



LEO CLUB OF
UNIVERSITY OF
SRI JAYEWARDENEPURA
LEO DISTRICT 306D2 SRI LANKA

J'PURA LEO READER



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VOLUME 08 | ISSUE 01 | LEOISTIC YEAR 26/27 | JULY EDITION



Leos of Sri Lanka
& Maldives
INSPIRING LIVES





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MESSAGE FROM THE MULTIPLE DISTRICT PRESIDENT

It gives me immense pleasure to extend my warm greetings and convey my message for the Club magazine of the Leo Club of Sri Jayawardenapura.

As the Multiple District President of Leo Multiple District 306 Sri Lanka and Maldives for the Leoistic Year 2026/27, I am deeply honored and humbled to serve this remarkable movement under the theme “Lead for a Change.” This theme represents a commitment to inspire transformation within ourselves, our clubs, and the communities we proudly serve. Our vision for this year is to standardize the Leo community while bringing innovation, inspiration, and a renewed sense of purpose to create meaningful change.

In a world that continues to evolve, the role of Leos must evolve as well. Our service should go beyond short-term initiatives and focus on creating sustainable solutions that address real community needs. Every Leo has the potential to become a change-maker by identifying challenges, embracing creativity, and implementing impactful projects that empower communities and create a lasting difference.

The strength of Leo Multiple District 306 lies in our unity and diversity. Through collaboration among districts, clubs, and members across Sri Lanka and the Maldives, we can build a stronger, more connected Leo family. By sharing knowledge, encouraging innovation, and embracing new opportunities, we can elevate the Leo movement to greater heights.

Throughout this year, our leadership will be guided by integrity, accountability, empathy, and adaptability. True leadership is not defined by a title, but by the ability to inspire, influence, and serve others with dedication. I encourage every Leo to step forward with confidence, explore new possibilities, and lead initiatives that create positive change.

I extend my heartfelt appreciation to the Leo Club of University of Sri Jayawardenapura for their exceptional commitment and inspiring service to the community. Your dedication represents the true spirit of Leoism. I wish all past, present, and future Leos continued success, growth, and fulfillment as you continue building a legacy of service.

“Lead for a Change”

Yours in Service,
Leo Nisal Dulmith FLM
Multiple District President,
Leo Multiple District 306



MESSAGE FROM THE DISTRICT PRESIDENT

Dear Leos of Leo Club University of Sri Jayewardenepura,

It is with great pride and gratitude that I extend my warmest greetings to the editorial team and every reader of the Japura Leo Reader. A newsletter is more than a collection of articles it is a reflection of our journey, our service, and the impact we create together. Every project, every volunteer hour, and every achievement tells the story of Leos who are committed to making a meaningful difference in society.

This Leoistic year, our district moves forward United in Purpose, embracing the values that define our 3S Spirit, Synergy and Simplicity. Spirit reflects the passion, dedication, and resilience that drive us to serve beyond expectations. Synergy inspires us to work together, recognizing that our greatest achievements are born through collaboration. Simplicity reminds us to lead with humility and authenticity.

When these values guide our actions, we become more than individual clubs, we become one united family, creating sustainable change and leaving a legacy that inspires future generations.

The Leo Club of University of Sri Jayewardenepura has built a proud legacy of producing outstanding leaders who have made significant contributions at club, district and multiple district levels. I am confident that you will continue to uphold this legacy by empowering one another, embracing new opportunities, and inspiring the next generation of Leos.

I extend my sincere appreciation to the editorial team for bringing Japura Leo Reader to life. By documenting your achievements and sharing your experiences, you not only celebrate your club's journey but also inspire countless others across our district.

As you continue this remarkable journey, I wish your President, Board of Directors, and every member of the Leo Club of University of Sri Jayewardenepura continued success. May you remain United in Purpose, uphold the values of our 3S Spirit, and continue creating a legacy of service that transforms lives and inspires generations.

Yours in Leoism,
Leo Lion Buddhika Deshapriya
District President
Leo District 306 D2



MESSAGE FROM THE CLUB EXECUTIVE

It is with immense gratitude, pride, and humility that I serve as the President of the Leo Club of University of Sri Jayewardenepura for the Leoistic Year 2026/27. This opportunity is both a privilege and an honour, made possible by the guidance, trust, and dedication of our past leaders. Their wisdom and commitment have built the strong foundation upon which we continue to grow.

I am deeply grateful to our exceptional Executive Committee and Board of Directors, whose unwavering support, dedication, and tireless efforts inspire me every day. Together, we remain committed to preserving our club's proud legacy while striving for even greater achievements.

