

THE OFFICIAL NEWSLETTER

VOLUME 23 | ISSUE 02



STORIES OF
LEADERSHIP,
EXCELLENCE AND
OPPORTUNITY”

STAY CONNECTED



LEO CLUB OF UNIVERSITY OF MORATUWA

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EDITOR'S NOTE

It is with immense pleasure that I welcome you to the second issue of Volume 23 of IT'S US, the official newsletter of Leo Club of University of Moratuwa.

A club's legacy is rarely built in a single moment. It is shaped by the momentum of every project we carry out, every challenge we overcome and every connection we build. This edition reflects our ongoing journey, blending past experiences with present achievements and the spirit of service, growth and togetherness that defines who we are. It serves as a reminder that while beginnings are exciting, it is the steady and dedicated pursuit of our goals that creates a lasting impact.

In the pages ahead, discover the stories behind our recent initiatives and the passion, dedication and purpose that bring them to life. This issue captures the voices and experiences that have shaped our journey, reflecting the Leo spirit of Leadership, Experiences and Opportunities that continue to inspire us. Explore the pioneering innovations of University of Moratuwa, the rich cultural traditions of Sri Lanka and insights that inspire growth, balance and fulfilment. Beyond these pages lies much more to explore, experience and enjoy.

IT'S US remains a reflection of our shared journey and united purpose, reminding us that change begins with us. As you turn these pages, we hope you find inspiration to embrace new opportunities, celebrate every achievement and face each challenge with confidence and purpose. Our story is still unfolding and together we continue to write it one meaningful chapter at a time.

Wishing you an enriching and meaningful read.



*“Our legacy is
built through
every project,
every challenge
and
every connection.”*

Leo Vidusari Hemachandra
Head of Editorial Panel
Leo Club of University of Moratuwa

THE LEADER'S VOICE

MESSAGE FROM THE MULTIPLE DISTRICT VICE PRESIDENT

My leadership journey began at the grassroots level of the Leo movement, and progressing through various chapter and district roles over the years has profoundly shaped my perspective. I have learned that true leadership is never about the title you hold; it is about the positive, tangible change you can ignite in others.

Looking ahead, my vision for our movement centralizes on sustainable growth, innovation and empowering local chapters. My key priority is equipping our members with the modern tools and resources they need to thrive.

To transform these grand ideas into sustainable community impact, we must focus on strategic action. It requires moving beyond initial brainstorming and applying structured, meticulous planning to ensure our service projects endure and continue to serve our communities long after their initial launch.

However, this level of execution is impossible without unity. Collaboration and servant leadership are the absolute bedrock of building stronger Leo clubs. When we prioritize the needs of our teams and our communities above our own ambitions, we build resilient, united networks capable of overcoming any obstacle.

Finally, to my fellow university-based Leos balancing demanding academics and service. You are the engine of our future. Embrace your unique challenges, lead with an unwavering purpose and leverage your education to innovate. Together, let's step forward and make a lasting difference. And always, find your way or make your way in this journey.

Leo Lion Sunera Naveed MAF FLM,
Multiple District Vice President,
Leo Multiple District 306 Sri Lanka & Maldives.



Leo Lion Sunera Naveed MAF FLM

Multiple District Vice President,
Leo Multiple District 306 Sri Lanka & Maldives





ශ්‍රී ලංකා 2026 පළමු අදියරය



ශ්‍රී ලාංකේය සිසු පරපුරේ හෙට දවස නැණා නුවණින් පෝෂණය කිරීමේ අරමුණ පෙරදැරව මොරටුව විශ්ව විද්‍යාලයීය ලියෝ සමාජය විසින් වසර ගණනාවක පටන් අඛණ්ඩව ගෙන එන ශ්‍රී ලංකා විද්‍යා පාඨමාලාව මෙම වසරේදීත් අදියර තුනක් යටතේ දියත් කිරීමට සැලසුම් කොට ඇත.

දිවයින පුරා පාසල් වල අ.පො.ස. සාමාන්‍ය පෙළ හදාරන සිසු දරුවන් සඳහා මෙහෙයවන ගණිත විද්‍යා සම්මන්ත්‍රණ මාලාවක් ලෙසින් මෙහි පළමු අදියරය මේ වන විටත් ආරම්භකර සාර්ථක අත්දැමින් දියත් කරමින් පවතී.

පසුගිය ජූලි මස 27 වන දින පන්නිපිටිය, කොට්ටාව ආනන්ද මහා විද්‍යාලයේ දී මෙවර ශ්‍රී ලංකා පළමු අදියරයෙහි ආරම්භය සනිටුහන් විය. එලෙස ඇරඹී දීප ව්‍යාප්ත සම්මන්ත්‍රණ මාලාවේ



දෙවැන්න එදිනම ගම්පහ දිස්ත්‍රික්කයේ, ගණේමුල්ල පයකොඩි මහා විද්‍යාලයේ දී පැවැත් වූ අතර තෙවන සම්මන්ත්‍රණය ජූලි මස 30 වන දින අම්පාර, නිත්තාවුර් අරාගා විද්‍යාලයේ දී සාර්ථක ලෙස දමිළ බසින් සිදුකෙරිණි. මෙහි සිව්වන සම්මන්ත්‍රණය ජූලි මස 31 වන දින මහරගම ශ්‍රී චන්ද්‍රරත්න මානවසිංහ විද්‍යාලයේ දී ළමුන් හතළිහකට ආසන්න පිරිසකගේ ගණිත දැනුම වර්ධනය කරමින් පැවැත්විණි. එසේම පස්වන සම්මන්ත්‍රණය අගෝස්තු මස 4 වන දින රත්නපුර පල්ලෙබැද්ද මහා විද්‍යාලයේ දී සනිටුහන් වූයේ සිසුන් සියයකට අධික සංඛ්‍යාවකගේ සහභාගිත්වයෙන් සිදුකෙරුණා ගණිත සම්මන්ත්‍රණයකිනි.

මේ අයුරින් දිස්ත්‍රික්ක 25 ම ආවරණය වන පරිදි දියත් කරන ශ්‍රී ලංකා පළමු අදියරය මේ වන විට සිය පහළොස්වන නැවතුමට ද දැනුමේ අත්වැල ලබාදී අවසන්කර ඇති අතර වසර පුරා තවත් සංකීර්ණ රාශියක් වෙත දැනුම ලබා දෙමින් ගමන් කිරීමට නියමිතය.



මෙම සම්මන්ත්‍රණ මාලාව සාර්ථක ලෙස පැවැත්වීමට සහයෝගය ලබාදෙන පාසල්වල විදුහල්පතිවරු ඇතුළු කාර්යය මණ්ඩලවල සැමට මෙන්ම පාසල් ශිෂ්‍ය ශිෂ්‍යාවන් ඇතුළු මෙම මහඟු කර්තව්‍යය සඳහා අප සමග අත්වැල් බැඳගත් සියලු දෙනාටමද අපගේ හෘදයාංගම ස්තූතිය පුද කරමු.

දැනුමෙන් සවිමත් අනාගතයක් කරා ශ්‍රී ලාංකේය ශිෂ්‍ය ප්‍රජාව දිශාගත කරන ශ්‍රී ලංකා පළමු අදියරය මෙලෙස යාත්‍රා කරන වගයි.

මහා විද්‍යාල දිව්‍යක

පළමු අදියරය

මධ්‍යම හා ප්‍රමාදයට හේතුවන මත්ද්‍රව්‍ය වලින් තොරව ශ්‍රී ලංකාවක් බිහි කිරීමේ අරමුණ පෙරදැරව මොරටුව විශ්ව විද්‍යාලීය ලියෝ සමාජය විසින් සංවිධානය කරන ලද මහින් නිදහස් දිවියක් ව්‍යාපෘතිය මෙම වසරේදී අදියර කිහිපයක් ඔස්සේ ක්‍රියාත්මක කිරීමට සැලසුම් සකස් කර ඇත.

මෙහි පළමු අදියරය යටතේ දහම් පාසල් සිසුන් අරමුණු කර ගනිමින් පවත්වනු ලබන දේශන මාලාවේ පළමුවැන්න අගෝස්තු මස 09 වන දින පිළියන්දල ශ්‍රී බිම්බාරාම විහාරස්ථානයේ දී දහම් පාසල් සිසු සිසුවියන් සියයකට ආසන්න ප්‍රමාණයකගේ සහභාගිත්වයෙන් සාර්ථක අන්දමින් පැවැත්විණි.

මෙම වැඩසටහන සඳහා සම්පත් දායකත්වය ජාතික අන්තරායකර ඔෂෂධ පාලක මණ්ඩලයේ, නිවාරණ අධ්‍යාපන හා පුහුණු අංශයේ, මත්ද්‍රව්‍ය අධ්‍යාපන හා තොරතුරු සහායක උදාන ව්‍යවලගෙදර මහතා විසින් ලබා දුන් අතර මෙම වැඩසටහන තුළින් මත්ද්‍රව්‍යයේ ආදිතව, මත්ද්‍රව්‍ය දුම්වැටි මගින් ශරීරයට සිදුවන අහිතකර බලපෑම, මත්ද්‍රව්‍ය නිවාරණය කිරීමට ගතහැකි ක්‍රියාමාර්ග හා එමගින් සමාජයට වන බලපෑම වැනි වැදගත් කරුණු රැසක් පිළිබඳව දැනුවත් කරන ලදී.

දහම් පාසල් සිසු සිසුවියන්ගේ සහ ආචාර්ය මණ්ඩලයන්හි සක්‍රීය දායකත්වය මගින් මෙම යහපත් පණිවුඩය සමාජගත කිරීම මෙම වැඩසටහනේ මූලික අරමුණයි.

