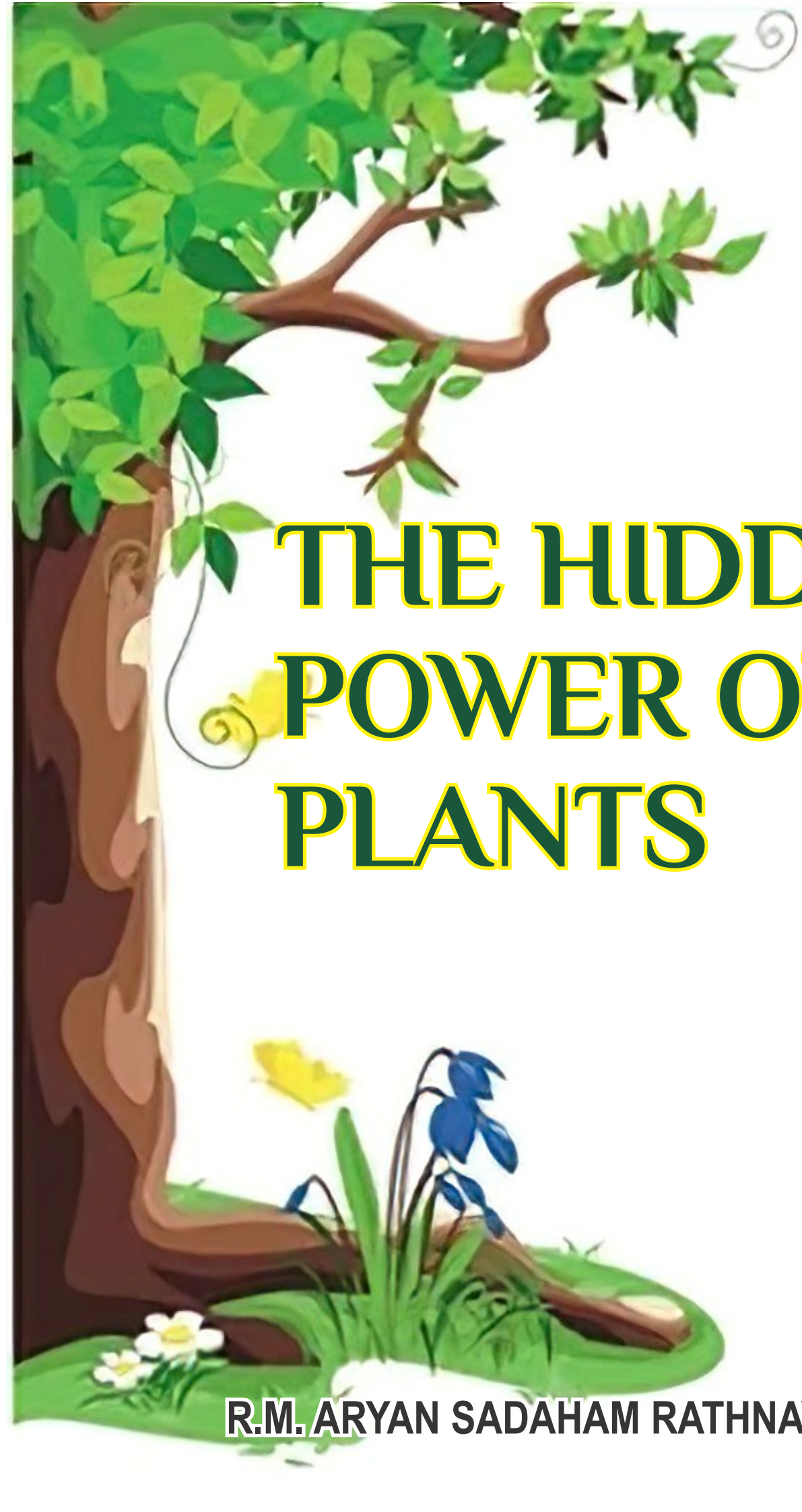




THE HIDDEN POWER OF PLANTS

R.M. ARYAN SADAHAM RATHNAYAKA

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Foreword



In an increasingly complex global future, the "Hemamala Upahara" book project, led by Mahamaya Girls' College, stands as a turning point in girls' education. Over a decade, it has successfully nurtured thousands of children to become young authors.

This year, by collaborating with other schools, we aimed to provide students with a wealth of new experiences. The goal was to develop multi-faceted skills, including communication, values, and creative growth. As a result, children have written books that pay tribute to Princess Hemamala, who brought the Sacred Tooth Relic—the supreme symbol of the Buddhist world—to the Hill Country (Kandy).