To our valued members and prospects, thank you for your enthusiasm, commitment, and the countless hours you devote to every initiative. You are the heart of this club, and every success reflects your teamwork and passion. I encourage you to continue serving with the same spirit as we create a lasting impact within our university, our community, and beyond.

I also extend my sincere appreciation to the leaders of Leo District 306 D2, fellow Leo Clubs across the district, and the Multiple District for their guidance and collaboration. We believe that meaningful service is strengthened through unity, friendship, and shared purpose, and we look forward to working together to serve our communities.

As we begin another exciting Leoistic year, let us lead with integrity, serve with compassion, and inspire through our actions. May we embrace every challenge, create lasting memories through service, and build a legacy that future generations of Leos will proudly continue.

Thank you for your trust, support, and belief in our shared vision. I look forward to a memorable year of leadership, fellowship, and service.

Yours in Leoism,
Leo Methin Thismalpola
President 2026/27
Leo Club of University of Sri Jayewardenepura



EDITOR'S NOTE

Dear Readers,

It is with immense honour and excitement that I step into the role of Chief Editor for the Leoistic Year 2026/2027. Taking on this responsibility is both a profound privilege and an extraordinary opportunity to serve our vibrant community, and I am deeply committed to upholding the rich legacy of the Japura Leo Magazine.

As we embark on this new chapter, my vision is to infuse our publication with fresh colours, innovative ideas, and a bold new perspective. This magazine is not merely a record of events. It is a canvas for our shared voices, stories, and aspirations. Through thought-provoking content, creative storytelling, and dynamic visuals, I aim to showcase the heart and mind of our editorial vision, reflecting the passion, leadership, and unwavering spirit that define Leos.

Behind every page lies a steadfast dedication to excellence. Together with a talented editorial team, I am fully committed to pushing boundaries, nurturing creative expression, and delivering a magazine that genuinely resonates, inspires, and engages every reader.

Thank you for trusting me with this incredible journey. I invite you to turn these pages with an open mind and join us as we write a bright, impactful new chapter together.

With Gratitude,

Leo Indima Rathnayaka

Chief Editor

Leo Club of University of Sri Jayewardenepura

Leoistic Year 2026/2027



FORGED TO LEAD

OUR STORY AT D2CON'26

The Leo Club of University of Sri Jayewardenepura once again demonstrated its unwavering commitment to leadership and service at D2CON'26, the Inaugural District Conference of Leo District 306 D2, held under the inspiring theme "Forged to Lead", the conference celebrated the resilience, innovation, and dedication of Leos across the district. It was a proud occasion for the club, as its remarkable achievements throughout the Leolistic year were recognized with numerous prestigious awards, reaffirming its position as one of the district's leading university-based Leo Clubs.

The club's outstanding performance was recognized across several key categories, earning eight prestigious club awards. The Leo Club of University of Sri Jayewardenepura was honored as the Winner of the Most Supportive Leo Club Award while securing the 1st Runner-Up position for Most Outstanding Leo Club, Most Outstanding University-Based Omega Leo Club, District Contest, Best Administered Leo Club, Best IT Enabled Leo Club, and Highest Net Membership. The club was also proudly recognized among the Top 10 Leo Clubs of the District, reflecting its consistent excellence in leadership, administration, membership development, and service throughout the year.

The club's service projects once again stood as a testament to its dedication to creating meaningful and sustainable impact within society. Several flagship initiatives emerged as category winners, with "Eunoia" receiving the Winner Award for Health & Wellbeing, "Dye Sphere" being recognized as the Winner for Research & Development, "Waves" securing the Winner Award for Sports & Recreation, "Pure Path" winning the Drug Prevention category, "Evolve" being honoured as the Winner for Continuous Projects, and "DiaShield" earning the Winner Award for Diabetes.

The club's excellence extended across numerous other project categories as well. "Kidventure" was recognised as the 1st Runner-Up for Helping Hand, while "Work for Hope" achieved 1st Runner-Up in Public Relations. "Leo Language School" continued its remarkable success by becoming the 1st Runner-Up for Fundraising, with "School Revival", "Aqua Guard," and "Coastal Code" also securing 1st Runner-Up positions in the Infrastructure & Service, Disaster Management, and Wildlife & Life Below Water categories respectively. Furthermore, "Synchro" earned the 2nd Runner-Up award in the Spotlight on Children category, while "Gloriva Phase 123" and "Intellicore" received 2nd Runner-Up honours in the Women Empowerment and Research & Development categories. These achievements highlighted the club's commitment to addressing diverse community needs through innovative and impactful service initiatives.

