

# LEO TIMES

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*"IT'S HARD TO BEAT A PERSON WHO NEVER GIVES UP."*

— BABE RUTH



DISTRICT INSTALLATION CEREMONY

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# Head of District marketing C2

## MJF / MAF Lion Shiraz Khan

"Leadership, Experience, Opportunity." That's what makes a Leo. Members of Leo clubs embody the best qualities of Lions International. Uva Wellassa Leos are devoted young people who realize the power of action. Together, Leos and Lions form a powerful partnership — one of mutual respect where Lions learn from the innovative insights of Leos, and where Leos gain access to the proven strategies of those who've successfully served the world for decades.

As the Leo advisor I bring my heartiest and warmest wishes to the key club officers and Leo team of UWU for being unique with extraordinary motivation where you believe that you can make a difference to this society.

Also, you are the future leaders who can become a lion and continue your service journey with world class organization. I myself personally believe that a Leo who become a lion can do wonders to this society.

This year I am highly expecting the UWU Leos can reach the sky in every aspect they do and I am very much sure you can be in the top of the list at the end of the leostic year 2023/2024.

Best wishes for the future activities of your respected club.



# Secretary, Leo Club of UWU

## Vishmi Edirimanna

Dear Leo Club Members and Readers,

It's my pleasure to address you as the Secretary of the Leo Club of UWU. I'm excited to be a part of this vibrant community, and I want to take a moment to reflect on the incredible journey we're all on. Leo Club is not just another extracurricular activity; it's a movement, a commitment to personal growth and leadership that transcends the boundaries of the academic world.

In the whirlwind of university life, it's easy to get lost in the pursuit of academic excellence. However, ***Leo Club has taught me that university is not solely about textbooks and exams. It's also about the friendships we build, the skills we develop, and the leadership qualities we nurture. Through our collective efforts, we prove that "Leadership, Experience, Opportunity" is more than just a motto; it's a way of life.*** Leo Club is where everyone has the chance to improve their personality, expand their horizons, and make a difference in the world.

In my time as a member of the Leo Club, I've discovered that this is where my hidden skills came to life. It's where I learned that leadership is not just about giving orders but about nurturing teamwork and collaboration. Leo Club is a family where I found lifelong friends who share the same passion for service and self-improvement.

As the Secretary of this club, I've been exposed to various challenges, each of which has been an opportunity for growth. It's in these moments that I've discovered the power of teamwork, the strength in unity, and the joy of finding solutions together. Leo Club has been a profound source of inspiration and motivation, and I'm grateful for the chance to serve and lead alongside such a dedicated and supportive group of individuals.

So, as we embark on this journey together, let's remember that every project we undertake, every event we organize, and every act of service we perform is a step towards becoming better versions of ourselves. Together, we can create a positive impact on our university, our communities, and ourselves. Thank you for being a part of this incredible movement.

Yours in Service and Leadership,

***Vishmi Edirimanna***  
***Secretary, Leo Club of UWU***



## District Installation Ceremony

The 19th Annual Leo District Installation Ceremony of Leo District 306 C2 for the Leostic year 2023/2024 was held on August 19th at Kularathna Hall, Ananda College, under the theme "One for All - All for One". The event was graced by the presence of the Chief Guest, Governor Ismath Hamid, and the Guest of Honor, Multiple District President Leo Dulini Cooray PFLM.

During the ceremony, Leo Lion Lakisha Perera PFLM was installed as the District President, along with Leo Lion Sunera Lanerolle as the District Vice President, Leo Lion Hansathi Imethma FLM as the District Secretary, and Leo Lion Sunera Naveed FLM as the District Treasurer. The District Executive Board and District Council received their badges during the event.

It is worth mentioning that four of the most outstanding members of the Leo Club of District 306 C2 Uva Wellassa University also have installed positions on the District Council. Leo Erandini Ambalampitiya was appointed as the Zonal Director of Region 5, Zone B, while Leo Manoj Peiris, Leo Nisal Hiranya, and Leo Dulan Pasindu were appointed as the Council Officers.

