

IT'S US

A
BRIGHTER
TOMORROW
BEGINS
WITH
A READ.

READ.
THINK.
CREATE.
GROW.

THE OFFICIAL NEWSLETTER

VOLUME 23 | ISSUE 03

STAY CONNECTED



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EDITOR'S NOTE

It is with great pleasure that I welcome you in this national reading month to the third issue of Volume 23 of IT'S US, the official newsletter of Leo Club of University of Moratuwa.

Being part of a Leo Club is not only about the projects we organize or the responsibilities we take on. It is also about the lessons we learn, the friendships we build and the different experiences that shape us along the way. With every new challenge, we discover our strengths, learn from one another and become more confident in taking the next step.

This edition brings together a collection of stories, ideas and experiences that continue to make IT'S US a space for learning and inspiration. It includes reflections on our recent projects, creative work by University of Moratuwa and a puzzle section for some added fun. From the innovative work by University of Moratuwa to the beauty of Sri Lankan culture and perspectives that encourage personal growth, there is something for everyone to explore.

As our journey moves forward new leaders step up, new ideas take shape and new opportunities begin to unfold. Yet, the values that bring us together remain the same. Service, friendship, leadership and the willingness to make a difference continue to guide us in everything we do. Through these pages, you can also step into the magical world of our installation ceremony and relive the Harry Potter-themed celebration that marked the beginning of another chapter in our journey.

We hope the pages of this issue give you a chance to pause, reflect and enjoy the experiences shared by our Leo family. More importantly, we hope they inspire you to embrace new opportunities, learn from every experience and contribute in your own way.

There is still so much ahead of us and every step we take adds another meaningful part to our journey. Let us continue moving forward together, creating memories, learning from one another and making a positive difference wherever we can.

Wishing you a wonderful and meaningful reading experience.



“
*Let us continue
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Leo Umesha Ariyawansha
Editorial Panelist
Leo Club of University of Moratuwa

THE LEADER'S VOICE

MESSAGE FROM THE MULTIPLE DISTRICT SECRETARY

Dear Leos of Leo Club of University of Moratuwa,

It is with immense pleasure and heartfelt appreciation that I pen my thoughts to each member of Leo Club of University of Moratuwa through *IT'S US*, your official newsletter.

A newsletter is much more than a collection of photographs, reports and memories. It reflects a journey. It captures the people who walked together, the challenges they faced, the ideas they transformed into action and most importantly, the difference they created in the lives of others. *IT'S US* beautifully represents that spirit because at the heart of every Leo Club, it is always us: a collective of young individuals who believe that our time, talents and energy can be transformed into meaningful service.

As we continue our journey through the Leoistic Year 2026/27, I encourage the Leos of University of Moratuwa to look beyond simply completing projects or fulfilling responsibilities. Let us focus on creating experiences that shape us as individuals and leaders. Every service project is an opportunity to understand a community. Every meeting is an opportunity to listen. Every challenge is an opportunity to gain experience. Every person we serve is a reminder of why we chose to become Leos in the first place.

University Leoism holds a very special place in my life since my roots were also in University Leoism. University life is a period of tremendous learning, exploration, friendships, responsibilities and personal transformation. Amidst lectures, assignments, examinations, extracurricular commitments and the many uncertainties that come with preparing for the future, choosing to dedicate a part of that journey to service is a powerful decision.

As university Leos, you have something incredibly valuable: youthful energy combined with knowledge, creativity and the courage to try something different. Never underestimate what a group of committed young people can accomplish when they unite around a meaningful purpose.

To the young Leos who are taking their first steps in leadership, I want to say this: do not be afraid of making mistakes.

Leadership is not about having all the answers. It is about having the courage to learn, the humility to listen, the responsibility to make decisions and the determination to keep moving forward. You will face moments when plans do not work, when people disagree, when deadlines become difficult and when you question whether you are doing enough. Those moments are not signs that you are failing. They are part of becoming better leaders.

To the experienced Leos, I encourage you to become mentors. Share your knowledge. Create opportunities for others. Give new members the space to lead. The strongest legacy we can leave behind is not the number of things we personally accomplished, but the number of people we inspired and empowered to continue the journey after us.

And to every member of Leo Club of University of Moratuwa, remember that your contribution matters.

Continue to step forward when others hesitate.
Continue to serve communities with dignity.
Continue to support one another.

And above all, continue to believe in the power of us.

Because Leoism was never meant to be a journey walked alone.

It is us who create the change.
It is us who inspire one another.
It is us who turn ideas into action.
It is us who carry the spirit of service forward.

And ultimately, *IT'S US* who decide what legacy we leave behind.

On behalf of Leo Multiple District 306 Sri Lanka & Maldives, I extend my sincere appreciation to Leo Club of University of Moratuwa for your commitment to service, leadership and fellowship. I wish all the very best to the Club President, Leo Hiruna Karunaratna, the Mora team and every member of the club a fulfilling and successful Leoistic Year 2026/27.

May your journey be filled with meaningful service, courageous leadership, lifelong friendships and countless moments that remind you why you became a Leo.

Keep leading.
Keep serving.
Keep growing.
And most importantly, keep being US.

With my warmest wishes and unwavering support,



Leo Lion Sajani Wijesuriya,
Multiple District Secretary,
Leo Multiple District 306 Sri Lanka and Maldives

DIABE CARE

Diabetes awareness is important for maintaining good health. Knowing about diabetes, checking our health regularly and following healthy habits can help people take better care of themselves. With this aim, Diabe Care was organized by Leo Club of University of Moratuwa in collaboration with Leo Club of Piliyandala, with the support of S.M.K Pharmacy to create awareness and encourage better health practices within the community.



The first session of the project was held on 27th August at Swarnapalee Elders Home, Horana, with around forty participants. Participants had the opportunity to check their health, learn more about diabetes and receive guidance from healthcare professionals. The programme also gave them a chance to ask questions and learn simple ways to take better care of their health. The session encouraged everyone to pay more attention to regular health check-ups and healthy daily habits.

The second session of the project was held as the Diabe Care September Camp on 27th September at Ilimba Senior Citizens Association, Horana. Around seventy people participated in this health camp. And also, they received basic health check-ups and attended an awareness session on diabetes prevention and management.

Through Diabe Care, the two Leo clubs aimed to create a friendly space for learning, health checks and sharing knowledge. The programme was also an opportunity to show care and support for the community. It reminded us that taking care of our health does not always require big changes. Simple steps such as learning more, getting regular health checks and making healthy choices can make a meaningful difference.

Diabe Care will continue as a monthly ongoing project, with two Leo clubs working together to raise diabetes awareness and encourage better health practices within the community. The project highlighted a simple message: knowing about your health today can help you build a healthier tomorrow. Together, let us take small steps towards a healthier and happier community.



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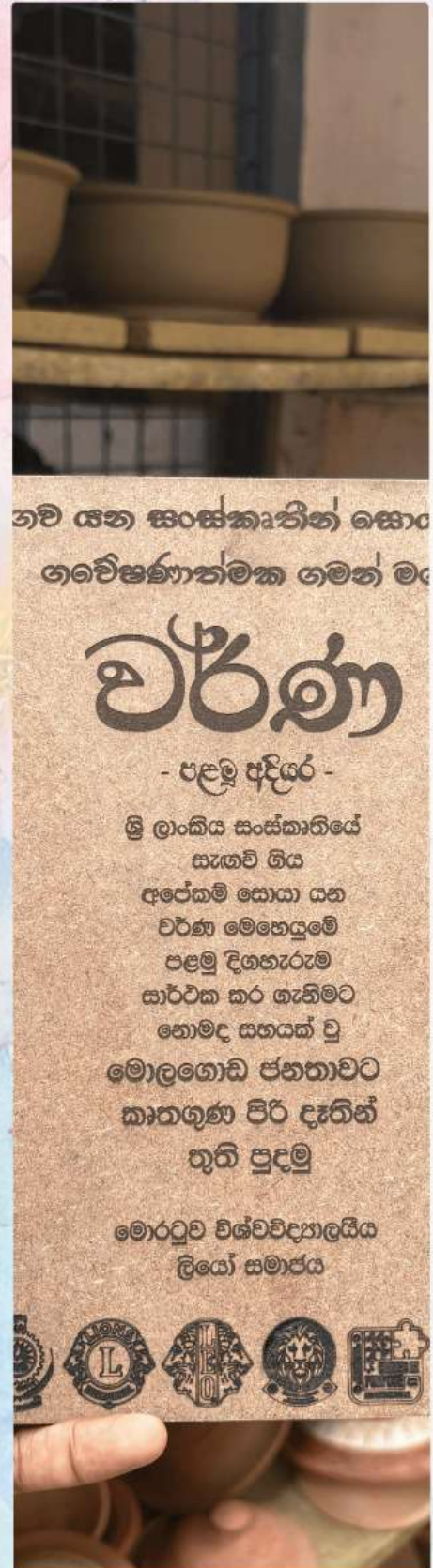
පළමු ඡායාරූප - පළමු දිගහැරුම

පෞර්ව ඉතිහාසයකට සේම අද්විතීය සංකෘතීන් රැසකට උරුමකම් කියන අපේ හෙළ දිපයේ, කාලයත් සමග ශේෂ වී යන සංස්කෘතීන් යළි කල එළි ගන්වනු වස් මොරටුව විශ්ව විද්‍යාලයීය ලියෝ සමාජය විසින් "වර්ණ" ව්‍යාපෘතිය අදියර කිහිපයක් යටතේ දියත් කිරීමට සූදානම් කර ඇත.

