

LEO



TIMES

The official

newsletter

1st Volume

July 2022





*vice chancellor's note
page no 02*



*President's note
page no 04*



*Chief Editor's note
page no 05*



*Little hogwards
page 06*



*International chess day
page no 07*



*Monthly board meeting
page no 08*



*leo general meeting
page 09*



*Inspirational Story
page 11*



*sandhawaniya
page 13*



*mandaram handawa
page 14*



*skillbox
page 15*



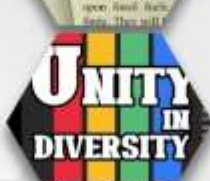
*Are you and me mentally ill
page 17*



*Energy in sustable future
page 18*



*A negative mind will never give
you a positive life
page no 19*



*Unity in diversity
page 20*



*Short story
page 21*



*skillbox
page 23*



*Mind twister
page 23*



*Leo Times crew
page 24*



*signing off
page 26*



VICE CHANCELLOR'S NOTE

It gives me immense pleasure to pen down my thoughts for the official newsletter of the Leo Club of District 306 C2 Uva Wellassa University, which is the LEO TIMES.

Being a Leo teaches you a lot of things. There are a lot of people you can meet, and you have the ability to develop your soft skills and qualities, and leadership potential. I am pleased with my UWU Leos who work diligently while also balancing their academic responsibilities. I believe that our ability to create multi-talented graduates for society, I believe, is the best effect of a Leo club from an academic institution.

I am delighted to note that UWU leos managed to get engaged in numerous projects even without the installation of the club. This, in my opinion, is a promising sign that youth empowerment and volunteering will rise, which is critical in light of the country's socioeconomic problems. I wish UWU Leos the best of luck in continuing their efforts and achieving success in the next few years.

PROFESSOR JAYANTHA LAL RATNASEKERA
VICE CHANCELLOR
UVA WELASSA UNIVERSITY OF SRI LANKA



Prasident's note

You must go on adventures to find out where you truly belong. This is one such adventure for me in my life journey which is helping me get a perspective about life.

The Leo club of Uva Wellassa University, a newly installed club in our university was one of my dreams since I set foot here. From one side I'm so grateful to have led others to initiate a club for the first time at the university and also in the Badulla district.

So here we are at the start of a new year with a new theme: "SERVITE VEL RELINQUO." This is a great place for someone who enjoys working hard, setting goals, and having big dreams. I know we can accomplish great things when we all work together as one big family. I want all of you to be a part of this movement as one big family that everyone can be proud of. And it will be a proud moment for me to see you all grow, and I would be overjoyed to see the UWU Leos shine in every way.

We have a lot of young talents in this club, so let's work together to make this wonderful movement and club even better. This will be an excellent platform for our talented UWU leos. But I have a suggestion.

You should always strive for global impact with your efforts. This not only belongs to our university, but it is also interconnected with other universities across the country and around the globe. So put your hands together to do more effective projects through our club. Let's go viral with our projects. Make Uva Wellassa University leos proud by expanding around the country.

Discover your clubs strengths, ways to improve and new opportunities that will help your club grow and thrive!

LET'S BUILD A TEAM, LET'S BUILD A VISION, LET'S BUILD A PLAN, LET'S BUILD SUCCESS!

As the president of this club, I will always be there whenever you need me. Remember, I will always treasure each and every member.

Wishing you a fantastic Leostic year and all the very best in



-Erandini Amblanpitiya-
President of UWU leo club

Chief Editor's Note

It is my privilege to pen down my message to the 1st issue of Volume 1 of the official newsletter LEO TIMES as the Chief Editor of the Leo Club of Uva Wellassa University.

Since the Leo club of Uva Wellassa University is a charter club, this is the beginning of our LEO journey as proud Leos. Here we reach you with the 1st issue of Volume 1 of the LEO TIMES Newsletter, which is the newsletter of the Leo Club of Uva Wellassa University, which shared the incredible Leo moments during the last month. "LEO TIMES" reflects our public impressions and attitudes and how we develop ourselves as proud Leos. The 1st issue of volume 1 of "LEO TIMES" discusses with you the efforts on which we have been working together and encourages you to join us in more effectively supporting mankind.



UWU Leos are a caring and compassionate bunch who are constantly willing to lend a supportive hand to those in need. We consistently strive to do our best to serve mankind and satisfy our responsibilities to life on earth. From the initiation of the first month onwards, we were able to successfully complete some projects, namely "Sandwaniya" and "Mandaram Handawa".

Leoism is a fantastic approach to pinpointing what we are proficient at and what we are supposed to do. The Leo Club of Uva Wellassa University has paved the road for many people to become successful thinkers in their own way. Leoism can be considered a great opportunity for all of us to improve ourselves while serving the community by being socially responsible as the youth of the country.

Leoism is a long journey that is worth it for all of us to have a walk. To walk through on this journey, we highly appreciate your comments and insights so that we can be a better version of ourselves, every time we associate with you.

**-Mayumi kashmika-
Chief Editor
LEO TIMES**

UVA WELLIASSA UNIVERSITY OF SRI LANKA (LITTLE HOGWARTS)

The Uva Wellassa University of is the 14th national university which has been established in Sri Lanka by the government gazette with effect from June 1, 2005 in the Badulla district of Uva Province, 3km away from Badulla town towards Passara. Because of the beauty, approachable paths, and climatic variations of the location, undergraduates used to call the university "Little Hogwarts".

Other than the universities in Sri Lanka, UWU has approached a unique recognition by being the one and only Entrepreneurial University with four faculties:

Animal Science & Export Agriculture, Faculty of Applied sciences, Faculty of Managemevnt and Faculty of Technological studies under the supervision of current vice chancellor Professor Jayantha Lal Rathnasekara. The total land area covered by the university is 59 acres, 24 acres from an abandoned industrial site of the Ministry of Industries and 35 acres from Glen Alpine Estate of Balangoda Plantations PLC. Despite the fact that the UWU is new to the Sri Lankan university scene, its uniqueness has earned it a high level of desirability and interest among students.



INTERNATIONAL CHESS DAY

WHAT IS CHESS?