All the Leo Clubs of Leo District 306 C2 were present to witness this remarkable event, which celebrated past accomplishments while looking forward to future aspirations. The ceremony showcased the Leos' commitment to service and empowerment, illuminating the path of service and leadership.

We are proud of the exemplary influence the Leos have had on young enthusiasm and it is evident that the next chapters of this remarkable journey will be more sparkling.





# Happened this month: Blitz Away

The event, aptly named "Blitz Away," aimed to blitz away the darkness surrounding mental health issues, advocating for open discussions, empathy, and support. It was a safe space for young minds to explore and understand the complexities of stress, depression, and their impact. We were honored to have Mr. Gunendra Gayantha, Senior Lecturer in Psychology at the University of Kelaniya, as our guest speaker. His expertise and insights into the field of psychology were invaluable in providing attendees with a deep understanding of the subject. We believe that education is the first step toward change. By arming our young generation with knowledge about mental health issues, we can empower them to seek help when needed and offer support to others. "Blitz Away" was a step toward building a compassionate and stigma-free society. Thank you to Mr. Gunendra Gayantha for his invaluable insights, and to all attendees for their active participation. Let's continue to shine a light on mental health issues and work together to support one another on this journey to well-being.

**Introducing  
The  
Guest Speaker**

**Dr.N.D.G.  
Gayantha**  
Senior Lecturer in Psychology, Psychology  
Unit, University of Kelaniya

## THANK YOU

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# Upcoming Event

## "කොඬුවිතට දවසක්" : 1<sup>st</sup> of October is on the way



Children's Day Celebration at Kahataruppa Temple with the Leo Club of Uva Wellassa University. Get ready for a day of pure joy and laughter as Kahataruppa Temple, in collaboration with the Leo Club of Uva Wellassa University, hosts a heartwarming Children's Day Celebration! On this special occasion, we invite all children to come together and revel in a day of fun, learning, and togetherness at our beautiful temple grounds.

Children are the future, and we believe in nurturing their spirits with love and care. Our Children's Day Celebration is a delightful event dedicated to making our little ones feel cherished, appreciated, and valued.

This celebration is open to all children and their families, regardless of background or affiliation. It's a day of unity, laughter, and building precious memories together. Let's come together as a community to celebrate our little ones and create a day filled with smiles and laughter.

Join us at Kahataruppa Temple for this heartwarming Children's Day Celebration, and let's make it a day to remember for our beloved children. Together, we'll create a world where every child feels cherished and celebrated.



## හිහිසි සටනකරුවන් වෙනුවෙන් වෙනුව ලෝක සියදිවි හසාගනීමේ වැළැක්වීමේ දිනය

2003 වර්ෂයේදී ප්‍රථමවරට , සියදිවි හානිකරගැනීම් වැළැක්වීමේ ජාත්‍යන්තර සංවිධානය සහ ලෝක සෞඛ්‍ය සංවිධානය (WHO) එකඟවූයේ ලෝක සියදිවි හානිකරගැනීම් වැළැක්වීමේ දිනය ප්‍රකාශයට පත්කරන ලදී. එතැන් සිට වසර 20ක් පුරාවටම සෑම සැප්තැම්බර් මස 10 වැනි දිනකම , සියදිවි හානිකරගැනීම් වැළැක්වීමේ දිනය සමරනු ලබයි.