I extend my gratitude to everyone involved, including the students who contributed their creativity and the teachers who guided them.

Shashikala Senadhira

Principal

Mahamaya Girls' College

Congratulatory Message

It is a great honor for me, as the Governor of the Central Province, to send a congratulatory message for the launch of the books created through the Hemamala Tribute Book Creation Project initiated by Mahamaya Girls' College, Kandy.

Education is the fundamental foundation for the progress of society, and it is further strengthened through books and literary creations. It is clearly commendable that students' talents, creativity, and intellectual abilities are emerging through projects such as this.

I believe that this book creation project will provide valuable knowledge and a precious literary contribution not only to the students but to the entire society. Furthermore, I hope that through such efforts, future writers who will bring pride to Sri Lanka will emerge.

I extend my heartfelt appreciation and blessings to the Principal, the academic staff, the students, and everyone involved who dedicated themselves to this successful endeavor. I wish this project and the book launch ceremony great success.

Sarath B.S. Abeykoon
Governor, Central Province
Emeritus Professor,
University of Peradeniya
2026-05-10

Congratulatory Message

I highly appreciate the noble and outstanding effort of the Principal and the academic staff of Mahamaya Girls' College, Kandy, the student daughters, the students of other participating schools, and everyone who dedicated themselves to plan and implement this book publication project. The project was organized under the leadership of Mahamaya Girls' College, Kandy, with the participation of other schools in the Kandy Zone, with the aim of encouraging children toward book creation within the current school system, as a tribute to Hemamala Kumariya who brought the Sacred Tooth Relic to Sri Lanka.

For several decades, Sri Lanka has been committed to providing free, compulsory, quality, and equitable education to all children, thereby producing a future generation of intelligent and skilled citizens. In such a context, this book creation program for school children helps develop creative ability, critical thinking, and other positive qualities for a balanced and well-rounded personality, and contributes to building a future knowledge-based society.

May all activities of the Hemamala Tribute Book Creation Project be successful through the blessings of the Sacred Tooth Relic.

Pradeep Nilanga Dela
Diyawadana Nilame,
Sri Dalada Maligawa.
2026.05.10.



KUMBUK TREE



The Kumbuk tree is a large and strong tree commonly grows near rivers, lakes, and wetlands because it prefers moist soil and a warm tropical climate. The tree can grow up to about 20-25 meters tall and has a thick trunk with a wide crown of spreading branches. The bark of the Kumbuk tree is smooth and grayish in color, and it often peels in thin layers.

The leaves of the Kumbuk tree are oval in shape and bright green. These leaves grow in clusters and provide a thick canopy that gives goos shade. Because of its strong roots and ability to grow near water, the Kumbuk tree helps prevent soil erosion along riverbanks.

Kumbuk tree produce small white or yellowish flowers which later develop into small winged fruits. These fruits help the seeds spread through wind and water. The tree is also known for its medicinal value in traditional medicine, the bark of the Kumbuk tree is used to prepare herbal treatments.



JACKFRUIT TREE



The jackfruit tree is a large tropical evergreen tree that grows widely in South and Southeast Asia, especially in Sri Lanka, India, and Bangladesh. It is one of the most useful fruit trees found in tropical regions. The tree can grow up to about 20 meters in height and has a thick trunk with many strong branches. The leaves of the jackfruit tree are dark green, thick, and shiny, and they remain on the tree through the year because it is an evergreen plant.

The jackfruit tree produces the largest fruit that grows on a tree in the world. A single fruit can weigh between 10 kilograms and sometimes even more than 49 kilograms. The fruit grows directly from the trunk and large branches of the tree. The outer surface of the fruit is green and rough with small spikes. Inside the fruit there are many yellow sweet bulbs that contain seeds. When the fruit is ripe it has strong smell and a sweet taste.



CINNAMON TREE



Scientific Name:
Cinnamomum verum

The Kurundu tree, is a small evergreen tree native to Sri Lanka. It usually grows up to about 10 -15 meters in height. The tree has smooth brown bark and green leaves that are oval in shape.

The leaves of the cinnamon tree have a pleasant small when they are crushed. The

tree produces small yellow or white flowers which later develop into small fruits.

Cinnamon is obtained from the inner bark of the tree. Farmers carefully peel the bark and dry it to produce cinnamon sticks. Sri Lanka is famous around the world for producing high quality Ceylon cinnamon.

Cinnamon is widely used as a spice in cooking, baking, and beverages. It is also used in perfumes and traditional medicine because it has a pleasant aroma and health benefits.