Oh! It's easy peasy. All you know about what is chess. There is a beautiful chequered board and fancy pieces. Two players attempt to directly attack the king of their opponent, making escape impossible. Checkmate!

WHO FOUNDED CHESS?

It has various acceptances about origin. But, lot of people believe that, Chess is origin from our neighbor country, India. In India it was a war game known as a chaturanga. In that game they divided their military into four groups as elephantry, infantry, chariotry and cavalry. Those groups represent in chess board as bishop, pawn, rook and knight. Other than this there are so many debates that chess origin from Iran, China, Japan, Thailand and lot of countries.

INTERNATIONAL CHESS DAY?

Now you should have a doubt when is the chess day? Whole world celebrating chess day as an international day in 20th OF JULY every year. Lovely! It is in this month! But, Why on the 20th of July? It is for, remember the day the International Chess Federation (FIDE) was created in 1924. The idea of celebrating chess day propose by, UNESCO. And the first chess day celebration held on 1966. Since 1966, there are lot of chess events organized around the world in 20th of July and 181 chess federations are currently members of FIDE.

**"WHEN YOU PLAY CHESS
THE IDEA IS TO MAKE
GOOD MOVES, NOT QUICK
ONES!"**
— JEREMY SILMAN—

So, even in life make a good moves not quick ones. Every day is like a chess game. Play it wise!



WOW FACT:

Are you aware that there are 318,979,564,000 different ways to play the first four moves for both sides in a game of chess? Hey...., read the number!



1ST BOARD MEETING



The very first board meeting of the Leo Club of Uva Wellassa University was held on July 25th, 2022, via Zoom platform sharp at 10.00 p.m. It was an exciting moment for all the members of the Leo Club of Uva Wellassa University as they were finally going to have their first board meeting. All the board members were present at the meeting. The meeting was conducted by Leo Erandinie Ambalampitiya, the president of the club. The discussion in the meeting was about the agenda of the club for this year and the activities that the club will be involved in.

At this meeting, Leo Dilshan Jayasinghe, vice president (Projects), revealed some clues about our very first installation ceremony. He said that we should make that day memorable in everyone's hearts. Then Leo Kasuni Hansika, Assistant Secretary (projects), shared her experiences gained from the Elevate Leolism workshop. Next, Leo Manoj Peiris, vice president (Administration), raised his voice about the ongoing project "Mandaram Handawa", which is going to be held on July 30th, 2022. Leo Prasanshi Dewmini, the Secretary, will use this opportunity to discuss some upcoming projects planned for prospective members as well as the reporting system for this year. Next, Leo Uthpala Kolugala, project coordinator, was given the chance to inform the board about ongoing projects and future plans for the project executive team. Then Leo Mayumi Kashmika – the chief editor – unmuted herself to give an open invitation for all of them to add their colors to the monthly newsletter. After that meeting was concluded and all the members were invited to switch on their videos to take a virtual photograph as a remembrance of the session.

LEOISTIC YEAR 2022-2023

Was Held On 29th July 2022 Via Zoom With More Than 200 Present
As UWU LEO Family, We are proud to hold our 1st General Meeting



The meeting was attended by all of our enthusiastic board members as well as our Leo members, and it was coordinated by Leo Erandinie Ambalampitiya the initiative group president of the UWU Leo club

Leo Samadhi Dodanthena and Leo Tharushi Rodrigue delegated the Leo pledge and in light of the secretary's report, Leo Prasanshi Dewmini, secretary of the Leo Club of Sandwaniya which was successfully completed as a virtual project on May 1st for president's report was delivered by Leo Ravindu Wijethilaka, Treasure of the Leo Club of Sandwaniya and Leo Shanuka Hennayaka. Through his speech, he was able to answer the question of why that this is a platform for "being a leader, gaining experience, and not passing up the opportunity to gain confidence and organizational skills."

You can also develop fellowship and camaraderie while having a lot of fun. Follow us to us. We relived some memories about our origins as members of the UWU Leo Club. We conducted interviews to find the best ones for the board of directors, executive teams, and diversity because it was the first general meeting of Leo history in our university. We had the opportunity to discuss "Mandaram Handawa," a series of upcoming events. It was a great opportunity with the ability to communicate with humans' subconscious. Anjana Nayanajith, the speaker, gave an inspiring speech about attitudes and leadership. He was able to improve the audience's hearts awakening as Leos. We were able to successfully conclude our general meeting.

FOR THE

LEO GENERAL MEETING

LEO CLUB OF UVA WELLASSA UNIVERSITY
Held On 2022.07.29

Presence of Enthusiastic Leos.

Meeting Via Zoom Platform At 6.00 P.M. On July 29th, 2022



and the pledge of allegiance during the first part of the meeting . As a high-
of Uva Wellassa University gave an overview of the previous project "
people who are interested in improving their announcing skills . The treasurer-
of Uva Wellassa University , and it was time for the new Leo speech by pro-
e question , " What makes Leo Club special ? " The answer was unequivocal-
up an opportunity . " Yes , as community volunteers , Leos frequently gain

owing that , the President's address explained why this meeting is so important
club and our future procedures about how we will recruit new members through
developments regarding the qualifications framework in the Uva Wellassa Uni-
Leo Dilshan Jayasinghe , Vice President of Projects of the Leo Club , had the
was held on the 30th of July and was also an amazing , heart - warming project
the Leo Club's Assistant Director of Membership Development , gave an in-
e's mental state . The first step of a never - ending journey was completed with
meeting with more than two hundred participants at Uva Wellassa University.

Nelson Mandela inspirational story

*"One man inspires us all.
One man inspires the whole world"*

Nelson Mandela died as one of the most renowned statesmen in the world despite being born in a nation that treated him as a second-class citizen. From his childhood, till his adult years, he experienced a new struggle every day.

Nelson Rolihlahla Mandela, real name Rolihlahla Mandela, was born on July 18, 1918, in the Umtata village of South Africa. His father, who is the chief of the Madiba clan, died when Nelson was still young. Mandela started getting interested in African history during this time. He discovered that until the arrival of the white people, Africans had lived in a state of relative peace. As the years passed by, he became a well-educated and qualified man who attended the South African Native College. He passed the qualification exam to practice law at the University of the Witwatersrand. However, his life has been an inspiration for everyone.

