

THE OFFICIAL NEWSLETTER OF UWA WELLISSA UNIVERSITY OF SRI LANKA

# LEO TIMES

VOLUME 14 | EDITION 14 | FEBRUARY 2024

*"KINDNESS IS ONE THING YOU CAN'T GIVE AWAY.  
IT ALWAYS COMES BACK."*  
— GEORGE SKOLSKY

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Dear Leos,

I want to extend my heartfelt gratitude to the Leo Club of Uwa Wellassa for featuring my note in your club magazine. I'm Awantha Dhrama Sri, the President of the Leo Club of Sabaragamuwa University of Sri Lanka, and it truly means a lot to be included in your publication.

Your club holds a prominent position in the Leo District C2, and I admire your dedication to serving the community and supporting important causes. Your impact is significant, inspiring not only Leos in our district but also beyond.

I'm excited to see all the amazing things your club will accomplish in the future. Let's continue to strengthen our bond and work together to make a positive difference.

Best wishes,

**Awantha Dhrama Sri,**  
President,  
Leo Club of Sabaragamuwa University of Sri Lanka.



### Springing Into Action While Uniting Hearts and Transforming Lives

As we embrace the vibrant hues of the year, I am filled with immense pride and gratitude for the spirit of service that defines our Leo Club of Uva Wellassa University. Each passing month brings us new opportunities to make a positive impact in our community.

On this month, let us renew our commitment to service and compassion. Let us be the catalysts for change, the champions of hope, and the bearers of light in the lives of those around us.

As Joint Secretary of our esteemed club, it is my honor to witness the unwavering dedication and passion of each and every one of you. Together, we have embarked on a journey of selflessness and empowerment, touching hearts and transforming lives along the way.

In the spirit of springtime renewal, let us reflect on our achievements, learn from our experiences, and strive for excellence in everything we do. Let us sow the seeds of kindness, nurture the bonds of friendship, and harvest the fruits of our collective efforts.

Let us embark on new endeavors, explore new horizons, and embrace new challenges with courage and conviction. Let us stand united in our pursuit of service, driven by a shared vision of a brighter, more inclusive future for all.

As we march into month by month, let us remember that the greatest joy lies in giving, the greatest strength lies in unity, and the greatest reward lies in making a difference. Together, let us inspire, empower, and transform our world, one act of kindness at a time.

Cheers to the fantastic months ahead!

**Best Wishes,  
Yours in Leoism,  
Leo Sanuvi Lokugamage,  
Joint Secretary of Leo Club of Uva Wellassa University.**



# Past Event සිහිහවක්:



සරණක් අවැසිව ගිලන් වූ වයෝවෘද්ධ මවුපියන්ට ආදරයෙන් උාව වෙල්ලස්ස විද්‍යාලයීය ලියෝ සමාජය සංවිධානය කරන ලද සෙනෙසේ ව්‍යාපෘතිය "සිහිහවක්" ජනවාරි 6 වන දින බදුල්ල රිදීපාන වැඩිහිටි නිවාසයේදී සාර්ථකව පැවැත්විණි මානසික සහ කායික යහපැවැත්ම කෙරෙහි අවධානය යොමු කරමින් වයෝවෘද්ධ මවුපියන්ගේ මුහුණුවල ගිලිහී ගිය සිහිහව නැවත ලබා දීම මෙම ව්‍යාපෘතියේ මූලික අරමුණයි.

"සිහිහවක්" ව්‍යාපෘතිය තුලින් ප්‍රජා සේවයට සහ අවශ්‍යතා ඇති පුද්ගලයන්ගේ ජීවිත නගා සිටුවීමට ලියෝ සමාජයේ ඇති කැපවීම මනාව විදහා දක්වන ලදී. දෙසැම්බර්, ජනවාරි වැනි උත්සව සමයකදී බොහෝවිට නොසලකා හැරෙන වයෝවෘද්ධ වැඩිහිටියන් "සිහිහවක්" හරහා විශේෂ අවධානයකට ලක් කරන්නට ද හැකියාව ලැබුණි.