මෙහි පළමු දැනුවත් කිරීමේ වැඩසටහන සාර්ථක ලෙස පැවැත්වීම සඳහා නොමද සහයෝගය ලබාදුන් පිළියන්දල ශ්‍රී බිම්බාරාම දහම් පාසලේ නායක ස්වාමීන් වහන්සේ ඇතුළු ආචාර්ය මණ්ඩලයටත්, දහම් පාසල් සිසු සිසුවියන් ද ඇතුළුව අප හට සහයෝගය ලබා දුන් සියලු දෙනාටත් අපගේ ගෞරවනීය ස්තූතිය පුද කර සිටිමු. මහින් තොර සමාජයක් බිහිකිරීමෙහි ශ්‍රේෂ්ඨ අරමුණින් සංවිධානය කරනු ලබන මෙම වැඩසටහන ඉදිරියේදී තවත් අදියර කිහිපයක් ඔස්සේ ක්‍රියාත්මක වීමට නියමිතය.



GLOBAL HARMONY

"Empowering Youth Through Dialogue, Knowledge and Action"

Young people today face many challenges as they navigate higher education, demanding work environments and increasing levels of stress. These pressures can contribute to inequality, burnout and limited opportunities for meaningful participation in society. In response to these challenges, Global Harmony: International Youth Day 2026 was organized to create an inclusive platform where young people could share perspectives, gain knowledge and engage in meaningful discussions.

This international joint project was organized by Leo Club of University of Moratuwa in collaboration with Leo Club of Guwahati South and Leo Club of Mumbai Western Suburbs to mark International Youth Day 2026. The initiative focused on three key areas that directly affect young people: gender equality, labour rights and mental health.

The two-hour online program was conducted via the Google Meet platform on 12th August 2026 at 8.00 p.m. (UTC +5.30). Participants were given the opportunity to engage in discussions and learn from resource persons who shared valuable insights into the selected topics. Each of the three sessions was guided by distinguished resource persons from India as well as from Sri Lanka. The Labour Rights session was led by Dr. Priyanka Patowari, an academic and researcher with a PhD in Social Work from Assam University.

The Mental Health session was addressed by Ms. Yasanga Weerasekara, a Clinical, Counselling and Health Psychologist with an MSc in Psychology and over five years of practice in evidence-based therapies. The Gender Equality session was delivered by Mr. Mandapa Pandithage, an Attorney-at-Law of the Supreme Court of Sri Lanka and youth mentor recognized for his extensive work in career guidance and empowerment. The sessions helped participants gain a better understanding of the challenges surrounding equality, workplace rights and mental well-being.

The project also provided a platform for young people to exchange ideas and perspectives while connecting with others who shared similar concerns and aspirations. Through these interactions, participants were encouraged to think critically about social issues and recognize their role in creating a fairer and more inclusive society.

Beyond simply raising awareness, Global Harmony aimed to empower young people with knowledge and meaningful connections. The initiative concluded as a meaningful platform for learning, dialogue and connection, highlighting the importance of creating spaces where youth voices could be heard and empowering young people to become advocates for fairness, well-being and positive social change.





“කිවුල් දියට, හරිත හසරැල්ලක්...”

මොරටුව විශ්ව විද්‍යාලීය ලියෝ සමාජය විසින් Planet Protectors ආයතනය සමඟ එක්ව සංවිධානය කිරීමට නියමිත තවත් එක් සමාජ සත්කාරයක් ලෙස සෞඛ්‍ය පවුර ව්‍යාපෘතිය හඳුන්වාදිය හැකිය. මීගමුව, හලාවත ආශ්‍රිත වෙරළ කලාපය කේන්ද්‍ර කරගනිමින් ක්‍රියාත්මක වන මෙම ව්‍යාපෘතියේ ප්‍රධාන අරමුණ වන්නේ කඩොලාන ශාක රෝපණය තුළින් වෙරළ පරිසරය ආරක්ෂා කිරීම සහ කඩොලාන පරිසර පද්ධතියේ වටිනාකම පිළිබඳ ජනතාව දැනුවත් කිරීමයි.

කඩොලාන යනු ගොඩබිම හා මුහුද අතර පවතින සුවිශේෂී පරිසර පද්ධතියකි. වෙරළ තීරයේ පවතින මෙම ශාක පද්ධති වෙරළ බාදනය අවම කිරීමට උපකාරී වන අතර, වෙරළ කලාපයේ ස්වභාවික ආරක්ෂක පවුරක් ලෙසද ක්‍රියා කරයි. එමෙන්ම කඩොලාන මුල් අතර කුඩා මසුන් සහ අනෙකුත් ජලජ ජීවීන් සඳහා ආරක්ෂිත වාසස්ථාන නිර්මාණය වේ. එබැවින් කඩොලාන පරිසර පද්ධතිය සුරැකීම යනු ශාක කිහිපයක් රෝපණය කිරීම පමණක් නොව, වෙරළ පරිසරයේ ජෛව විවිධත්වය ආරක්ෂා කිරීමේ පියවරක් ද වේ.

වෙරළ තීරයන් තිරන්තරයෙන් ස්වාභාවික හා මානව බලපෑම්වලට ලක්වන බැවින් ඒවා ආරක්ෂා කිරීමේ අවශ්‍යතාව දිනෙන් දින වැඩි වෙමින් පවතී. මෙම පසුබිම තුළ කඩොලාන පරිසර පද්ධති ආරක්ෂා කිරීම තුළින් වෙරළ තීරයේ ස්වාභාවික ආරක්ෂාව ශක්තිමත් කිරීමට, ඒ ආශ්‍රිත ජීවීන්ට අවශ්‍ය වාසස්ථාන රැක ගැනීමටත් හැකි වේ.

සෞඛ්‍ය පවුර ව්‍යාපෘතියේ තවත් වැදගත් අරමුණක් වන්නේ කඩොලානවල සැබෑ වටිනාකම පිළිබඳව ජනතාව අතර අවබෝධයක් ඇති කිරීමයි. ඒ සඳහා කඩොලාන පරිසර පද්ධතියේ වැදගත්කම, එය වෙරළ තීරයට ලබාදෙන ආරක්ෂාව සහ ජලජ ජීවීන් සඳහා එහි ඇති වටිනාකම පිළිබඳව ජනතාව දැනුවත් කිරීමේ වැඩසටහනක් පරිසර විශේෂඥයන්ගේ සම්පත් දායකත්වයෙන් පැවැත්වීමට ද අපේක්ෂා කෙරේ.

පරිසර සංරක්ෂණය සාර්ථක වීමට ව්‍යාපෘති ක්‍රියාත්මක කිරීම පමණක් ප්‍රමාණවත් නොවේ. ඒ සඳහා ජනතාවගේ සහභාගිත්වය හා පරිසරය පිළිබඳ නිවැරදි අවබෝධයද අවශ්‍ය වේ. එබැවින් සෞඛ්‍ය පවුර තුළින් කඩොලාන රෝපණය සමඟම පරිසරය සුරැකීමේ වගකීම පිළිබඳ සමාජ අවබෝධයක් ගොඩනැගීම කෙරෙහිද අවධානය යොමු කරයි.

මොරටුව විශ්වවිද්‍යාලීය ලියෝ සමාජය සහ Planet Protectors එක්ව ගෙන එන මෙම පියවර, අද සිටින අප වෙනුවෙන් පමණක් නොව අනාගත පරපුරට සුරක්ෂිත වෙරළ පරිසරයක් ඉතිරි කිරීම වෙනුවෙන් තබන හරිත පියවරක් වේ.

කඩොලාන පැළයක් රෝපණය කිරීම කුඩා ක්‍රියාවක් ලෙස පෙනුණද, එය වෙරළක් ආරක්ෂා කිරීමටත්, ජීවීන්ගේ වාසස්ථාන රැක ගැනීමටත්, පරිසරය පිළිබඳ මිනිසුන්ගේ ආකල්ප වෙනස් කිරීමටත් දායක විය හැකිය.

අපේ වෙරළ, අපේ වගකීමයි.

සෞඛ්‍ය පවුර - වෙරළ සුරකිමු, කඩොලාන රකිමු, අනාගතය සුරකිමු.

UOM LEOS AT LEO MULTIPLE AWARDS 2026

"Leo Multiple Awards 2026" organized by Leo Multiple District 306 Sri Lanka & Maldives, was a celebration of the dedication, leadership and service of Leo clubs across Sri Lanka. The prestigious ceremony was held on 28th of June at the Grand Maitland, Colombo 07, bringing together Leos to recognize and honour their outstanding achievements and contributions throughout the Leoistic year.



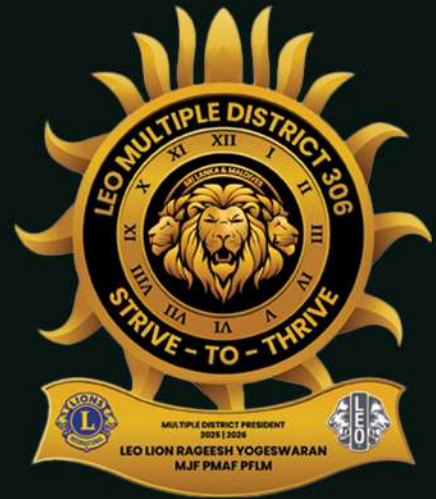
Leo Club of University of Moratuwa marked another proud moment at the awards ceremony with several recognitions for its club achievements, outstanding projects and individual excellence. These awards reflect the commitment and teamwork of members throughout the past Leoistic year.