He formed Johannesburg's first black legal firm. Mandela assisted in planning strikes and protests against the nation's practice of racial segregation. He became a member of the African National Congress in 1944. Later, Mandela and other ANC leaders concluded that civil disobedience and freedom songs would not be enough to overthrow the apartheid regime. As a result, they established Umkhonto we Sizwe, the ANC's armed wing.

The movement sought to put an end to Black Africans' fight against white supremacy in South Africa. Its main goal was to unite all Africans as one people and fight for their freedom and rights.

This included granting black and mixed-race South Africans full voting rights. However, he became involved in resistance against the National Party's apartheid policy after 1948. He did hundreds of speeches around the country urging black people to resist apartheid laws, and responded by killing protesters and arresting movement leaders.

Mandela helped lead the African National Congress in its struggle against South Africa's racial apartheid state. Unfortunately, guerrilla strategies led to Mandela and seven other ANC leaders being tried for sabotage in 1963. He was a political prisoner for 27 years for trying to bring about justice. When Nelson Mandela and his ANC supporters arrived, the warden said, "This is the Island. This is where you will die." And that is what he got in return for standing up for black people's freedom and rights.



During this time, he was diagnosed with tuberculosis and as a Black political prisoner, he received the worst care possible from the guards. Mandela was able to complete a correspondence course at the University of London and obtain a Bachelor of Law degree, while he was imprisoned. During this time, he wrote, "Prison life is about routine- each day like the one before, each week like the one before it, so that the months and years blend into each other,". Still, his determination and intellect were remained unwavering.

Nelson Mandela compared his time spent in jail to a 27-year vacation. This was another instance of the dark humor that South Africa's first black president was famous for, which was distinctive, and frequently self-deprecating. Mandela and President de Klerk shared the Nobel Peace Prize in 1993 in recognition of their efforts to end apartheid in South Africa. Nelson Mandela was an inspiration to millions and had a positive influence on young people through his speeches. He often used the phrase "Do not judge me by my successes, judge me by how many times I fell down and got back up again" when quoting others.

Nelson Mandela is an inspiration for the whole world because he will be remembered for his leadership and struggle for justice, equality, freedom, and truth. He motivated many of us with his life, struggles, thoughts, and acts because, unlike many of his countrymen who exploit comparable ideas for self-promotion. He not only talked but also walked it. Eventually, according to his inspirational story, in my opinion, allow your magnificence to grow. The great generation might include you.



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With the aim of improving the announcing skills of our announcing crew and anyone who is interested in learning announcing, the Leo club of Uva Wellassa University organized another fruitful event named "Sandwaniya 2022" with the theme of "voice is a personality". The event was held on the 1st of May, via the Zoom platform, with more than a hundred participants. A popular radio announcer, you tuber, program announcer, and also a dubbing artist, Mr. Shalitha Munasinghe, gave his generous contribution

This memorable project was chaired by Leo Manoj Peiris. Leo Manoj and Leo Amasha Weerakoon hosted this event. Leo Chamindu Oshan and Leo Harshana Madusanka both contributed to the design of works, and Leo Harshana Madusanka served as the session's main technical supporter. As we know, Leo gives us wings not only to serve others but also to improve ourselves. Along with that, we organized this event to improve the skills of the community and ourselves.



With the aim of improving the announcing skills of our announcing crew and anyone who is interested in learning announcing, the Leo club of Uva Wellassa University organized another fruitful event named "Sandwaniya 2022" with the theme of "voice is a personality". The event was held on the 1st of May, via the Zoom platform, with more than a hundred participants. A popular radio announcer, you tuber, program announcer, and also a dubbing artist, Mr. Shalitha Munasinghe, gave his generous contribution to this event.



මන්දරම් හන්දාව

Mandaram Handawa is a webinar organized by the Leo Club of Uwa Wellassa University. It was successfully concluded on July 30th, 2022 from 6.00 p.m. to 8.00 p.m. with the participation of 120+ participants. It took place as an open event for the public and was broadcast via the Zoom platform as well as Facebook live streaming. Our guest speaker was Mr. Shashika Sadeep, one of the talented and popular lyricists in the Sri Lankan music industry. The aim of the Mandaram Handawa was to add new and different experiences to the end of the tiring month to get a fresh start for the coming month.

The main organizer was Leo Manoj Peiris, Vice President of the Leo Club of Uva Wellassa University. The members of the IT panel of the UWU, Leos Ravindu Herath, Harshana Madusanka, and Dulan Pasindu, have designed the elegant posts for the event. Geenath Aththanayaka assisted by writing attractive descriptions of posts. The technical team, including Dulan Pasindu, Yomal Dilanka, Sandika Dassanayaka, Sithumina, Indika Senarathna, Rydhmi Janisha, and Harshana Madusnaka, was able to provide technical assistance for the program.



Can you truly relate to lyrics without knowing their meaning? Since the writer is the best person to express the real meaning of lyrics, it was decided to select some of the lyrics by Mr. Shashika Sadeep to get to know the factors that led to the writing of the songs. He was humble enough to give us a very interesting as well as relatable review of those melodious songs. In the beginning, the introductory announcement was made by Leo Gayuru Vidanapathirana and Leo Vishmi Edirimanna. Then the Vice President, Leo Manoj Peiris, welcomed the chief guest and the audience. Then Mr. Shashika Sadeep gave us a brief introduction of himself and, after that, the most awaited moment, the playing of the song series and commentating, started. While conducting the program, the announcers, including Nimeshika Perera and Themiya Anjula, added a new color to the occasion. The songs were lined up as "Manike" , "Nangiye" , "Kanaththe Abarthuwa" , "Kusume" , "Papocharanaya" and "Loku sir". In the end, a vote of thanks was expressed by Erandinie Ambalanpitiya, the president of the UWU Leos. We are honored and happy to coordinate Mandaram Handawa as a program that reveals the songwriters' truth and allows people to relate even more to the lyrics.