මානසික සහ ශාරීරික යහපැවැත්මේ අන්තර් සම්බන්ධිතභාවය හඳුනාගනිමින් සෞඛ්‍ය සඳහා පරිපූර්ණ අවධානයක් යොමු කිරීමට ලියෝ සමාජය අපේක්ෂා කරයි. මේ අනුව වයෝවෘද්ධ මවුපියන්ට අත්‍යවශ්‍ය ඖෂධ වර්ග සහ වෛද්‍ය ප්‍රතිකාර සඳහා අවශ්‍ය වන මූල්‍යමය සහාය ලබා දීමට ඵ්දින කටයුතු කරන ලදී.

කායික සෞඛ්‍ය මෙන්ම මානසික සෞඛ්‍ය ද වර්ධනය කරමින් වැඩිහිටි මවුපියන්ගේ දක්ශතා සහ කුසලතා ප්‍රදර්ශනය කිරීමට අවස්ථාවක් සලසා දෙමින් තමන් පිළිබඳ මානසික තෘප්තියක් ඇති කරගැනීමට මෙන්ම ඔවුන්ගේ අත්දැකීම් සහ හැකියාවන් සම්භාරය අගය කිරීමට "සිහිහවක්" හරහා ලියෝ අපට අවස්ථාව සැලසිණි.

බදුල්ල නගරයේ විශාල අවධානයකට ලක් නොවන ස්ථානයක පිහිටි රිදීපාන වැඩිහිටි නිවාසය මෙම ව්‍යාපෘතිය සඳහා තෝරාගෙන එහි වාසය කරන සියලුම වයෝවෘද්ධ මවුපියන් සඳහා සහයෝගය දක්වමින් ඔවුන්ගේ ජීවිතවලට අර්ථවත් බලපෑමක් ඇති කරන්නටත් ඒ අභිංසක සිත් වලට සදාතනික මනකයක් එක් කරන්නටත් ලියෝ සමාජය ලෙස අපට හැකියාව ලැබිණි.

"සිහිහවක්" සමඟ එක්ව මිලාන වූ වයෝවෘද්ධ මුවඟකට සිනාමල් ගෙනෙන්නට මූල්‍යමය, ද්‍රව්‍යමය සහ ශ්‍රම දායකත්වය ලබාදුන් ආදරණීය සිත් වල එකතුවෙන් මෙම ව්‍යාපෘතිය සාර්ථකත්වය කරා ගෙනයන්නට හැකියාව ලැබුණු අතර එම සෑම දයාබර හදවතකටම උාව වෙල්ලස්ස ලියෝ සමාජය ලෙස අපගේ හෘදයාංගම ප්‍රණාමය පුද කර සිටීම උාව වෙල්ලස්ස විශ්ව විද්‍යාලයීය ලියෝ සමාජය "සිහිහවක්" යථාර්ථයක් බවට පත් කරමින් එහි මූලික තේමාව වන මානුෂීය ආත්මය හා සබැඳි දයාව සහ සංවේදනය සැමරීම සාර්ථකව පරිපූර්ණ කරගන්නට සමත් වීයී තවතවත් මෙවැනි සමාජ සත්කාරක ව්‍යාපෘති හරහා සරණක් අවැසි ජීවිත රැසකට සවියක් වන්නට අපි බලාපොරොත්තු වන්නෙමු





# මැණි

Leoism is the official youth programme of international. As we know, the purpose of the Leoism is to provide the younger stars to address their physical and social needs of their communities, enhance the knowledge and skills is them that will assist them in personal development to promote better relationship worldwide through a framework of friendship and service.

As the Leo Club of Uva Wellassa University, we have launched a helpful charity programme 'Mathru' for ten pregnant mothers from low-income families in Dambaralla village, Agunukolapalassa. Mathru is a humanitarian mission that we have created to meet the needs of pregnant mothers who have difficulties in affording the things they need at that time, by donating essential goods to the newly born babies and maternity items necessary for the health of those mothers. As Leo family, we have chosen an extremely difficult village area in Sri Lanka and we met the village officer of that village area. After the research, we selected ten mothers from ten different families who suffering from difficulties there. At its core, the program seeks to recognize. By focusing on maternity needs and providing them with essential items such as toiletries and sanitary products for babies and mothers and dry foods. Furthermore, the program aims to provide comfort to the new born babies by encouraging mothers and add dignity to their motherhood.