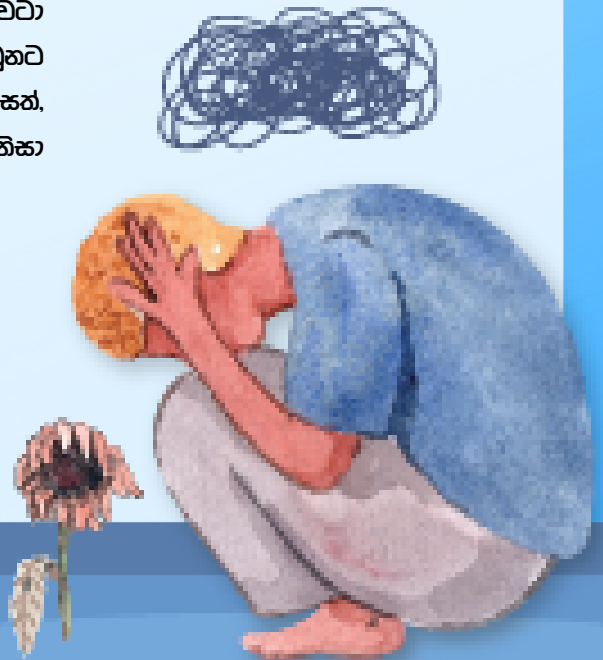
අතීතයේ සිට අද දක්වා කාලය සලකා බැලීමේදී විනිසුන් ඉතාමත් සරල ජීවන රටාවක සිට ටිකෙන් ටික සිදුවූ ආර්ථික, පාරිසරික හා සාමාජීය දියුණුවත් සමඟ අරගලකාරී ජීවන රටාවක් දක්වා ගමන්කර ඇති බව හොඳින්ම පැහැදිලිය. ඒ ගමනේදී සීමිත වූ සම්පත් ප්‍රමාණයක් සඳහා විනිසුන් අසීමාන්තිකව තරඟ කරනවා මඟින් මවන් දැක ඇත්තෙමු. මේ අරගලය විනිසුන් අතර පවණක් නොව තනි පුද්ගලයෙකු තුළ ඔහු ඔහුගේම සිතුවිලි සමඟ කරනා අරගලයක් දක්වා විහිද යයි. විනිසුන් අතර සිදුවන අරගල අපට දැකිය හැකිය. තවුන් විනිසෙකු තුළ සිදුවන අහස්තර චිත්තවේගී අරගල අපට දැකිය නොහැකි නිසා ඒවා නිහඬ සටන් ලෙස හඳුන්වනු ලබයි. විශ්වය තුළ ඇත්තේ සීමිත සම්පත් ප්‍රමාණයක් වන බැවින් බලාපොරොත්තු වන යමක් ලැබීමට වඩා නොලැබීමට ඉඩහසර ඇත. තවුන් ස්වභාවයෙන්ම මනස කැමති අත්පත් කරගැනීමේ වලට හිසා නොලැබීමකදී හෝ අහිමිවීමකදී විනිසා තුළ ක්‍රියාත්මකවන අහස්තර චිත්තවේගී සටනකින් ඔවුන් පරාජයට පත්වීමට ඉඩකඩ වැඩිය. එවැනි අවස්ථාවක විනිසුන් ජීවිතයට සමුදීමට කීර්ණය කරන්නේ එබැවිනි. විනිසුන්ට බාහිර පාරිසරිකයක් වෙතින් ආදරය, කරුණාව සහ රැකවරණය අවශ්‍ය වීම හිසාවෙයි. ඔබට නිරන්තරයෙන් සිතාමුසු මුහුණින් හමුවන පුද්ගලයෙකු වුවද චිත්ත අහස්තරයෙන් ඔහුට පවණක්ව දර්ශනය වන අදහස කුටීරයක සිදුවන චිත්තවේගී සටනකට එරෙහිව තම ශක්තිය වැය කරන්නෙකු විය හැකිය. එදිනෙදා හමුවන සියලු විනිසුන්ට අප විසින් කාරුණික විය යුත්තේ එබැවිනි.