Individual members of the club were equally celebrated for their exceptional leadership and dedication. Lion Gamini Wanniarachchi MJF was recognised as the 1st Runner-Up for Most Outstanding Leo Advisor, while Prof. Janaka Fernando received the 2nd Runner-Up Award for Most Outstanding Staff Advisor. Leo Rimal Kaushika earned 3rd Place as Most Outstanding Club President, and Leo Lion Savindi Dias became the 1st Runner-Up for both Most Outstanding Leo Scholar and Most Outstanding Club Vice President.

Further individual recognitions included Leo Lion Chamudini Fernando FLM, who secured the 2nd Runner-Up Award for Most Outstanding District Activity Director, and Leo Methin Thismalpola, who was recognised as the 2nd Runner-Up in both the Most Outstanding New Leo of the Year and Most Disciplined Leo categories. Leo Malshi Sadunika proudly emerged as the Winner of Most Supportive Leo of the Year, while Leo Lion Nomin Premarathne and Leo Lion Bonomi Tharinda were honoured among the Top 10 Leo of the Year finalists, with Leo Bonomi also receiving recognition among the Top 10 Most Popular Council Officers. In addition, eight members of the club received District President Appreciation Awards, reflecting the collective dedication and commitment that define the club's success.



The achievements celebrated at D2CON'26 represent far more than awards and recognitions. They embody countless hours of planning, teamwork, perseverance, and a shared passion for serving communities. Every project completed, every challenge overcome, and every milestone achieved reflects the unwavering spirit of the Leo Club of University of Sri Jayewardenepura.

As the club continues its journey, these accomplishments serve not only as milestones of a successful year but also as inspiration for the future. Guided by the belief that true leadership is forged through service, the Leo Club of University of Sri Jayewardenepura remains committed to empowering communities, inspiring future leaders, and continuing its legacy of excellence in the years ahead.





Key Awards

1. Most Supportive Leo Club – Winner
2. Most Outstanding Leo Club – 1st Runner-Up
3. Most Outstanding University/Institute-Based Omega Leo Club – 1st Runner-Up
4. District Contest – 1st Runner-Up
5. Best Administered Leo Club – 1st Runner-Up
6. Best IT Enabled Leo Club – 1st Runner-Up
7. Highest Net Membership – 1st Runner-Up
8. Top 10 Leo Clubs of the District
9. Best Project for Health & Wellbeing – Winner – Eunoia
10. Best Project for Research & Development – Winner – Dye Sphere
11. Best Project for Sports & Recreation – Winner – Waves
12. Best Project for Drug Prevention – Winner – Pure Path
13. Best Continuous Project – Winner – Evolve
14. Best Project for Diabetes – Winner – DiaShield
15. Best Project for Helping Hand – 1st Runner-Up – Kid Venture
16. Best Project for Public Relations – 1st Runner-Up – Work for Hope
17. Best Project for Fundraising – 1st Runner-Up – Leo Language School
18. Best Project for Infrastructure & Service – 1st Runner-Up – School Revival
19. Best Project for Disaster Management – 1st Runner-Up – Aqua Guard
20. Best Project for Wildlife & Life Below Water – 1st Runner-Up – Coastal Code
21. Best Project for Spotlight on Children – 2nd Runner-Up – Synchro
22. Best Project for Women Empowerment – 2nd Runner-Up – Gloriva Phase 1,2,3
23. Best Project for Research & Development – 2nd Runner-Up – Intellicore



1. Most Outstanding Leo Advisor – **1st Runner-Up – Lion Gamini Wanniarachchi MJF**
2. Most Outstanding Staff Advisor – **2nd Runner-Up – Prof. Janaka Fernando**
3. Most Outstanding Club President – **3rd Place – Leo Rimal Kaushika**
4. Most Outstanding Leo Scholar – **1st Runner-Up – Leo Lion Savindi Dias**
5. Most Outstanding Club Vice President – **1st Runner-Up – Leo Lion Savindi Dias**
6. Most Outstanding District Activity Director – **2nd Runner-Up – Leo Lion Chamudini Fernando FLM**
7. Most Outstanding New Leo of the Year – **2nd Runner-Up – Leo Methin Thismalpola**
8. Most Disciplined Leo – **2nd Runner-Up – Leo Methin Thismalpola**
9. Most Supportive Leo of the Year – **Winner – Leo Malshi Sadunika**
10. Leo of the Year – Top 10 – **Leo Lion Nomin Premarathne**
11. Most Popular Council Officer – **Top 10 – Leo Lion Bonomi Tharinda**
12. Leo of the Year – **Top 10 – Leo Lion Bonomi Tharinda**



"The leaders of tomorrow are the young people who choose to create change today."