We launch the project on 15th October 2022 and conducted it with the support and participation of our Leo family members. We have had an unstoppable way, when we have an inseparable bond with Leo family. With such a great bond, huge dedication and with all of your immense support the Mathru project grabbed a massive success. And also we received a huge support from the Administrative village officer of Divisional Secretariat Agunukolapalassa, village officer and maternal & child health service officer of the Dambaralla village. We had a lot of love from families of the mothers. Finally, Mathru team was able to empower some mothers in our country who are suffering from poverty, to realize their biggest hope in life and contribute positively to their communities and society at large.





## C2 sportivity

On January 27th, Leo District 306 C2 organized the C2 Games, a dynamic sporting event aimed at fostering camaraderie and sportsmanship among Leos. This spirited gathering brought together Leos from various clubs within the district to showcase their athletic abilities and team spirit. The C2 Games provided a platform for Leos to engage in friendly competition, promoting teamwork, leadership, and mutual respect. From exhilarating relay races to intense volleyball matches, participants embraced the spirit of fair play and collaboration. Beyond the thrill of victory, the event emphasized the importance of sportsmanship and cooperation, instilling values that extend beyond the playing field. Through lively competition and shared experiences, the C2 Games strengthened bonds within the Leo community, reinforcing the commitment to service and unity. As Leos cheered on their peers and celebrated each other's achievements, the event embodied the essence of Leoism – friendship, service, and leadership through action.







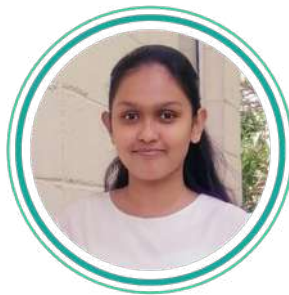
## *Who was freed* FROM WHOM?

The proud 76th National Independence Day of the Democratic Socialist Republic of Sri Lanka was celebrated in a proud manner on February 4th. As in every year, the Independence Day was celebrated with the names of National Independence Day, Celebration of independence throughout a week. 1948 February 4, It has since become the National Independence Day as it was completely freed from the control of the British Crown.

Are we really celebrating an Independence Day like this as a truly free nation? Undoubtedly, such an unanswered question is crying in everyone's subconscious mind. Since the past, we have faced the invasions of various immigrants and periods of rule, and we have reached the situation we are in today. When reading the history, Sri Lanka has faced a huge amount of enemy invasions of various kinds. The last time Sri Lanka was invaded by a foreign nation was the British. What we should learn from all this is why our country is so much needed by others. What is the value of our country enough to make another invasion when one ends? What I don't know is whether we have understood it even now. This is why we who are on the side of literacy should read history and find its value. The sad thing is that because of someone's fault, we have become a group of beggars who make poverty by begging from the world, rather than being freed seventy-six years ago.

However, it is the duty of a virtuous nation to commemorate our national heroes who sacrificed their lives to inherit true freedom. I feel that it is timely to make a program to remember the heroes of the past in which people including children who do not understand, reflect on their past glory, instead of holding the biggest ceremony to show the world by wasting the country's money or celebrating independence with a useless shot in the sky. Otherwise, it is not possible to stop the birth of a generation of Sri Lankans who speak of the heroism of the heroes who died for the country with the worthlessness of an abamal stamen, saying that "the day the sudda was freed from us", which will be born in a small number in the present, but in the future in the majority.

It is my wish that one day in the future, as a country where many educated people do not leave the country and many people want to live, there will be an independence day when they will proudly say "**Apa Sri Lanka Namō Namō Mata**".