English Name: Teak Tree
Scientific Name : *Tectona grandis*

The Teak tree is one of the most valuable timber trees in the world. It grows naturally in tropical regions such as Sri Lanka, India, Myanmar, and Thailand . Teak trees can grow up to about 30-40 meters tall and have a straight trunk with a large crown of branches.

The leaves of the Teak tree are very large and rough. They are usually bright green when young and become darker as they mature. During the dry season the tree may lose its leaves and grow new ones later.

Teak trees produce small white flowers that grow in large clusters. These flowers later develop into small round fruits that contain seeds. Teak wood is famous for its strength, durability, and resistance to water and insects.



BURUTHA TREE

Burutha is a valuable hardwood tree that grows naturally in Sri Lanka and some parts of India. It is well known for its strong and beautiful timber. The tree usually grows in dry zone forests and can reach a height of about 10 to 15 meters. The trunk of the tree is straight and the bark is gray or brown in color. The branches spread widely and form a rounded crown.

The leaves of the burutha tree are compound leaves, which means each leaf is made up of several smaller leaflets. These leaflets are small and oval in shape. The tree produces small white flowers which later develop into small fruits that contain seeds. These seeds help the tree reproduce and grow in new places.



Burutha wood is considered one of the finest types of timber in Sri Lanka. The wood has a golden yellow color and a smooth shining surface that looks similar to satin cloth. Because of this beautiful appearance it is often used for making high quality furniture.



TAMARIND TREE

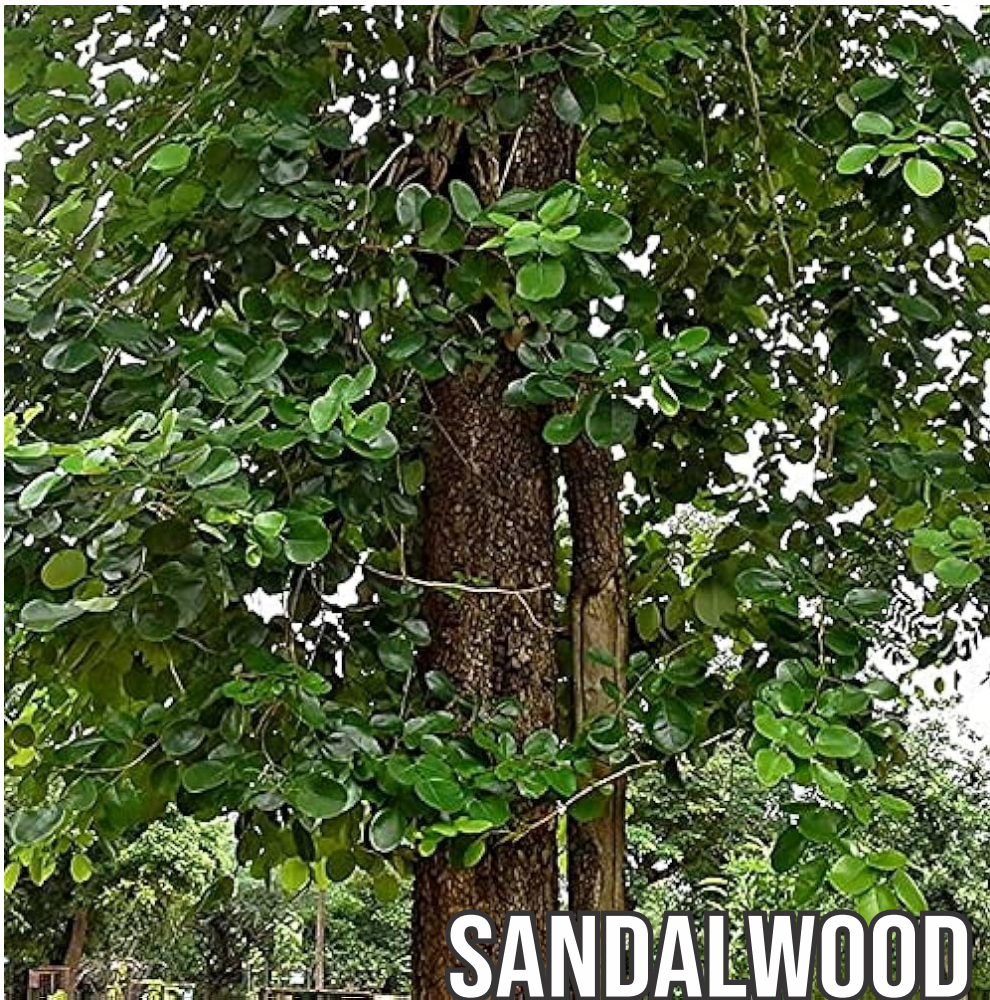


The Siyambala tree, commonly known as the tamarind tree, is a large tropical tree that grows widely in Sri Lanka, India, and many other tropical countries. It is a long living tree that can grow up to about 20 meters tall. The tree has a thick trunk and wide spreading branches that form a large shady canopy.