UOM LEOS AT LEO MULTIPLE AWARDS 2026

PRESTIGIOUS TITLES FOR UOM LEOS

Leo Club of University of Moratuwa received several prestigious recognitions at the national level.



2

Best IT Enabled Club in Sri Lanka

2

Best Administered Leo Club in Sri Lanka

3

Most Outstanding University Based Omega Leo Club in Sri Lanka

3

Most Outstanding Leo Club in Sri Lanka

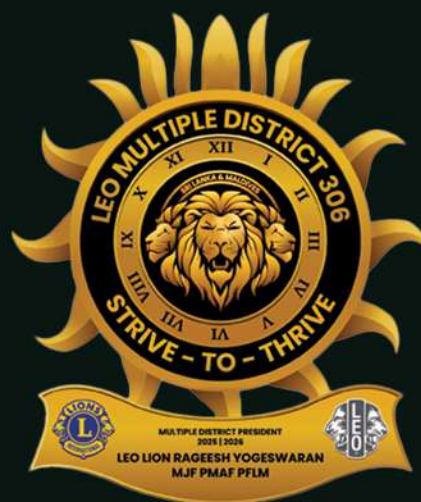


These achievements recognise the club's efforts in maintaining strong administration and creating a positive impact through its activities and service.

UOM LEOS AT LEO MULTIPLE AWARDS 2026

OUTSTANDING PROJECT ACHIEVEMENTS

The hard work behind several projects was also recognised at the awards. Projects conducted by UoM Leos received awards across different areas of service.



Winner Awards (Best Project)

- ♦ Best Project for Public Relations - THARKA 2026
- ♦ Best Project for Fund Raiser - HITHAWANTHI
- ♦ Best Joint Project with Non-Leo / Outside Organization - DEV{THON} 3.0
- ♦ Best Joint Intra District Project - DEV{THON} 3.0
- ♦ Best International Joint Project - HOPE



1st Runner Up Awards

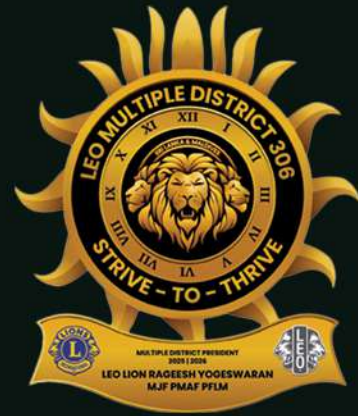
- ♦ Most Innovative Project - LEOLINK
- ♦ Best Project for Childhood Cancer - HOPE

These recognitions highlight the creativity and dedication behind each project. They also show the impact that can be created when members come together with a shared purpose.

UoM LEOS AT LEO MULTIPLE AWARDS 2026

CELEBRATING INDIVIDUAL EXCELLENCE

The achievements of UoM Leos were further strengthened by the recognition received by two former office bearers of the club.



Leo Hasitha Dhananjaya

1st Runner Up

**Most Outstanding Club President
in Sri Lanka**



Leo Lohan Ekanayake

1st Runner Up

**Most Outstanding Club Secretary
in Sri Lanka**

These recognitions celebrate their leadership and dedication throughout the Leoistic year 2025/26. Their achievements are also a reflection of the teamwork and support of the members who worked alongside them.

Every award represents more than a title or recognition. Behind each achievement are hours of planning, teamwork and dedication. From individual contributions to large-scale projects, every member played a part in making these achievements possible.

Leo Multiple Awards 2026 became a proud reminder of what UoM Leos can achieve when they work together towards a common goal. These recognitions inspire us to continue creating meaningful projects, serving the community and reaching greater heights. As the journey continues, UoM Leos look forward to carrying this spirit of service into the future with greater goals and stronger teamwork.

THEN NOW

Leo Janath Gunarathna

Leo Lahiru Chinthaka

“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 and responsibilities continue to evolve across generations. In this edition, we feature one of our former Club Treasurers Leo Janath Gunarathna alongside our Current Club Treasurer Leo Lahiru Chinthaka as they reflect on their experiences in financial management, fundraising and maintaining the financial strength of the club. Through their conversation, they share memorable experiences, challenges, lessons learned and their perspectives on the role of a Treasurer, connecting the club’s financial journey from the past to the present and looking towards the future.

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



The Treasurer is one of the three key leadership positions in a Leo Club and I wanted to take on a role where I could make a meaningful contribution to both my university life and my personal growth. That is why I joined the Leo Club and accepted the responsibility of becoming Treasurer.

I have noticed that many members become less active after graduating from university. However, those who take on leadership roles, especially the top three positions, often continue their Leo journey and remain connected to the club for many years. My Leo journey has given me countless memories, valuable experiences and lifelong friendships, far more than I ever expected. It has been one of the most rewarding chapters of my university life.



The main reason I wanted to take on the role of Treasurer was my passion for handling financial matters and my desire to take on an executive leadership role within a university community. Among the different clubs I could have joined, I chose Leo Club of University of Moratuwa because of the opportunities it provides to serve both the university and society.

Throughout this journey, I have gained valuable experience in financial management, leadership and personal growth. More importantly, being Treasurer has allowed me to see the positive impact that our club can create within the university community and society. It has taught me financial discipline, strengthened my leadership skills and helped me grow personally. Overall, becoming Treasurer has been a meaningful and rewarding part of my university journey.

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



I first met Lahiru during the interview board for the Treasurer position. He had a clear vision and a strong passion for taking on the role, while I had previous knowledge and experience to share. From the beginning, I could see his energy, enthusiasm and dedication, which stood out among the other candidates.



I first met him during the interview board for the Treasurer position and I still remember how he asked me some tricky questions to test me. Interestingly, that experience motivated me to understand and identify my own strengths and personality. As I worked with Leo Akindu during my time as Assistant Treasurer, I also saw his dedication to showing us the right path.

THEN NOW

Leo Janath Gunarathna

Leo Lahiru Chinthaka



As time passed, he worked closely with Akindu and continued to grow as a leader. Whenever he faced challenges, he reached out to us for advice and guidance. Today, seeing him serve as the Club Treasurer makes me proud. I truly believe he has the potential to become one of the best Treasurers our club has ever had, even better than me.



His financial guidance, life advice, appreciation and support in handling difficult situations have had a great impact on me. It made me realize that even after taking a leadership position, I should always look after and guide my fellows. I will always be grateful for his guidance and I am proud to continue the legacy built by the Treasurers before me. I hope to carry that legacy forward successfully.

3. Fundraising is one of the biggest responsibilities of a Treasurer. What has been your most memorable fundraising experience and what made it successful?



During my time as both Assistant Treasurer and Treasurer, I was involved in many successful fundraising projects, including TryLearn IT, food stalls, T-shirt sales, Phoenix and several other initiatives.

Among all of them, the most memorable experience was organizing the food stalls. Working together with my Treasurer Leo Dilmin made the experience enjoyable and unforgettable. Although it required a lot of hard work, teamwork, dedication and positive atmosphere made it a great success. More than the funds we raised, it was the memories, friendships and happiness we shared that made it truly special.



Among all the projects I worked on, HITHAWANTHI – Live in Concert 2025 remains the most memorable one for me. What made it special was not only the success we achieved, but the challenging environment in which we achieved it. Even with the difficulties we faced, we remained committed to reaching our goals and explored different ways to generate income, including franchise materials selling and movie showings. As a responsible person, I had to continuously monitor the financial side, coordinate with different parties, follow up on payments and support the team in making practical decisions. The project also taught me that fundraising is not simply about collecting money; it requires creativity, proper planning, communication and the ability to adapt when the original plans do not work as expected. Seeing the team come together, overcome challenges and eventually achieve a profit what was extremely rewarding. Later, seeing HITHAWANTHI being recognized as the Most Outstanding Fundraising project made the experience even more meaningful. More than the financial achievement, the project taught me that even in a tough environment, a determined team can find new paths to reach its goals.

4. Managing a club's finances requires accuracy and responsibility. What has been the biggest financial challenge you've faced and how did you overcome it?



From the beginning of Leoistic year, we maintained proper financial records by collecting bills, recording income and expenses, preparing vouchers and keeping our accounts updated.



For me, the biggest financial challenge was managing the club's cash flow while handling several large-scale projects simultaneously. At times, multiple projects were running together, with sponsorship income, district payments, reporting coming at different stages.

THEN NOW

Leo Janath Gunarathna

Leo Lahiru Chinthaka



Because of this disciplined approach, we were able to manage the club's finances accurately and maintain transparency throughout the year.

One of our biggest challenges was raising enough funds for some projects. However, through careful planning, teamwork and continuous fundraising efforts, we were able to secure the required funds and successfully complete every project.



The challenge was not simply recording the transactions, but ensuring that every payment was properly planned, supported by documentation and reflected accurately in the financial records without affecting the financial stability of the club. I overcame this by maintaining continuous communication with past treasurers and the executive committee, closely monitoring income and expenses and keeping proper records and supporting documents for every transaction. I also learned to plan ahead rather than waiting until a financial issue arose. Regularly comparing the actual financial position with the expected cash flow helped me identify gaps early and make better decisions. Most importantly, I understood that being a treasurer is not only about handling money; it is about protecting the trust placed in me by the club and ensuring that every rupee is accounted for responsibly and transparently.

5. Janath, what advice would you give to the current and future Treasurers to ensure strong financial management and sustainable fundraising?



Time changes, new generations join the university, and the economic environment continues to evolve. My advice is to embrace new ideas while getting from the experiences of past and present members. Don't be afraid to introduce fresh fundraising methods that suit the current generation.