Leo D.H.Upeksha Gunarathne  
Aquatic Resources Technology  
Degree Program



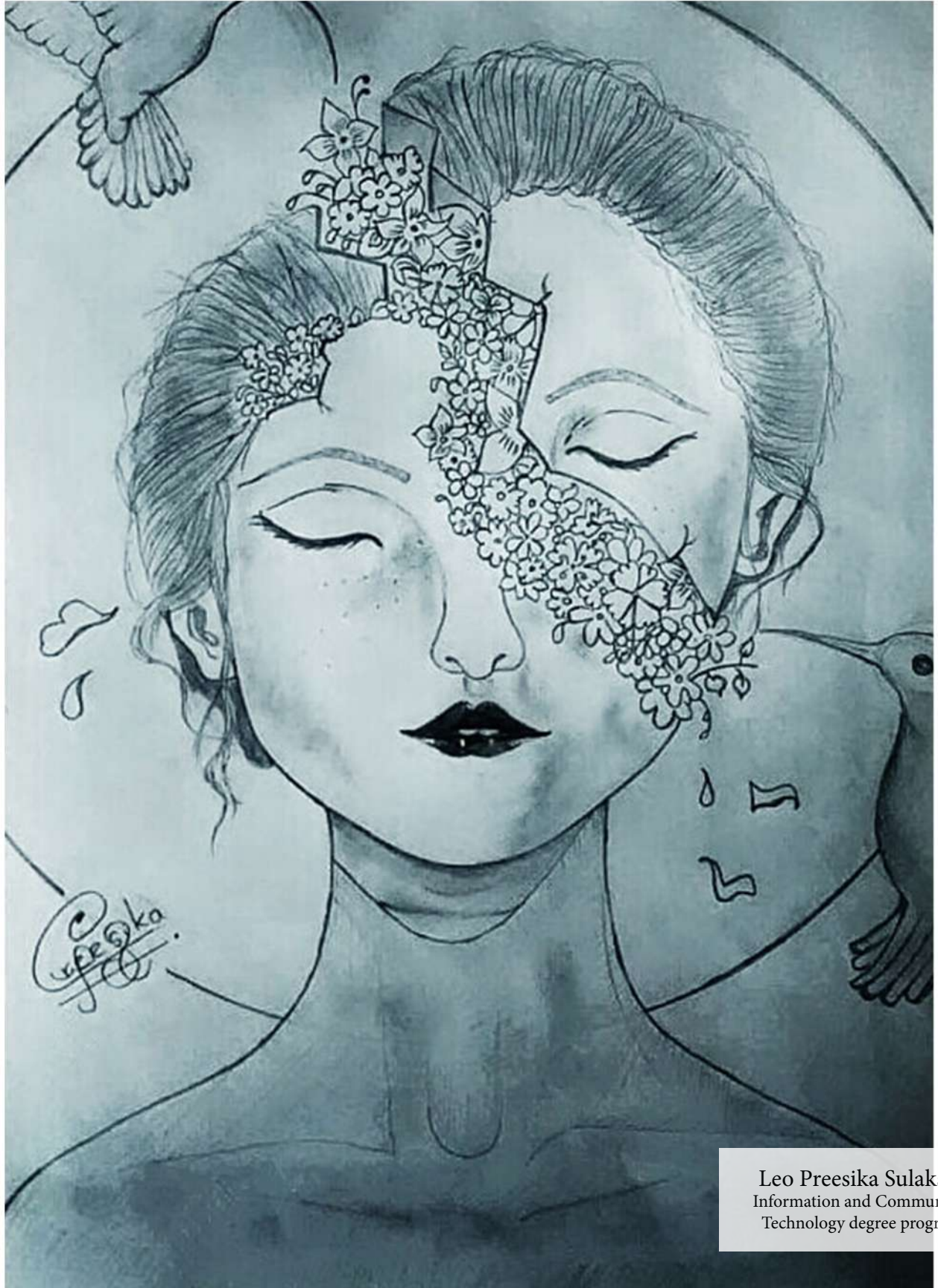
*Navigate your imagination !*



Don't be afraid to let your imagination run wild! Share your story in the comments below, and see what other creative minds come up with