ලෝක සියදිවි හානිකරගැනීම් වැළැක්වීමේ දිනය සැමරීමේ අරමුණු වූයේද නිහඬ අරගලකරුවන්ට සමාජය තුළ ඉඩකඩක් වෙන්කිරීම, ඔවුන්ට අවශ්‍ය කනාබහ ගොඩනගා ගැනීමට තරම් ඔවුන් වටා සුරක්ෂිත හා විශ්වාසනීය පරිසරයක් ඇතිකිරීම තුළින් සියදිවි හානිකරගැනීම් වැළැක්වීම සහ සියදිවි හානිකරගැනීමකින් පසුව පවුලේ අනෙකුත් පුද්ගලයන් හට ඇතිවන මානසික හා සාමාජීය සාණාත්මක බලපෑම් අවම කිරීම යන කරුණු කාරණා සම්බන්ධයෙන් ප්‍රජාව දැනුවත් කිරීමය. ඉතින් , සියලුම මානව ජීවිත වලට ඇත්තේ සමාන වටිනාකමකි.

සියලු දෙනාටම මේ ලෝකය තුළ ඉටුකිරීමට යම්කිසි කාර්යභාරයක් ඇත. ඔබ ඔබගේ හැලවේ දුවන ජීවිතය මදකට තනරකර ඔබ වටා සිටින සම්පතමගත් දෙස කාරුණික දෑසකින් බලන ලෙසත්, ඔවුන්ට ජීවිතය අසීමාව අවස්ථා වලදී ඔබගේ දෑන දිගු කරන ලෙසත්, අකාලයේ මිලිනවිය හැකි ජීවිතයක් ඔබගේ සැලකිලිමත්භාවය නිසා රැකගත හැකි බවත් මතකකර සිටිමි



Leo Waruni Vishaka  
Export Agriculture Degree  
Programme





# SUDOKU

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		6	5		2	9		
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SOLVE THE FOLLOWING SUDOKU

We're thrilled to introduce a new feature in Leo Newsletter Magazine  
- Numeric Sudoku!

Prepare to sharpen your mind and test your logical prowess with this intriguing twist on the classic Sudoku puzzle. Numeric Sudoku combines the familiar Sudoku rules with a numeric twist, offering a fresh challenge to puzzle enthusiasts of all levels.

Get ready to embark on a journey of numbers, patterns, and logical deduction. We hope you enjoy this exciting addition to our magazine, and we can't wait to see how you tackle the puzzles. Send your answers via **leoclubofuwu@gmail.com**

Happy Sudoku solving!

**Congratulations to our last Month's champion!**



**Leo Chathumika Thathsarani**  
Hospitality, Tourism and Events  
Management Degree Program

# International Red Panda Day

International Red Panda Day is celebrated annually to raise awareness about the endangered red panda species. It is observed on the third Saturday of every September, which this year falls on September 16.

International Red Panda Day was first established by the Red Panda Network in 2010 to highlight the alarming decline in the population of this mysterious creature found in the lush forests of Asia. Interestingly, red pandas were the original pandas, being discovered 50 years before their more famous black and white counterparts.

Initially, these delightful red pandas were spotted in the southwest region of China and the eastern Himalayas. However, in recent years, their numbers have been steadily dwindling. As per the International Union for Conservation of Nature (IUCN), red pandas are now classified as an endangered species.

According to the IUCN, India is home to an estimated 5,000-6,000 red pandas. In India, these endangered red pandas are predominantly found in wildlife sanctuaries in Sikkim and Arunachal Pradesh, with sightings also occurring in the Darjeeling and Kalimpong districts of West Bengal.

There are now two distinct red panda species: the Chinese red panda and the Himalayan red panda. They look almost the same. However, Chinese red pandas have redder fur and striped tail rings, while Himalayan pandas have whiter faces. In China, red pandas mostly inhabit the southwestern provinces of Sichuan and Yunnan.

Just like the well-known black-and-white pandas, red pandas enjoy eating bamboo. But they also like to munch on fruits, flowers, and sometimes eggs.

## International Red Panda Day 2023: History

International Red Panda Day came into existence in 2010, thanks to the efforts of the Red Panda Network.