If you are selected as Treasurer, carry out your responsibilities with honesty, accuracy, humility and integrity. Always keep transparent financial records, plan ahead and remember that every decision you make affects the club. Learn from the past, but don't be limited by it. Continue improving, stay innovative and always do your best for the club and its members.

I wish all the current and future Treasurers the very best in their journey.

5. Lahiru, what is your vision for the financial future of Leo Club of University of Moratuwa and what improvements do you hope to introduce?



My vision for the financial future of Leo Club of University of Moratuwa is to build a stronger and more sustainable financial foundation while reducing the financial burden on directors and prospects. During my term, I want to do my best for the club by maintaining transparency, proper planning, accountability and efficient financial management with proper reporting. I also hope to reduce our dependency on traditional fundraising methods while exploring more sustainable and innovative approaches to generate income.

Another important goal is to develop my assistant and prepare him for future responsibilities. I want to share my knowledge and experience with him so that he can confidently carry the responsibility forward. Ultimately, I hope to hand over a financially stronger club with better systems, knowledge and practices than I received, while learning from the experiences of past Treasurers.

SPARK

NANOTECHNOLOGY

The Invisible Revolution

Have you ever wondered how something as small as a water droplet can reveal a world of scientific possibilities? Or how a simple lotus leaf can remain remarkably clean despite growing in muddy water? These ordinary observations may seem insignificant, yet they can inspire questions that lead to extraordinary discoveries.

The surface of a lotus leaf provides one such example. Water droplets do not easily spread across it. Instead, they form tiny spheres and roll away, carrying dirt with them. This phenomenon, known as the "lotus effect," is linked to the microscopic and nanoscale structures present on the leaf's surface. What appears to be a simple feature of nature demonstrates how structures too small to see can produce remarkable properties.

This is where the spark of nanotechnology begins. Nanotechnology focuses on understanding and manipulating matter at the nanoscale, where dimensions are measured in billionths of a meter. At this level, materials can exhibit properties that are significantly different from those observed at larger scales. A small change in structure can therefore produce a significant change in performance.

One of the earliest sparks for this way of thinking came from physicist Richard Feynman. In his influential 1959 lecture, "There's Plenty of Room at the Bottom," Feynman challenged scientists to consider the possibilities of manipulating matter at extremely small scales. His ideas were ahead of the technology available at the time, but they encouraged scientists to imagine a new frontier of engineering. The term nanotechnology was later introduced by Norio Taniguchi in 1974.

Transforming these ideas into practical applications requires decades of research and technological development. Scientists and engineers had to develop new methods to observe, manipulate, manufacture and control materials at the nanoscale. Gradually, what began as curiosity and scientific imagination became an important area of modern technology.

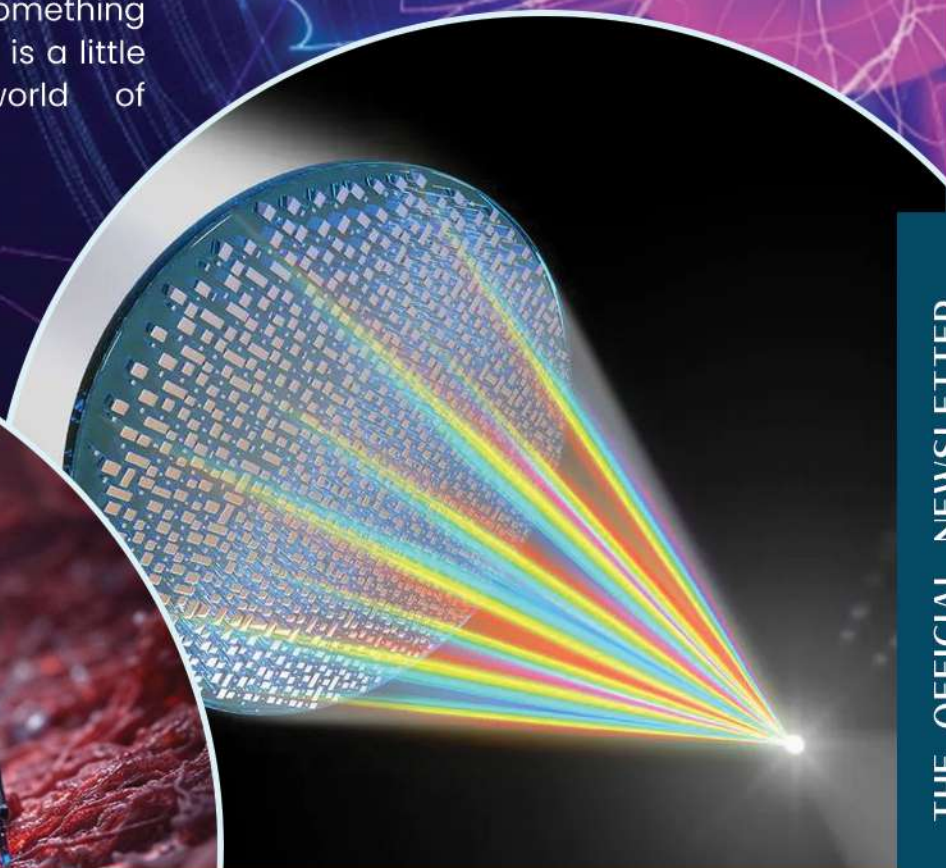
SPARK

NANOTECHNOLOGY

The Invisible Revolution

Today, the impact of nanotechnology can be seen across healthcare, electronics, energy, environmental applications and textiles. Nanomaterials are being explored for targeted drug delivery, advanced sensors, efficient energy storage and improved solar technologies. In the textile industry, nanoscale engineering has contributed to fabrics with water and stain resistance, antibacterial properties, UV protection and enhanced durability.

The journey of nanotechnology shows how a small curiosity can lead to a remarkably significant impact. A question about the behavior of matter, an observation from nature or an idea about what might be possible can become the starting point for an entire technological revolution. That is the true meaning of a spark. It does not have to be large to create something significant. Sometimes, all it takes is a little curiosity to illuminate a world of possibilities.



MY LEO EXPERIENCE

I am Pasan Amarakoon and I currently have the privilege of serving as the Vice President of Leo Club of University of Moratuwa. Looking back on my journey, becoming a Leo has been one of the most fulfilling decisions of my university life. What drew me to Leo Club of University of Moratuwa was its purpose. Unlike many university clubs that primarily focus on student activities or academic development, the Leo movement is driven by community service and creates a positive impact on society. Through meaningful projects and initiatives, the club continuously works to uplift different sectors of society. Knowing that I could contribute to something larger than myself while making a tangible difference in people's lives inspired me to become a part of this remarkable organization.

As I reflect on my Leo journey, there are several experiences that have shaped my perspective and made this journey truly meaningful. One project that left a lasting impression on me was LEAP, a two-day leadership development project conducted for school students. I had the privilege of serving as the Project Chair when we organized the project at a school in Morawaka. What made this experience truly meaningful was learning that the same project had been conducted at the school four years earlier. The school had witnessed a remarkable improvement in their confidence, leadership qualities and overall personality after the previous leap, which eventually led to many of these students being appointed as prefects. This positive impact was what inspired the school to request LEAP once again. Seeing how the efforts of Leos could create an impact that lasted years beyond the project itself showed me the true power of meaningful service and leadership development.

Hope³ was another experience that strengthened my belief in the true purpose of the Leo movement. Witnessing the proceeds being donated to the Children's Ward of the Cancer Hospital instead of being retained for the club's own development showed me that the Leo movement is not just about organizing successful projects, but about transforming those efforts into meaningful change for those who need it most. Through these experiences, I realized that the Leo Club was truly a place where I could do everything I had always wanted to do.

Another memorable experience was Holi Fest, which I had the opportunity to chair. The project demanded immense dedication, coordination, teamwork and working tirelessly with the team to make it a success taught me the importance of commitment and taking responsibility for every detail. The club never expects its members to fit into a predefined mold. Every Leo is encouraged to be authentic, share unique perspectives and contribute ideas freely.

Through every project, directors, project chairs, organizing committee members, prospects and participants grow together in confidence, empathy and leadership.

I firmly believe that unity, respect and honesty are the three pillars that strengthen our club. When every Leo works with these values, trust is built naturally, creating a strong foundation that enables us to achieve far more together.

To me, L.E.O. is far more than a service organization. It is a place where individuals are given Opportunities, meaningful Experiences and the chance to develop into responsible Leaders. So, let us all come together, embrace these opportunities, create meaningful experiences and build the leaders our society needs.



Leo Pasan Amarakoon

Club Vice President
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 honoured to feature **Lion Chathuranga Gunasekara**, a distinguished UoM Leo who served as Club President in Leoistic year 2012/13. His Leo journey extended beyond the club into District and Multiple District leadership. After more than a decade, he returned to the club as Club Advisor in Leoistic year 2024/25, reconnecting with the next generation of UoM Leos. In his heartfelt reflection, he shares the memories, friendships, leadership experiences and lifelong lessons that made his Leo journey one he will always carry in his heart.

More than a decade has passed since I first stepped into the world of Leoism at Leo Club of University of Moratuwa. Yet, when I look back, it feels as though those days were only yesterday – the meetings that went on longer than planned, the endless discussions, the last-minute preparations, the laughter, the challenges and above all the incredible friendships we built along the way.

Serving as Vice President in Leoistic year 2011/12 and later as President in Leoistic year 2012/13 was one of the most defining chapters of my university life. That year, our team dreamed, struggled, worked and celebrated together. Being recognized as the Most Outstanding Leo Club of the District and receiving recognition as an outstanding Club President were memorable milestones, but what remains closest to my heart are the people and the countless moments we shared while serving together.