Send your answers via [\*\*leoclubofuwu@gmail.com\*\*](mailto:leoclubofuwu@gmail.com)

# SKILL BOX



Leo Preesika Sulakshani  
Information and Communication  
Technology degree programme



# ශ්‍රී ලංකා මහ බැංකු විද්‍යාල සංවිධානය

පුරාණතම කලාව දැන් වෙම ජීවිත  
අරගෙන භෞතික ලා වෙනතට විය කැලි  
දළු කුමරුන්ගේ හිත නැත යන්තවි සිරි  
අවසන් පුස්තක හෙලනා තරු හිරි දෙවි

ලෝකය කියා රචනා හඳුනන හොල්ලා  
හිස පසු කළට සිත් දෙවිගෙන් පණු ඉල්ලා  
අනුභව ගනේ අන්තක ළම අය වල්ලා  
යන්තට කලින් විකිගෙ පවුම ගල්ලා

ගරා යකුට පද සන්කාරය වීමට  
මාලු හිරිට තවි ව්‍යාල අද ව්‍යාල  
ලේ වස් නහර පුරන් කැ යකකුන්ට  
ආවැඩුවේම ලොකුකැන් වල වැරැද්දෙන්



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# වැද්දට කඩුව නූඹ දැනගැනීම දැනගැනීම?

කඩුව දන්න ලු උදුර ගන්න ලු ගොඩක් අය කඹ අදිනවා  
උන් ම හිතලා උන් ම ගොතලා කවින් හිසඳැස් ලියනවා  
වැද්දගේ කළු වැඩුණු සිරුරට වන වැටුණු බව කියනවා  
ඒ හිසා මට මතමෙ මරු වපල ගැනියි කියනවා

කුමරු ඉල්ලනු සැණින් අසිපත ඔහුගේ දෑතට දන්න නම්  
මගේ ඉදිරියේ වැද්දගේ හිස එක ම තනරින් කැපුනි නම්  
කොහොමටත් නෑ සැනසුමක් මට කාගෙවත් පණ නසල නම්  
ඒක හිතදයි කඩුව දෙන්නට තව වතාවක් හිතුවෙ මං

අසුරු සැනකින් වැද්ද උදුරා ගද්දි කුමරුගේ අසිපත  
මගේ පපුවට ඇතල මරපං කියල හැඬුවා හදවත  
දුෂ්ට වැද්දට සාප කරමින් එදා දවසෙ ම වන මැද  
හැඬුව දැක්කේ හැද්ද කවුරුත් බදාගෙන මං මළකඳ

මගෙන් පණ මං නසා ගෙන ඒ මොහොතේ ම මියදෙන්න හිටුණා  
ආදරේ නාමයෙන් පණ දී ඉතිහාසගත වෙන්ත හිටුණා  
උගත් පාඩමිවලින් නොඅඩුව හදවතට පත්තරය ලැබුණා  
ඒ හිසාවෙන් කොහොම තර් මගේ පණ කෙන්න රැක ගන්න හිතනා

කුමරු සමගින් ආපු මග යළි තනිව කෙලෙසක යන්න ද  
වන සතුන් සර්පයන්ගෙන් මං කෙසේ නම් බේරෙන්න ද  
වනය ගැන දත් වැද්ද රවටා ජීවිතේ රැක ගන්න ද  
සිය වතාවක් හිතුව මං ආ මගෙහි ආපසු යන්න ද

නොදත් මනමේ කතාවට තව බොරුත් දාලා ගොතාපත්  
දරා ගෙන ජීවත් නොවී මියදෙනා හැටි තව කියාපත්  
තව වතාවක් හිතල බලලා ගැනු වපල ද කියාපත්  
කුමරු මැරුමට තරම් මගේ හිත දරුණු දැයි යළි බලාපත්



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# happy day Valentine's

Valentine's day is the day of love. On February 14th more than any other day of the year, romantic couples shower their better half with gifts and tokens of appreciation.

Valentine's Day may be associated with romance, but the origin of the holiday isn't exactly romantic.