SKILL BOY

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S.N.Muthumala
faculty of technological studies
uva wellassa university
of srilanka

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K.I.G. Jayadinu
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uva wellassa university
of srilanka

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දැවෙයි හද මගේ මව් සෙතේ....

මෙලොව හැර යන දින තුරාවට
එරෙහවා නම කිරි තනේ
හැකිය මා පුතු කුස නිවන්තට
අනේ පුදුවන දෙවියනේ....



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LASHINGS OF BLUE

Stoic breeze with salty touch
 yelled all the untrodden scenes
 hidden by heart for ages...
 Footprints were fading
 enduring ashy shadows of pale hopes...
 Reddish cloud painted by the sun
 colored the imminent wave beneath it...
 Shells left the shore kissing the top mild sand coat...
 Scenario is calling the entire soul where,
 the thoughts are wandering
 among the "lashings of blue"....

-Mithila-



T.M.S. Welligalla
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 uva wellassa university
 of srilanka

පිය සෙවෙහසිය....

දෝතට රැගෙන කිරි කැවීමේ සිතනා මවා...
 දු කුමරියෙකි සඳවත් රූ උමතු වෙලා...
 තෙත් දෙක වත් පියුම්වියේ සිතමි දරා...
 දුත් ලෝ සෙවෙත් පියතුමි හද එළිය කලා...
 මාල හතට හාවිදුණු දු මිනුණු බලා...
 එය බෙර නදින් මංගල හී නාද වෙලා...
 කෙලෙසක දු වාට්ටු හද අවටු වීනා...
 අප්පවිමි මේ කිමදෝ කුසි කදුසු සලා...
 ඉමි නොපෙනෙනා හත් හමුදරු ගැමිමි පිද...
 මිනු කුලයකින් පවි කුලයට ගියත් හොද...
 දෙවි පුර ඉතිද පුර ලෝ බලු පදවි ලද...
 දු මැනිකක් ය පිය සෙවෙනහස කිමින් වෙද...

-එම්. නිලුති තාරිකා-



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Late spring

Once, under the almond
 I found the sun
 Shining with glory
 To a little swallow
 Can't feel the warm
 Only looking it's glory
 It feels the warm of joy
 Pure roses full of thornes
 Only brlongd to the swallow
 But the fragrance
 Of the past never die

-Dilmini-



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I wish I loved you....

Ran Manika, a damsel,
 lived in a dilapidated cadjan thatched tiny cottage.
 The cracked land had been waiting for the long-awaited rain.
 Daniel, a hickspittle of the union jack,
 ransacked Ran Manika's sweet home.
 She didn't latch her door for Daniel.
 The blazing moon appeared in her sky in dribs and drabs
 A hurricane lamp was flickring inside her home "Life is celestial,
 My blessing in disguise."
 Ran Manika was in a brown study.
 One day, Darling, did you see the blooming rose in my backyard?
 Daniel looked at her pale face.
 Sweetheart, I saw the periwinkle of the graveyard!
 Ran Manika knelt before him with remorse.
 She yelled.. "my sun.. Your ray of love blossoms floral."
 Daniel wore a devilish smile.
 "If I'm the sun...It is high time to sun set"
 "I wish I loved You!!!"
 Ran Manika sitting under her cadjan thatched roof,
 smalled her rose.
 And laughed "I wish I loved you!!!"



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 of srilanka

We will discuss an aspect of the heart's appeal that is not recognized by many people. It is appropriate to start the story like this. Who is a man? The answer given by many to this question is the category of higher beings in mind. It is also believed that man is the main subject of every religion in this world. You and I have met many people in society. So we often don't understand if the man we are talking about is there. Many people are suffering from various tensions inside their minds. Just by hearing the word mental illness, the meaning of madness and madman comes to our mind. But its correct meaning is the abnormal nature of our existence and behavior. Many people of different religions have given different interpretations of mental problems. But as far as I know, there has not yet been born a doctor in the world who is as skilled as Buddha in treating mental illness.

There are no people in this world without problems. Every human has problems. Because of that, the number of mentally ill people has increased day by day. Buddhism has methods of controlling the mind. So, if we follow religion and try to understand and live in reality, we believe that we can overcome this to some extent. In order to stay healthy, we need to be strong in mind as well as in body. It takes great strength to face any challenge that comes in our way. It is really important if we always pay attention to our parents, friends, and neighbors and help reduce their mental suffering.

I need not say anything about the economic problems we are facing today as Sri Lankans. We know that you and I are all under a lot of stress. But should we fall below this? Should you lose a little mental happiness? Each of these existing and future challenges must be faced well. If it is interpreted as superior in mind, one must be strong in mind. Worrying about everything by thinking too much and worrying about the mind is a worthless work.

Most people today will not be mentally ill if they think and work with their mind. What do we do when we are mentally ill? Why should I? When do you do it? When did proper understanding get lost?

When a problem comes, we need to face it without giving up. All we need to do is, we need to hold on to that specific moment because all the situations are temporary. So let's not get sick in mind and work as much as possible to improve the future. Let's hold on, better days are coming.

ARE YOU AND I MENTALLY ILL



ENERGY IN A SUSTAINABLE FUTURE

Sri Lanka needs a sustainable solution to avoid this power crisis. Human demand for energy has increased. The global annual energy consumption is also increased. So planning future energy is very important. We overwhelmingly depend upon fossil fuels. However, fossil fuel reserves are finite. They will become depleted soon. So people need to find sustainable substitutes for fossil fuels. Fossil fuel reserves are located in the Middle East and North Africa. If we depend on foreign fossil fuels we have to allocate more money for importing fossil fuels. **Sometimes those oil resources led to world crises such as the "Oil Crisis", and "Gulf War".** So we can see that there is a possibility to create severe problems like those crises in the future. There are lots of environmental issues related to fossil fuels. When we combust fossil fuels it generates very large amounts of carbon dioxide. Carbon dioxide is a greenhouse gas and it will cause several environmental issues. **Global warming can be a severe problem due to the emission of a higher amount of carbon dioxide into the atmosphere.**