They saw that the red panda population was declining, so they decided to create this special day. The very first International Red Panda Day was celebrated on September 18, 2010.



The Red Panda Network is a non-governmental organization (NGO) based in Eugene, Oregon, United States. This organization is dedicated to helping red pandas. They not only work to protect these animals but also educate forest guards to spread awareness and compassion for red pandas.

### **International Red Panda Day 2023: Significance**

The primary aim of International Red Panda Day is to educate about the importance of red pandas in the ecosystem. Red Pandas are usually found in Bhutan, Nepal, India, Myanmar and China. Unfortunately, the population of Red Pandas is declining to an alarming level. Hence, the day aims to raise awareness about the threats that red pandas are facing due to various factors like poaching, climate change and hunting.

### **Make an impact for Red Pandas**

Red Panda Network offers suggestions and facilitates ways humans can help these little creatures to survive and improve their situation. Whether giving a donation, holding a fundraising event, raising awareness or becoming a 'panda guardian', many options are available for doing a little bit to help out.

"As we commemorate International Red Panda Day, let us remember that the future of these enchanting creatures, and the delicate ecosystems they inhabit, rests in our hands. By celebrating these endearing animals and supporting conservation efforts, we can ensure that red pandas continue to grace our world with their unique charm for generations to come. Join the cause, spread the word, and make a difference, because every day should be a day that honors the wonder of red pandas and their place in the rich tapestry of our planet."

Leo Rashmi Ruwanthika Athukorala  
Computer Science and Technology  
Degree Programme



# SKILL BOX



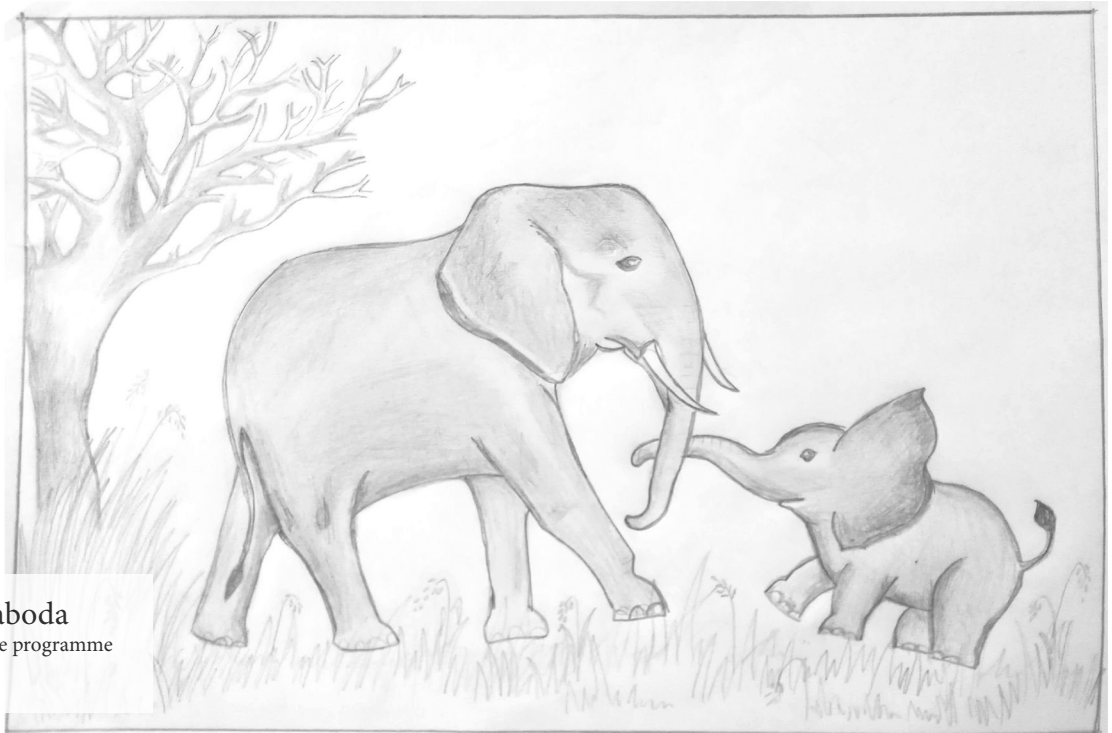
Leo Chamathsara Dewmini  
Industrial Information Technology  
Degree programme