The origins of Valentine's Day trace back to ancient Roman rituals, including Lupercalia, a fertility festival celebrated in mid-February. Over time, the holiday evolved, with Christian leaders associating it with the feast of St. Valentine, a martyred saint who performed clandestine marriages for soldiers.

While Valentine's Day is widely celebrated across the globe, its customs and traditions vary significantly from one culture to another. In some countries, the focus is primarily on romantic love, while in others, the holiday encompasses broader expressions of affection among friends and family members.

Nowadays Valentine's day become commercialized with an emphasis on material gift and grand gestures. Most of the people forgot the true meaning of love. While these expressions can be meaningful they often overshadow the essence of true love intimacy, understanding, and genuine connection. True love is not all about material things but it is all about acceptance, support, and unwavering commitment. It is found in the simple moments of laughter, shared experiences, and heartfelt conversations. While valentine's day provides an opportunity to express affection through gifts and gestures it is essential to focus on true love rather than focusing on material things. Whether it is a handwritten note, a shared adventure, or a quiet moment of reflection, the true essence of Valentine's Day lies in celebrating the depth and beauty of genuine love.

As we celebrate Valentine's Day let us remember its true meaning. Beyond the flowers and chocolates, let us cherish the moments of connection, understanding, and intimacy that define true love.

Love is patient and kind, love does not envy or boast, it is not arrogant or rude. It does not insist on its own way, it is not irritable or resentful, it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

Corinthians 13 : 4-8



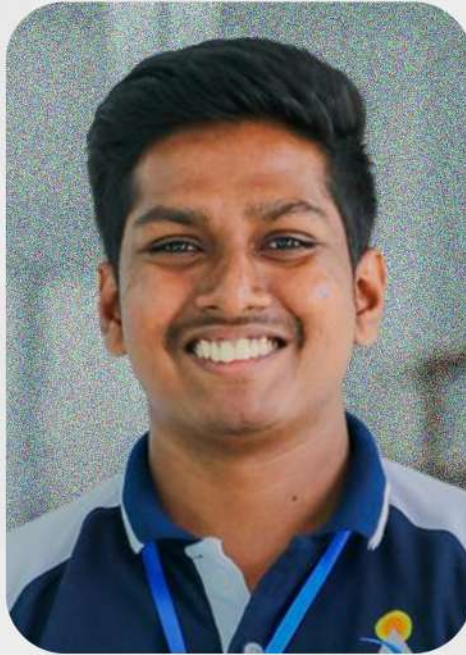
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# Editor's Note



**Leo Poornima Rathnasinghe,**  
Member  
Leo club of Uva Wellassa University

Dear Leo Club members and Readers,

As we launch the volume 14 of Leo Times, I am thrilled to share with you some insights and thoughts from the heart of the Leo Club of Uva Wellassa University, District 306C2. As an editorial crew member for Leo Times, it is my utmost privilege to be a part of this incredible team that strives to bring you the latest news, updates, and stories from our Leo community.

Being a Leo and a member of the editorial crew, I am constantly inspired by the dedication and passion that each member brings to the table. It is truly heartwarming to witness the collaborative efforts and creativity that go into every issue of Leo Times News Letter. From brainstorming ideas to crafting compelling content, we work tirelessly to ensure that our readers are engaged and informed.

I believe that as Leos, we have a unique opportunity to make a positive impact on the world around us. Through our service projects, fundraisers, and community initiatives, we are able to touch the lives of those in need and spread kindness and compassion wherever we go. As an editorial crew member, I am committed to sharing these stories with you and showcasing the incredible work that our Leo Club is doing.

I would like to take this opportunity to express my deepest gratitude to each and every one of you for your unwavering support and dedication. Your enthusiasm and passion drive us to continue striving for excellence in everything we do. Together, we can make a difference and create a brighter future for all.

Thank you for being a part of the Leo Times family. I look forward to sharing more exciting content with you in the coming months.

# LEO TIMES

THE OFFICIAL NEWSLETTER OF UVA WELLASSA UNIVERSITY OF SRI LANKA



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