Carbon dioxide emissions can cause significant changes in the world's climate system. Agriculture and ecosystems will be disrupted. Sea levels will rise and the melting of glaciers and polar ice will be accelerated. We must focus on using renewable energy sources. **Renewable energy can be generated from natural resources and we never run out of them. Sunlight, wind, geothermal heat, and tide can be considered as some examples of renewable energy sources.** Biomass is a very important renewable energy source that has been derived from recently living or living organisms. We can derive bioenergy from the combustion of biofuels like wood. But that process should be sustainable. The forests that provide wood fuel need to be replanted at the same rate as they are cut down. There is a demand to use biomass because it is very environmentally friendly. **It doesn't contribute to global warming.** Biomass combustion can reduce the carbon dioxide in the atmosphere. So it reduces global warming. Biomass burning is a carbon-closed cycle. Biomass is a biological material. So when the plants are growing they absorb carbon dioxide by photosynthesis. Then that carbon will be released during the combustion of that biomass. So the net amount is zero. Apart from biomass, we can use wind, hydro and solar power to generate energy. Wave energy, tidal energy, and geothermal energy are also good renewable energy sources. **Sri Lanka Eastern Port Trincomalee is the best place for ocean thermal energy**



A NEGATIVE MIND WILL NEVER GIVE YOU A POSITIVE LIFE



**"IF YOU REALIZED HOW POWERFUL YOUR THOUGHTS ARE,
YOU WOULD NEVER THINK A NEGATIVE THOUGHT"**

-PEACE PILGRIM-

Different thoughts come to our mind at different times. Some of them can be happy or positive thoughts, and others can be sad or negative. But have you ever considered how lovely it would be if all of our thoughts were positive? Have you ever thought about this before? So, what is positivity? It can be called "optimism" as well. Optimism is not just a word or a feeling. According to my vision, optimism is thinking about the best things that are hidden in any good or bad situation. Sometimes it can be shown as an action, as a smile, or as a body movement. So, how can we practice optimism? Just doing it once or twice doesn't really make it a habit. If we consistently practice optimism as a habit, it can become a natural occurrence inside of us. Choice is the most important and valuable thing that we have in our lives. So, why are we always so negative? If we feel hurt, we can choose our choice to not be hurt. If we feel sad, we can choose our choice to not be sad. And if we feel so negative, we can choose our choice to not be negative and be positive. Because we can do anything if we really want it. Once you decide to achieve, you will achieve because a well-trained positive mind is very powerful.

Actually, why should we practice optimism? What are the benefits of that? The main benefit of that is that optimism helps us build our inner peace. According to my definition, inner peace is "the mind without regrets." Because real happiness is living without regrets. I think it's the greatest feeling in the world. The first step to building a peaceful mind is to be optimistic. Because, if we look at everything with an optimistic mind, the various heartaches and regrets that affect the loss of inner peace are no longer regrets. Another benefit of being optimistic is that it helps us build our confidence. Self-confidence is always believing in ourselves. For that, we should look at the opportunities and challenges that we have with an optimistic eye. We have to build the confidence to overcome them. When the mind is always filled with positive thoughts and positive vibes, the mind feels great freedom. Because positive feelings always give a positive life. And also, we can easily achieve the success of everything. Because when we remove the negative feelings and thoughts from our mind, we can realize that success is not a magic. Then we can retry the things we



UNITY IN DIVERSITY

Although the blood of every human being is red, human beings belong to different religions, castes, cultures, traditions, languages, and ethnicities. This diversity is man-made. But this concept shows that no matter what the man belongs to, he is bound by a thread of humanity and love. Hence this means harmony and peace. Many religions and cultures also explain the importance of living in harmony. Because of this, this has undoubtedly led to the moral evolution of mankind. Unity is not built in a day. It grows slowly over time. The importance of unity must begin with the family. It is important to teach children from an early age how to live in harmony with others. It will be more useful for them in the future when they start dealing with society.

This concept also helps in the development of a country. If there are conflicts between each other due to religious, linguistic, or any other factor, the country can never progress. Therefore, a country that is diverse but united deserves international respect. A society where citizens of different backgrounds and cultures live in respect and love each other sets an example for others. They can work together in every situation, be it sad, happy, etc.

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There are several advantages to building unity in diversity. It especially helps a man to feel respect for another man and express himself freely. That is, it teaches all people to be united and helps them bond with each other regardless of differences. The unity of citizens is very important to maintain the peace and prosperity of a country. No force can break them apart if they remain united despite their differences.



විදිම් සුවඳ මම

වැස්සක් කිව්වට මන් කැමති ඒකට අපි දෙන්නගේ සුවඳ දෙගොඩ තලා ගිය වසන්තයේ හිරිමල් වැස්සක් කියන්න.

වසන්තය ඇවිල්ලා මුළු නගරම අලුත් පනකින් නැගිටල තිබ්බ ලස්සන දවසක් අප්‍රේල් මාසේ. ඔව් ඒක වසන්තේ තමයි..අද අපි දෙන්න පල්ලියට යන දවස.ඔව් එයා අද තමයි ලස්සනම. සකුරා මල් වැටුණු සුදු පාට රැලි ගවුමට එයා හරි හැඩයි. එයා හැමදාම වගේ හිනාවෙලා හිටියා මගේ පුංචි රොබින් කිරිල්ලි.එයාගේ ලැවැන්ඩර් පර්සියුම් සුවඳට මං වෙනදා වගේම බොළඳ වෙලා එයාගේ තොල්පෙති හීනියට ඉඹගන්නා...

එදා අප්‍රේල් 23.හැම මාසෙම වගේ අපි දෙන්න පල්ලියට ගියා පයින්ම.ඉස්සර වගේම අපි අල්තාරේ පාමුල ඇස්වහන් ජරාර්ථනා කරා අපේ හීන.මං ගොඩක් වෙලා කරේ එයාගේ මුන දිහා බලන් ඉන්න එක විතරයි.පොඩි කැරලි කොන්ඩයක් එයාගේ මුනට වැටිලා එයාට පොඩි හුරුකල් ගතියක් ඇවිල්ල තිබ්බ.ඊට පස්සෙ පිටිපස්සෙ ජෙලියෙ ඉදලා ඉස්සරහට හතරවෙනි ජෙලියේ ගිහින් වෙනද වගේම අපි පොඩ්ඩක් ඉඳගන්න.එයා වැටෙන අයිනෙ මං එහා පැත්තේ. ඒ එයාගේ කැමැත්ත. එයාට ඕනි උනා මැදින් කියෙන පාර දිගේ අරහෙට මෙහෙට යන අයගේ ඕපදුප හොයනව වගේ පොඩි වැඩ ටිකක්.

