**A STUDY ON TRADITIONAL RICE INTO A VALUE-ADDED POWDERED PRODUCT IN SRI LANKA: GAMPAHA AREA**

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Abstract

Sri Lankan traditional rice varieties are processed with high nutritional value even in value-added innovative products. In this study, the innovative product, “Prana Shakthi”, was motivated by many individuals’ health issues and milk powder issues in Sri Lanka. Accordingly curing diseases, increasing human nutrition, and performing as a substitute for milk powders have been identified as the objectives of this innovative product.

The person who was interviewed for this study, Mrs. Karunadasa Minikandala is a farmer in the Mahara divisional sector of the Gampaha district. This innovative product includes a collection of 15 types of grains such as Undu, Kollu, Kurakkan, Greenpeace, and many traditional local rice varieties such as Kalu Heenati, Pachchaperumal, Suwadel, Gonabaru, and Masurang as ingredients while using the dehydrating and milling technologies to make these ingredients into a product. These ingredients are sourced only from a selected group of suppliers in the most suitable areas for the ingredients without the use of chemical fertilizers following local cultivation schedules centered on the sun and moon under the supervision of the manufacturer.

“Prana Shakti” is identified as a nutritious meal that is used as an energy drink instead of milk powder. This product is a portion of solid food for babies over 6 months of age and can be taken as an energy supplement for anyone of any age special for babies who are underweight for their weight. It is an immunosuppressive supplement that can be used by all those who work hard, pregnant/lactating mothers, people with diabetes, cholesterol, high blood pressure, kidney disease, and other physical disabilities. With the genius recommendations of the author to get the proper results of Prana Shakti, this should ingest daily.

*Keywords: Traditional rice, Nutritious, Substitute, Food product*