කාලවකාශයේ සැඟව යන ශ්‍රී ලාංකේය සංස්කෘතීන් යළි ජීවමාන කරමින් ගෙන එන වර්ණ පළමු අදියරයෙහි පළමු දිගහැරුම සැප්තැම්බර් මස 5 වන දින ඇරඹුණේ කැගල්ල දිස්ත්‍රික්කයේ මොලගොඩ කුඹල් ගම්මානයේ දීය. දිනෙන් දින අලුත් වන ලෝකයට සරල නව්‍යත්වයෙන් අපේ හෙළ සංස්කෘතීන් වර්ණ ගන්වන වර්ණ තුළින් කුඹල් සක හා කරකෙන කුඹල් කර්මාන්තය සිය ජීවනෝපාය කරගත් මොලගොඩ ගම් වැසියන්ගේ අප නොදුන් අරුත්බර කතාවලට පණ පොවමින් රසබර සංවාදයන් රැසක් මෙහිදී දිගහැරුණි.

මැටි කර්මාන්තය ඔවුන්ගේ ජීවනෝපාය බවට පත්වූ ආකාරයත් එහි විකාශනයත් ප්‍රථමයෙන් ඔවුන් සමග සාකච්ඡා කළ අතර ඉන්පසුව ඔවුන්ගේ නිර්මාණ පිළිබඳවත් ඒවා නිම වන අයුරුත් නිරීක්ෂණය කිරීමට අප හට අවස්ථාව ලැබුණි. සකපෝරුව කේන්ද්‍ර කොට ගනිමින් ගොඩනැගෙන මෙම අලංකාර නිෂ්පාදන අතර මැටි කළඟෙඩි සහ මුට්ටි, වතුර භාජන, ඉවුම් පිහුම් භාජන, මල් බඳුන්, තැටි, සැරසිලි භාණ්ඩ සහ විවිධ ගෘහස්ථ භාවිත භාණ්ඩ ප්‍රමුඛස්ථානයක් ගෙන තිබුණි.

හසුරු දැනින් නිම වන නේකවිට මැටි බඳුන් අතර සැඟවුණු සිය රසබර අන්දරයන් දවස පුරා අප සමග බෙදා ගනිමින් අපහට සහයෝගය දැක්වූ මොලගොඩ ගම්මානයේ සියලු දෙනාටම අපගේ හෘදගාංගම ස්තුතිය පුද කර සිටින අතර මැටි සුවදින් සුවඳවත් වන ඔවුන්ගේ පාරම්පරික වතගොත නුදුරේදීම නව්‍යත්වය හා මුසුව ඔබේ නෙත් මානයට ගෙන ඒමට නියමිතය.



DIGITAL HORIZONS

Young people today are constantly adapting to a changing world filled with modern technologies and challenges. With the aim of creating a space for learning and sharing knowledge, Digital Horizons was introduced as a six-month online learning initiative bringing young people together through education and international collaboration.

This collaborative project is organized by Leo Club of Guwahati South (India), Leo Club of Taxila Central College, Horana and Leo Club of University of Moratuwa. The initiative brings together young minds from different backgrounds, creating opportunities to exchange ideas, gain new perspectives and learn from one another.

The inaugural session of the Digital Horizons - Global Learning Series, focusing on Personal Branding & Career Guidance, was held on 10th September 2024 with the worldwide participation of around thirty participants. The session featured insightful talks by Career Counselor, Ms. Anusha Rathnayake on Discovering Strengths and Personal Branding and Global Talent & Career Coach, Ms. Shamilka De Alwis on Confidence to Career - Building a Future-Ready Mindset for the Workplace.

The speakers shared valuable insights on recognizing individual strengths, developing a strong personal identity, building confidence and preparing for future career opportunities. Interactive Q&A session also allowed participants to engage with the speakers and share their thoughts.

The session continued with the Digital Horizons Quiz, where participants competed based on accuracy and response time, contributing to the programme's ongoing leaderboard. The session concluded with the leaderboard announcement, a group photograph and the introduction of the Digital Horizons 20 Day Challenge, encouraging participants to remain engaged throughout the journey.

The upcoming monthly sessions will explore Effective Use of AI & IT, Health & Well-being, Wealth Management, Waste Management and Sustainability. Each session will focus on a different area of knowledge while encouraging personal and professional growth.

The successful completion of the inaugural session marked the beginning of a six-month journey of learning, connecting and growing beyond borders, creating new opportunities for young minds to expand their horizons and explore new possibilities.

SEPTEMBER 2024 • 7:00 PM ONWARDS • UTC +5.30

DIGITAL HORIZONS

SESSION 01 / PERSONAL BRANDING & CAREER GUIDANCE

VIA GOOGLE MEET

Leo Club of Guwahati South | Leo Club of Taxila Central College |
Leo Club of University of Moratuwa

LEAP 26

MISSION 01

Leo Club of University of Moratuwa successfully concluded LEAP 26 Mission 01 at Godapitiya Maha Vidyalaya on 19th and 20th September 2026. The two-day leadership programme brought students together for a journey filled with teamwork, challenges, creativity and new experiences.

The first day began at 8.00 AM with the students gathering in the main hall. The programme started with an introduction that welcomed everyone and gave the students an idea of the exciting journey ahead. The students then moved to the school ground and were divided into teams. Each team created its own name and cheer which brought out their creativity and team spirit. The morning continued with 10 team games where students worked together and took on different challenges.

After lunch the teams came together for common games. The activities created more opportunities for students to interact and enjoy the experience together. As the evening arrived the energy continued around the bonfire. The night became even more memorable with a drama competition where each team brought their own ideas to life through creativity and teamwork.

Day two started at 7.00 AM with an energetic physical training session. The morning then turned into an adventure with a treasure hunt. Students worked together to follow clues and complete challenges while enjoying the excitement of the game. The journey continued with a cookery show where teams worked together to prepare and present their dishes. It was another chance to share ideas and enjoy the experience of working as a team.

The programme came to an end with an award ceremony. The efforts and achievements of the participants were recognised as the two-day journey reached its final moment. LEAP 26 Mission 01 was more than a series of activities. It was a space where students could learn by doing and growing through teamwork. From the first cheer of the team to the final award the programme created moments of friendship, learning and memories that will stay beyond the two days.

Through programmes like LEAP Leo Club of University of Moratuwa continues to create meaningful opportunities for young people to discover their strengths, build leadership skills and enjoy learning beyond the classroom.



24TH INSTALLATION CEREMONY OF LEO CLUB OF UNIVERSITY OF MORATUWA

On 16th August 2026, the wonderful magical evening Leo Club of University of Moratuwa embarked on a new chapter, marking a major milestone with its 24th Installation Ceremony at TCP Main Auditorium, University of Moratuwa. Infused with a Harry Potter theme, the enchanting event celebrated the club's rich legacy of youth leadership and impactful community service, gathering members, dignitaries and well-wishers for an unforgettable evening of inspiration and fellowship.

The ceremony was graced by esteemed guests, including Chief Guest Leo Lion Buddhika Abenayake, District President of Leo District 306 D2, Guest of Honour Leo Lion Pramod Wimalatunga MAF, Past Multiple District President of Leo Multiple District 306 Sri Lanka & Maldives and Special Guest Lion Sumudu Amarasinghe, District Leo Chairperson of Leo District 306 D2. Adding even more meaning to this special occasion, we are honoured to have with us our Leo Club Advisor, Leo Lion Shehan Akmeemana, Past Presidents of Leo Club of University of Moratuwa, Presidents representing fellow Leo Districts and Presidents of other Leo Clubs, whose presence makes this celebration even more memorable.

The evening opened with a ceremonial welcome and the registration of dignitaries starting from 2:00 PM. Setting a spirited and spellbinding tone aligned with the Harry Potter theme, a dubbing video and countdown clip captured the fresh energy of incoming leadership. Outgoing Club President Leo Hasitha Dhananjaya officially called the meeting to order and then all engage with the National Anthem, Pledge of Allegiance to the National Flag of Sri Lanka, Leo Pledge and Environmental Pledge.

Assistant Secretary Leo Dahamya Sucharini formally introduced the dignitaries, followed by a warm welcome address from Vice President Leo Pasan Amarakoon. The formal proceedings continued with presenting the minutes of the previous meeting, the Club Administration report and the Financial report highlighting the remarkable achievements and dedicated service of the Leoistic Year 2025/26.

