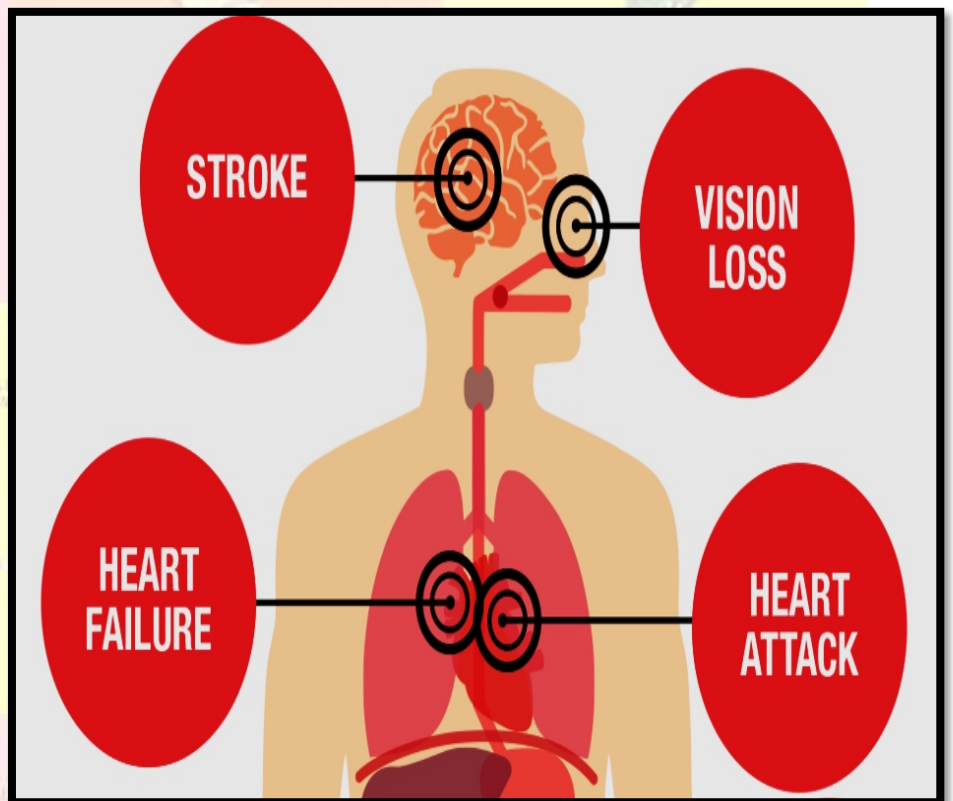


1. HIGH BLOOD PRESSURE

Blood pressure is used to measure the how much force is applied to pump blood through arteries for high blood pressure known as hypertension

What cause high blood pressure

- Eating too much salt
- Drinking too much alcohol
- Not exercising
- Being overweight



Symptoms

- There are no symptoms with high blood pressure why its often called the silent killer

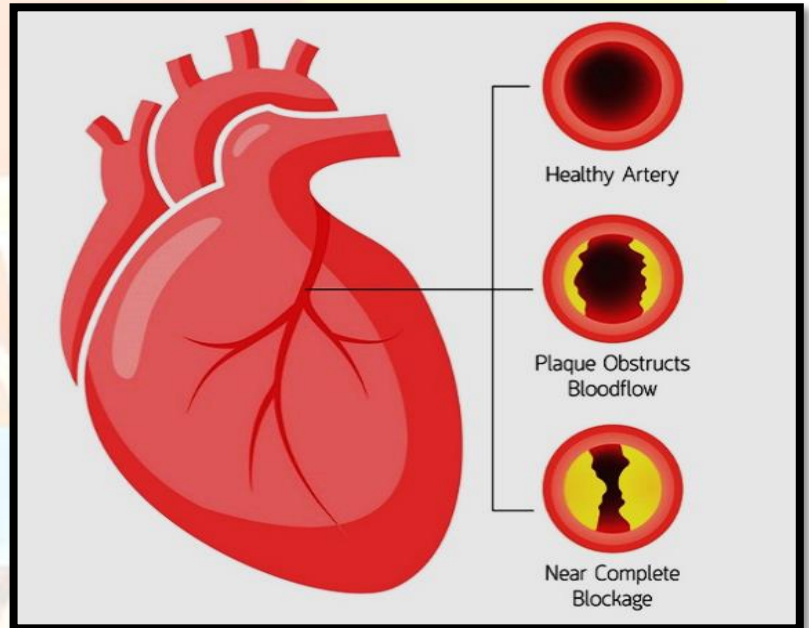
Treatments

- Eating healthy diet
- Stop smoking
- Getting more exercises
- Treatments with medication

2. CAD (CORONARY ARTERY DISEASE)

CAD is the most common type of heart disease
CAD happens when the arteries blood flowing is blocked .

These arteries bring oxygen and nutrition rich blood to your heart.



What cause CAD

CAD is usually caused by build up of fatty deposits on the walls of arteritis around the heart

Symptoms

- Chest pain
- Heaviness
- Tightness
- Pain in the arms or shoulders
- Sweating

Treatments

- Quit smoking tobacco
- Reduce or stop your consumption of alcohol
- Exercise regularly
- Lose weight to a healthy diet
- Eat a healthy diet

3. HEART ATTACKS

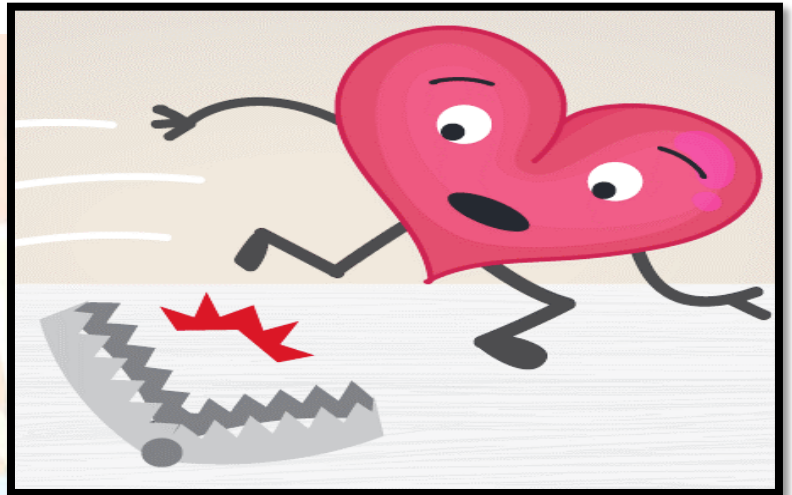
When a heart in which the supply of blood to the heart is suddenly blocked , it is a emergency situation.

What cause heart attack

- Prevent eating fatty foods
- Lack of exercise
- Stress

Symptoms

- Chest pain
- Nausea
- Sweating
- Fatigue



4. HEART STROKES

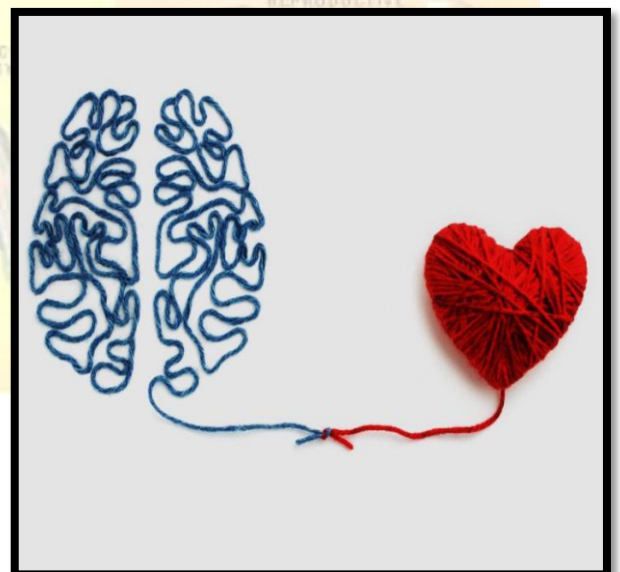
Heart strokes is a type of heart ill. It is also known as sunstroke. It occurs when the body temperature greater than 40 c.

What cause heart stroke

- Caused by overheating the body

What are symptoms

- High body temperature
- Altered mental state
- Alteration in sweating
- Nausea and vomiting
- Flushing skin colour(skin turns into red)
- Rapid breathing
- Racing heart rate
- Headache



Prevention

- Wear loose fitting , lightweight clothing
- Protect against sunburn
- Drink plenty of fluids
- Never leave anyone in a parked car

5. ANEURYSM

An aneurysm occurs when an arteries wall weakening and causes on large bulge this bulge can block and cause internal bleeding. It is occurs in any part of our body . most common in ,

- ✓ Brain
- ✓ Aorta
- ✓ Legs
- ✓ Speech

What cause an aneurysm

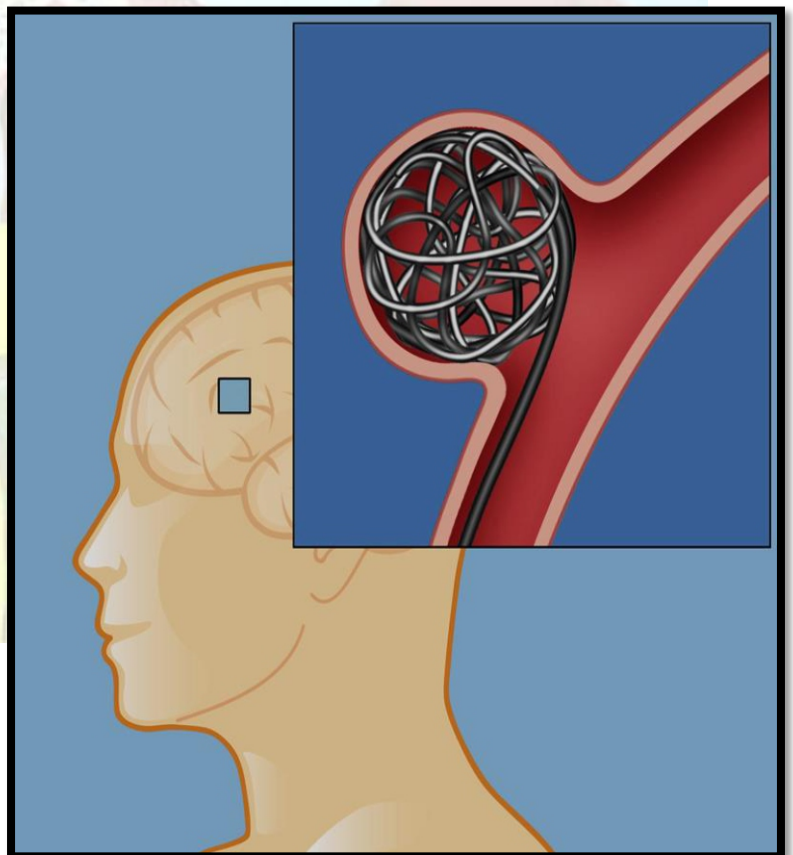
- This aneurysm cause due to articles blocked by facts
- High blood pressure