My journey then took me beyond the club, into district and multiple district leadership, giving me the privilege of working with hundreds of young people across Sri Lanka. From coordinating programs and activities to chairing the 2016 Leo District Conference and representing Sri Lanka at the first ever Leo ISAAME Forum in Colombo and youth exchange program in Malaysia, every experience taught me something new about leadership, service, friendships and sharing life.

Perhaps the most beautiful part of my Leo journey is that it never truly ended. More than ten years later, I had the privilege of returning as Club Advisor in Leoistic year 2024/25. Walking back into the club, seeing a new generation of Leos carrying forward the same spirit, brings back memories I had thought time had gently tucked away.

Looking back, I realize Leo gave me far more than titles or achievements. It gave me lifelong friendships, unforgettable memories, the courage to lead and a purpose to serve.

Some chapters end. Some journeys stay with you forever.

Leo is one of those journeys I will always carry in my heart.



Lion Chathuranga Gunasekara

MORA INSIGHTS

Quantum Computing Comes to University of Moratuwa

A new step in technology has come to University of Moratuwa with the establishment of Sri Lanka's second quantum computer at the Department of Computer Science and Engineering. Unlike normal computers, which use bits as 0s and 1s, quantum computers use qubits. Qubits work based on the principles of quantum mechanics and can help solve some complex problems in new ways.

The new system uses Nuclear Magnetic Cubic technology, like the technology used by University of Colombo. It has two physical qubits and a quantum simulator, allowing students and researchers to learn using both real equipment and simulations. Two qubits may seem small compared to the large quantum computers being developed around the world. However, the main value of this system is the opportunity it gives students. They can now get direct experience with real quantum computing technology. Students and researchers can learn about quantum gates, quantum circuits, superposition and entanglement. They can also conduct experiments and see how quantum computing works in practice, rather than learning only through theory.

This new development follows the quantum computing workshops previously held at University of Moratuwa. These workshops introduced students to the basics of quantum computing, while the new system gives them a chance to take that knowledge into practice.

The quantum computer is more than just a new piece of equipment. It is an investment in education, research, innovation and the future. As quantum computing continues to grow around the world, this opportunity can help students gain new knowledge and skills in an important field of technology. With this achievement, University of Moratuwa continues to give students and researchers opportunities to explore new technologies and prepare for the future of computing.

From learning about quantum computing to working with real quantum technology, a new chapter has begun at University of Moratuwa.



FUTURE READY

Building a Sustainable Career with Purpose

As the world faces growing environmental challenges, sustainability is no longer just a global responsibility. It is also one of the most promising career paths for today's university students. Climate change, resource depletion, biodiversity loss and increasing demand for sustainable development have created opportunities for graduates to build meaningful careers while making a positive impact on society and the planet.

Across industries, organizations are adopting environmentally responsible practices to reduce their carbon footprint and meet international sustainability goals. And they try to follow 17 SDGs (Sustainable Development Goals) to become a good company or organization. As a result, there is a rising demand for professionals who understand sustainable business strategies, environmental management, renewable energy, waste reduction and responsible resource use. Careers in sustainability are no longer limited to environmental science; they now span business, tourism, engineering, agriculture, finance, architecture, fashion and technology.

For students, this shift presents exciting opportunities. Graduates can work as sustainability consultants, environmental analysts, renewable energy specialists, corporate social responsibility (CSR) officers, climate policy advisors or sustainable tourism managers. Many multinational companies and public institutions are actively seeking employees who can help integrate sustainability into everyday operations, making green skills increasingly valuable in the job market.

Universities also play a vital role in preparing students for these emerging careers. Through research projects, community engagement programmes, internships and interdisciplinary learning, students gain practical experience in addressing real-world environmental issues. Participating in campus sustainability initiatives, volunteering for conservation projects or joining environmental clubs can further develop leadership, teamwork and problem-solving skills while demonstrating a commitment to sustainable development.

Importantly, sustainability is not just about protecting the environment; it is about creating long-term economic growth and social well-being. Businesses are recognizing that sustainable practices can improve efficiency, reduce costs, strengthen their reputation and build resilience in an increasingly competitive world. Professionals who understand this balance will be well positioned to lead organizations into the future.

As students prepare for life beyond university, considering sustainability as a career choice offers more than employment opportunities. It provides the chance to contribute to global challenges while building a rewarding and future-focused profession. By developing green skills, staying informed about environmental issues and embracing innovation, today's graduates can become the leaders who shape a more sustainable world. In a rapidly changing job market, careers with purpose are becoming careers with lasting impact, making sustainability one of the most valuable investments students can make in their future.

LEO OF THE MONTH

1. How would you like to describe yourself?



I would describe myself as a friendly and easy-going person who enjoys being around others and living freely. However, when I am given responsibility, I take it seriously and always try my best to handle it with dedication and commitment. I genuinely enjoy helping people and I believe this is one of the reasons why I became more interested in participating in the events and activities organized by Leo Club of University of Moratuwa.

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



Honestly, I only found out that I had been selected as the "Leo of the Month" when I was told about it. I did not even know that such recognition existed and I had never worked on any project expecting an award or recognition. I usually take part in projects for several reasons for the self-satisfaction I get from contributing because the experiences and skills I gain will be valuable for my future and most importantly because I believe that if we have something to give, we should be willing to share it with others. Therefore, being selected was genuinely a pleasant surprise and I am truly happy and grateful for this recognition.

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



My main motivation for joining the Leo Club was the opportunity to help others while gaining new experiences. I wanted to be part of a community where I could contribute to something meaningful, learn new skills and meet new people. I believe that every experience we gain through working with others helps us grow as individuals.

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 relatively short as I joined the club about one and a half months ago. I initially joined to contribute to the Shilpasara project where I currently serve as the Chairman. Although I have been a member for only a short period, I have already gained valuable experience through taking on responsibilities and working with different people. I look forward to getting involved in more events and projects in the future.



Kavindu Dulan

Prospect

Leo Club of University of Moratuwa

LEO OF THE MONTH

5. Is there a specific project you have enjoyed working on the most?



The project I am currently enjoying the most is Shilpasara. I genuinely enjoy the work we are doing because it gives me an opportunity to contribute to something meaningful. As the Chairman I understand that the role comes with a significant amount of responsibility and that has challenged me to become more committed and responsible. What I appreciate most is the teamwork. Everyone involved is putting in their effort and working together towards the same goal which makes the experience very rewarding.

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



One experience I will always remember is the first mathematics seminar I participated in at Kottawa Ananda Vidyalaya. It was my first experience being involved in a seminar through the club and it gave me the opportunity to experience many new things. From interacting with students to working with the team and being part of the entire process. I gained a lot of valuable experiences that day. Since it was my first seminar experience with the club, it became a particularly memorable moment in my journey.

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



Being part of the Leo Club has helped me improve in many ways especially in managing responsibilities and working with others. Through the events and projects, I have been involved in I have learned how to manage different tasks and handle responsibilities more effectively. This club also gave me the opportunity to be part of my first project at university. I have learned how to work as a team, communicate with different people and find solutions when challenges arise. These experiences have helped me grow personally and I hope to continue contributing through more projects in the future.

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



Balancing academic work with Leo Club responsibilities can definitely be challenging when both require time and attention. However, I try to manage my time properly without letting one responsibility affect the other. I make sure to give the necessary attention to my academic work while completing my responsibilities within the club. Proper time management and prioritizing tasks are important to me. Although it can sometimes be difficult, I believe that with good planning and commitment both can be managed successfully.

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



At the moment I do not have any specific position or goal that I am aiming for within the club. Since I am still relatively new, I would first like to gain more experience by getting involved in different projects and activities. I believe that these experiences will help me understand the club better and discover where I can contribute the most. As I gain more experience, I hope to develop my own ideas and take the initiative to do something meaningful for the club in the future.

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



I would encourage everyone to get involved even if you are not sure what you can contribute to first. Sometimes the most valuable experiences come from being willing to take responsibility, work with others and step outside your comfort zone. I also believe that we should not always work with the expectation of receiving recognition. If we have something we can give to others even in a small way we should be willing to share it. The experiences, friendships, skills and satisfaction we gain along the way are valuable in themselves. So, I encourage everyone to take every opportunity to learn, contribute and grow together.

“මිනිසෙකුගේ සැබෑම ධනය රන් රිදී නොව, ඔහුගේ නිරෝගීකමයි”
- මහත්මා ගාන්ධි -

දුම්පානය කරන ඔබත් ඒ අසල ගැවසෙන ඔබත් මෙම නිහඬ මාරයා පිළිබඳව දැනුවත් ද?

මිනිස් සිරුර නිර්මාණය වී ඇත්තේ ඉතා කුඩා සෛල විශාල ප්‍රමාණයක එකතුවකිනි. සාමාන්‍යයෙන් අපගේ සිරුරේ පැරණි හෝ හානියට ලක් වූ සෛල මියගොස් ඒ වෙනුවට නව සෛල නිර්මාණය වීමේ ක්‍රියාවලිය ක්‍රමානුකූලව සිදුවේ. නමුත්, යම් හේතුවක් නිසා මෙම ක්‍රියාවලිය පාලනයෙන් ගිලිහී ගොස් අසාමාන්‍ය ලෙස සෛල බෙදීමට හා අසීමිත ලෙස වර්ධනය වෙමින් පටක ආක්‍රමණය කිරීමට පටන් ගනී. මිනිස් සිරුරේ සෛලවල සිදුවන මෙම අසාමාන්‍ය වර්ධනය ‘පිළිකාව’ ලෙස හඳුන්වනු ලැබේ.