පල්ලිය ඉස්සර වගේමයි.සුදු පාටයි.මං ආසයි එ සුවඳට.එ සිනුවට. ඒ පොලොවේ සිතලට.එයාගේ අත්ල මගේ අත උඩ තියන් මගේ මගුල් මුද්ද කරකවන එක එයා පල්ලියේදී කරන ලොකු වැඩක්.පල්ලියේ ගිහිකා ඉවරවෙලා අපි පඩිපෙළ බැහැගෙන ආවා.එයා වෙනදා වගේම දිග සිල්ක් ගවුම එක අතකින් උස්සන් හරි ලස්සනට පඩිපෙළ බැස්ස.පඩිපෙළ බැහැගෙන අපි රෝස්බෙරි විදිය දිගේ පහලට ආවා පැඩිංටන් වතුරස්රෙට.ඔව් එදා වගෙම වතුර මල ලස්සනට තියෙනවා. එතන බිම ඉඳගෙන තාම සිත්තරාලා පෙම්වතුන්ගේ විත්ර අඳිනවා. ඔව් ඒවා හරි ලස්සනයි. මට ඕනි උන්නැ අපි දෙන්නගේ විත්රයක් ඇඳගන්න. මායි එයයි හතරැස් කොලයක් අස්සෙ හිරවෙනවට මං කැමති උන්නැ...

වතුර මල පහු කරා.බොහිමියානු විදිය දිගේ ගියාම රෙබෙකාගේ අවන්හල.එයා ආසයි උනු උනු පාස්තා කන්න.පස්සෙ පොඩි ඉන්දියානු තේ කෝප්පයක් ගන්න.මං දන්නවා එයා ඒවට පෙරේතයි කියලා. පාස්තා පිහන් දෙකයි ඉන්දියානු තේ කෝප්ප දෙකයි.එකක් මට එකක් එයාට.මගේ පිහන් හිස් උනත් එයාගේ පිහන් තාම නෑ හිස්. ඇයි ඇහුවට නෑ උත්තරයක්.හිනාවක් එක්ක එයාට ඕනි උනා ඉක්මනට එළියට යන්න.

අවන්හලෙන් එලියට ඇවිල්ලා මං එයාට එයා ආසම ඩැෆොඩිල් මල් පොකුරක් ගන්න.මම මං ඩැෆොඩිල් මලක් අරන් වෙනද වගේම එයාගේ කොන්ඩ කැරැල්ලේ ගැහුවා.හීනියට ගොතලා පිත්ත පටියක් ගැට ගහපු කැරලි කොන්ඩෙට ඒක හරියටම ගැලපුනා.ඔව් අපි දැන් යන්නේ එයාගේ අලුත් ගෙදරට .හැම මාසෙම මං එයාලගේ ගෙදර යනවා.එයා ආසයි මං එනවට. ඒත් එයා මට කවදාවත් එහෙ එන්න කියල නෑ.ඒත් ඒ සුවඳ මට කියනවා මං ඔයත් එක්ක ඉන්න ආසයි කියලා.හිරිපොද වැස්සෙ අපි දෙන්න ආවා එයාගේ ගෙදර.වෙනද වගේම ගෙට උඩින් තිබ්බ මේපල් ගහ අලුතින් දළ දාලා.කොල ගොඩක් බිම වැටිලා එයාගේ චූටි ගෙදර හොදටම හැඩ වෙලා.එයාට මං නැකුච් ඒක අස්කර ගන්න බැරිද නැත්තන් එයාට උනන්දුවක් නැත්ද...

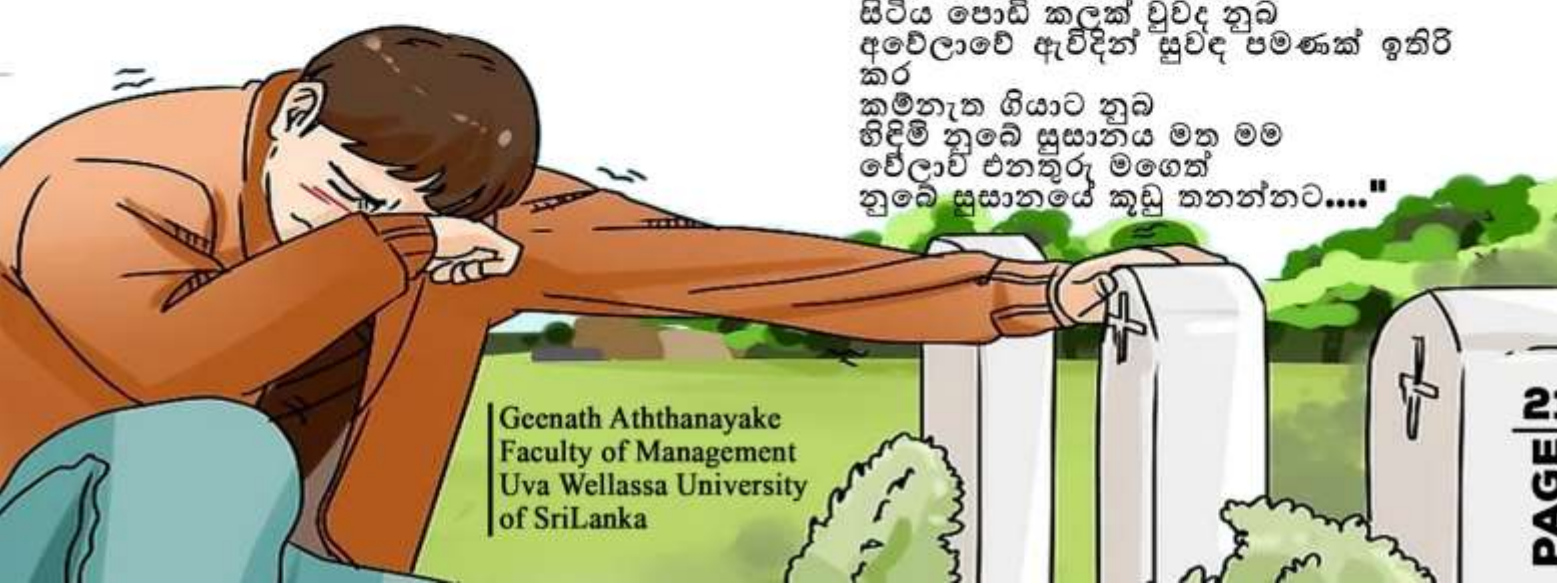
මං ගේ අස් කරනකන් එයාගේ සද්දයක් වත් නෑ.එයා ඉස්සර වගේම කිසි සද්දයක් නැතිව ලස්සන හිනාවක් එක්ක එයාගේ චූටි කාමරේ රොබින් කිරිල්ලියක් වගේ නිදාගෙන හිටියා හරි හුරුකල්ට.ගෙදර බිත්තියේ එයාගෙ උපන්දිනේට එහා පැත්තෙන් ලස්සන රවුම් අකුරින් මෙහෙම ලියලා තිබ්බා.