A deeply touching moment followed with the Past Club Presidents' Parade and the Necrology Ceremony, paying homage to the club's history and honouring past leaders. The screening of the 'Year Gone By' video vividly brought to life a year filled with meaningful projects and memorable moments. In his outgoing address, President Leo Hasitha Dhananjaya expressed heartfelt gratitude to his team and advisors for their unwavering support throughout his tenure.

The highlight of the event was the ceremonial transition - began with Guest of Honour Leo Lion Pramod Wimalatunga MAF presenting service letters to the 2025/26 Board of Officials and inducting new club members into the Leo movement. Chief Guest Leo Lion Buddhika Abenayake officially installed the new club officers for the upcoming term, after which pins and appointment letters were distributed.



24TH INSTALLATION CEREMONY OF LEO CLUB OF UNIVERSITY OF MORATUWA

Following the formal handover by outgoing President Leo Hasitha Dhananjaya, incoming President Leo Hiruna Karunaratna took the helm. The ceremonial lighting of the traditional oil lamp marked this new beginning, leading into Leo Hiruna Karunaratna's inaugural address. He shared a vision to guide the club with passion, purpose and creative energy.

Adding to the momentum, the event featured the launch of the club's directory and newsletter, the re-launch of the official club website presented by Director of Web & PR Leo Hirun Jayalath and the screening of an energetic social media promotional video. Inspiring addresses were delivered by Special Guest Lion Sumudu Amarasinghe, Guest of Honour Leo Lion Pramod Wimalatunga MAF and Chief Guest Leo Lion Buddhika Abenayake, all commending the club's past work while encouraging the new leadership team to reach a higher standard of service.

The ceremony also featured special recognitions and heartfelt appreciations. Tokens of appreciation were presented to the Chief Guest Leo Lion Buddhika Abenayake, Guest of Honour Leo Lion Pramod Wimalatunga MAF and Special Guest Lion Sumudu Amarasinghe in sincere gratitude for their presence, leadership and continuous support. A standout highlight was the special appreciation extended to Mr. Nuwan Madhushanka, past Education Director, in recognition of his valuable service and guidance to the club.

Elevated by magical cultural and entertainment performances, the formal agenda concluded with insightful closing remarks by Leo Club Advisor Leo Lion Shehan Akmeemana and a vote of thanks delivered by Club Secretary Leo Tarini Kalansooriya. Then Club President Leo Hiruna Karunaratna officially terminated the 24th Installation Ceremony.

The celebration continued past the adjournment with a secondary entertainment item, an open forum for felicitations and appreciations, group photo sessions, anniversary celebrations and a lively 'Mada Video' screening. Surrounded by camaraderie and enthusiasm, Leo Club of University of Moratuwa stands ready to spellbind the community with yet another year of leadership, fellowship and impactful service.



24TH INSTALLATION CEREMONY
LEO CLUB OF UNIVERSITY OF MORATUWA



24TH INSTALLATION CEREMONY
LEO CLUB OF UNIVERSITY OF MORATUWA

THE MAGICAL SEPTEMBER

CELEBRATING LITERACY AND THE JOY OF READING

As the gentle breeze of September sweeps across our communities, it brings with it a unique and profound celebration of words, wisdom and imagination. In Sri Lanka and around the globe, this month transforms into a sanctuary for book lovers, educators and learners alike. It marks a beautiful intersection of two major literary milestones: International Literacy Day on September 8th and our very own National Reading Month, which spans the entire 30 days of the month.

International Literacy Day spotlights literacy as a fundamental human right and a powerful tool for global development while National Reading Month brings that mission home. It shifts our focus to the personal, quiet joy of turning a page.

Whether it is a child discovering their first fairy tale, a student diving into a historical biography or an adult finding solace in poetry, reading connects us to worlds we have never seen and lives we have never lived. This September, the magic lies in recognizing that every syllable mastered is a step toward a brighter, more informed future.

In today's busy world dominated by instant notifications and short-form videos, rediscovering the magic of a good book feels more relevant than ever. Reading trains our minds to slow down, focus and deeply understand complex ideas, which is why it is so inspiring to see our communities come alive with literary energy this month. The honest heart of this celebration can be felt at the iconic Colombo International Book Fair at the BMICH, where thousands of enthusiastic readers gather to explore endless rows of books, discover fresh authors and share their love for the written word. It serves as the ultimate proof that the magic of reading is still very much alive and well.

We can easily keep this magic alive in our daily lives too. We can spend just fifteen minutes reading before bed, sharing a good book with a friend or reading a story to a child. Let us enjoy this wonderful month together, because when we love reading today, we are making our world a smarter and happier place for tomorrow.





Leo Dinithi Adithya

THEN NOW



Leo Tarini Kalansooriya

“Then Vs Now” bridges the past and present through conversations between former and current board members of Leo Club of University of Moratuwa. This feature celebrates shared experiences, lessons learned and aspirations for the future while highlighting how leadership continues to evolve across generations.

In this edition, we feature one of our former Club Secretaries, Leo Dinithi Adithya alongside our Current Club Secretary, Leo Tarini Kalansooriya. Together, they reflect on their journey as the voice and backbone of the club, sharing memorable experiences, challenges, lessons in communication and coordination and their vision for strengthening the legacy of the Club Secretary role.

1. What inspired you to take on the role of Club Secretary and what has this journey meant to you?



When I took on the role of Club Secretary of Leo Club of University of Moratuwa for 2024/25, I knew I was stepping into a responsibility that required much more than simply keeping records and coordinating meetings. What made the journey truly meaningful was the people I had around me. I was fortunate to have an Exco that gave them 200%, stood together and supported each other throughout the year.

Looking back, the role taught me so much – not just about administration and coordination but about leadership, teamwork, patience and responsibility. There were many things I didn't even know I had to care about until I became a secretary. But every challenge became a learning experience, and the journey has given me memories and friendships that I will always value.



My interest in joining Leo came from my family background. My father has been involved in Lions Clubs International for many years and growing up, I saw the value of serving others and being involved in community work. This naturally made me want to become a Leo and experience that journey for myself.

When I got the opportunity to join Leo Club of University of Moratuwa as an Assistant Secretary, I willingly took that chance. I also knew that, in our club, the Assistant Secretary role usually leads to taking on the responsibility of Club Secretary, so I saw it as an opportunity to gain experience and prepare myself for the future.

As I continued my journey, I realised how much I enjoyed coordinating with people, organizing things, taking responsibility and contributing to projects that create a positive impact. Today, being the Club Secretary means much more to me than simply holding a position. It has helped me grow as a person, become more responsible and confident and build meaningful relationships with so many wonderful people.

2. How did the two of you first get to know each other and how has your connection grown through your Leo journey?



We got to know each other through Leo and our connection gradually grew as we started working together, sharing and guiding each other with responsibilities. As the year progressed, I got to know her not just as a fellow Leo but as someone who was genuinely interested in learning and taking responsibility.

Seeing her grow through her journey has been really special for me.



Interestingly, we first met at Leo Youth Camp during the Leoistic Year 2024/25. My father was the Chief Guest at the opening ceremony, and I went there with him. That day, my father introduced me to Leo Dinithi and we exchanged our contact numbers. However, we didn't really have much contact for quite some time.

Later, when I got the opportunity to join the club as an Assistant Secretary, we reconnected with Leo.



Leo Dinithi Adithya

THEN NOW



Leo Tarini Kalansooriya



From working together within the club to now seeing her take on the responsibility of Club Secretary, it feels like passing on something that I once carried. I hope the guidance and support I received from my seniors can continue through her journey as well.



From then onwards, she became someone who guided and supported me throughout my journey. What started as a simple introduction at a youth camp has grown into a very close bond and today, I see her not only as a senior Leo but also as a lovely elder sister.

3. The Secretary is the backbone of club operations. What was your most memorable experience in coordinating meetings, events or club administration?



Honestly, there wasn't one single moment. The entire year was a collection of small moments, last-minute changes, deadlines, meetings and countless conversations that somehow came together.

But what I remember most is doing all of that with my team. Having my 'ride or die' Leo Darshika and Leo Lakshan as the Club President and Club Treasurer, and an ever-reliable Assistant Secretary like Leo Lohan together with Club Vice President Leo Hasitha, made even the most chaotic moments enjoyable. Looking back at the late nights, last-minute work and all those little administrative details are now some of the memories I smile about the most.



I think one of the most memorable parts has been experiencing everything that happens behind the scenes. From coordinating meetings and preparing documents to communicating with different people and making sure things are completed on time, there are so many small responsibilities involved.

What makes it memorable for me is seeing everything finally come together. Sometimes people only see the final event, but as a secretary, I get to see the planning, last-minute changes, challenges and teamwork behind it. Knowing that I played a small part in making things happen successfully is very rewarding.

4. Staying organized while balancing academics, deadlines and club responsibilities is never easy. What has been the biggest challenge you faced as Club Secretary and how did you overcome it?