Youth Leadership in the Modern World



More Than a Title

In today's rapidly changing world, leadership is no longer defined by age, position, or authority. It is defined by the ability to inspire, adapt, and create positive change. Across Sri Lanka, young people are stepping forward to address challenges ranging from environmental concerns and educational inequalities to economic uncertainty and social development.

Modern youth leadership is not about commanding others; it is about serving communities, building meaningful connections, and finding innovative solutions to real-world problems. A true leader listens before speaking, learns before teaching, and serves before expecting recognition.

Leading Through Uncertain Times

Sri Lanka's recent economic challenges have reshaped the aspirations of many young people. While these difficulties have created obstacles, they have also revealed the resilience, creativity, and determination of the younger generation. University students, volunteers, entrepreneurs, and youth organizations have demonstrated that leadership emerges strongest during times of adversity.

Technology has also transformed the way leadership is practiced. A single social media campaign can raise awareness, mobilize volunteers, and inspire action across communities. Today's leaders must combine digital literacy with empathy, critical thinking, and ethical decision-making.

The Leo Spirit of Leadership

Within Leoism, leadership is experienced through action. Whether organizing a community service project, mentoring fellow members, or contributing ideas behind the scenes, every Leo has the opportunity to make a meaningful impact. Leadership is not reserved for a selected few; it is a journey available to anyone willing to serve.

As the world continues to evolve, the need for compassionate and responsible leaders becomes increasingly important. The future belongs to young people who choose courage over comfort, collaboration over competition, and service over self-interest.



Because leadership is not about being in front. It is about moving others forward.

MESSAGE FROM A PRESIDENT OF ANOTHER CLUB IN THE DISTRICT

To my beloved USJ Leos,

First of all, thank you so much for inviting me to share a few words in the very first edition of the Japura Leo Reader for this new Leoistic Year. It truly means a lot to me.

Looking back, I can only smile. Every project, every meeting, every late night discussion, every challenge, and every little success became beautiful memories because I got to experience them with all of you. Thank you for being part of a journey that I will always treasure.

Seeing President, the Executive Committee, and the Board of Directors leading the club today fills my heart with so much happiness. Most of you were there with us, supporting us, believing in us, and growing together.

Now it's your turn to lead, and I honestly couldn't be happier. I know you'll guide our club with passion, friendship, and purpose, and I can't wait to see everything you'll achieve together.

As you begin this new Leoistic Year, don't be afraid to dream big, take chances, make mistakes, and grow through every experience. Celebrate every small victory, learn from every challenge, and never forget that the true strength of Japura Leos has always been the people standing beside one another.

matter where life takes me, a part of my heart will always belong to Japura Leos. This club gave me more than I could ever ask for ...it gave me memories, friendships, lessons, and a family. I may no longer be on the board, but please know that I'll always be here. Whether you need a helping hand, a little advice, or simply someone cheering you on, you'll always have me.

Your victories will always make me proud, and your challenges will never be yours to face alone.

Wishing President Methin, the ExCo, the Board of Directors, and every single USJ Leo a Leoistic Year filled with meaningful service, unforgettable memories, genuine friendships, and countless achievements. Make this year one to remember, create your own legacy, and continue making Japura shine brighter than ever.

Once a Japura Leo, always a Japura Leo.