What are symptoms

- Bleeding
- Increasing heart rate
- Pain
- Feeling dizzy or light headed

What are treatment

- Treatment typically depends on the location and type of aneurysm



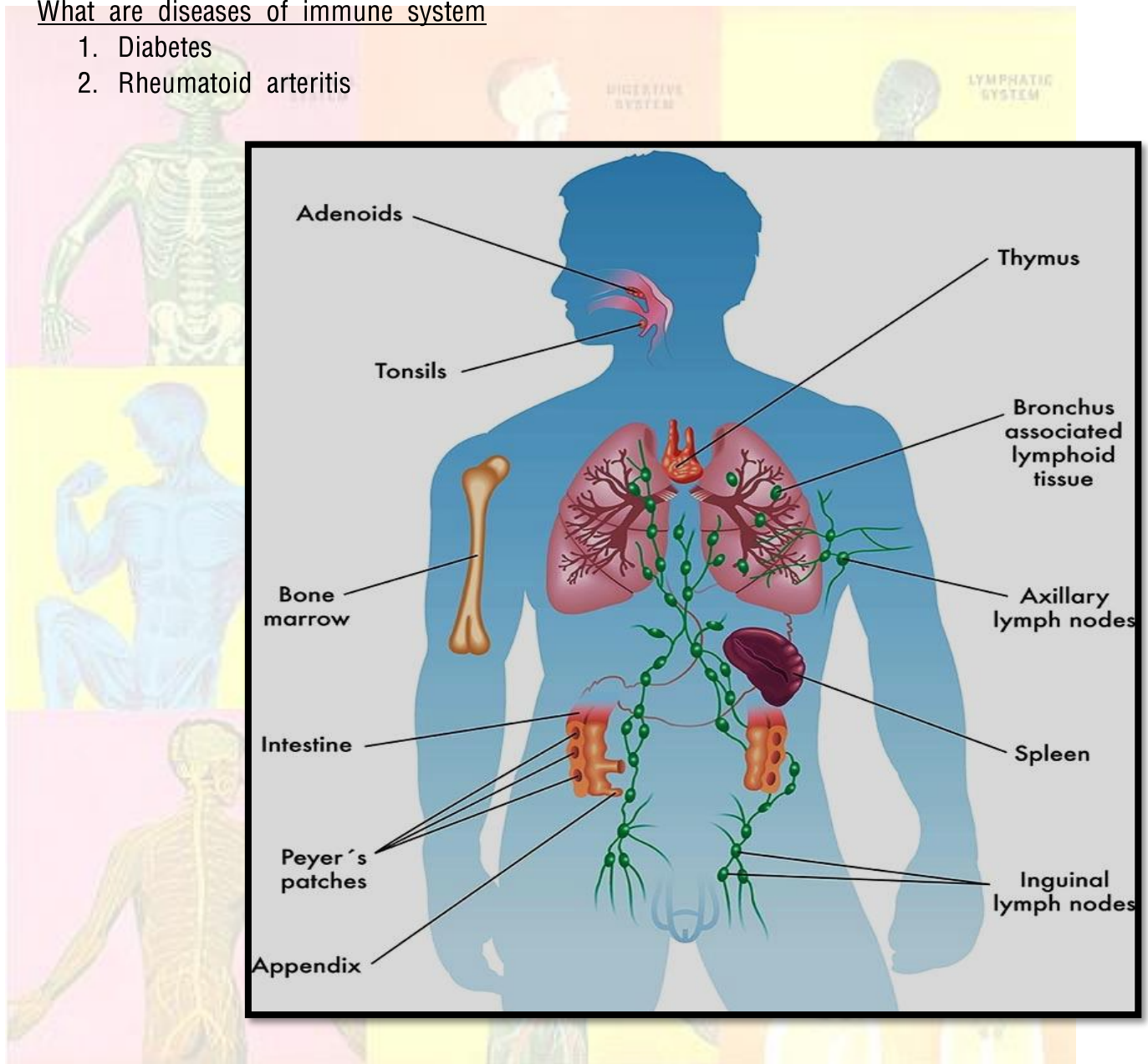


Immune system

Immune system made up from many biological structures that project against diseases . in many species , there are 2 major subsystems of the immune system they are innate immune system and adoptive immune system.

What are diseases of immune system

1. Diabetes
2. Rheumatoid arteritis



1. DIABETES

Diabetes mellitus commonly called the diabetes this disease caused due to high blood sugar diabetes can damage your nerves eyes kidney and other organs.

What caused diabetes

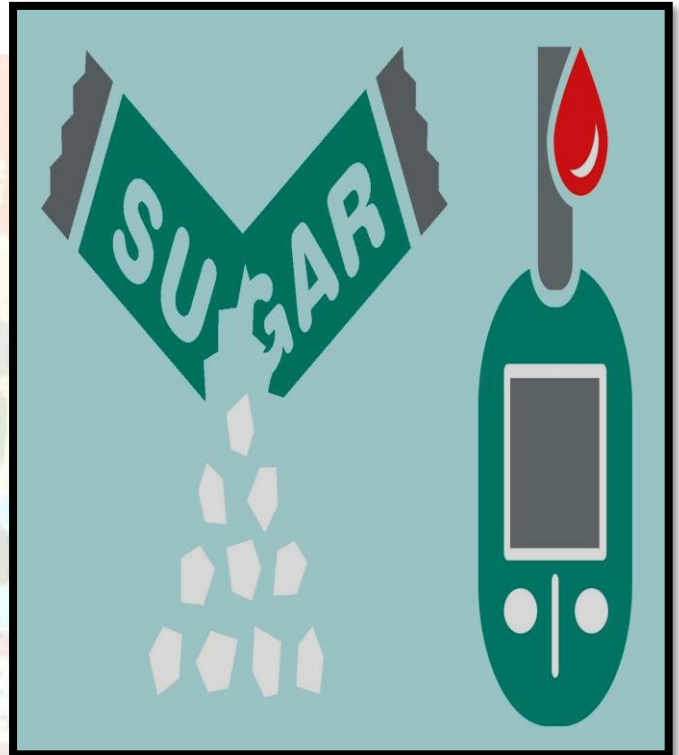
- There are some foods caused diabetes there are, breads , sugar , buns , pasta high carb proceed cheese

Symptoms

- Increased hunger
- Increased thirst
- Weight lose
- Frequent urination
- Blurry vision
- Extreme fatigue
- Sores that dont heal

Treatments

- Exercising daily
- Eat healthy diet include vegetable and fruits
- Take a small meal
- Reduce the weight



2. RHEUMATOID ARTERITIS

Rheumatoid arteritis is an autoimmune disease that can cause joint pain and damage to whole body. RA can happens both sides of body

What causes RA

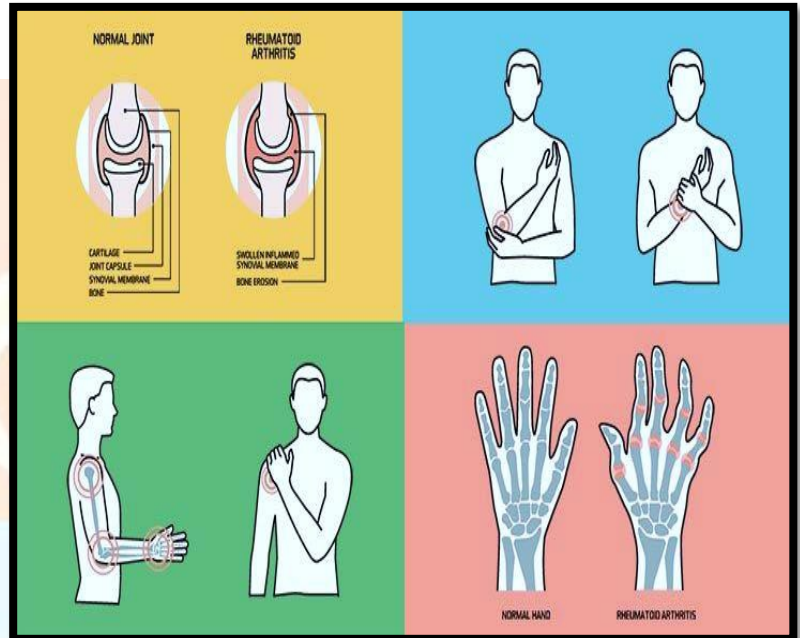
- Age
- Family history
- Environment
- Gender
- Obesity
- Smoking

What are symptoms

- Increased fatigue
- Shortness of breath
- Changes in a more
- Pain in the chest
- Sudden changes in weight

Treatments

- Eat healthy foods
- Exercises



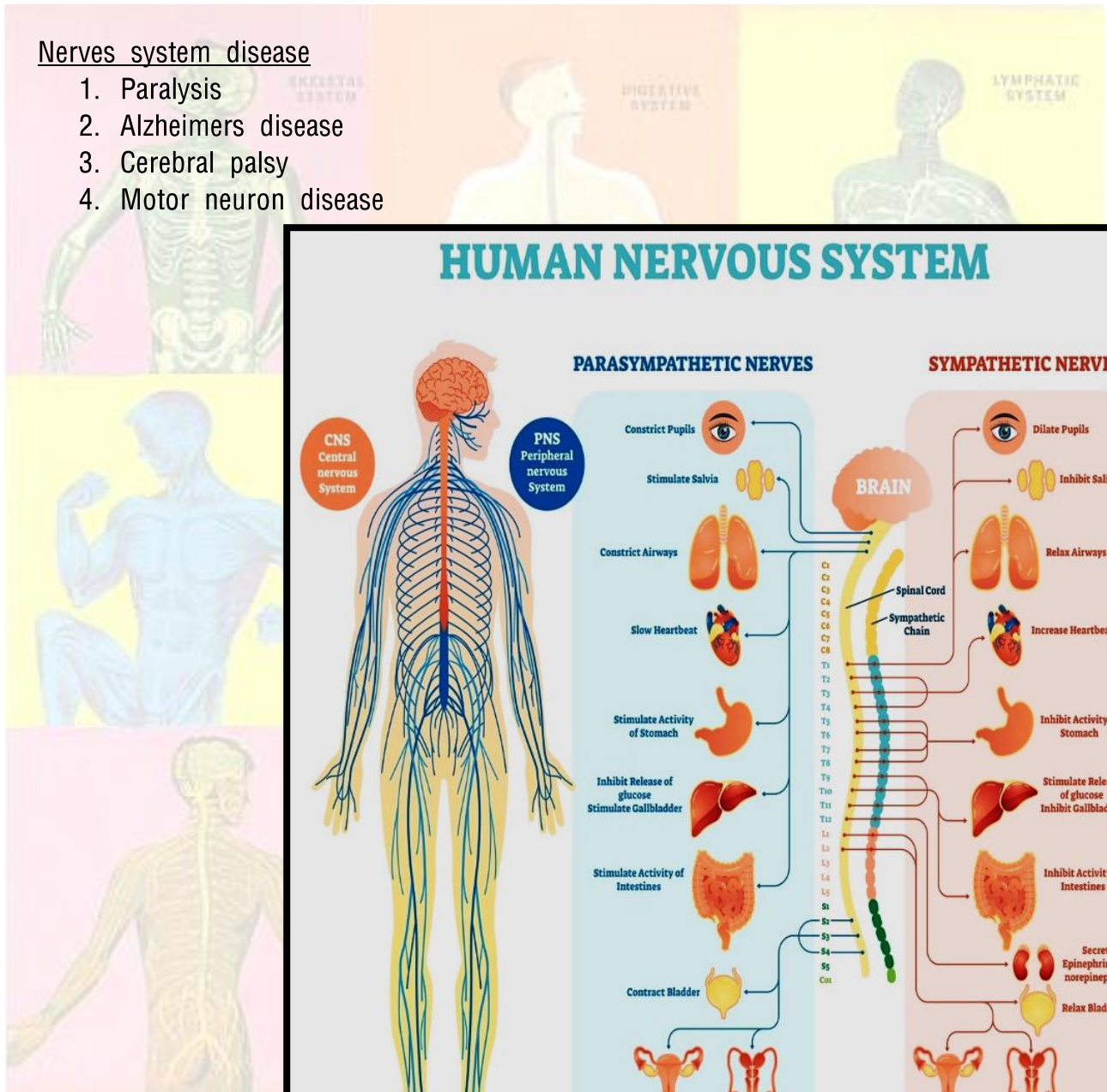


Nervous system

The nervous system is a highly complex part of an organisms . in vertebrates it consists of 2 main parts , and spinal cord. the PNS consists mainly of nerves. The nerves system is defined by the presence of a special type of cell called the neuron also known as nerve cell .