"මේරි අයිරින්
විපත 1997.09.08
ගාන්ත බැසිලිකා සුසාන භූමිය"

"දෙව් මව් කුරුලේ සාමදානයේ සැතපේවා"....

එයා ආයේ ඇහැරුනේ නැති උනාට එයාගේ සුවඳ මං ලෝබකමෙන් ඊඹගෙන ඉඹගෙන ගියා. ඩැෆොඩිල් මල් එයාගේ චූටි ගෙදර ලඟින් තියලා මාත් ඒයා ගාවින් චූටිටක් නිදාගන්නා,මාත් ඉක්මනට එයාගේ ගෙදර සදහටම නිදාගන්නවා කියල එයාගේ කනට කොඳුරලා.

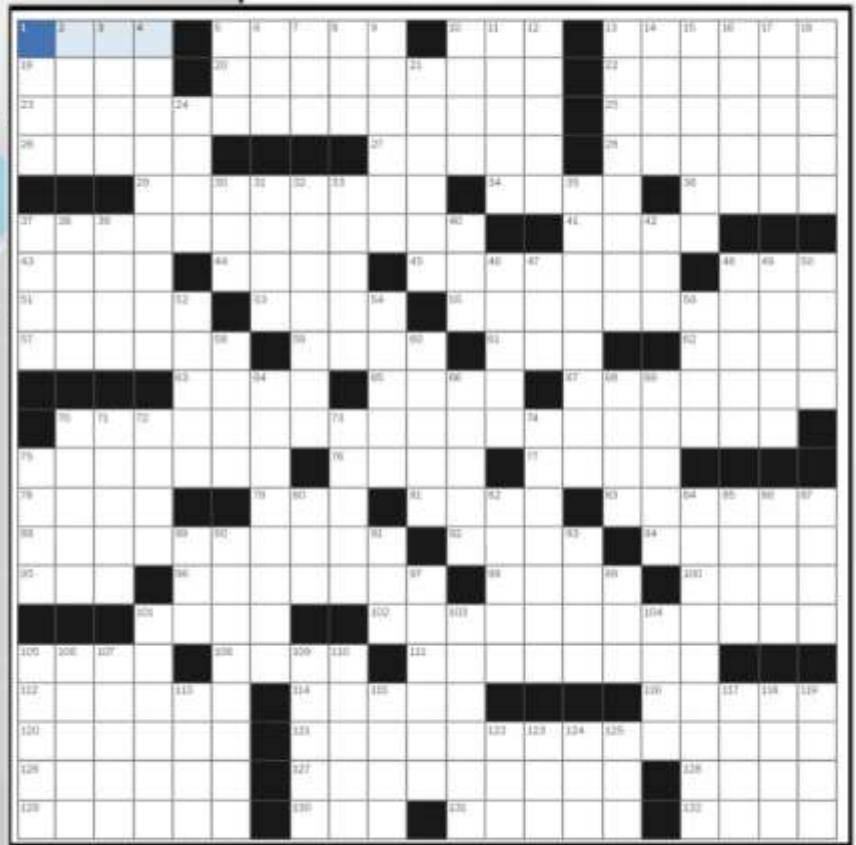
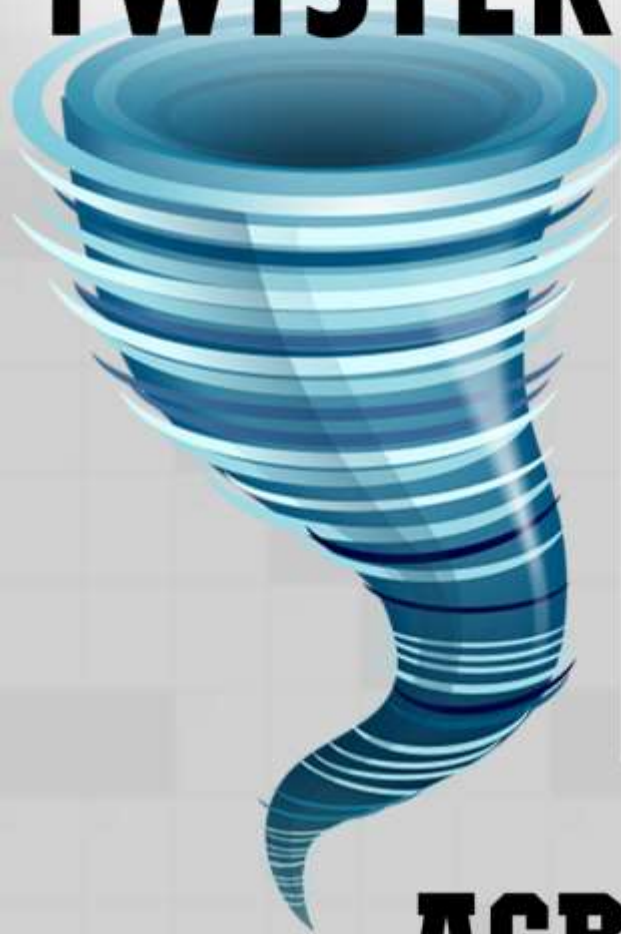
"ගිණිගත් වසන්තයට ප්‍රේම කරමි මම
සිටිය පොඩි කලක් වුවද නුබ
අවේලාවේ ඇවිදින් සුවඳ පමණක් ඉතිරි
කර
කම්නැත ගියාට නුබ
හිදිම් නුබේ සුසානය මත මම
වේලාව එනතුරු මගෙන්
නුබේ සුසානයේ කුඩු තනන්නට...."