The leaves of the tamarind tree are small and grow in pairs along a central stem. These compound leaves give the tree a soft and feathery appearance. During the flowering season the tree produces small yellow flowers with red streaks.

The fruit of the tamarind tree is a brown pod that contains sticky pulp and several seeds. The pulp has a sour taste and is widely used in cooking. In Sri Lanka tamarind is used to prepare curries, chuneys, sauces, and drinks. It gives food a special sour flavor.

Apart from its use as food, the tamarind tree also has medicinal value.



SANDALWOOD TREE



Scientific Name: *Santalum album*

The Hadun tree, commonly known as the sandalwood tree, is a small evergreen tree known for its fragrant wood. It grows in tropical regions including Sri Lanka and India. The tree can grow up to about 10-12 meters tall and has a

slender trunk with many small branches.

The leaves of the sandalwood tree are smooth, oval, and green. The tree produces small purple or reddish flowers that later develop into small fruits.

The most valuable part of the sandalwood tree is its oil. The heartwood has a strong and pleasant fragrance. Sandalwood oil is extracted from the wood and used in perfumes, cosmetics, and religious ceremonies.

Because of its fragrance and value, sandalwood is considered one of the most precious trees in the world.



KITHUL TREE

The Kithul tree is a tall palm tree commonly found in Sri Lanka and other tropical countries. It is an important tree in rural areas because many useful products are obtained from it. The tree can grow up to 20 meters in height and has a straight trunk with large leaves at the top.

The leaves are shaped like the tail of the fish, which is why it is sometimes called the fishtail palm.



The Kithul tree grows well in wet and mountainous regions. The leaves are large and divided into many small leaflets. These leaves from a crown at the top of the tree help the plant produce food through photosynthesis.

One of the most valuable products obtained from the kithul tree is Kithul ap, which is collected from the flower stalk of the tree. This sap is used to make treacle and jaggery, which are traditional sweet foods in Sri Lanka. The can also be fermented to produce toddy.



NEEM TREE



The Kohomba tree, commonly known as the neem tree, is a fast growing tree widely found in tropical regions such as Sri Lanka and India. It can grow up to about 15-20 meters tall and has a strong trunk with many branches.

The leaves of the neem tree are compound leaves made up of many small leaflets. These leaves are dark green and have a bitter taste. The tree produces small white fragrant flowers which later develop into small yellow fruits.

The neem tree is well known for its medicinal properties,. Different parts of the tree such as leaves, bark, seeds, and oil are used in traditional medicine. Neem oil is also used as a natural pesticide in agriculture.



COCONUT TREE

The coconut tree is one of the most famous and useful trees in tropical countries. It grows widely in Sri Lanka, especially in coastal areas where the climate is warm and humid. The coconut tree can grow up to about 25-30 meters tall and has a long slender trunk with crown of large green leaves at the top.

The leaves of the coconut tree are long and feather-like. They grow from the top of the trunk and form a beautiful crown. Coconut trees produce large clusters of flowers that later develop into coconuts.

The coconut fruit is very useful. Inside the coconut there is white flesh and coconut water. Coconut is used in many Sri Lankan dishes such as curries, sambols, and the dried kernel called copra.



Almost every part of the coconut tree is The leaves are used for thatching roofs and making handcrafts. The trunk is used for construction and furniture.



Afterword

With the approval of the Ministry of Education, this research-based project has empowered thousands of student authors for over ten years. Educationists recognize it as a program that significantly enhances the quality of school education.

In alignment with modern educational reforms, encouraging students to author a research work is a milestone in this journey. In this digital age of "Smart" technology, the modern school must demonstrate through research that books and technology should be used together. This is because the unique joy a child receives from a book cannot be replaced by anything else.

To prevent children from drifting away from books—which remain our primary educational tool and storehouse of human knowledge—Mahamaya Girls' College has spearheaded the "Hemamala Upahara" project for many years. Its primary objectives are to foster academic discipline, promote values, and pay tribute to Princess Hemamala, who fulfilled a historic mission to empower women.

We express our gratitude to the Principal, teachers, parents, alumni of Mahamaya Girls' College, representatives of other schools, the Diyawadana Nilame, and the staff of the Sri Dalada Maligawa (Temple of the Sacred Tooth Relic) for their support.

Seneviratne Mahalekam
(Project Creator)