Leo Dilki Shashinika  
Animal Production and Food Technology  
degree program



Leo Ashok Vinoj  
Aquatic Resources Technology Degree  
programme



Leo Hiruni Paboda  
Export Agriculture Degree programme

## අහිමි පෙම්වත

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*End, Mid Exam* අවසන මා සතුටු  
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ඇය ඔබ ළග දැවටෙන විට හුස්මත්  
කෝමාවත් හැදුනානම් නිවේෂයකට මට  
අහිමි පෙම ළග මන් හරි අසරණ

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A close-up portrait of Maya Angelou, looking slightly upwards and to the left. She has short, curly, grey hair and is wearing a dark, patterned top and a pearl earring. The background is a soft, out-of-focus white.

# MAYA ANGELLOU

## **A PHENOMENAL WOMAN WHOSE WORDS TRANSCEND TIME**

In the realm of literature, there are certain individuals who leave an indelible mark, whose words resonate through the ages, and whose life stories inspire generations. Maya Angelou, a name synonymous with resilience, wisdom, and creativity, is undeniably one such luminary. Her life and works have touched the hearts and minds of countless individuals around the world, cementing her legacy as a literary icon.

Maya Angelou was born Marguerite Annie Johnson on April 4, 1928, in St. Louis, Missouri. Her early years were fraught with hardships and adversity, including the trauma of sexual abuse at the tender age of eight. This tumultuous start in life would have broken many, but Angelou emerged not as a victim, but as a survivor, channeling her pain into her writing and poetry. One of her most celebrated works, "I Know Why the Caged Bird Sings," is a poignant autobiography that delves into her childhood and the struggles she faced. Through her eloquent prose, Angelou laid bare the racism, sexism, and trauma that marred her early years. However, she also infused her narrative with hope, resilience, and the transformative power of literature. Angelou's talent as a wordsmith was not confined to the written word alone; she was also an accomplished poet, actress, and civil rights activist. Her poetry, characterized by its musicality and profound insight, captured the essence of the human experience. Her most famous poem, "Phenomenal Woman," exudes confidence and self-assuredness, celebrating the strength and allure of women everywhere. It is a testament to her ability to uplift and inspire others through her words.

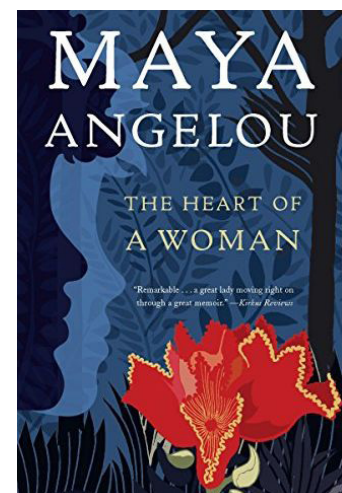
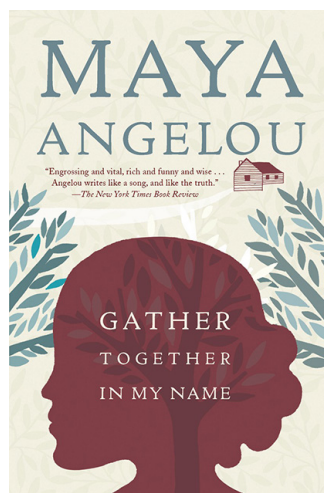
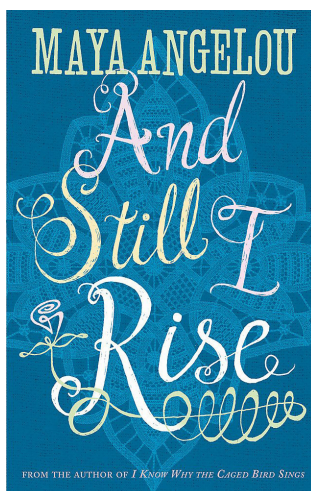