මිනිස් සිරුරේ ඕනෑම ස්ථානයක මේ ආකාරයට පිළිකා සෛල හටගත හැකිය. මෙම පිළිකා සෛල නිරෝගී පටක විනාශ කරමින්, රුධිරය හෝ වසා පද්ධතිය හරහා ශරීරයේ සෙසු ප්‍රදේශවලටද පැතිර යාමේ හැකියාව ඇත. පිළිකාවක් ආරම්භ වන සෛල වර්ගය සහ පටක අනුව ඒවා ප්‍රධාන කාණ්ඩවලට බෙදා දක්වයි. ඒ අතරින් මුඛ පිළිකා, පියයුරු පිළිකා, පෙනහළු පිළිකා සහ ගැබ්ගෙල පිළිකා ශ්‍රී ලංකාව තුළ බහුලව දක්නට ලැබෙන පිළිකා වර්ග වේ.

බහුලවම පිරිමි පුද්ගලයන් අතර දක්නට ලැබෙන පෙනහළු පිළිකා, ලෝකයේ වැඩිම මරණ සංඛ්‍යාවක් සඳහා හේතුවන පිළිකා අතර ප්‍රධාන ස්ථානයක් ගනී. පර්යේෂණවලට අනුව, පෙනහළු සෛලවල DNA හි සිදුවන වෙනස්කම් හේතුවෙන් සෛල පාලනයකින් තොරව වර්ධනය වීමෙන් මෙම රෝගය ඇතිවේ. මෙහි මුල් අවධියේදී පැහැදිලි රෝග ලක්ෂණ නොපෙන්වීම නිසා බොහෝවිට රෝගී තත්ත්වය හඳුනා ගන්නා විට ප්‍රමාද වේ. දිගුකාලීන කැස්ස, කැස්ස සමග රුධිරය පිටවීම, පපුවේ ඇතිවන වේදනාව, හුස්ම ගැනීමේ අපහසුව, කටහඬ වෙනස්වීම, බර අඩුවීම හා අධික තෙහෙට්ටුව වැනි රෝග ලක්ෂණ මූලික අවධියේදී දැකගත හැකිවේ. පර්යේෂණවලින් අනාවරණය කරගෙන ඇති ආකාරයට අඩු මාත්‍රාවේ CT ස්කෑන් පරීක්ෂාව මගින් අවදානම් කණ්ඩායම්වල පුද්ගලයින්ගේ පෙනහළු පිළිකාව ඉක්මනින් හඳුනාගෙන මරණ අවධානම සැලකිය යුතු ලෙස අවම කරගත හැක. පෙනහළු පිළිකා සඳහා වන ප්‍රතිකාර ක්‍රම රෝගයේ වර්ගය, අදියර සහ රෝගියාගේ සෞඛ්‍ය තත්ත්වය අනුව වෙනස් වේ.

ප්‍රධාන වශයෙන් පෙනහළු පිළිකා වර්ග දෙකකි.

♦ කුඩා සෛල පෙනහළු පිළිකා (SCLC) - මෙය එතරම් සුලභ නොවන අතර, පෙනහළු පිළිකා රෝගීන්ගෙන් (10-15%) ක් පමණ SCLC වලට හේතු වේ. එය ඉක්මනින් ගුණනය වී ශරීරයේ අනෙකුත් කොටස් වලටද පැතිරෙයි.

♦ කුඩා නොවන සෛල පෙනහළු පිළිකා (NSCLC) - මෙය පෙනහළු පිළිකා වල සුලභ වර්ගයකි. පෙනහළු පිළිකා රෝගීන්ගෙන් (80-85%) ක් පමණ (NSCLC) රෝගීන්ය.

පිළිකා සෛලවල පටක විද්‍යාව මත පදනම්ව, (NSCLC) වර්ගය තීරණය වේ. (NSCLC) උප වර්ග වන්නේ:

♦ ඇඩිනොකැරිනෝමා - මෙය ශ්ලේෂ්මල ස්‍රාවය කරන සෛල තුළ සිදු වේ. එය සාමාන්‍යයෙන් දුම් පානය කරන්නන් තුළ සිදු වන නමුත් දුම් නොබොන්නන් තුළද බහුලව දක්නට ලැබේ.

♦ පැල්ලම් සෛල පිළිකාවක් - මෙය පෙනහළු වල විශාල ශ්වසන මාර්ග වලින් ආරම්භ වේ.

♦ විශාල සෛල පිළිකා - මෙය පෙනහළු වල ඕනෑම කොටසක ඇති විය හැක.



සුව දිවියකට මග

SCLC අදියර දෙකකින් සමන්විත වේ.

- ♦ සීමිත අදියර - පිළිකාව එක් පෙනහළුවක පැතිරී ඇත.
- ♦ පුළුල් වේදිකාව - පිළිකාව පෙනහළු සහ පපුව පුරා පැතිරී ඇත.

NSCLC හි අදියර පහත පරිදි වේ.

- ♦ ගුප්ත අවධිය - මෙම අදියරේදී, ස්පුටම් පරීක්ෂණයක් මගින් පිළිකා සෛලය හඳුනාගත හැකි නමුත් රුපගත කිරීමේදී රෝග විනිශ්චය නොකෙරේ.
- ♦ අදියර 0 - අසාමාන්‍ය සෛල වාත මාර්ගවල ශ්ලේෂ්මල පටලවල පැවතිය හැකිය.
- ♦ අදියර 1 - මෙහිදී, පෙනහළු පිළිකා ගෙඩිය පෙනහළු පටකවල සෙන්ටිමීටර 4 ට වඩා විශාල නමුත් වසා ගැටිති දක්වා පැතිරී නොමැත.
- ♦ අදියර 2 - ගෙඩිය වසා ගැටිති දක්වා පැතිරී තිබිය හැක.
- ♦ අදියර 3 - පිළිකාව පපුවේ බිත්තියේ ශ්ලේෂ්මල පටලය දක්වා පැතිරී ඇත.
- ♦ අදියර 4 - පිළිකාව ශරීරයේ අනෙකුත් කොටස් වලට (මොළය, අක්මාව සහ වකුගඩු වැනි) පැතිරී ඇති අතර එය හැදින්වෙන්නේ පාරදාශ්‍ය පෙනහළු පිළිකා ලෙසය.

පෙනහළු පිළිකාවේ තුන්වන සහ හතරවන අදියර සඳහා ප්‍රතිකාර කළ හැකි අතර, කඩිනම් ප්‍රතිකාර මගින් රෝගියාගේ ආයු කාලය දීර්ඝ කළ හැකිය. හොඳම ප්‍රතිකාර ලෙස රසායනික චිකිත්සාව, ඉලක්කගත චිකිත්සාව, විකිරණ චිකිත්සාව, ප්‍රතිශක්තිකරණ චිකිත්සාව සහ සැත්කම් සිදුකළ යුතුය.

පර්යේෂණ මගින් පෙන්වා දී ඇත්තේ 85-90% ක පමණ පෙනහළු පිළිකා රෝගීන්ගේ ප්‍රධාන අවදානම් සාධකය දුම්පානය බවයි. එසේ වුවද, ලොව පුරා පෙනහළු පිළිකා රෝගීන්ගෙන් 10-20% ක් පමණ දුම් නොබොන පුද්ගලයන් වේ. තමන් දුම් නොබොන පුද්ගලයෙකු වුවද, දුම් පානය කරන පුද්ගලයින් සමග නිතර සිටීමෙන් මෙම රෝගයට ගොදුරුවීමේ අවදානම වැඩිවේ. මීට අමතරව රැඩෝන් වායුව, ඇස්බැස්ටෝස්, සිලිකා, ආසනික් වැනි හානිකර රසායනික ද්‍රව්‍ය සහ ජානමය සාධකයන්ද පෙනහළු පිළිකා ඇතිවීමට බලපායි. රැඩෝන් යනු ගන්ධ රහිත හා වර්ණ රහිත විකිරණශීලී වායුවකි. එය නිවාස තුළ පවා එකතු විය හැකි අතර, දුම්පානයට පසු පෙනහළු පිළිකාවට දෙවන ප්‍රධානතම හේතුව ලෙස සැලකේ.

පෙනහළු පිළිකා ඇතිවීමේ අවදානම සම්පූර්ණයෙන්ම වළක්වා ගත නොහැකි වුවද අවදානම අවම කරගත හැකිය. දුම් පානයෙන් සම්පූර්ණයෙන්ම වැළකීම, දුම් බොන්නන් අසල නොරැඳීම ප්‍රධාන වශයෙන්ම කළ යුතුය. රැඩෝන් වායුවෙන් ආරක්ෂා වීම, ඇස්බැස්ටෝස්, ආසනික්, සිලිකා, නිකල් වැනි රසායනික ද්‍රව්‍ය භාවිත කරන්නේ නම් අදාළ ආරක්ෂිත පියවරයන් අනුගමනය කළ යුතුය. සෞඛ්‍ය සම්පන්න ආහාර රටාවක් අනුගමනය කිරීම, දිනපතා ශාරීරික ව්‍යායාමවල නිරත වීම වැනි යහපත් සෞඛ්‍ය පුරුදු පුහුණු කළ යුතුය.