The biggest challenge was definitely learning how to manage everything at once. I was balancing academics, club projects, meetings, deadlines and all the small responsibilities that come with being a secretary. Since secretarial work touches almost every part of the club, there was always something to follow up on, remember or prepare for.



The biggest challenge has been balancing university work with club responsibilities. There were times when assignments, academic deadlines, meetings and club work all came at the same time.

I learned to manage this by planning ahead, setting priorities and keeping track of deadlines. I also realised that I don't have to manage everything alone.



Leo Dinithi Adithya

THEN NOW



Leo Tarini Kalansooriya



I learned not to carry everything on my own. Having a strong Exco, a reliable Assistant Secretary and seniors who were always willing to guide me made a huge difference. Whenever I was unsure about something, I learned to ask, learn and move forward instead of trying to figure everything out alone.

That experience taught me that being organized is important but having the right people around you is just as important. The support of my team and the Old Mora Leos helped me get through the challenging moments and made the journey much more meaningful.



My friends are also helping me with academics. Communicating with the team and trusting others with taking responsibility make things much easier. It taught me that being organized is important, but having a supportive team is equally important.

5. Dinithi, what advice would you give to the current and future Club Secretaries to help them lead the club with efficiency and dedication?



My biggest advice would be to never think that you must manage everything alone. The Secretary may have many responsibilities but behind every successful secretary is a strong team. Trust your Exco, communicate with them and don't hesitate to ask for guidance from those who have walked the path before you.

Most importantly, remember that secretarial work is not just about documents, deadlines and administration. It is about supporting the whole team and helping the club function smoothly. Give your best, stay committed even when things get difficult and enjoy the journey along the way.

6. Tarini, what is your vision for the role of Club Secretary this Leoistic Year and how do you hope to strengthen the club through effective communication and organization?



Our club already has a strong standard of administration, and my vision is to continue that good practice while finding ways to improve it further. I want to maintain the level of organization and professionalism that has been built over the years while making our communication and administrative processes even more efficient.

As Secretary, I hope to ensure that information is communicated clearly and on time, records are properly maintained and board members can work together smoothly. At the same time, I want to learn from the previous secretaries, bring in new ideas where they can add value and leave the secretarial system even stronger for the secretaries who come after me.

SPARK

THE REMARKABLE STORY OF WANGARI MAATHAI

Sometimes, a spark does not begin with a great invention or a scientific discovery. Sometimes, it begins with a simple idea and one person is brave enough to act on it. Wangari Maathai was one such person.

Born in Kenya in 1940, Maathai became the first woman in East and Central Africa to earn a PhD. She was deeply concerned about the environmental problems affecting Kenyan communities, including deforestation, soil erosion and the lack of firewood. She realised that planting trees could address many of these problems while also helping local people.

In 1977, Maathai founded the Green Belt Movement, encouraging women and communities across Kenya to plant trees. What began as a small environmental initiative grew into a powerful movement.



Millions of trees were eventually planted, helping restore damaged environments and providing communities with resources and greater economic opportunities. But Maathai's work was about more than trees. She connected environmental protection with human rights, democracy and social justice. She believed that healthy communities needed a healthy environment and that ordinary people could create meaningful change.

In 2004, Wangari Maathai received the Nobel Peace Prize for her contribution to sustainable development, democracy and peace. She became the first African woman to receive the award. Maathai's story reminds us that a spark does not have to be huge to change the world. One tree can become a forest, and one person's idea can become a movement. Her greatest lesson is simple: change begins when someone decides to plant the first seed.

Wangari Maathai's journey shows us that meaningful change can start with something as small as a single seed. What small action could you take today that might grow into something bigger tomorrow? Let her story inspire you to find your own spark and plant it.



MY LEO EXPERIENCE

I am Dahamya Hapuarachchige and I joined Leo Club of University of Moratuwa with a simple reason. That was to serve communities and do something meaningful for people around me. When I first joined, I never imagined how much leoism would become a part of my university life and how much I would personally grow through it.

What started as an opportunity to serve gradually became a journey of learning, leadership, friendship and self-discovery. Throughout the last leoistic year, I was lucky enough to take on different responsibilities, and each one gave me a different lesson.

As the project treasurer of "Aswenna" project, I learned the importance of financial responsibility, planning, resource management and accountability. Later, as the project secretary of "Virtual Classroom for All", an international initiative conducted with clubs from India and Bangladesh, I had the opportunity to improve my communication, coordination, documentation and teamwork while working with people from different backgrounds.

The experiences that challenged me and helped me grow the most were serving as the project chairman of "AurorAWE - Phase 1" and "HERStory". Being a chairman taught me that leadership is not about simply telling people what to do. It is about listening to your team, understanding different perspectives, taking responsibility when things do not go as planned and making sure everyone feels valued. These experiences gave me the confidence to handle responsibilities beyond what I was initially comfortable with.

I also had the opportunity to contribute as an organizing committee member in "Unwritten Chapters", "Tharka 2026", "Shilpasara 2025 - Phase 01" and "Mathin Thora Deshayak - Phase 03". Whether it was technical support, scriptwriting, event coordination, logistics or community awareness, every experience taught me something new.

When I joined Leo, developing professional skills was never my main goal. I joined because I wanted to serve. But somewhere along the journey, I realized that while working for the community, I was also developing myself. Communication, teamwork, leadership, time management, problem-solving, adaptability and confidence are skills that I now know will be valuable far beyond university. These skills came naturally through the responsibilities I took on.

Of course, balancing academics, projects, deadlines and teamwork was a valuable learning experience what I gained from Leo Club of University of Moratuwa. Managing these responsibilities taught me how to organize my time, set priorities and work effectively with others. Through each experience, I became more patient, responsible and resilient, while learning how to maintain a healthy balance between my academic and club commitments.

Looking back, I don't think my proudest achievement is any special position I held. It is the growth I experienced through every opportunity I was given. From serving as a Treasurer and Secretary to taking on the responsibility of Chairman, every role prepared me for the next step. Now as I take on the role of Assistant Secretary of Leo Club of University of Moratuwa for Leoistic Year 2026/27, I am excited to continue the journey with the same reason I started - the desire to serve.

To the new Leos who are just beginning their journey, I would simply say don't be afraid to get involved. Take opportunities even when you are not completely sure about yourself. Take responsibility, make mistakes, learn from them and keep going. You may join leoism because you want to serve others, but along the way, you may discover new skills, new friendships and even a new version of yourself. For me, I joined Leoism hoping to make a difference in my community. I never expected that, along the way, Leoism would make such a big difference in me too.



Leo Dahamya Hapuarachchige
Club Assistant Secretary
Leo Club of University of Moratuwa

LOOK BACK



As Leo Club of University of Moratuwa continues to celebrate its proud legacy, **"Look Back"** shines a light on the inspiring individuals whose dedication has shaped the club's journey. In this edition, we are pleased to feature **Mr. Nuwan Madhushanka**, a former Director of Education of the club. Through initiatives such as Sihinayata Piyapath and Hada Gesma, he created meaningful opportunities to support students and connect with rural communities. In his heartfelt reflection, he shares the experiences, cherished memories and valuable lessons that made his Leo journey a meaningful part of his personal growth.

Looking Back: A Journey of Passion, Leadership and Growth

One decision, countless journeys, unforgettable people, is how I would describe my time with Leo. It has been a place where I discovered my passion, shaped my vision and gradually understood who I am. Through leadership, experience and countless opportunities, Leo gave me the courage to step forward, contribute to the club and grow beyond my comfort zone.

One of the most remarkable chapters of my journey was serving as the Director of Education. I introduced the "Sihinayata Piyapath" project series, continuing and expanding its previous initiative to support O/L students through mathematics lessons, motivational sessions and tree planting. Although the project received recognition at multiple conference, my most treasured reward came from a student who wrote on a small chit, "If you become a teacher, please come to our school." That simple message remains one of my most unforgettable memories of Leo. "Hada Gesma" was another remarkable series, where we selected rural villages, stayed within those communities and carried out projects while experiencing their way of life. These are only a few highlights; no one can choose just one or two projects to represent the journey, because every project holds its own sweet memories, lessons and moments close to my heart.

By the end of university, Leo had taken me across Sri Lanka, connecting me with diverse communities and people. Along the way, I built professional connections, discovered new talents and formed friendships that became like family. Leo was more than a part of my university life; it helped shape who I am today.

I am truly grateful for this opportunity to share my journey and look back on my time with Leo here.



Mr. Nuwan Madhushanka

MORA INSIGHTS

UoM contribution to the Ehelepola Walawwa Wax Museum

Sri Lanka's rich cultural heritage has been brought to life through the Ehelepola Walawwa Wax Museum, which was inaugurated on 17th July 2025. As part of this national cultural endeavor the University of Moratuwa made a significant contribution through the expertise of its Department of Textile & Apparel Engineering.

The UoM team played a key role in recreating the royal and selected elite female costumes of the Kandyan Kingdom. Led by Prof. Virajini Medagedara Karunaratne, Prof. Gayathri Madhubani Ranathunga and Dr. Prabod Dharshana Munasinghe, the team spent a year researching, designing and constructing 58 garment pieces for 18 wax figures representing historical characters.