Nerves system disease

1. Paralysis
2. Alzheimers disease
3. Cerebral palsy
4. Motor neuron disease



1. PARALYSIS

Paralysis is weakening of muscle function in part of your body. Paralysis can affect to any part of your body.

What cause paralysis

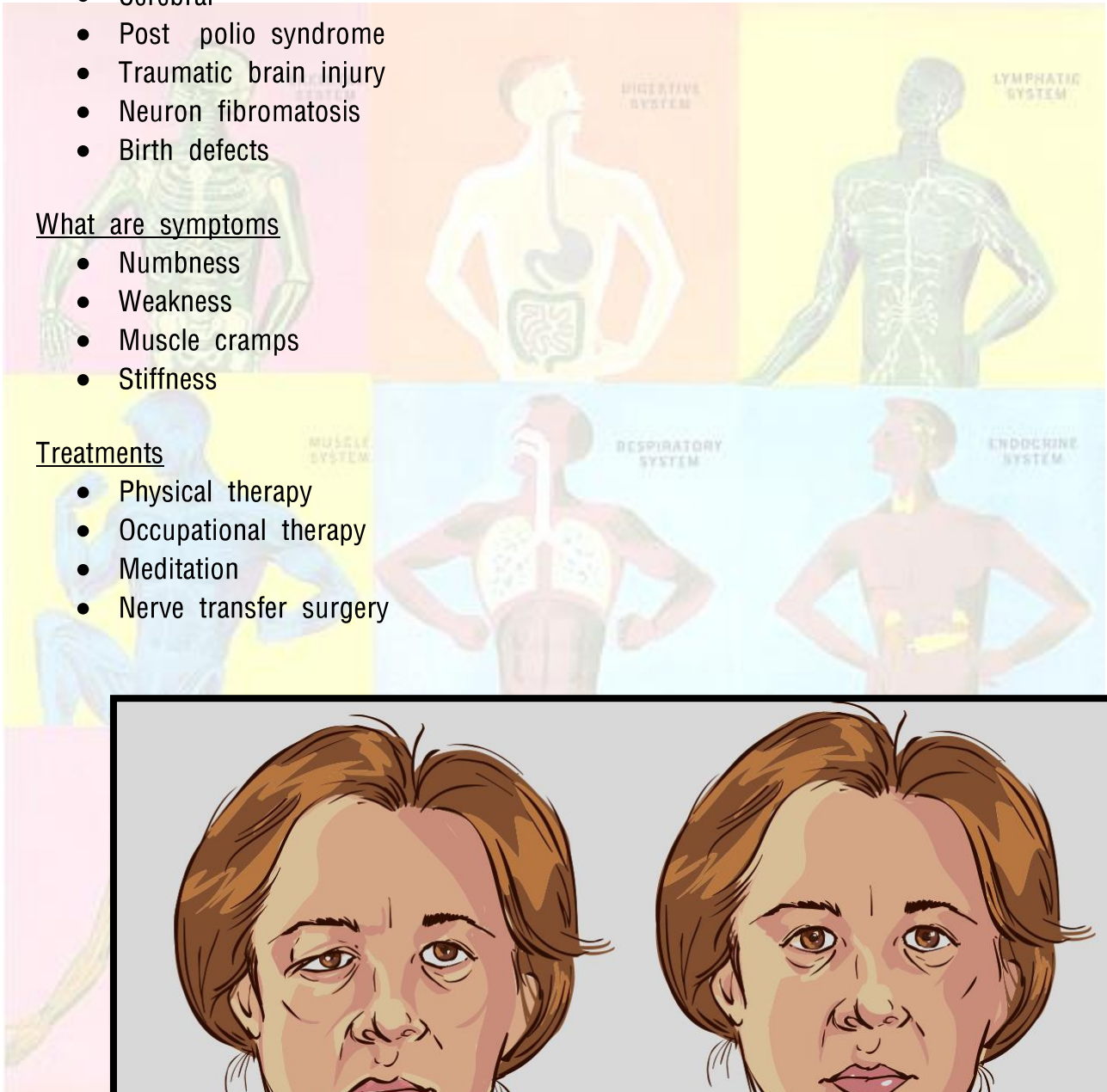
- Cerebral
- Post polio syndrome
- Traumatic brain injury
- Neuron fibromatosis
- Birth defects

What are symptoms

- Numbness
- Weakness
- Muscle cramps
- Stiffness

Treatments

- Physical therapy
- Occupational therapy
- Meditation
- Nerve transfer surgery



2. ALZHEIMER S DISEASE

Alzheimers is a type of disease that effect memory problems are typically one at the first sign of Alzheimers disease .

What cause Alzheimers

The exact cause of Alzheimers disease is not yet fully understood , but there are number of things that increase the risk of developing condition.

These include ;

- Increasing age
- A family history of the condition
- Untreated depression
- Lifestyle factors , associated with cardiovascular disease

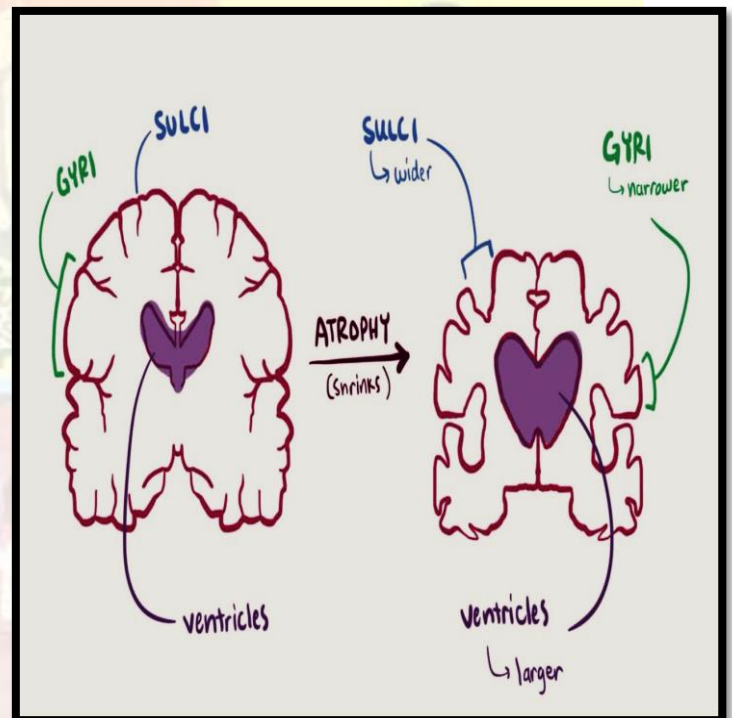
What are symptoms

In some cases other conditions can be responsible for symptoms .

- Depression
- Infections
- Strokes
- Delirium
- Memory loss
- Difficulty with problem solving
- Trouble with speech or writing
- Mood and personality changes
- Withdrawal from friends , family and community.

Treatments

- Focus on tasks
- Limit confusion
- Avoid confrontation
- Get enough rest every day
- Stay calm
- Quit smoking
- Eat a plant based diet



3. CEREBRAL PALSY

Cerebral palsy is a disorder that affect muscle movement and coordination , vision , hearing and sensation also affected. The cerebral means the brain the palsy means weakness or problem with body movement.

What causes cerebral palsy

- Gene mutation that result in abnormal brain development
- Material infections
- Head injuries

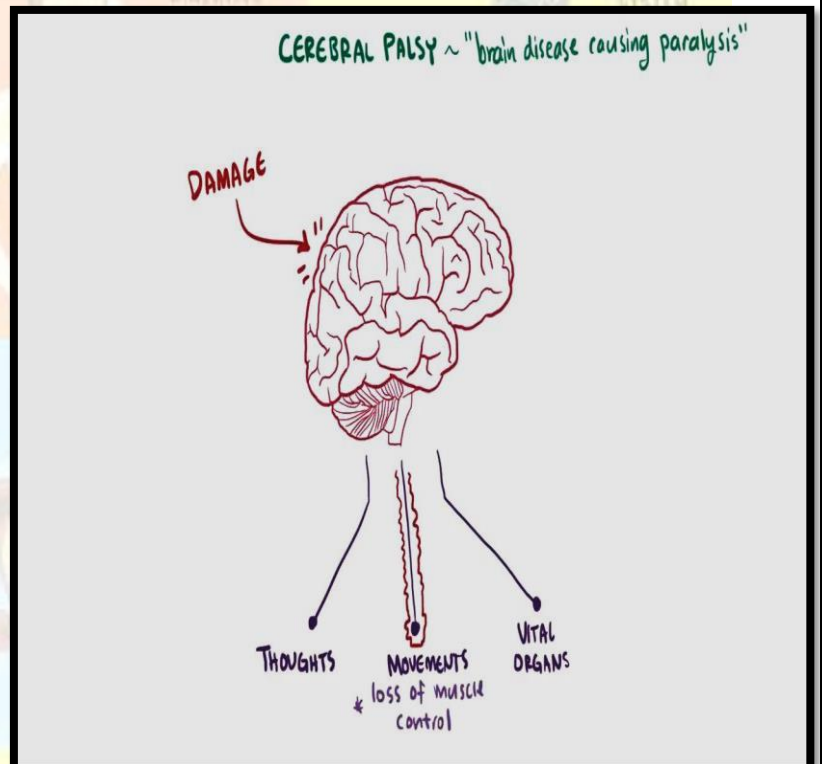
Symptoms

- Difficulty to speaking
- Lack of muscle coordination
- Involuntary movements
- Difficulty walking
- Blindness

Treatments

- Assistive aids
 - ✓ Eye glasses
 - ✓ Hearing aids
 - ✓ Body braces
 - ✓ Wheel chairs
- Medication
- Surgery

- Therapies
 - ✓ Speech therapy
 - ✓ Physical therapy
 - ✓ Occupational therapy
 - ✓ Recreational therapy



4. MOTOR NEURON DISEASE

Motor neuron disease, disease known as amyotrophic lateral sclerosis occurs when specialist nerve cell in the brain called motor neurons stop working properly. This known as neurodegeneration motor neurons control important muscles activity .