පෙනහළු පිළිකාව යනු ඇසු සැණින් බිය විය යුතු තත්ත්වයකට වඩා නිසි දැනුවත්භාවය සහ පූර්ව හඳුනාගැනීම තුළින් පාලනය සහ සුවපත් කළ හැකි රෝගී තත්ත්වයකි. නිහඬ මරුවෙකුගේ වෙසින් එන මෙම රෝගී තත්ත්වයෙන් ඔබේ ජීවිතය ආරක්ෂා කරගැනීමට අදම අවදානම් සහිත තත්ත්වයන්ගෙන් මිදී යහපත් සෞඛ්‍ය පිළිවෙත් අනුගමනය කරන්න.





Leading with Purpose

Leadership is more than holding a title or taking charge of a team. It is about inspiring others through our actions, making responsible decisions and creating a positive impact wherever we serve. A true leader leads with honesty, integrity and compassion, earning the trust and respect of others. Leadership begins with the willingness to take initiative, accept responsibility and work toward a meaningful goal. It is not measured by authority but by the positive difference we make in the lives of others. Every act of leadership, no matter how small, has the power to encourage, unite and inspire people to work towards a common purpose.

Leading with purpose means understanding why we choose to lead. Purpose-driven leaders focus on serving others rather than seeking recognition. They communicate openly, listen to different perspectives and encourage teamwork to achieve shared goals. They remain committed to their values even during challenges and see obstacles as opportunities to learn and grow. By leading with empathy, resilience and determination, they inspire confidence and motivate others to contribute their best. Every purposeful leader understands that leadership is about empowering people, building trust and creating an environment where everyone can succeed together.

A real example of purposeful leadership can be found in many Leo Club service projects. Whether organizing a blood donation campaign, an environmental initiative or an educational program, challenges often arise unexpectedly. Sometimes resources are delayed, volunteers become unavailable or weather conditions disrupt carefully planned activities. In these moments, Leo leaders do not focus on the obstacles. Instead, they communicate effectively, encourage teamwork and adapt their plans while keeping the project's purpose at the center of every decision. Their ability to remain calm, motivate fellow members and work together ensures that the community continues to benefit from their service.

These experiences remind us that true leadership is demonstrated not when everything goes according to plan, but when we respond positively to unexpected challenges.

For Leos, leadership is at the heart of service. Every project we organize, every initiative we undertake and every community we support reflects our commitment to creating meaningful changes. Leo leadership is built on teamwork, respect, creativity and compassion. By leading with purpose, serving with humility and inspiring others through our actions, we strengthen our clubs, empower our communities and create a lasting legacy of service. True leadership is not about standing in front of others but about standing beside them, encouraging them and growing together toward a shared vision.

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 Vinuk Thismalpola, District President of Leo District 306 D1, 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.

My name is Leo Lion Vinuk Thismalpola and I have the privilege of serving as the District President of Leo District 306 D1 for the Leoistic Year 2026/27. Having previously served at both club and district levels, Leoism has become much more than a voluntary organisation to me; it has become a platform that has shaped my leadership, broadened my perspective and reinforced my belief that meaningful service begins with meaningful values.

Leo District 306 D1 may be the smallest district in Sri Lanka in terms of geographical area, but it has consistently demonstrated that excellence is never determined by size. Our district is home to passionate, resilient and innovative Leos who continue to make a remarkable impact within their communities while setting high standards across the Multiple District.

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

My Leo journey began with a simple desire to serve. What I discovered along the way was a family that constantly challenged me to grow beyond my comfort zone. Every project, every meeting and every leadership opportunity became a lesson in teamwork, resilience and responsibility.

I have been fortunate to serve in various leadership capacities, each teaching me that leadership is not about holding a position but about creating opportunities for others to succeed. The encouragement I received from mentors, fellow Leos and Lion leaders inspired me to accept greater responsibilities, eventually leading me to this role as District President.

For me, leadership has never been about individual achievement. It is about empowering others to recognise their own potential and creating an environment where everyone can contribute towards a shared purpose.

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

Our district theme this year is "Values Lead Purpose." It reflects my belief that every successful organisation is built upon values that guide its decisions, strengthen its culture and define its legacy.

My vision for Leo District 306 D1 is founded upon four key commitments.

The first is strengthening governance by establishing structured, accountable and professional systems that ensure continuity and institutional excellence.

The second is fostering trust through transparency by encouraging openness, integrity and clear communication across every level of our district.

The third is empowering communities through impactful service by promoting sustainable projects that create genuine and lasting change.

Finally, we aim to inspire collective excellence through leadership and teamwork by developing confident leaders who believe in collaboration, innovation and shared success.

Together, these commitments are designed to create a district where every Leo feels valued, every club is supported and every service initiative reflects our purpose as volunteers.

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

One of the initiatives closest to my heart is our focus on strengthening governance and creating sustainable systems within the district. While service projects often receive the greatest visibility, I strongly believe that meaningful impact begins with strong organisational foundations.

By improving administrative structures, encouraging transparency and introducing more efficient processes, we are creating an environment where clubs can focus their energy on innovation and service rather than unnecessary obstacles.

Alongside this, we are also encouraging clubs to embrace technology, improve communication and share ideas more openly. In today's world, collaboration should never be limited by geography, and we hope to create stronger connections among our clubs while encouraging innovation in community service.



LEOS AROUND THE ISLAND

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

The most rewarding part of this journey has been witnessing the growth of others.

There is something incredibly fulfilling about seeing a first-year Leo confidently chair a meeting, watching a young club president lead with maturity or seeing clubs support one another without expecting recognition.

Awards and achievements are certainly memorable, but the greatest reward comes from knowing that our leadership has helped someone discover confidence, purpose and the courage to serve.

Those moments remind me that leadership is ultimately about people.

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

One of the greatest challenges in leadership is managing diversity. Every club has its own identity, every member has different perspectives and every community has different needs.

Rather than viewing these differences as obstacles, I see them as opportunities to learn and grow.

Communication has been one of the most effective tools in overcoming challenges. Listening carefully, encouraging honest conversations and making decisions transparently help build trust within teams. I also believe that adaptability is essential. Effective leaders do not simply react to change, they prepare for it and guide others through it.

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

I believe collaboration begins by creating an environment where every idea is welcomed and every member feels empowered to contribute.

We encourage clubs to share best practices, develop joint initiatives and explore innovative approaches to service by learning from one another. Innovation does not always require large budgets or advanced technology; sometimes it begins with a simple conversation and a willingness to approach familiar challenges differently.

As a district, we also hope to strengthen inter-club relationships because when clubs collaborate instead of competing, the impact of Leoism becomes far greater than what any one club could achieve alone.

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

Never underestimate the influence you have, regardless of your position or experience.

Leadership is not defined by titles, badges or appointments. It is defined by the positive difference you make in the lives of others.

Be curious enough to keep learning.

Be humble enough to keep listening.

Be courageous enough to embrace challenges.

And above all, never compromise your values for temporary success.

Projects will end. Positions will change. Awards will eventually become memories. But your integrity, your compassion and the way you make people feel will always define your legacy.

As Leos, we have an incredible opportunity to build stronger communities while developing ourselves as ethical leaders. Let us continue to prove that impact is not determined by the size of a district or a club, but by the strength of our values and the sincerity of our purpose.

Because when our values lead every decision we make, our purpose becomes the legacy we leave behind.



PEARL OF HERITAGE

DAMBULLA VIHARAYA and the Timeless Art on Stone

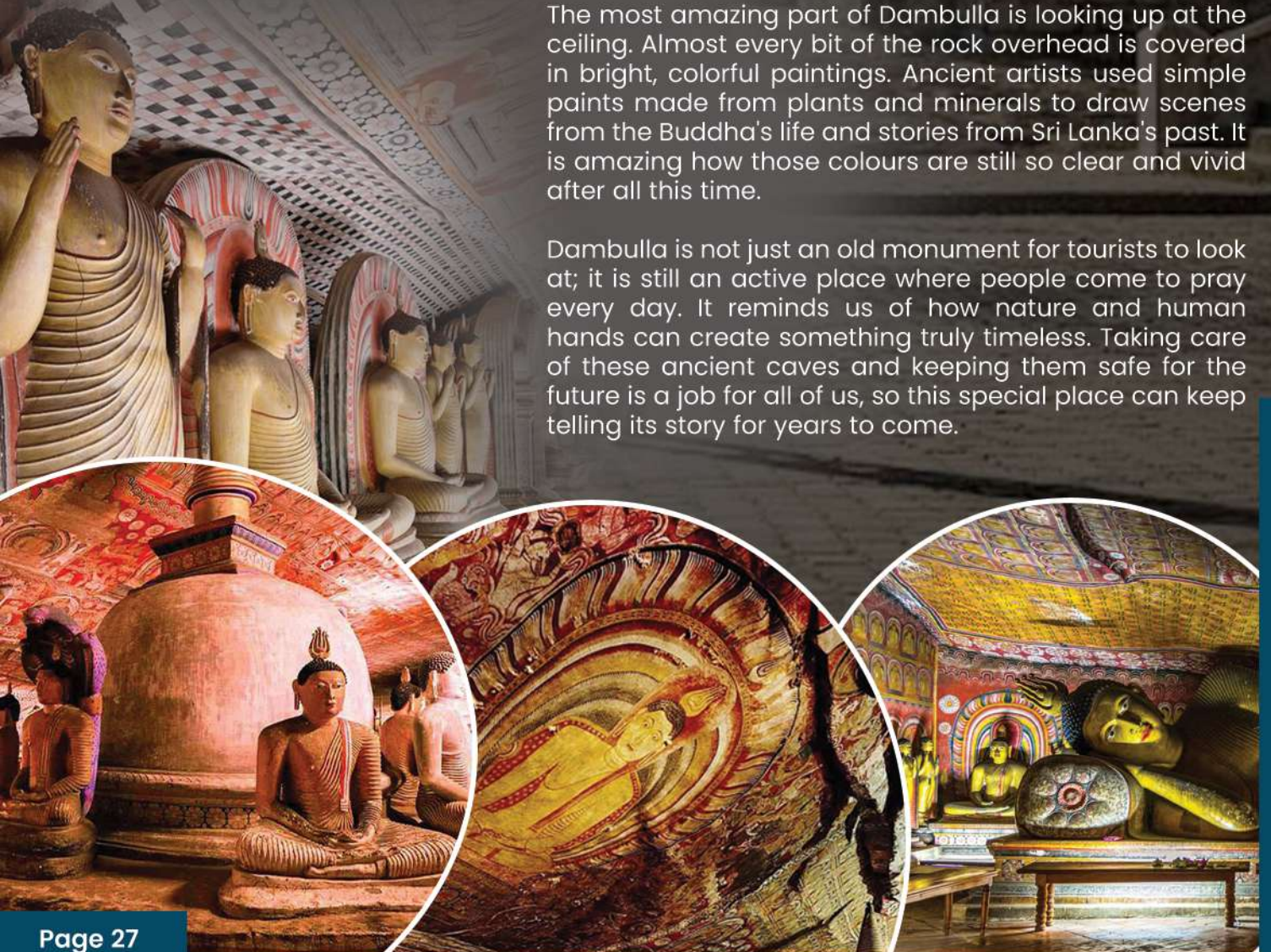
In the Sri Lankan countryside, a massive granite rock holds one of the island's most incredible places. Known as Rangiri Dambulu Viharaya. This ancient cave site is far more than just old stone and art. It is a peaceful place built on survival, gratitude and faith that has lasted for over two thousand years.