Achieving historical accuracy required extensive research. The team examined more than 200 temple paintings, historical records, colonial documents, books, museum costume exhibits and textiles from the Kandyan era. This research helped them recreate the silhouettes, draping techniques, colours, motifs, textures and weaving patterns associated with Kandyan royal clothing.

The recreation of the textiles was another important part of the project. The UoM team collaborated with 13 traditional handloom weaving centers in the Central Province to produce fabrics inspired by historical references. These included weaving centers in Haragama, Hurikaduwa, Mawathura, Doolwala, Danthure and other locations.

The project also brought together historical knowledge and modern garment engineering. Through numerous prototypes, mock-ups and fitting sessions, the team worked to recreate complex Kandyan silhouettes suitable for the individual wax figures.

Beyond the museum, this contribution creates an important resource for future research in textile history, anthropology and fashion design. It also helped review traditional weaving and draping techniques while demonstrating how academic expertise can support the preservation of Sri Lanka's cultural heritage.

The Ehelepola Walawwa Wax Museum therefore offers more than a glimpse into Sri Lanka's royal past. Through the contribution of the University of Moratuwa, historical costumes and textiles have been carefully transformed from research and archival knowledge into tangible representations of Kandyan heritage creating an opportunity for future generations to learn about and appreciate Sri Lanka's rich sartorial traditions.

FUTURE READY

Preparing for Your Career Journey

Your career journey does not begin on your first day at work. It begins much earlier, with the choices you make, the skills you develop and the experiences you gain along the way.

University is more than a place to earn a degree. It is a time to discover yourself, explore your interests, build your abilities and prepare for the future. Every project, activity and experience can become a step towards the career you hope to build.

Know Yourself

Before choosing a career path, understand your interests, strengths, values and areas for improvement. A career should not be chosen simply because it is popular or offers attractive opportunities. It should also match who you are and what you enjoy. Explore different career paths, learn about industries that interest you and talk to professionals. These experiences can help you understand what you want for your future.

Build Skills Beyond the Classroom

A degree provides valuable knowledge but being career ready requires more. Communication, teamwork, problem-solving, leadership, adaptability and time management are all important skills. University gives you many opportunities to develop them through projects, student organizations, volunteering, competitions and workshops. Taking responsibility and trying new things can help you become more confident and capable.

Gain Real Experience

Practical experience is an important part of career preparation. Internships, research projects, industry visits, part-time work and volunteering can help you understand the professional world and apply what you have learned. These experiences also help you discover your strengths, identify areas for improvement and understand which career paths suit you best.

Build Your Professional Profile

A good CV should clearly present your education, skills, experiences and achievements. Build your CV in clear, recruiter-friendly including name + tagline, contact details, profile, industrial experience, education, professional qualification, projects, achievements, volunteering, skills, certifications and interests. However, career preparation is more than creating a CV. Learn to explain your experiences and the value you can bring to an organization. Networking through university events, career fairs, professional programmes and industry interactions can also help you build valuable connections and discover new opportunities.

Find the Right Opportunities

Finding the right opportunity takes active effort. Explore company websites, career platforms, university career services and professional networks. Before applying, understand the organization and the position and consider how your skills match their requirements. Rather than applying everywhere, focus on opportunities that connect with your interests, abilities and career goals.

Preparing for Interviews

An interview is an opportunity to show not only your qualifications but also your personality, communication skills and suitability for the role. Research the organization, understand the position and review your CV before the interview. Practice common questions such as "Tell me about yourself", "Why are you interested in this position?" and "What are your strengths?". So, practicing them can help you communicate with greater confidence.

However, an interview is not about memorizing perfect answers. It is about sharing your experiences naturally and honestly. Examples from university projects, teamwork, leadership, volunteering and other activities can help show your skills. Being punctual, dressing appropriately, maintaining positive body language, listening carefully and communicating respectfully can also make a good impression. Most importantly, remember that an interview is a two-way conversation. The organization is learning about you, while you are also learning whether the organization and the role are right for you.

Keep Learning

Career development does not stop after getting your first job or internship. The professional world continues to change, creating new skills and expectations. Keep learning, seek feedback, attend training programmes and stay updated in your field. Every experience, whether successful or challenging, can help you grow.

Be Future Ready

Being ready in the future does not mean knowing exactly what the future holds. It means preparing yourself to make the most of the opportunities that come your way.

Know yourself. Build your skills. Gain experience. Make connections. Keep learning.

Your career journey does not begin with your first job. It begins with the choices you make today.

Explore. Learn. Connect. Experience. Prepare.

Because being future ready is not about predicting the future. It is about being ready to make the most of it.

LEO OF THE MONTH

1. How would you like to describe yourself?



I would describe myself as a responsible, enthusiastic and open-minded person who enjoys trying new things and learning from different experiences. I value spending time with the people around me, working as part of a team and taking responsibility for the things I commit to. I always try to step outside my comfort zone, enjoy every experience and become a better version of myself.

2. What are your thoughts on being recognized as the "Leo of the Month" for September?



Being selected as the Leo of the Month is a great honour and a memorable achievement for me. It feels especially meaningful because it represents not only my individual efforts but also the support and encouragement I have received from fellow Leos. This recognition encourages me to continue giving my best to the club and embrace new opportunities with confidence.

3. What motivated you to become a part of the Leo Club?



I wanted to become a part of Leo because I saw it as an opportunity to serve the community while developing myself personally and professionally. I was especially interested in improving my communication, teamwork, leadership, negotiation and networking skills. I also wanted to meet people with different ideas and experiences and learn how projects are planned and conducted as a team.

4. Can you share your journey with Leo Club of University of Moratuwa so far?



My journey with Leo Club of University of Moratuwa has been filled with new experiences, learning opportunities and responsibilities. Serving as the Secretary of Project Shilpasara has helped me improve my communication, teamwork and organizational skills. I also had the opportunity to participate in LEAP 26 Mission 01 and was recently selected as the Secretary of Project Tharka. These experiences have helped me grow in confidence, take on new responsibilities and work more effectively with others.



Meththa Gunathilaka
Prospect
Leo Club of University of Moratuwa

LEO OF THE MONTH

5. Is there a specific project you've enjoyed working on the most? Can you share some memorable experiences from it?



Project Shilpasara and LEAP are two projects that I have enjoyed working on the most. Through Shilpasara, being involved in the Mathematics and Science seminar series and coordinating with schools, volunteers and team members has taught me valuable lessons in teamwork and project management. LEAP has also given me the opportunity to work with different people, take on new responsibilities and learn through new experiences. Both projects have helped me build confidence and create meaningful memories.

6. Are there any moments or experiences in the club that hold a special place in your heart?



The moments when a team successfully completes a task after putting in a lot of effort are especially memorable to me. Working with different people, solving unexpected problems together and seeing a project finally come together are experiences I will always value. The friendships and connections I have made along the way are also a special part of my Leo journey.

7. How has being part of this club influenced or changed your life?



Leo has encouraged me to become more confident and open to new experiences. It has taught me that leadership is not simply about holding a position, but about taking responsibility, supporting others and being willing to contribute. It has also helped me understand how small individual efforts can become meaningful when people work together towards a common goal.

8. How do you successfully balance your academic work with your responsibilities in the club?



I balance my academic work and club responsibilities by organizing my tasks according to their priorities and deadlines. I try to plan so that I can manage both without affecting my studies or my responsibilities in the club. I make the best use of my available time and ensure that I complete my tasks on time. This has also helped me become more disciplined and organized.

9. What goals do you have as a member of the Leo club for the future?



I know that I genuinely enjoy working on projects and being part of a team. I want to continue developing my skills through the experiences I gain in the club. Most importantly, I want to enjoy the journey, meet new people, find happiness in the work I do and contribute to the community.

10. Is there a message or advice you'd like to share with the readers?



I would encourage everyone to step outside their comfort zone and give new experiences a chance. You do not have to be perfect or have everything figured out before getting involved. Sometimes, the experiences that challenge you the most are the ones that help you grow the most. Be willing to learn, support others and make every opportunity count.

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"මානසික සෞඛ්‍යයකින් තොරව සම්පූර්ණ සෞඛ්‍යයක් නොමැත."

- ඩේවිඩ් සැවර් -

මිනිස් ශරීරයේ සියලු ඉන්ද්‍රියයන් ස්පර්ශ කළ හැකි නමුත් මනස අපට ස්පර්ශ කළ නොහැකිය. ස්පර්ශක ඉන්ද්‍රියයන් සියල්ලම ක්‍රියාකරනුයේ අස්පර්ශ මනසේ ක්‍රියාකාරීත්වය අනුවය. ඒ අනුව මනස යනු අපේ ජීවිතයට බොහෝ සෙයින් වැදගත් වන ඉන්ද්‍රියයකි. මෙතරම් වැදගත් මනසෙහි සුව පැවැත්ම ගැන ඔබ කොතරම් සැලකිලිමත් වනවාදැයි මොහොතකට සිතා බලන්න.