There are 2 types of motor neurons

- ✓ Upper motor neurons
- ✓ Lower motor neurons

What cause MND

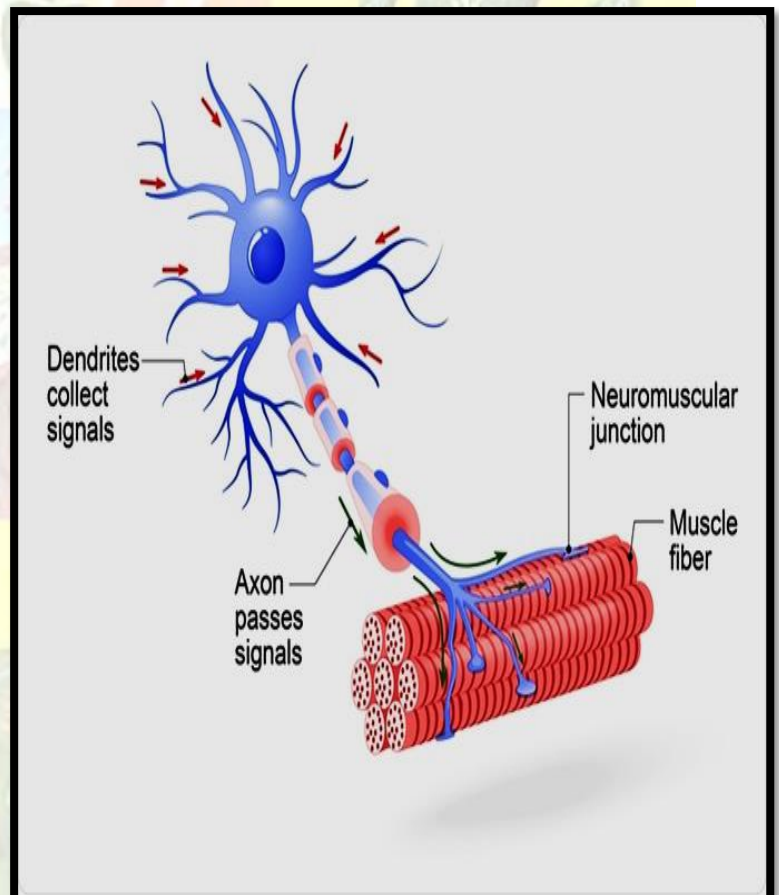
- MND believed to be caused because of environmental life style
- Genetic factors
- If the parent who have MND there is chance to inherit the MND related genetic mutation

Symptoms

- Fatigue
- Muscle pain , cramps
- Weakness in arms and legs
- Weight loss

Treatments

- There is not cure for MND



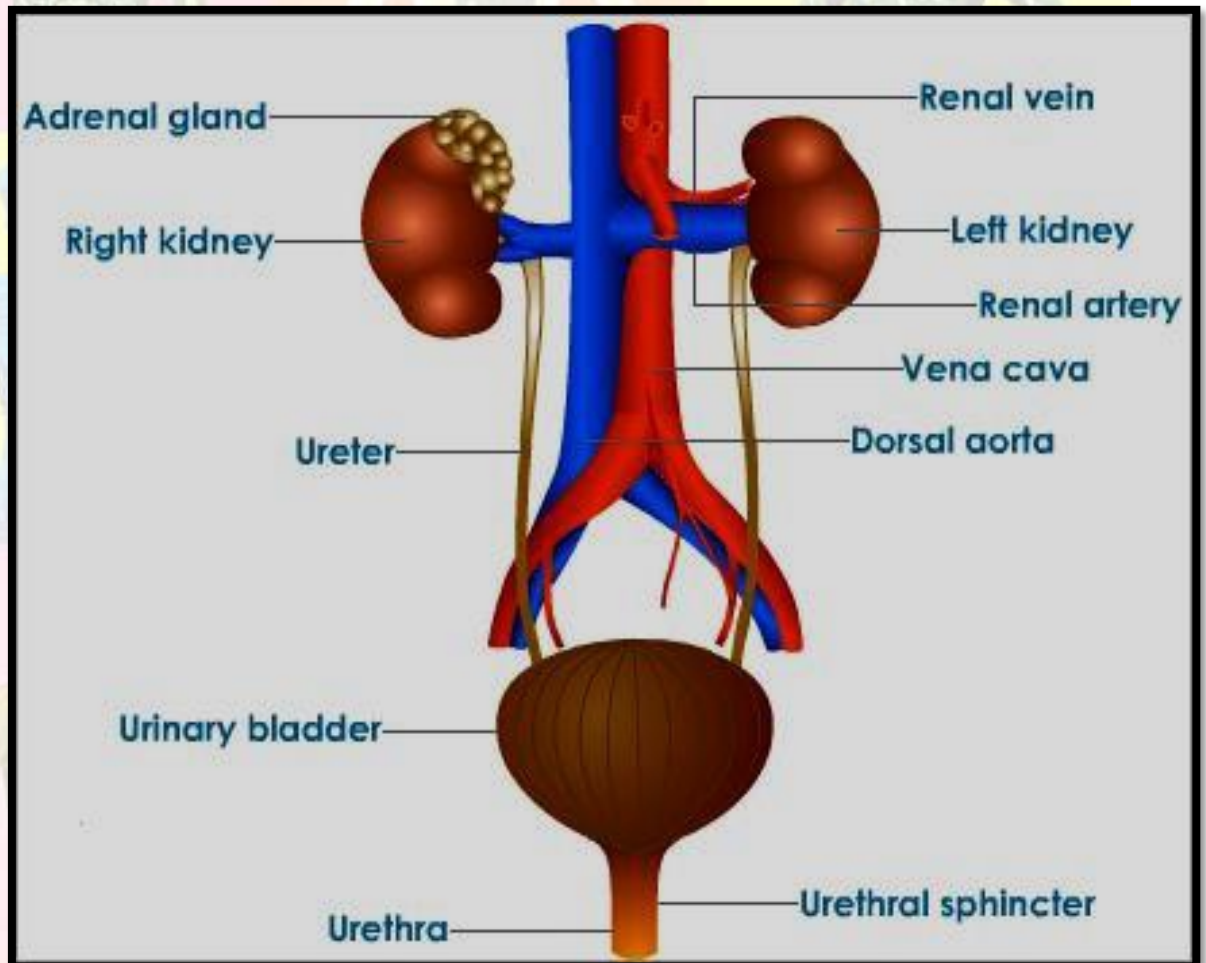


Urinary system

the urinary system also known as the renal system or urinary tract , consists of the kidneys , ureters bladder and the urethra the purpose of the urinary system is to remove waste from the body, regulate body volume and blood pressure , regulate blood PH. In every day urine are normally produce between 800-2000 ml.

urinary system diseases

1. Urinary track infection
2. Kidney stones
3. Bladder control problems
4. Prostate problems



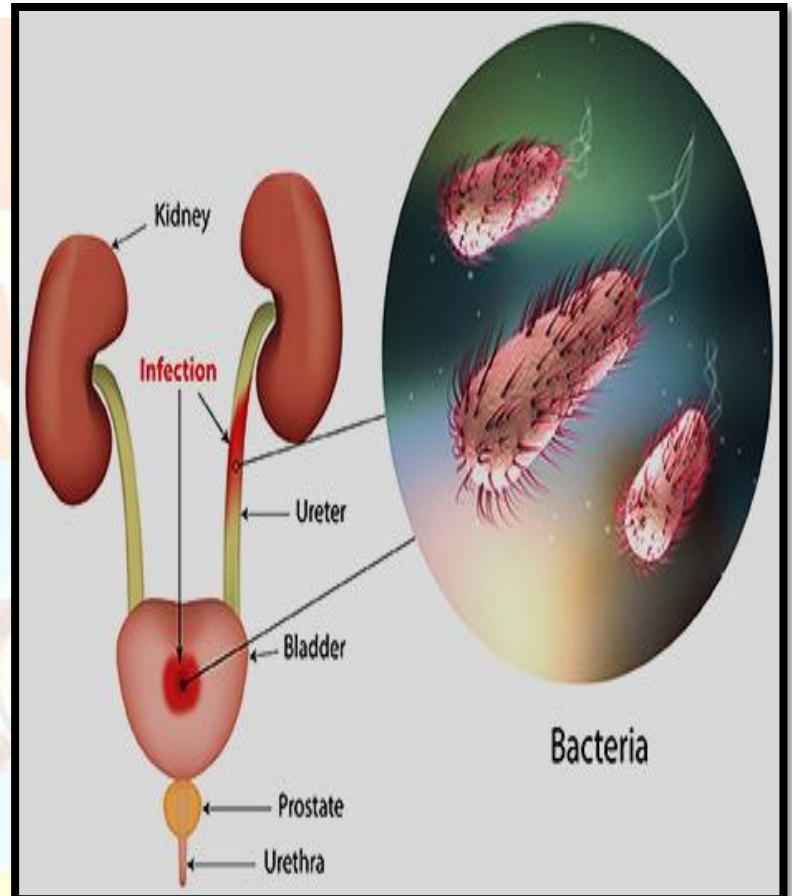
1. URINARY TRACK INFECTIONS

A urinary track infection is an infection caused by microorganisms like bacteria ,fungi . most are caused by bacteria ,but some are caused by fungi.

UIT can happen any where in urinary track . our urinary track made up by kidneys , ureters , bladder and urethra .

What cause UIT

Urinary track infection caused by microorganisms mostly bacteria enter to urethra and bladder bacteria also can infect to kidney.



Symptoms

- Pain in the side
- Pressure in lower pelvis
- Frequent need to urinate
- Painful urination
- The need to urinate at night
- Different of urine colour

Treatment for UTI

- Drink clean water
- Take probiotic , vitamin c

2. KIDNEY STONES

What causes for kidney stones

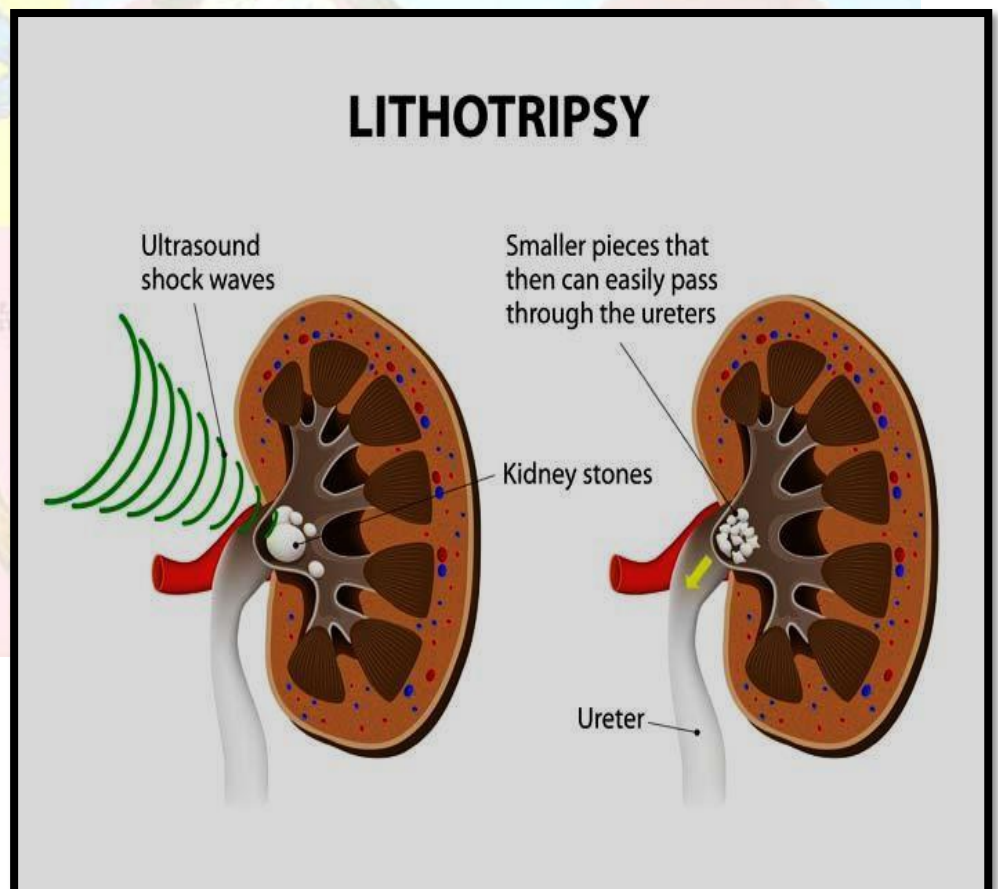
- Not drinking enough water
- Over weight
- Taking diet with high protein, sodium and sugar