The story of Dambulla started during a very hard time in Sri Lanka's history. When King Valagamba lost his throne to invaders, he had to flee into the forest to save his life. Local Buddhist monks welcomed him and hid him inside the quiet caves of Dambulla for fourteen years. When the king finally won back his kingdom, he never forgot the monks or the place that kept him safe. To say thank you, he turned those simple rock shelters into beautiful shrines. Centuries later, king Nissankamalla covered the cave interiors in gold and added dozens of statues, giving the temple its famous name.

Walking into the main caves today feels like stepping into a whole different world. Carved right out of the rock are many statues, including a huge reclining Buddha resting quietly in the dim light. The biggest cave holds dozens of statues surrounding a small stupa, while other parts show off artwork added by later kings who kept the temple alive and growing through the ages.

The most amazing part of Dambulla is looking up at the ceiling. Almost every bit of the rock overhead is covered in bright, colorful paintings. Ancient artists used simple paints made from plants and minerals to draw scenes from the Buddha's life and stories from Sri Lanka's past. It is amazing how those colours are still so clear and vivid after all this time.

Dambulla is not just an old monument for tourists to look at; it is still an active place where people come to pray every day. It reminds us of how nature and human hands can create something truly timeless. Taking care of these ancient caves and keeping them safe for the future is a job for all of us, so this special place can keep telling its story for years to come.

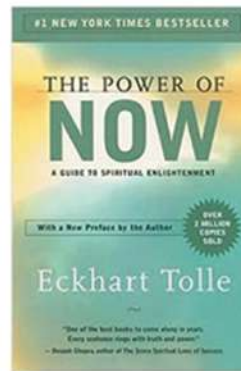


WORDS TO LIVE BY

"Realize deeply that the present moment is all you ever have."

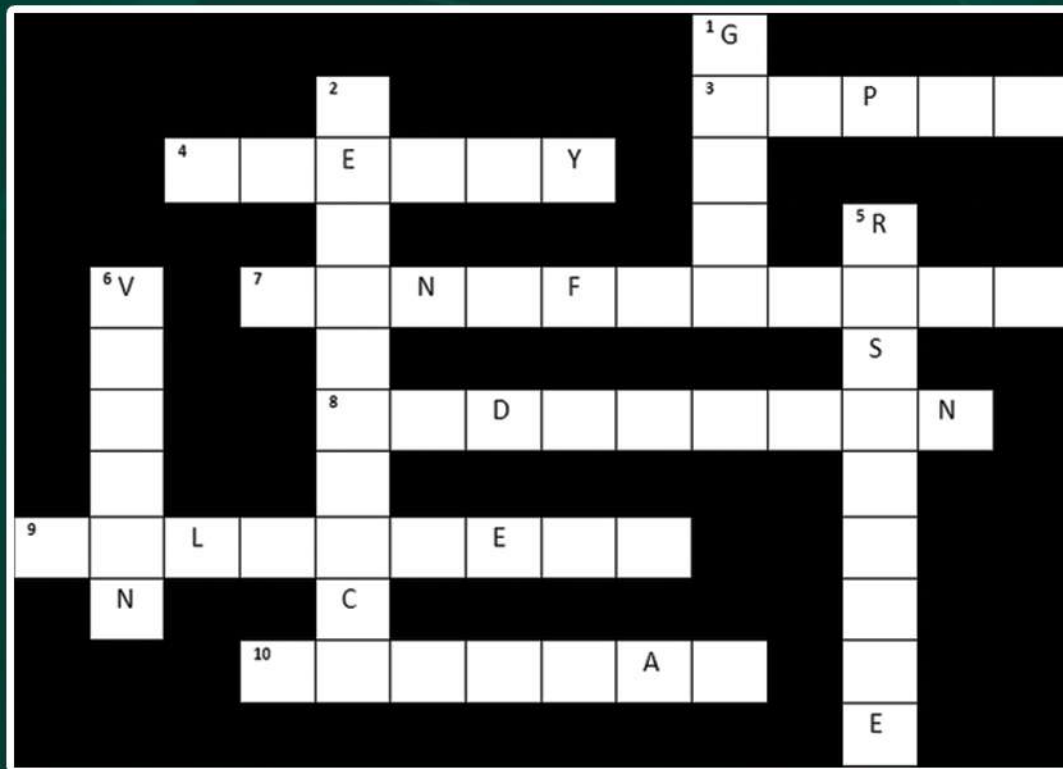
- Eckhart Tolle, *The Power of Now*

This quote reminds us that the present moment is the only time we truly have. Many people spend their lives worrying about the future or dwelling on the past, often missing the opportunities and peace that exist in the present. Eckhart Tolle encourages us to become fully aware of the "now" rather than allowing our thoughts to be controlled by regret, fear or worry. By focusing on the present, we can make better decisions, appreciate life's simple moments and reduce unnecessary stress. Living in the moment does not mean ignoring our responsibilities or goals. Instead, it means giving our full attention to what we are doing right now. The quote teaches that true happiness and inner peace come from accepting the present rather than constantly chasing what comes next. When we learn to embrace each moment with awareness, we discover a calmer, more meaningful and fulfilling way to live.



Published in 1997, *The Power of Now: A Guide to Spiritual Enlightenment* is a bestselling self-help and spiritual book by Eckhart Tolle. The book explores how living in the present moment can free us from unnecessary stress, anxiety and negative thinking. Through simple yet profound insights, Tolle explains how our minds often become trapped in thoughts about the past and future, preventing us from experiencing true peace. He encourages readers to develop mindfulness, self-awareness and a deeper connection with the present. Eckhart Tolle is a German-born spiritual teacher and author whose teachings on mindfulness and personal transformation have inspired millions of readers worldwide. *The Power of Now* remains one of the most influential books on conscious living, helping people discover greater clarity, inner peace and purpose in everyday life.

SOLVE IT



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SKILLS TO THE
TEST?**

The second 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

3. THE LEO TRACK DESIGNED FOR YOUNGER MEMBERS, TYPICALLY AGES 12 TO 18, IS CALLED THE _____ TRACK.
4. TO CHARTER A BRAND-NEW LEO CLUB, YOU NEED A MINIMUM OF HOW MANY FOUNDING MEMBERS?
7. WHAT PRACTICE OF AWARENESS DOES TOLLE ENCOURAGE READERS TO DEVELOP?
8. WHAT IS THE OFFICIAL TERM FOR THE FORMAL CEREMONY WHERE NEW LEO MEMBERS ARE OFFICIALLY WELCOMED?
9. DECEMBER 5TH IS A MAJOR DATE FOR LEO COMMUNITY PROJECTS BECAUSE IT IS INTERNATIONAL _____ DAY.
10. WHAT IS THE LAST NAME OF THE PHYSICIST WHO INSPIRED A NEW FRONTIER OF ENGINEERING WITH HIS 1959 LECTURE, "THERE'S PLENTY OF ROOM AT THE BOTTOM"?

DOWN

1. WHAT WOODEN TOOL IS TRADITIONALLY STRUCK BY THE PRESIDING OFFICER TO CALL A FORMAL CLUB MEETING TO ORDER?
2. SUSTAINABLE PRACTICES HELP BUSINESSES BUILD WHAT IN AN INCREASINGLY COMPETITIVE WORLD?
5. THE NEW QUANTUM COMPUTER OPERATES USING NMR TECHNOLOGY. IN THIS ACRONYM, WHAT WORD FOLLOWS "NUCLEAR MAGNETIC"?
6. TRUE LEADERSHIP MEANS GROWING TOGETHER TOWARD A SHARED _____.

Send your answers to our official email: uomleoclub@gmail.com along with your contact details on or before 10th September 2026.
Stay tuned to find out if you're the lucky winner.

CREATIVE PULSE



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Thamadi Chanulya
24th Batch
Faculty of Engineering

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SIGNING OFF



“

Alone we can do so little;
together we can do so much.”

- Helen Keller