මනස යනු කුමක්ද?

විද්‍යාත්මක දෘෂ්ටිකෝණයෙන් මනස යනු මොළය තුළ වෙන්ව පවතින ස්වාධීන අවයවයක් නොවේ. එය මොළයේ සහ ස්නායු පද්ධතියේ සංකීර්ණ ක්‍රියාකාරීත්වයෙන් මතුවන සිතුවිලි, හැඟීම්, මතකයන්, ඉගෙනීම, තීරණ ගැනීම සහ ස්වයං අවබෝධය වැනි මානසික ක්‍රියාවලීන්ගේ සමස්තය ලෙස සැලකිය හැකිය. මොළයේ නියුරෝන එකිනෙකා සමඟ රසායනික සංඥා හුවමාරු කරමින් සංකීර්ණ ජාල ලෙස ක්‍රියා කරන අතර මෙම ජාලවල ක්‍රියාකාරීත්වය තුළින් අපට බාහිර ලෝකය අවබෝධ කරගැනීමට, තොරතුරු සකස් කරගැනීමට, මතකයන් ගොඩනගා ගැනීමට, හැඟීම් අත්විඳීමට සහ ඒ අනුව හැසිරීමට හැකියාව ලැබේ. ඒ අනුව මනස සහ මොළය සම්පූර්ණයෙන් වෙන්ව පවතින්නේ යැයි නූතන විද්‍යාත්මක අධ්‍යයනයට අනුව සලකනු නොලැබේ.

මානසික සෞඛ්‍යය යනු මානසික රෝග නොමැති වීම පමණක් නොව, පුද්ගලයෙකුට තම සිතුවිලි, හැඟීම්, හැසිරීම් පාලනය කරගනිමින් ඵදිනෙදා ජීවිතයේ අභියෝගවලට මුහුණ දෙමින් දෛනික කටයුතු බාධාවකින් තොරව සිදු කරගැනීමට හැකි මානසික හා චිත්තවේගීය යහපැවැත්මේ තත්ත්වය ලෙස හැඳින්විය හැකිය.

මානසික සෞඛ්‍යය සඳහා මොළය සම්බන්ධ වෙන්ව කොහොමද?

මිනිස් මොළය අභ්‍යන්තරයෙහි නියුරෝන බිලියන ගණනක් එකිනෙකා සමඟ රසායනික සංඥා හුවමාරු කරගැනීම සිදුකරයි. මේ හරහා ඉහත සඳහන් කළ සිතුවිලි, හැඟීම්, මතකය වැනි මානසික ක්‍රියාවලීන් ඇතිවේ. මෙහිදී dopamine, serotonin, norepinephrine සහ GABA වැනි neurotransmitters රසායනික පණිවිඩකරුවන් ලෙස ක්‍රියා කරමින් මොළයේ විවිධ ස්නායු ජාල අතර සංඥා සම්ප්‍රේෂණය සිදුකරනු ලබයි.



මෙම neurotransmitters වල කාර්යයන් මොනවාද?

Serotonin - ආතතිය පාලනය කිරීමට උපකාරී වේ. දුක, කෝපය සහ ආතතියට ඔරොත්තු දීමේ හැකියාව අඩුවීමේදී සම්බන්ධ වේ.

Dopamine - සතුට, උනන්දුව ආදිය සමඟ සම්බන්ධ වේ. මෙහි අසමතුලිතතාව මානසික අවපීඩනය, Schizophrenia සහ ADHD වැනි තත්ත්ව සඳහා හේතු විය හැකිය.

Norepinephrine - අවධානය, අවදි බව, ආතතීන් සඳහා ප්‍රතිචාර දැක්වීම සඳහා වැදගත් වේ.

GABA - මොළය සන්සුන් කිරීමට උපකාරී වේ. මෙය අඩුවීමෙන් නින්දේ ගැටලු, anxiety වැනි තත්ත්වයන් ඇති විය හැක.

මෙම Neurotransmitters, අසමතුලිතතාව මානසික රෝගී තත්ත්වයන් ඇතිවීමට හේතුවේ.

තරුණ පරපුර සහ මනස

ලෝක සෞඛ්‍ය සංවිධානයේ 2025 වර්ෂයේ දත්තවලට අනුව, වයස අවුරුදු 10-19 අතර සෑම නව යොවුන් වියේ පුද්ගලයන් හත් දෙනෙකුගෙන්ම එක් අයෙකු මානසික රෝගී තත්ත්වයකට මුහුණ දෙයි. කාංසාව, මානසික අවපීඩනය සහ හැසිරීම් සම්බන්ධ තත්ත්ව ඒ අතර ප්‍රධාන වේ. මෙහි වැදගත්ම කරුණ ලෙස ලෝක සෞඛ්‍ය සංවිධානය දක්වන්නේ බොහෝ

සුව දිවියකට මග

මානසික සෞඛ්‍යය ගැටලු ජීවිතයේ මුල් අවධියේම ආරම්භ වන බැවින් නව යොවුන් විය යනු වැළැක්වීම, හඳුනාගැනීම සහ මුල් අවස්ථාවේ සහාය ලබාදීම සඳහා ඉතා වැදගත් කාල පරිච්ඡේදයක් බවයි.

ශ්‍රී ලංකාවේ සිසුන් සම්බන්ධයෙන් සිදු කළ පර්යේෂණවලින් හෙළිවන ආකාරයට මෙරට සිසුන්ගේ මානසික ගැටලු සඳහා ප්‍රධාන සාධකයක් ලෙස අධ්‍යාපනික කටයුතු නිසා ඇතිවන පීඩනය හඳුනාගෙන ඇත. විභාග තරගය, ඉහළ ප්‍රතිඵල ලබාගැනීමේ අපේක්ෂාව, විශ්ව විද්‍යාල සඳහා ප්‍රවේශය සහ අනාගත රැකියා පිළිබඳ අවිනිශ්චිතතාවය තරුණයන්ගේ ආතතිය වැඩි කරන කරුණු අතර වේ. මීට අමතරව අධික ලෙස සමාජ මාධ්‍ය භාවිතය, බාහිරව සහ සමාජ මාධ්‍ය හරහා හිරිහැරවලට ලක්වීම, සමාජයෙන් වෙන්වී තනිවීම වැනි තත්ත්වයන්ද තරුණයන්ගේ ඇතිවන මානසික ගැටලු සඳහා හේතු වේ.

ශාරීරික සෞඛ්‍යය ගැටලු වලදී ප්‍රතිකාර සඳහා යොමු වුවද මානසික සෞඛ්‍යය ගැටලු වලදී එසේ ප්‍රතිකාර සඳහා යොමු නොවීම මෙහි ඇති ප්‍රධානතම ගැටලුවයි. "මට ප්‍රශ්නයක් තියෙනවා කියලා කිව්වොත් මිනිස්සු මං දුර්වලයෙක් කියලා කියයි" යනුවෙන් හිත තුළ ඇතිවන බිය හෙවත් මෙම තත්ත්වය Stigma ලෙස හඳුන්වයි. ලෝක සෞඛ්‍ය සංවිධානය ද මේ සම්බන්ධයෙන් අවධානය යොමු කරමින් ශ්‍රී ලංකාවේ ළමුන් සහ තරුණයන්ගේ මානසික සෞඛ්‍යය ශක්තිමත් කිරීම සඳහා 2026 ජූලි මාසයේදී තාක්ෂණික ලේඛනයක් ප්‍රකාශයට පත් කරන ලදී.

මානසික සෞඛ්‍යය ගැටලු වළක්වා ගන්නේ කොහොමද?

පුද්ගල මට්ටමින්

- ප්‍රමාණවත් නින්දක් ලබාගැනීම
- සෞඛ්‍යය සම්පන්න ආහාර පුරුදු පවත්වා ගැනීම
- ව්‍යායාම්වල නිරත වීම
- තමන්ගේ ගැටලු විශ්වාසවන්ත පුද්ගලයෙකු සමග කතා කිරීම
- අධ්‍යාපනික කටයුතු අතරතුරදී විවේකය සඳහා ද කාලය වෙන් කිරීම
- අවශ්‍ය නම් වෛද්‍ය උපදෙස් කරා යොමු වීම

පවුල් මට්ටමින්

- දරුවාව විවේචනය නොකරමින් දරුවාට සවන් දීම
- පවුල තුළ විවෘත සන්නිවේදන වටපිටාවක් පවත්වා ගැනීම
- දරුවාගේ හදිසි වෙනස්කම් සම්බන්ධයෙන් අවධානයෙන් සිටීම
- විභාග, ජයග්‍රහණ, රැකියා සඳහා දරුවාව පීඩනයට ලක් නොකිරීම