Symptoms

- Pain in the back
- Blood in the urine
- Cloudy and smelly urine
- Fever

treatments

- Treatments for kidney stones is depends on the size of the stone
- Urine test
- Blood test
- X ray
- The best way for prevent kidney stones is to drink enough water every day



3. BLADDER CONTROL PROBLEMS

Bladder control problem are condition that effect the way that release urine. Urinary incontinence is one of most common bladder control disease. There are another 3 names for bladder control disease can called those names are, urinary incontinence(UI) , urine leakage and urine loss.

What causes for bladder control problem

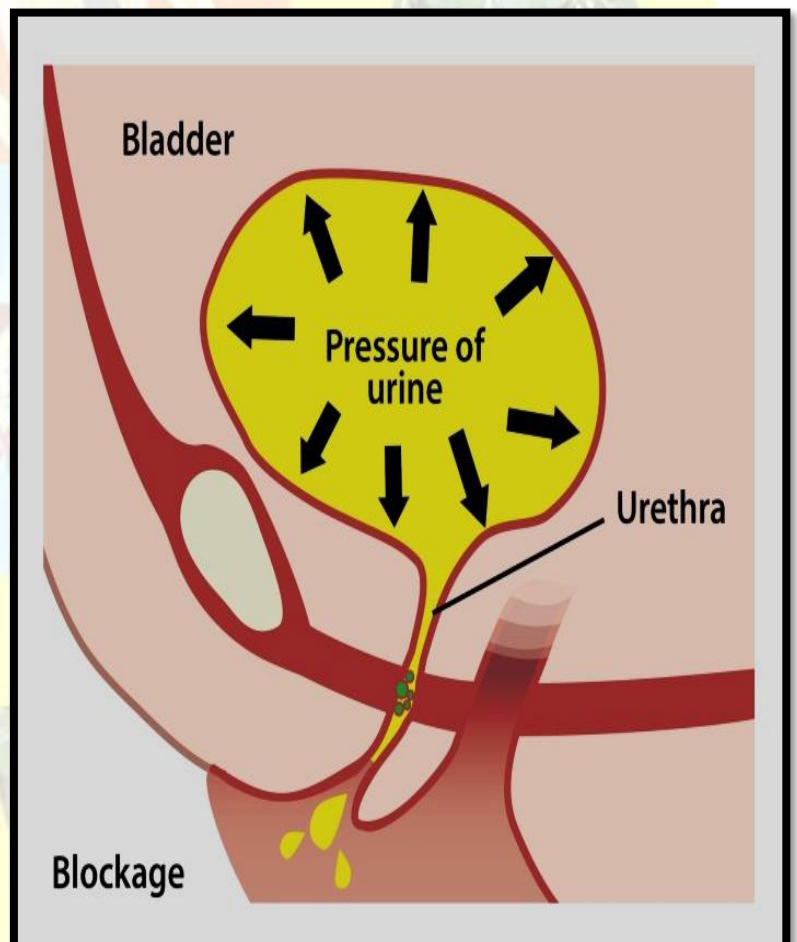
- Weakened bladder muscle
- Enlarged prostate
- Cancer
- Aging
- Constipation

Symptoms

- Leaking urine during Activities like lifting
- Wetting the bed during sleeping
- Leaking urine without any warning

Treatments

- Drink enough water at right time
- Keep a healthy weight
- Stop smoking



4. PROSTATE PROBLEMS

Prostate problems are commonly occur for old means

What causes prostate problems

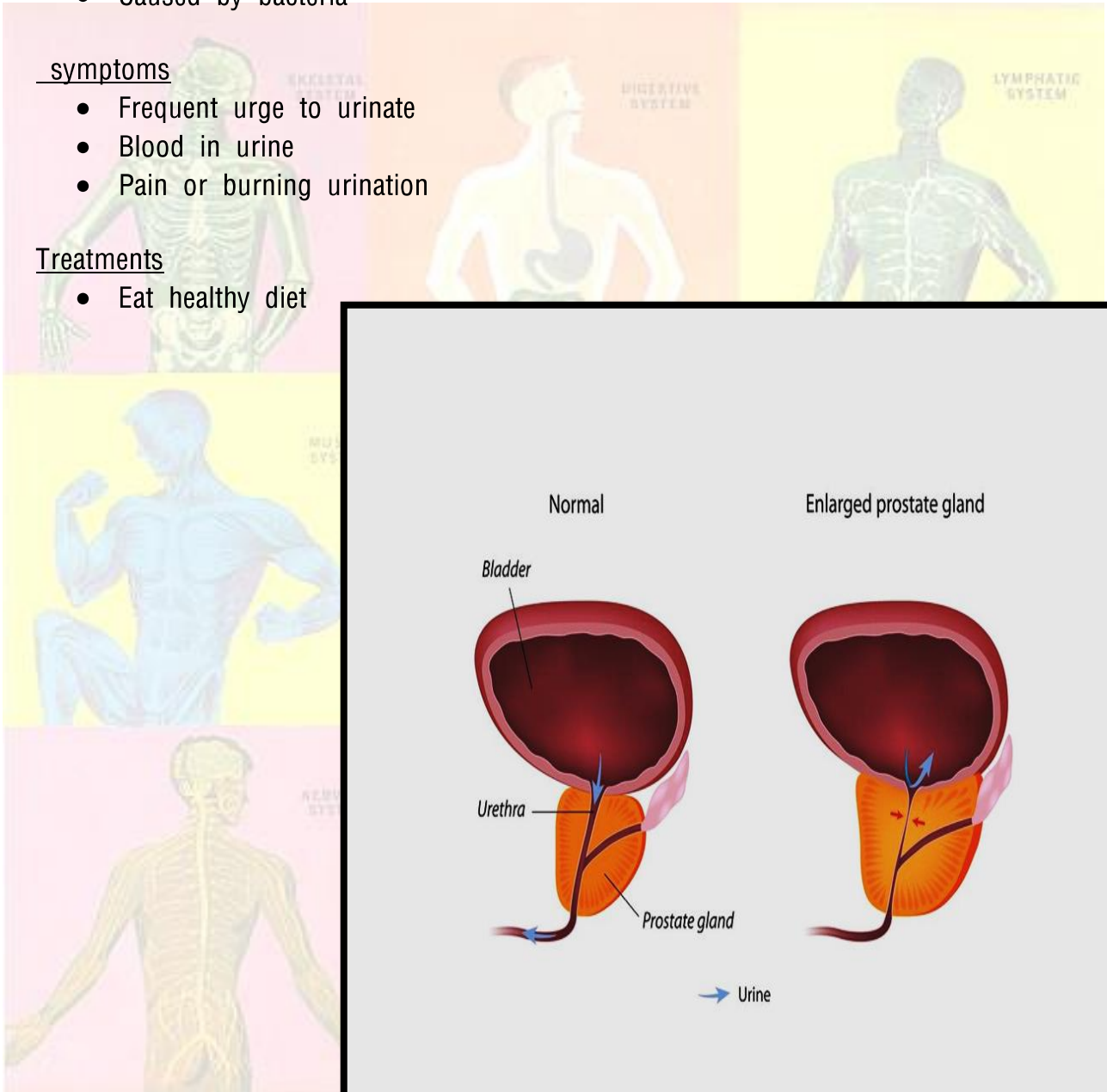
- Family history
- Caused by bacteria

symptoms

- Frequent urge to urinate
- Blood in urine
- Pain or burning urination

Treatments

- Eat healthy diet



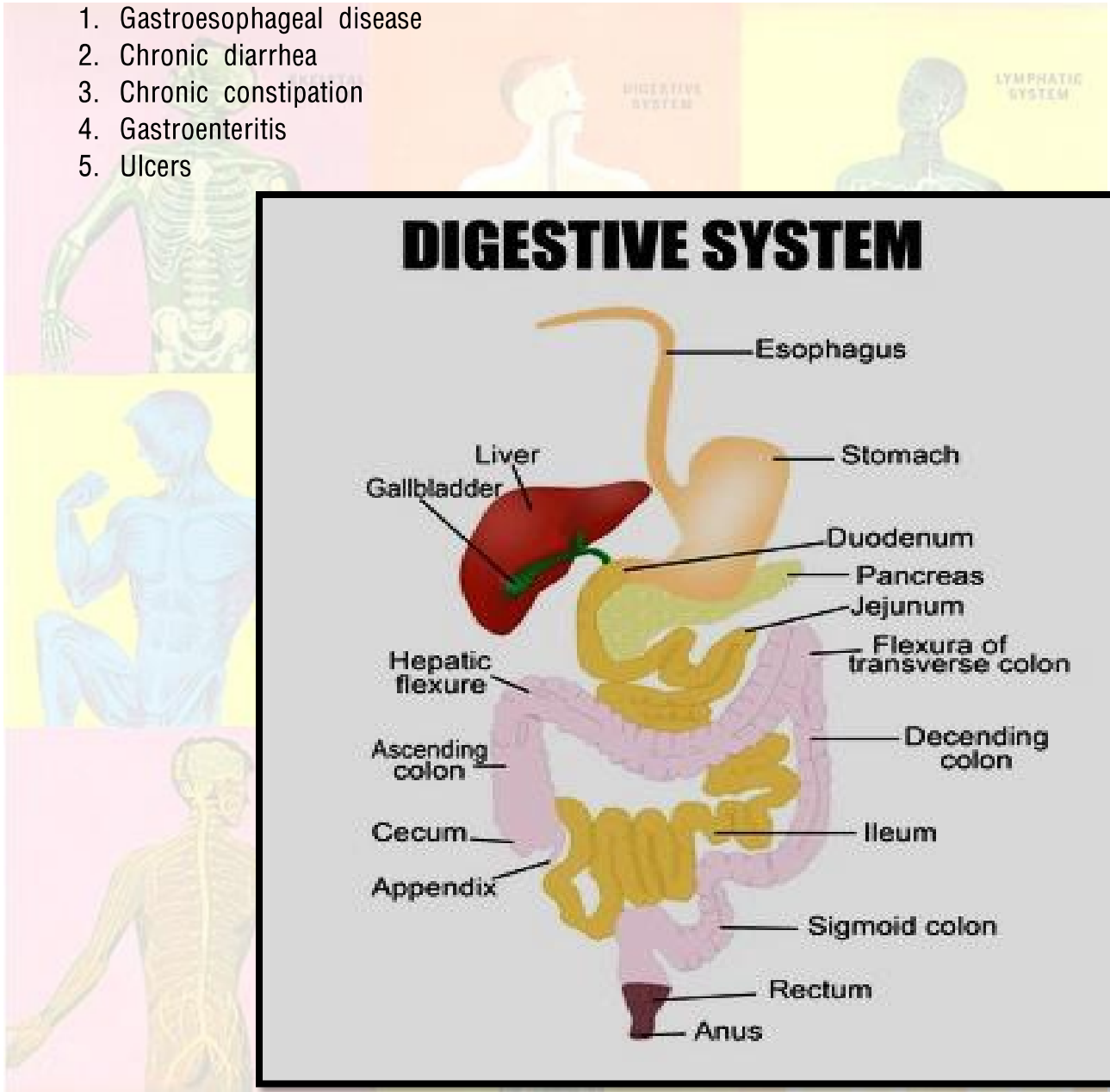


Digestive system

Digestive system also known as gastrointestinal system. Digestive system is the part of body that digest food , it breaks down food into small parts of chemical.