As an actress, Maya Angelou made her mark in both film and television. Her role in the groundbreaking television series "Roots" brought the horrors of slavery to the forefront of public consciousness, earning her critical acclaim. She also appeared in numerous films, including "Poetic Justice" and "How to Make an American Quilt," showcasing her versatility as an artist. However, it was not just her artistic prowess that set Maya Angelou apart; she was a tireless advocate for civil rights and social justice. Her association with prominent figures like Martin Luther King Jr. and Malcolm X during the turbulent 1960s underscored her commitment to the cause. She used her platform to raise her voice against racial injustice, inequality, and discrimination, becoming a beacon of hope for marginalized communities. Maya Angelou's literary contributions extended beyond her own writing. Her mentorship and encouragement of young writers and poets played a pivotal role in nurturing new voices. She believed in the power of literature to heal, transform, and connect people from diverse backgrounds. Her legacy continues to inspire aspiring writers and activists to this day. Angelou's influence transcended borders and generations. Her words resonated with people from all walks of life, regardless of age, race, or gender. Her wisdom was universal, offering guidance on love, resilience, and the human spirit. Her quotations, like "You may not control all the events that happen to you, but you can decide not to be reduced by them," continue to offer solace and inspiration in times of adversity.

Maya Angelou's passing on May 28, 2014, marked the end of a remarkable life, but her legacy lives on. Her books continue to be cherished bestsellers, her poetry continues to be recited, and her wisdom continues to be shared. She reminds us that no matter the challenges we face, we have the power within us to rise, to transform, and to shine as phenomenal individuals. In conclusion, Maya Angelou was not just a writer; she was a force of nature, a beacon of hope, and a symbol of resilience. Her life story and her words continue to touch the hearts of people around the world, reminding us of the indomitable spirit of the human soul. She will forever be remembered as a phenomenal woman whose words transcend time, inspiring us to overcome adversity and embrace the beauty of our own humanity. Maya Angelou, a true literary legend, lives on through her enduring legacy of words and wisdom.



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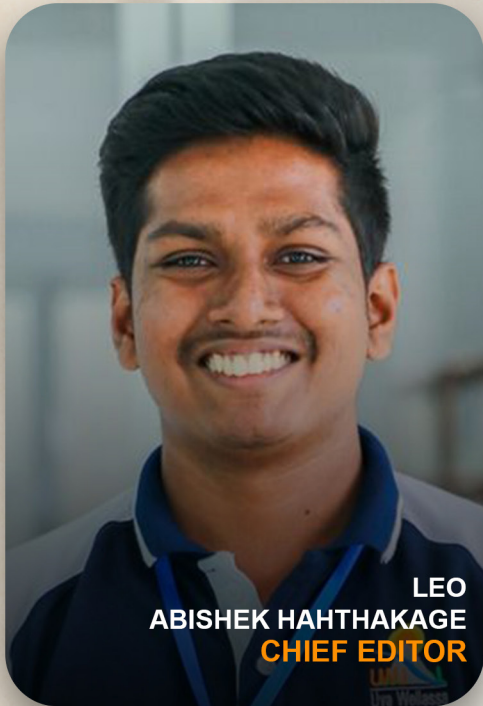


***“IF YOU DON'T LIKE SOMETHING,  
CHANGE IT. IF YOU CAN'T CHANGE IT,  
CHANGE YOUR ATTITUDE.”***



*Maya Angelou  
I Know  
Why the  
Caged Bird*

# EDITORIAL CREW VOL : 09



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