සාසල් සහ විශ්ව විද්‍යාල මට්ටමින්

- උපදේශන කටයුතු සඳහා පහසුකම් සලසා දීම
- විභාග පීඩනය අවම කිරීම සඳහා ක්‍රියාමාර්ග ගැනීම
- ක්‍රීඩා, සමාගම් වැනි විෂය බාහිර කටයුතු සඳහා උනන්දු කරවීම
- සිසුන් සඳහා රහස්‍යභාවය ආරක්ෂා කරමින් උදව් ලබා ගැනීමේ ක්‍රමවේදයක් පවත්වාගෙන යාම

මානසික සෞඛ්‍යය යහපත්ව පවත්වා ගැනීම සඳහා දෛනික ජීවිතයේ සතුට හා මානසික විවේකයටද අවධානය යොමු කළ යුතුය. පොත් කියවීම, ලිවීම, මැහුම් ගෙතීම කිරීම, විත්‍ර ඇඳීම, සංගීතයට සවන් දීම, සංචාරය කිරීම සහ ගෙවතු වගාව වැනි විනෝදාංශවල නිරත වීම මනසට විවේකයක් ලබාදීමට උපකාරී වේ. එමෙන්ම ස්වභාවික පරිසරයේ කාලය ගත කිරීම වැනි ක්‍රම මගින් වර්තමාන මොහොත කෙරෙහි අවධානය යොමු කිරීම, සමාජ මාධ්‍ය භාවිතය අවශ්‍ය පමණට සීමා කිරීම සහ තමන්ට අනෙක් අය සමඟ නිරන්තරයෙන් සංසන්දනය කිරීමෙන් වැළකීමද වැදගත්ය. තවත් අයෙකුට උපකාර කිරීම, කරුණාවන්ත ක්‍රියාවල නිරත වීම සහ තමන්ට සතුටක් හා අර්ථයක් ලබාදෙන දේ සඳහා කාලය වෙන් කිරීමද මානසික යහපැවැත්ම ශක්තිමත් කිරීමට උපකාරී වේ.

සිතහවෙන් මුව පුරවාගෙන සිටින සෑම අයෙකුම සතුටින් නොවන බවත් යමෙක් නිහඬව සිටින්නේ ඔහුට හෝ ඇයට ප්‍රශ්න නොමැති නිසා නොවන බවත් අප සිහි තබා ගත යුතුය. සෑම අයෙකු පිටුපසම ඔවුනොවුන් තනිව කරනා අරගලයක් තිබිය හැකිය. එබැවින් මානසික සෞඛ්‍යය රැකගැනීම තනි පුද්ගල වගකීමක් නොව එය අප සෑමගේම සාමූහික වගකීමකි. සෑමවිටම ඔබ අවට සිටින ඔබේ සමීපතමයන්ව තේරුම් ගැනීමටත් ඔවුන් සමග ඔබ සිටින බව හැඟවීමටත් උත්සාහ කරන්න. "ඔයා තනිවෙලා නෑ. මම ඔයා එක්ක ඉන්නවා" යැයි කීම ඉතා සරල දෙයක් ලෙස පෙනුණද එතුළින් විශාල වෙනසක් එකිනෙකා කෙරෙහි සිදු කළ හැකිය.

සැමදිනකම ඔබේ මනසේ සුවතාවය පවත්වාගැනීම සඳහා උනන්දුවන්න. ප්‍රීතිමත් අරුත්බර දිවියක් ගතකරන්න.



Teamwork & Collaboration

Working as a team becomes easier when everyone is willing to support each other. Each person has different skills, ideas and ways of doing things. When we bring these together, we can achieve things that may be difficult to do alone. Good teamwork is also about listening to others, sharing responsibilities and being there for the team when help is needed.

A compass helps us find our way when we are not sure which direction to take. A team also needs a clear goal to know where it is going. When everyone works towards the same goal, it is easier to stay focused and keep moving forward. Even when things do not go as planned, team members can discuss the problem, share ideas and find a way forward together.

We can see this in Leo Club service projects. A project involves many different tasks, from planning and contacting people to handling activities on the actual project day. One person cannot manage everything alone. Members take different responsibilities based on their strengths and help each other when needed. This makes the work more manageable and gives everyone a chance to contribute.

Sometimes things can change at the last minute. A member may not be able to attend; a task may take longer than expected or a plan may need to be changed. Instead of leaving one person to handle the problem, the team can step in and share the work. These small moments show the real value of teamwork. They also help us understand each other better and build trust.

For Leos, teamwork is especially important because community service is something we do together. We meet people with different ideas and skills and learn from each other through every project. When everyone feels that their contribution is valued, the team becomes more connected and motivated.

Strength in Unity reminds us that every member has a role to play. A compass may show us the direction, but it is the people walking together who make the journey possible. When we trust, support and work with one another, we can face challenges with confidence and make a greater difference in our communities.



LEOS AROUND THE ISLAND

"Leos Around the Island" is an article series that celebrates the diversity, leadership and impact of the Leo movement across Sri Lanka. Through inspiring conversations with Leo leaders from different districts, we explore their journeys, signature initiatives and visions for the future, fostering stronger connections and inspiring collaboration among Leo clubs nationwide. In this edition, we are delighted to feature Leo Lion Pasindu Karunarathna, District President of Leo District 306 D11, who shares his leadership journey, district initiatives and aspirations for the year ahead.

1. Please introduce yourself, your current position and the Leo club or district you represent.

I am Leo Lion Pasindu Karunarathna, currently serving as the District President of Leo District 306 D11 for Leoistic Year 2026/27. My journey in Leo began as a young Leo with a passion for service, leadership and creating meaningful experiences for others. Over the years, I have had the privilege of serving in different leadership capacities and working alongside many inspiring Leos. Today, as District President, I represent a district filled with talented, passionate and energetic young leaders who are committed to making a difference in their communities.

2. Could you share your Leo journey and what inspired you to take on a leadership role?

My Leo journey has been a journey of continuous learning. I have been fortunate to experience Leoism through different clubs and leadership positions, including Leo Club of Yapahuwa Kingdom and Leo Club of Kurunegala Golden Hearts.

What initially attracted me to Leoism was the opportunity to serve others, but what made me stay was the people and the personal growth that came with every experience. Leo taught me that leadership is not about holding a position; it is about taking responsibility, empowering others and being willing to step forward when something needs to be done.

Every project, challenge and friendship shaped the leader I am today. Eventually, I realised that I wanted to contribute not only to club level but also by creating opportunities for other Leos to grow.

3. What is your vision for your district and what do you hope to achieve during your term?

My vision for the year is captured in our district motto: "Roaring Action, Lasting Impact." For me, this means transforming enthusiasm into meaningful action and ensuring that our service creates an impact that continues beyond a single project.

Our approach is represented by ROARING - Reach, Opportunity, Action and Result. I want every Leo to feel that they have a place in our district, an opportunity to develop themselves, the courage to take action and the satisfaction of seeing real results.

I also want to encourage stronger participation, inter-club collaboration and sustainable fundraising. A strong district is not built by one person or one executive board; it is built when every Leo understands that their contribution matters.

4. Can you tell us about a key initiative or flagship project you have introduced during your leadership and what inspired it?

One of my major focuses during this term is encouraging fundraising as a tool for sustainable service. Many service ideas begin with great intentions but require resources to achieve their full potential. Therefore, I want Leos to look at fundraising not simply as collecting money, but as creating opportunities to make bigger and more sustainable contributions to society.

5. What has been the most rewarding experience of serving in your current leadership role?

The most rewarding part has been seeing different Leos come together with a common purpose. Receiving messages from members, seeing clubs actively participate and watching young Leos take responsibility remind me why leadership matters.

For me, success is not simply completing a project. It is seeing someone gain confidence, discover a new ability or realise that they can lead.



LEOS AROUND THE ISLAND

6. What challenges have you encountered as a leader and how have you worked to overcome them?

Leadership naturally comes with challenges. Different people have different expectations, working styles and ideas. One of the biggest lessons I have learned is that communication and patience are essential.

Rather than trying to solve every problem alone, I believe in listening to people, understanding different perspectives and working collectively towards a solution. Challenges become much easier when a team feels that their voices are respected.

7. How do you encourage collaboration, innovation and active participation among Leo clubs and members?

I believe collaboration begins when we stop thinking of clubs as separate entities and start seeing ourselves as one Leo family. Every club has unique strengths, talents and ideas. By sharing those strengths, we can create projects that would be difficult for one club to accomplish alone.

I encourage Leos to think beyond traditional project concepts, use their talents creatively and take ownership of their ideas. Most importantly, I want every Leo to feel that participation is not limited to those holding positions.

8. Finally, what advice would you give to aspiring Leo leaders and members across Sri Lanka?

My advice is simple: do not wait for a position to become a leader.

Start by serving. Take responsibility. Make mistakes, learn from them and keep moving forward. Never underestimate a small action because meaningful change often begins with one person deciding to do something.

Leoism gives us an incredible platform to develop ourselves while serving others. Make the most of it, build genuine friendships, create memories and leave every place you serve better than you found it.

Above all, always choose to be extraordinary rather than ordinary. Your Leo journey is not measured only by the titles you hold, but by the lives you touch and the impact you leave behind.