Digestive system diseases

1. Gastroesophageal disease
2. Chronic diarrhea
3. Chronic constipation
4. Gastroenteritis
5. Ulcers



1. GASTROESOPHAGEAL REFLUX DISEASE (GERD)

Gastroesophageal reflux disease is a digestive disorder that occurs when acidic stomach GERD can effect for all ages .

What causes GERD

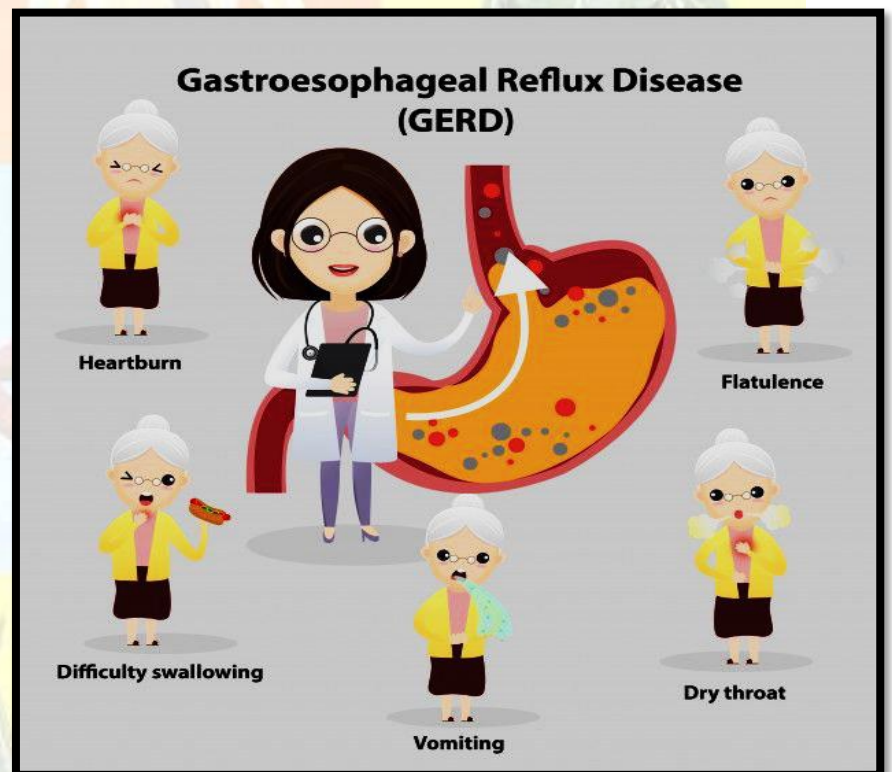
- Smoking
- Hernia
- Connective tissue disorders
- Obesity
- Eating large meals or eating late at night
- Drinking alcohol or coffee

Symptoms

- Chest pain
- Difficulty swallowing
- Disrupted sleep
- Worsening asthma
- Chronic cough

Treatments

- Stop smoking
- Exercising regularly
- Sit up straight
- Eat a small meal throughout The day



2. CHRONIC DIARRHEA

Diarrhea is a situation which cause is digestion. Many people experience diarrhea at sometime .when diarrhea persists for more than 2 or 4 weeks it called chronic diarrhea

What causes chronic diarrhea

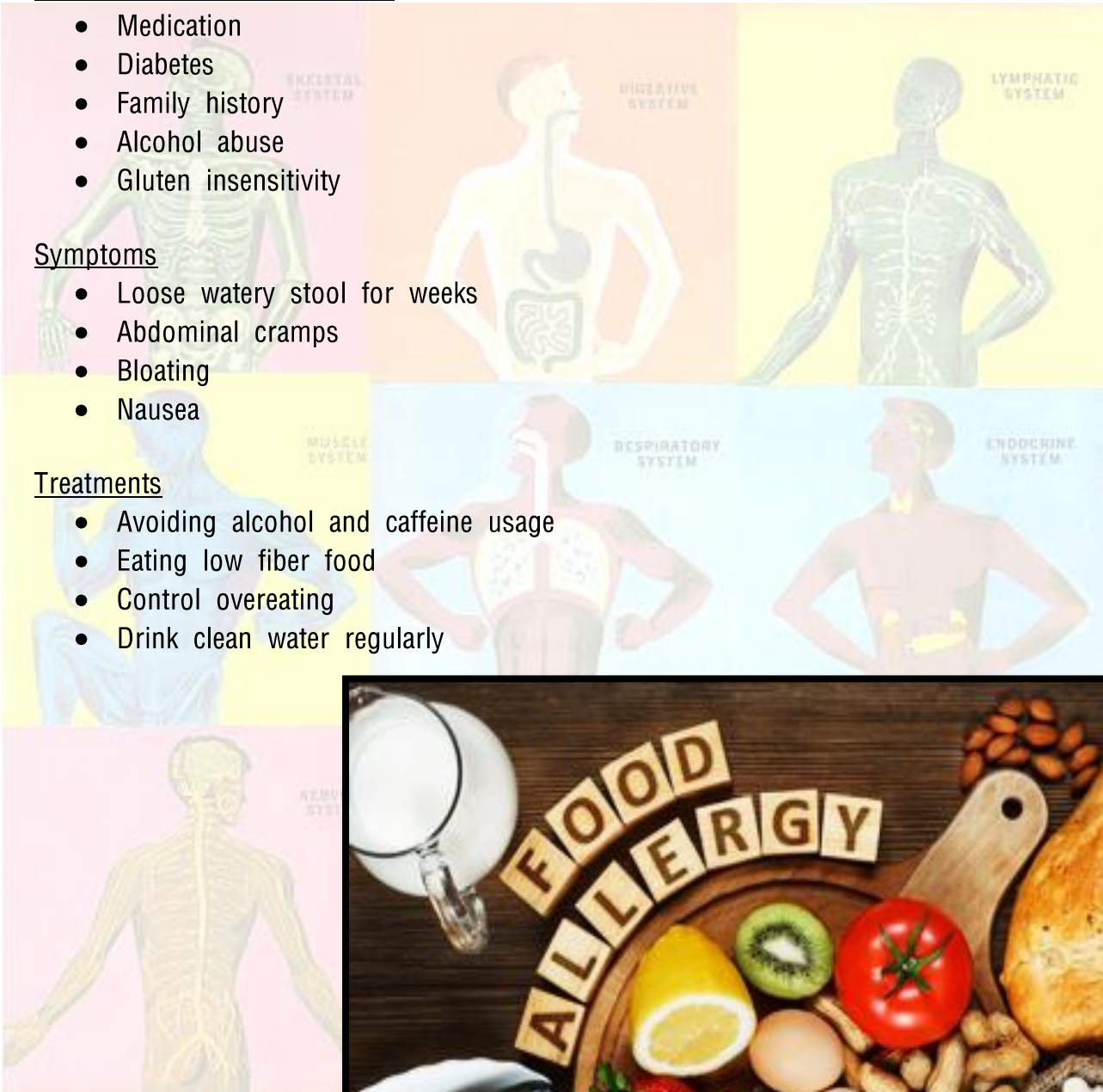
- Medication
- Diabetes
- Family history
- Alcohol abuse
- Gluten insensitivity

Symptoms

- Loose watery stool for weeks
- Abdominal cramps
- Bloating
- Nausea

Treatments

- Avoiding alcohol and caffeine usage
- Eating low fiber food
- Control overeating
- Drink clean water regularly



3. CHRONIC CONSTIPATION

What causes Chronic Constipation?

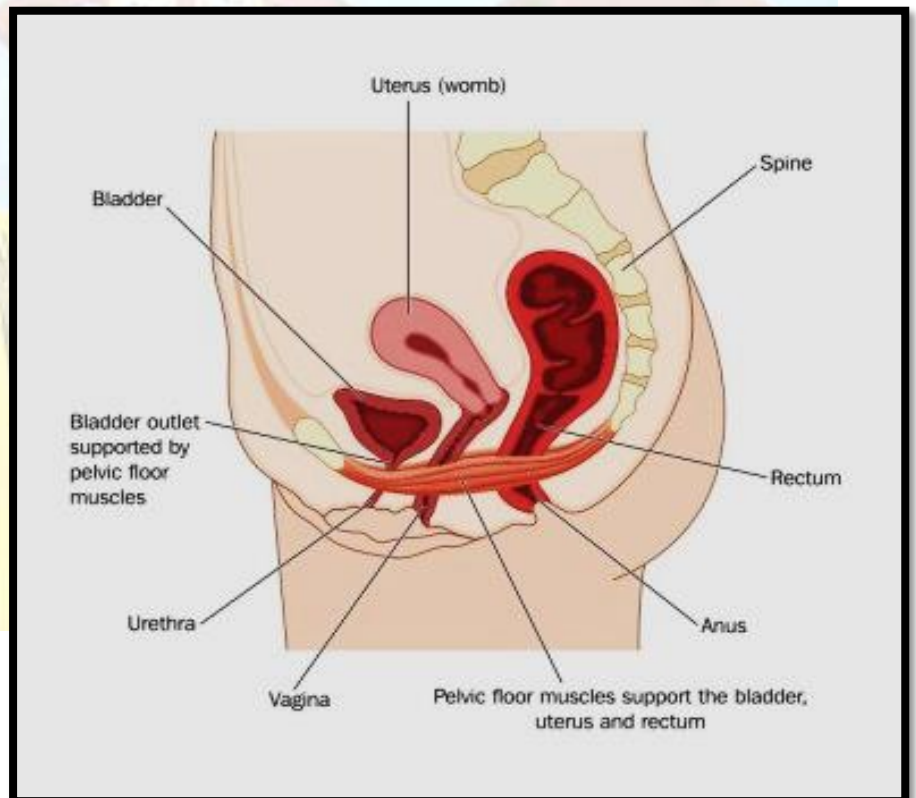
- Eating a lot of dairy products
- Not enough water or fiber in the diet
- Eating a lot of fiber in your diet
- Not being active
- Stress
- Some medication

symptoms

- Fewer than 3 bowel movements a week
- Dry stool
- Stools are difficult or painful to pass
- Feel bloated or nauseous