Geevath Aththanayake
Faculty of Management
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of Sri Lanka

MIND TWISTER

CROSSWORD PUZZLE



ACROSS

- 1 - Wild hog
- 5 - Latish lunch hr.
- 10 - Place for "me time"
- 13 - Inflame with love
- 19 - Atlanta Hawks arena until 1997
- 20 - Cause of in-flight turbulence
- 22 - "___ Bovary"
- 23 - Show about monks who form a rock group?
- 25 - Show about Alfred E. Neuman and company?
- 26 - Start
- 27 - Comedian Mandel
- 28 - Consecrate
- 29 - Charming person?
- 34 - "Who here hath ___ these two days buried": "Romeo and Juliet"
- 36 - "Queer Eye" grooming expert Jonathan Van ___
- 37 - Show about some St. Louis sluggers and their fixer-upper?
- 41 - "Fiddlesticks!"
- 43 - Lhasa ___
- 44 - Tea party attendee
- 45 - Highway scofflaw
- 48 - Old dietary std.
- 51 - Physicist Nikola
- 53 - Delta deposit
- 55 - Show about a mom-and-pop neckwear business?
- 57 - Sign up
- 59 - Ceremonial pile
- 61 - Clog front
- 62 - Letters of urgency
- 63 - Gal
- 65 - NBA Commissioner Silver
- 67 - Muted colors
- 70 - Show about mug shot photography?
- 75 - Fitness coach
- 76 - City near Tahoe
- 77 - Fail kin
- 78 - Cal's twin, in a Steinbeck novel
- 79 - Ortiz of "Ugly Betty"
- 81 - Storage tower
- 83 - Pats gently
- 88 - Show about a village and its mountain lion problem?
- 92 - Actress Merrill
- 94 - Old-school
- 95 - Hooting bird
- 96 - Tiny garden planting
- 98 - Attic pests
- 100 - Exploit
- 101 - Uneven do
- 102 - Show about a red sock, a blue sock, and the love they found in the dryer?
- 105 - One-word warning
- 108 - Black shade
- 111 - Loses enthusiasm
- 112 - "Ooh! There!"
- 114 - Zenith's opposite
- 116 - Go off-script
- 120 - Show about a school pep squad?
- 121 - Show about Quaker Oats, Mikey, and the partnership that changed cereal forever?
- 126 - Sniggler's trap
- 127 - Network announcement
- 128 - Facility
- 129 - Declines
- 130 - Yang counterpart
- 131 - Give some space
- 132 - Deliver by parachutv

DOWN

- 1 - Former wrestling star ___ Brazil
- 2 - Muscat's sultanate
- 3 - Writers Patchett and Brashares
- 4 - Goes it alone
- 5 - Dolt
- 6 - Tip for a writer
- 7 - Make a typo, say
- 8 - HMO alternative
- 9 - May honoree
- 10 - Distort, as data
- 11 - Danger
- 12 - Utterly lost
- 13 - Name that means "God is with us"
- 14 - Flatbread served with tandoori chicken
- 15 - Bells and whistles
- 16 - First lady after Bess
- 17 - Signs
- 18 - Uses for a fee
- 21 - Guitar Hero combinations
- 24 - Native Nebraskan
- 30 - Baton
- 31 - Heads of cabbage, for short?
- 32 - Celestial event
- 33 - Come from behind
- 35 - The Shins' genre
- 37 - Not fancy
- 38 - Double-click, say
- 39 - Cold War letters
- 40 - Beach bottle letters
- 42 - Attempt
- 46 - Wonderland cake message
- 47 - Punk offshoot
- 48 - Ascended
- 49 - Passed out
- 50 - Nile vipers
- 2 - wrench
- 54 - Sports page news
- 56 - Name on four British art galleries
- 58 - Use a surgical beam
- 60 - Idyllic spots
- 64 - Battlefield board game
- 66 - Elude
- 68 - Copied
- 69 - Makeup mishap
- 70 - Shape hidden in the FedEx logo
- 71 - Fauvist painter Dufy
- 72 - Key holder
- 73 - Southern inflection
- 74 - November meteor shower
- 75 - Tuesday
- 80 - Silent assent
- 82 - Spanish citrus fruit
- 84 - Discombobulated
- 85 - Fitbit unit
- 86 - Asian lake memorialized by UNESCO
- 87 - Pledge drive freebie
- 89 - Volcanic debris
- 90 - is affected by
- 91 - Volleyball court divider
- 93 - Electrically flexible
- 97 - Economy
- 99 - Earth-friendly prefix
- 101 - Brews
- 103 - Continental travel pass
- 104 - Snowman in "Frozen"
- 105 - Chops up
- 106 - "Straight Outta Compton" actor ___ Jackson Jr.
- 107 - Bruins legend Cam
- 109 - On edge
- 110 - "Chicago Hope" Emmy winner
- 113 - Wrinkle remover
- 115 - Faculty head
- 117 - Perjurer
- 118 - "In that case ..."
- 119 - [The light's green!]
- 122 - Cedar Rapids college
- 123 - Blast letters
- 124 - Bro or sis
- 125 - Tribute in verse

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Signing off

“Life comes with many challenges. The once that should not scare us are the ones we can take on and take control of”

-Anjelina Jolly-

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