PEARL OF HERITAGE THE TIMELESS RHYTHM OF KANDYAN DANCE

Sri Lanka is a land rich in traditions that have been passed down through generations and among its most distinctive cultural expressions is Kandyan Dance. With its graceful movements, rhythmic drumming and elaborate costumes, Kandyan dance represents a significant part of the island's cultural heritage. More than a form of entertainment, it reflects the history, traditions and artistic identity of the Sri Lankan people.

The tradition is associated with the historic city of Kandy, the last capital of the Sinhala kings. Kandy became an important center for the development and preservation of traditional arts and culture, supported by royal patronage. Its cultural heritage continues to be closely connected with religious ceremonies and traditional celebrations.

One of the most striking features of Kandyan dance is its distinctive appearance. The traditional costumes are carefully designed and decorated, creating an impressive visual effect as the dancers move. The elaborate headpieces, ornaments and white costumes contribute to the unique identity of the dance while the movements require discipline, coordination and years of practice.

Music and movement are inseparable from this tradition. Traditional drums like Kandyan Drum (called in Sinhala: Geta Beraya) provide the rhythmic foundation for the performances, guiding the dancers through a variety of movements and patterns. The relationship between the dancer and the drummer creates a dynamic performance in which rhythm and expression come together. Traditional drumming itself has been recognized as an important area of Sri Lanka's intangible cultural heritage, with efforts undertaken to document and preserve these traditions.

Kandyan dance can also be seen during important cultural and religious occasions, most notably the annual Kandy Esala Perahera. The procession combines dancers, drummers, musicians, elephants, flag bearers and other traditional performers, creating one of Sri Lanka's most renowned cultural spectacles. The association between the procession and the Sacred City of Kandy demonstrates how dance, music, religion and history continue to exist together within Sri Lankan cultural life.

What makes Kandyan dance particularly valuable is its continuity. The knowledge and skills required for traditional performing arts are preserved through learning, practice and transmission from one generation to another. In a rapidly changing world, such traditions provide a connection between the past and the present allowing younger generations to understand and appreciate the cultural foundations of their society.

The significance of Kandyan dance therefore extends beyond the stage. Every movement, rhythm and costume represents a part of a cultural story that has continued through generations. It reminds us that heritage is not simply something preserved in museums or ancient monuments. It is also found in the living traditions that continue to be practiced and celebrated.

As Sri Lanka moves towards the future, preserving traditions such as Kandyan dance remains an important responsibility. Appreciating these forms of cultural expression and encouraging younger generations to learn and respect them can help ensure that the rhythm of our heritage continues to be heard for generations to come.

Kandyan dance is not merely a performance, it is a living expression of Sri Lanka's history and enduring cultural spirit.

WORDS TO LIVE BY

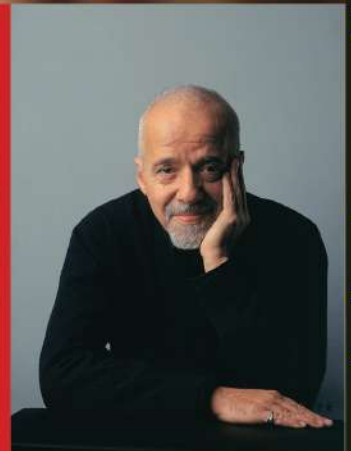
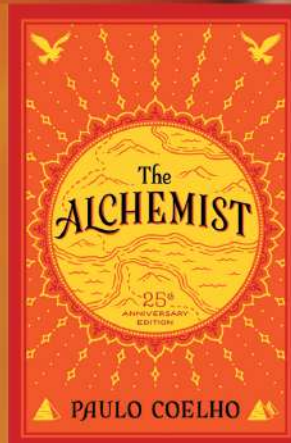
"When you want something, all the universe conspires in helping you to achieve it."

- Paulo Coelho, *The Alchemist*

This quote reminds us that when we honestly believe in a dream and take steps towards it, opportunities and experiences can guide us closer to our goals. Pursuing a dream also means facing challenges along the way. It requires courage, patience, determination and the desire to keep moving forward even when the path is uncertain.

In *The Alchemist*, Santiago leaves behind his familiar life to follow his dream of discovering a hidden treasure. Along his journey, he faces difficulties, meets people who influence his thinking and learns valuable lessons about himself and the world around him. His journey shows that pursuing a dream is not only about reaching a final destination but also about discovering who we are along the way.

For young people, this message can be especially meaningful when choosing a career, pursuing an ambition or stepping outside their comfort zone. Sometimes the path ahead may not be clear but taking the first step can open doors to new possibilities. The quote encourages us to believe in our aspirations, learn from setbacks and remain committed to what truly matters to us.



Published in Portuguese as *O Alquimista* in 1988 and later published in English in 1993, *The Alchemist* is a widely celebrated novel by Paulo Coelho. The story follows Santiago, a young shepherd who travels in search of a treasure he dreams about. Along the way, he learns about dreams, courage, love, perseverance and the importance of following one's purpose.

Paulo Coelho is a Brazilian author whose works often explore themes of dreams, spirituality, self-discovery and personal growth. His other well-known books include *Brida* (1990), *By the River Piedra I Sat Down and Wept* (1994), *Veronika Decides to Die* (1998) and *The Zahir* (2005). *The Alchemist* became an international bestseller and has inspired readers around the world to reflect on their own dreams and the paths they choose in life. The book continues to remind readers that sometimes the greatest part of pursuing a dream is not simply achieving it, but the person we become along the journey.



SOLVE IT



Let's see how sharp your mind is! The third edition of our exciting puzzle series "SOLVE IT" is here. Challenge your knowledge, sharpen your logic and have fun with a fresh collection of intriguing puzzles designed to challenge and entertain.

ACROSS

2. PROGRAMMES ADDRESSING FOOD INSECURITY FOCUS ON ____.
5. WANGARI MAATHAI BEGAN HER JOURNEY AS AN ENVIRONMENTAL LEADER IN WHICH AFRICAN COUNTRY?
7. WHAT IS ONE OF THE MOST STRIKING FEATURES OF KANDYAN DANCE?
9. WHAT IS A LEO CLUB'S MAIN STRENGTH WHEN MEMBERS WORK TOGETHER?
10. WHICH QUALITY MAKES MEMBERS FEEL THEIR CONTRIBUTIONS ARE IMPORTANT?

DOWN

1. THE OFFICER WHO KEEPS THE CLUB'S HISTORY AND CORRESPONDENCE IS THE ____.
3. HOW CAN STUDENTS BUILD RELATIONSHIPS WITH INDUSTRY PROFESSIONALS?
4. WHAT IS THE MOTTO OF LIONS CLUBS INTERNATIONAL?
6. WHAT TYPE OF KNOWLEDGE WAS TRANSFORMED INTO PHYSICAL COSTUME REPRESENTATIONS?
8. WHAT TYPE OF ORGANIZATION WAS THE LEO CLUB CREATED AS?

Send your answers to our official email: uomleoclub@gmail.com along with your contact details on or before 10th October 2026.

STAY TUNED TO FIND OUT IF YOU'RE THE LUCKY WINNER

CREATIVE PULSE



Hope of a Cycle

Dad bought a little cycle for his little daughter
The little kid enjoyed it,
Adorned it,
Rode it,
Treasured it,
Enshrined it,
Revered it,
And Cherished it.
Time has passed; the little kid couldn't be herself without the gift from dad.
As time goes by, the balance of the cycle has started to fade away
But the kid's trust didn't fade a bit.
Anyways, cycle lost its balance,
Cycle has just wounded her so deeply.
Kid has no choice; she left the cycle
Kid about to make a new journey with her new toys.
The kid's life looks more joyful.
But Dad knows the pain that lies under that joy.
But what happens to the cycle...?
It just lost the kid who cherished it, the kid who made it special; by its own fault.
It's still in the dad's garage with some old tools and some beautiful shadows.
Everyone, every sign & every circumstance gives the same message: "she'll never come back"
But after every noise, a voice from deep down of its heart whispers something.
The voice isn't much clearer, but the heart of the cycle only desires that little whisper.
The cycle doesn't have many reasons to stay still, except for that whisper.
Even though there's no sign of the kid, the cycle waits because of the whisper.
Days will pass, weeks will pass, months will pass, maybe years.
But the cycle stays still; prays for the kid.
The voice whispers through every noise,
"The sun wouldn't rise one day, birds wouldn't fly one day, rain wouldn't fall one day but the love for you in her heart would never change. So have hope, be patient; she'll come back"
Within all the negative possibilities, the cycle needs only one reason to live.
Love is not just a feeling, it's a choice.
It chooses to wait for the rest of its life for her.
After all, no matter what happens, Dad will be with both...!

Janul Amarasinghe
25th Batch
Faculty of Business



Gamitha Jayalath
24th Batch
Faculty of Engineering



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LEO CLUB OF UNIVERSITY OF MORATUWA

SIGNING OFF



“

The two most powerful warriors are patience and time.”

- Leo Tolstoy