Treatments

- Everyday drink 1 1/2 to 2 quarts of water
- Limit consumption of alcohol
- Add fiber rich foods
- Exercise everyday



4. GASTROENTERITIS

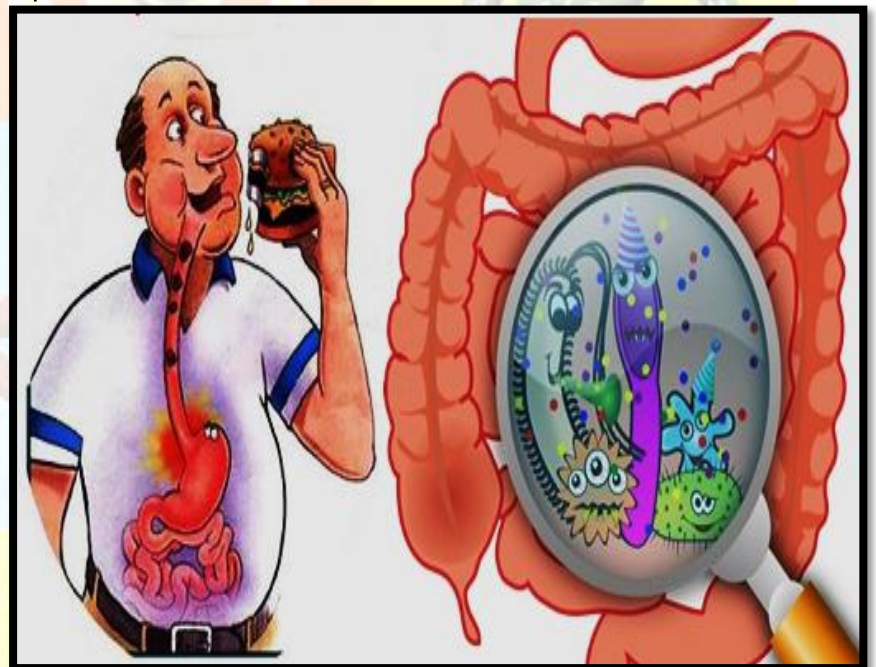
Gastroenteritis is a disease which caused by a viral, bacterial or parasitic infection.

What causes Gastroenteritis?

- Lack of immunity
- By viruses
- By bacteria

Symptoms

- Loss of appetite
- Nausea and vomiting
- Diarrhea
- Abdominal pains and cramps
- Blood in stools
- Fever



What are treatments?

- Drink clean water
- Eat healthy diet include some salty foods
- Consume food or drinks with Potassium such as fruit juice and bananas.
- Dont take any medication without a prescription of a doctor

5. STOMACH ULCERS

Stomach Ulcers, which are also known as gastric Ulcers.

What causes stomach ulcers?

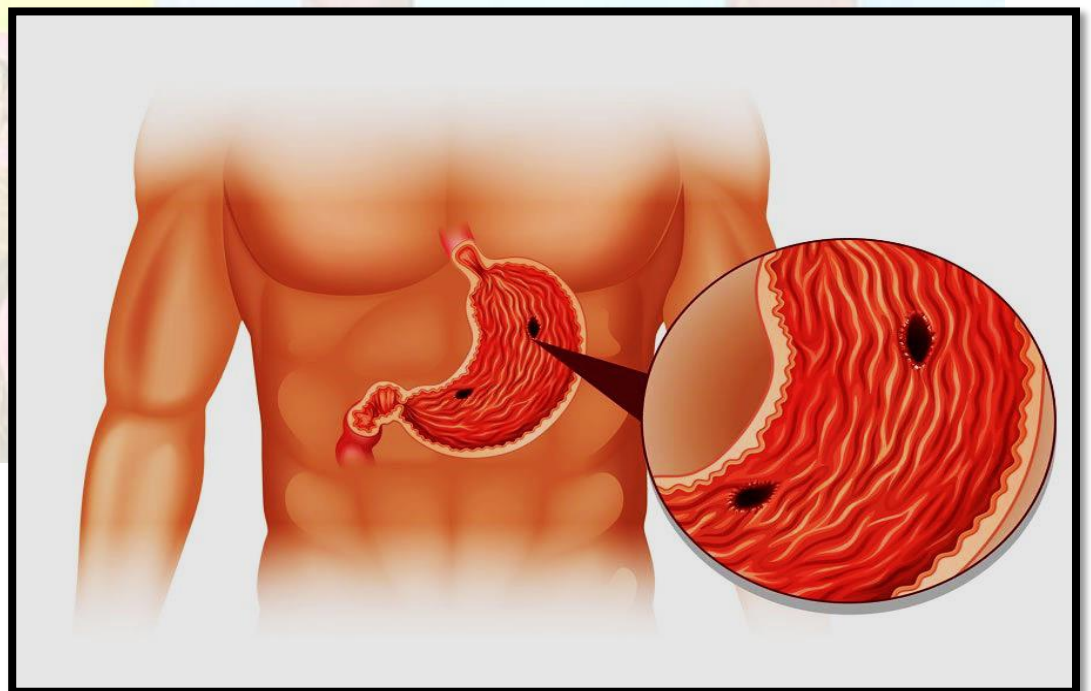
- An infection with the bacterium
- Long term use of non-steroidal anti-inflammatory drugs such as : aspirin, ibuprofen or naproxen

Symptoms

- Dull pain in the stomach
- Weight loss
- Nausea or vomiting
- Bloating
- Heartburn
- Pain that may improve when you eat or drink anemia
- Dark, tarry stools

Treatments

- Eating a healthful diet include; broccoli, cauliflower, cabbage, leafy greens, probiotic rich foods, apples, blueberries, olive oil etc.
- If you have of these symptoms be sure to call you doctor
 - Weakness
 - Trouble breathing
 - Red or black vomit or stools



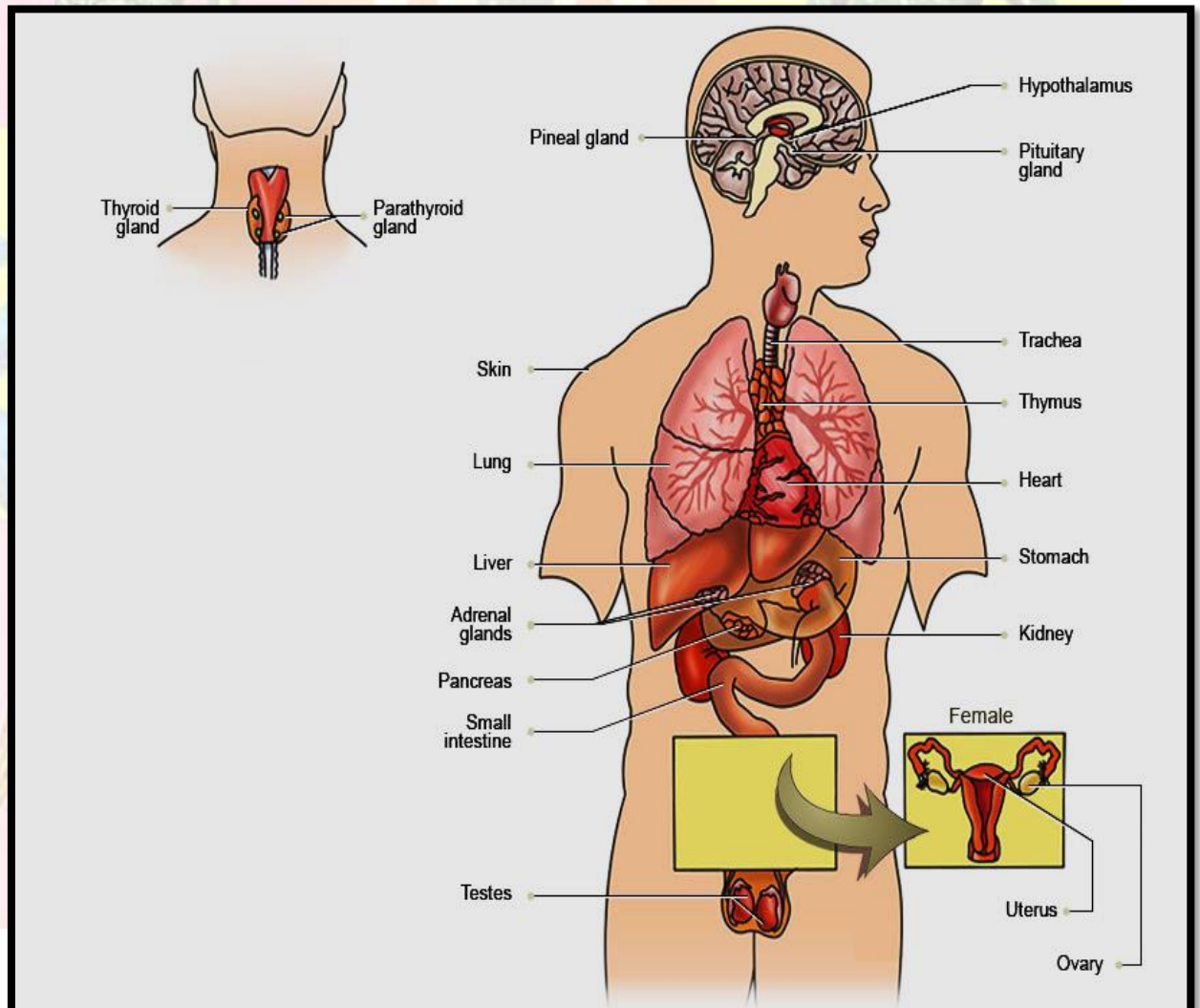


The Endocrine system

The endocrine system is made up of the pituitary glands, thyroid gland, parathyroid glands, adrenal glands, pancreas, ovaries (in females) and testicles (in males). Endocrine hormones help control mood, growth and development, the way our organs work, metabolism and reproduction.

Common endocrine diseases

- Diabetes
- Osteoporosis
- Thyroid cancer
- Addisons disease
- Cushings syndrome



1. DIABETES

There are 2 types of diabetes

1. Type 1 diabetes
2. Type 2 diabetes

What causes diabetes?

Type 1

Doctors don't know exactly what causes type 1 diabetes.

Type 2

- Genetic factors
- Being overweight
- 45 age or older
- Not active

Symptoms

The general symptoms of diabetes:

- Increased hunger
- Increased thirst
- Weight loss
- Frequent urination
- Blurry vision
- Extreme fatigue

What are treatments?

- Eat correct types of foods
- Try to eat a small meal throughout the day
 - Fruits
 - Vegetables
 - Whole grains
 - Healthy fats such as olive oil and nuts



2. OSTEOPOROSIS

Osteoporosis is a condition that affect the bones. The inside of a healthy bone has a small spaces. When having Osteoporosis increases the size of these spaces.

What causes Osteoporosis?

