**Activities.**

1). **Go Green.**

* Visit to BK Center Nuwara Eliya……..Hill Station 5,000 – 6,000 Ft. above sea level.
* Workshop on Organic Farming.
* Demonstration on Methods of organic farming.
* Shared information on converting waste into compost.
* Experienced Organic Farmers shared their experience.

2). **World Environment Day.**

* Theme was “Think, Eat, Save……………..Food”.
* Key note address by Prof. Nirmal Perera an Expert on Traditional Practices.
* Information on Traditional Practices in the fields of Agriculture, Food, Food Source, Medicine and Culture was shared.
* Methods to save food and reduce live and inert waste were discussed.
* Video clipping on Yogic Agriculture was shown.
* Interactive discussions were held.

3). The BK Center at Kandy has an organic plot where acquired knowledge in organic farming are put to practical use. All the BK Sisters and Brothers give their inputs to this commune with nature.

4). **Proposed Project**

Medicinal Fruit Trees.

* There are 60 varieties of underutilized fruit crops in Sri Lanka.
* Many of these varieties have medicinal and therapeutic values.
* Attached is a list of each fruit treeswith their medicinal values.
* There is a need to impart information on what are the medicinal values and how to prepare theses remedies. There is a need for wide spread planting of these medicinal trees to improve nutrition/medicinal opportunities.

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|  | **Local Name** | **Botanical Name** | **Medicinal Value** |
| 1 | Madan | Syzigium Cumini | Bark and seeds used for treatment of diabetes.  Leaf juice for treatment for gingivitis. |
| 2 | Lavulu | Pouteria Campechiana | Fruit used as bulk laxative. |
| 3 | Beli | Aegle Marmelos | Fruit used as gastro protection. Controls diabetes, cholesterol, constipation, dysentery and diarrhoea. |
| 4 | Guava | Pisidium Guajava | Leaves and bark used as anti septic for treatment of wounds, sores, etc.,  Flowers – bronchitis.  Fruits – Hypertension. |
| 5 | Jack Fruit | Artocarpus Heterophyllus.lam | Latex of fruit – dystopia, opthalmities, pharyngitis.  Fruit over coming alcohol dependency. |
| 6 | Nelli | Emblica Officinalis | Fruit enhances immunity, high in anti oxidants, reduces inflammation and good for digestion. |
| 7 | Pomegranate | Punica Granatum.l | Fruit - skin diarrhoea.  Juice – poor appetite and digestive disorders.  Bark – Worm treatment. |
| 8 | Tamarind | Tamarindus Indica | Fruit – Fever. |
| 9 | Veralu | Elacocarpus Serratus | Fruit – diarrhoea. |
| 10 | Wood apple | Ferronia Limonia | Fruit – laxative – prevents scurvy. |
| 11 | Durian | Durio Zibethinus | Fruit and leaf juice – Fever. |
| 12 | Goraka | Garcenia Zeylanica | Fruit – Fat burner. |
| 13 | Gaduguda | Baccauria Motieyana | Bark – Scorpion bites |
| 14 | Kon | Schleicheraa Oleosa | Seeds – hair slimulant, cure for itching. |
| 15 | Rose Apple | Zyzygium Jambox.L | Seeds – diabetes and diarrohoea. |
| 16 | Uguressa | Flacourtia Indica | Leaves and roots – snake bites. |
| 17 | Emberella | Sondias Dulcis | Fruits – Hypertension.  Leaves – Mouth sores. |
| 18 | Palu | Menilkara Hexandra | Fruits for relief from burning sensation.  Bark – Odontopathy. |
| 19 | Naminan | Cynometra Cauliflora | Seeds – Cure for skin diseases. |