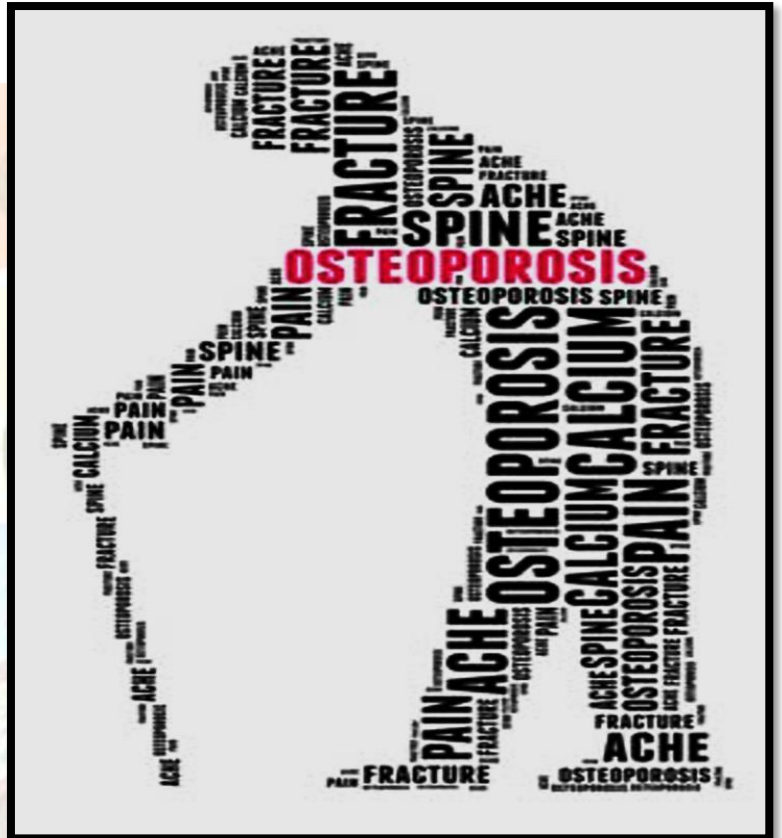
- Age
- Family history
- Poor nutrition
- Physical inactivity
- Smoking
- Low body weight

What are symptoms?

- Receding gums
- Weakened grip strength
- Weak and brittle nails

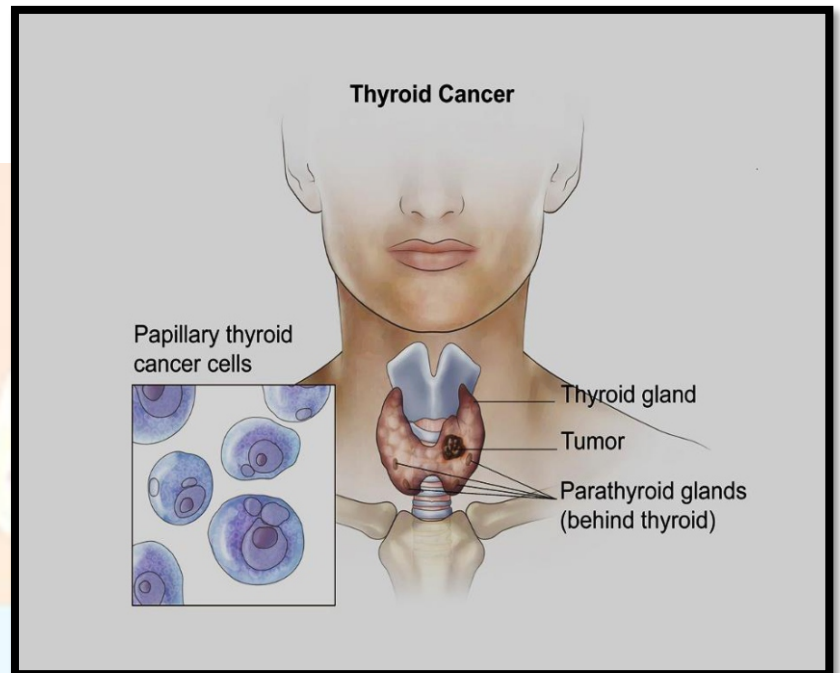
Treatments

- Take keep your bones healthy you need to include certain nutrition in diet include: Vitamin D, Calcium, Protein, Magnesium, Vitamin K
- Stopping smoking



3. THYROID CANCER

Thyroid cancer is a rare type of cancer that effect the thyroid gland.



What causes thyroid cancer?

- The family history
- Obesity
- Acromegaly (a rare condition where the body produces too much growth hormone)

What are symptoms?

- Swollen glands
- Pain in the neck
- Difficulty swallowing
- Difficulty breathing

What are treatments?

- Avoid all seafood
- Limit the amount of dairy products you eat
- Do not take cough medicines
- Eat plenty of fresh meat, fresh fruit and vegetables pasta and rice

4. ADDISON'S DISEASE

Adrenal glands are located on top of our kidneys. Addison's disease occurs when the adrenal cortex is damaged.

What causes Addison's disease?

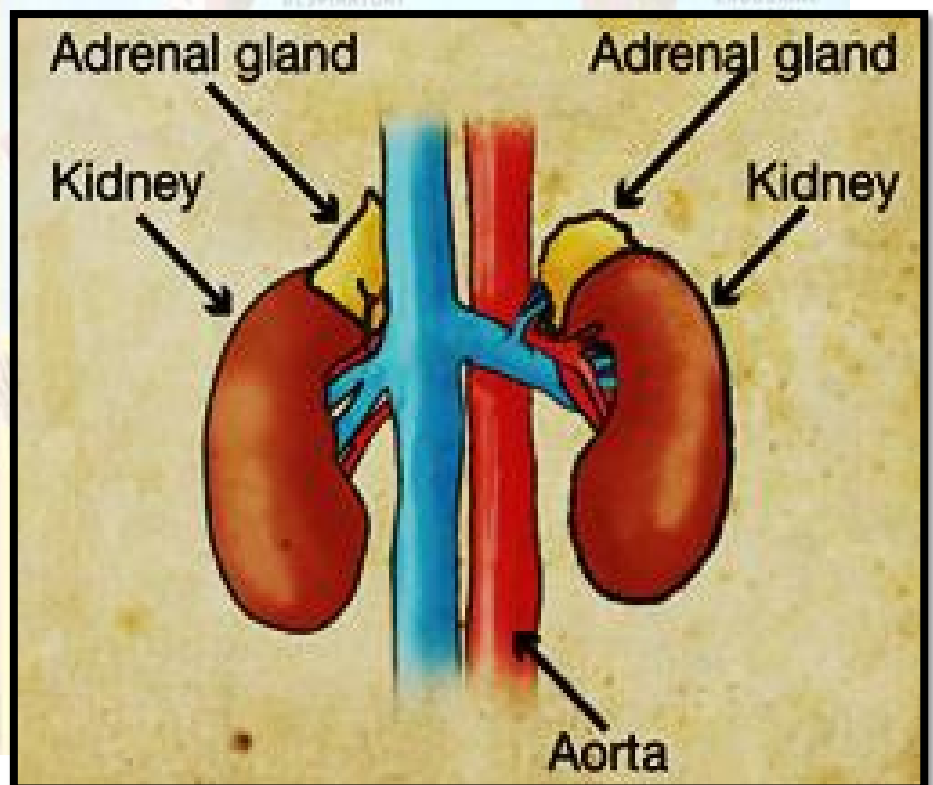
- Have cancer
- Have chronic infection like tuberculosis
- Have type 1 diabetes or graves disease genetics

What are symptoms?

- Muscle weakness
- Fatigue and tiredness
- Darkening in skin colors
- Weight loss
- Low blood sugar level
- Nausea
- Vomiting

Treatments

- Blood test
- Eat healthy diet



5. CUSHING S SYNDROMES

Cushing syndromes occurs when body exposed to high level of hormone.

What causes Cushings syndromes?

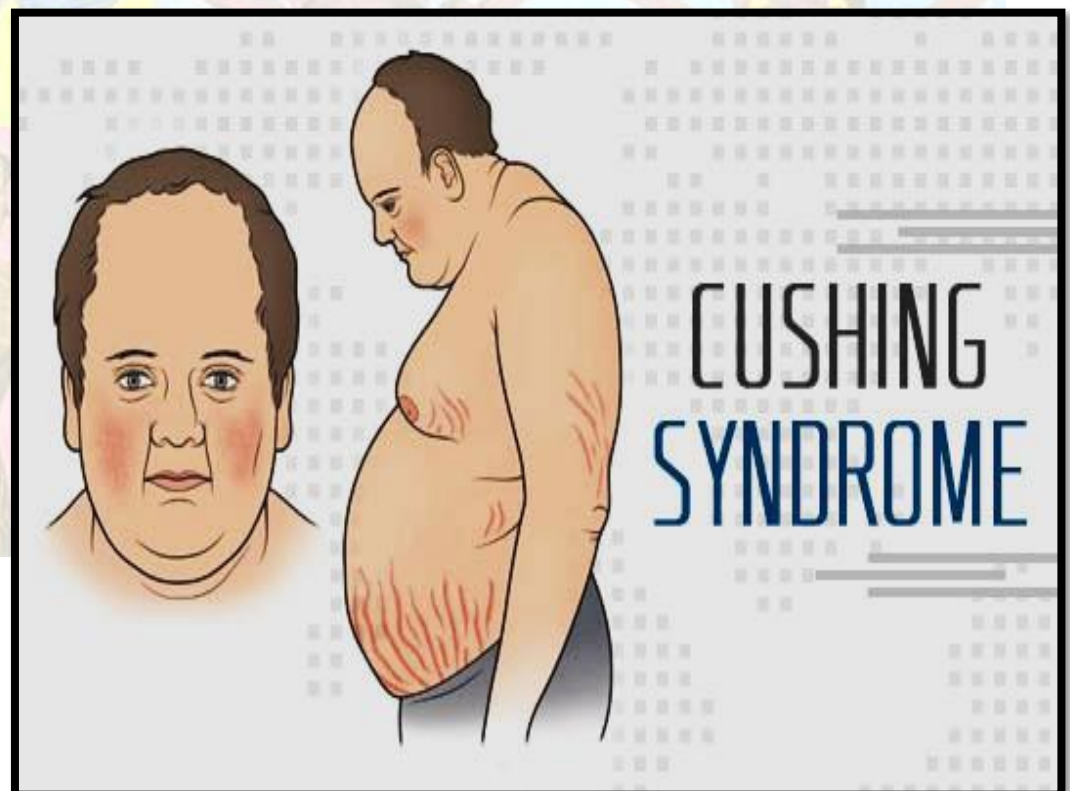
- Regulating blood pressure and cardiovascular system
- Reducing the energy of immune system
- Depression
- Osteoporosis

Symptoms

- Weight gain
- Purple stretchmarks on the breast
- Acne
- Fatigue
- Muscle weakness

What are treatments?

- Avoid drinking alcohol
- Urine test
- Get enough vitamin C, Vitamin D and Calcium





Afterword

As modern technology permeates the social and economic arenas, students tend to distance themselves from the creative process, relying more and more on technological tools. To reduce this risk and help aspiring young writers produce their own books, I sought and presented a research proposal to the Ministry of Education in 2014. It was a fantastic opportunity for children to showcase their enthusiasm and knowledge. The students of Mahamaya Girls' College achieved a record for the most books written, paving the way for a new level of innovation.

The e-book project will enable the students to reach international readers, and I am confident that they have gained new experiences and challenges that will enable them to face the future with resolve.

I wish all of the young writers the best of luck in their future endeavors

Senevirathna Mahalekm

Founder of Books Publishing Project Among School Children

2023.10.20