With love,

Leo Lion Savindi Dias

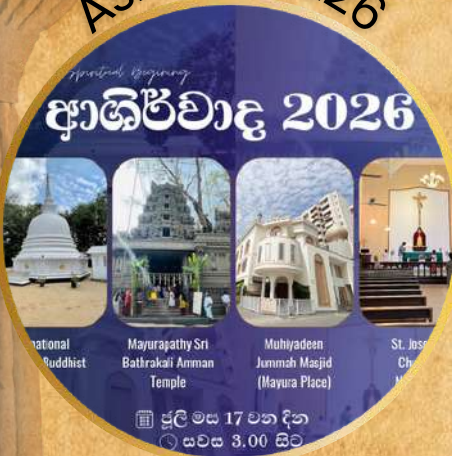




FLASHBACK

Highlights - Month of July

Ashirwada26



shatranj



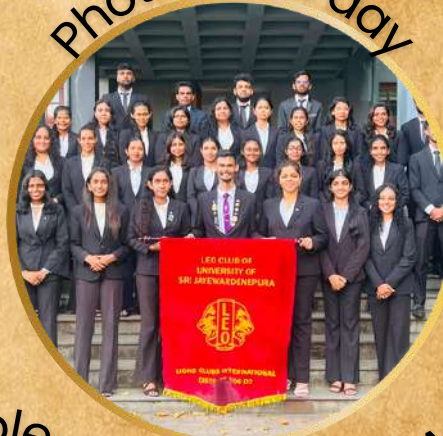
Wavez



Suwa Arunella



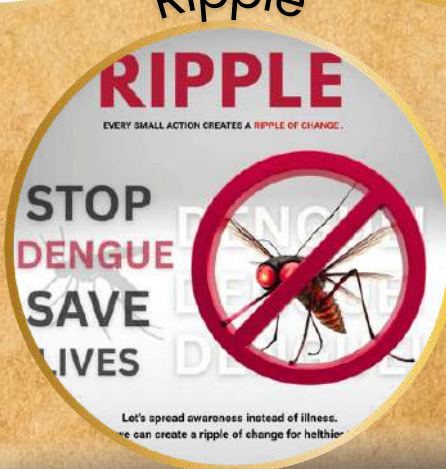
Photoshoot day



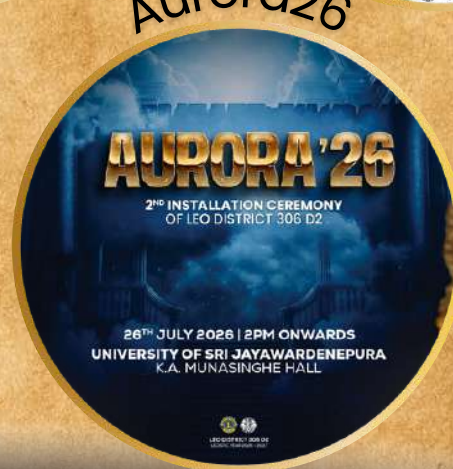
Monthly general meeting

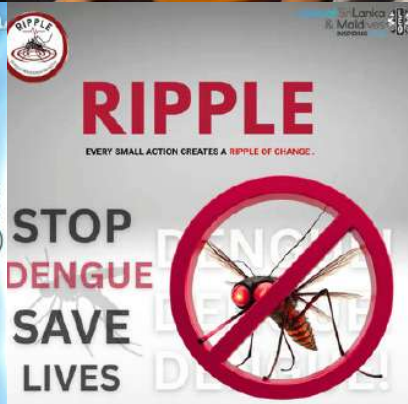
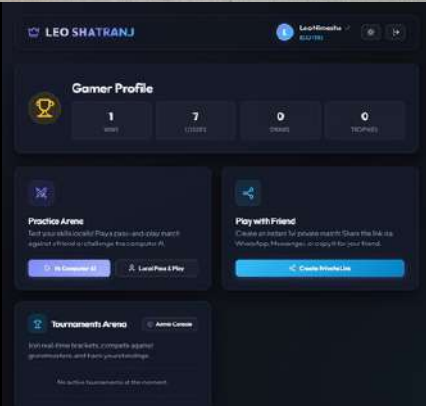


Ripple



Aurora26





Leos of Lanka & Mald

A Spiritual Beginning

ආශීෂ්වාද 2026






International Theravada Buddhist Center Mayurapathy Sri Bathrakali Amman Temple Muhiyadeen Jummah Masjid (Mayura Place) St. Joseph's Church - Nugegoda

📅 ජූලි මස 17 වන දින
🕒 සවස 3.00 සිට

LEO CLUB OF UNIVERSITY OF SRI JAYAWARDENEPURA

Leos of Lanka & Mald

A Spiritual Beginning

ආශීෂ්වාද 2026

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International Theravada Buddhist Center Mayurapathy Sri Bathrakali Amman Temple Muhiyadeen Jummah Masjid (Mayura Place) St. Joseph's Church - Nugegoda

📅 ජූලි මස 17 වන දින
🕒 සවස 3.00 සිට

LEO CLUB OF UNIVERSITY OF SRI JAYAWARDENEPURA

Leos of Lanka & Mald

A Spiritual Beginning

ආශීෂ්වාද 2026






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LEO CLUB OF UNIVERSITY OF SRI JAYAWARDENEPURA

Leos of Lanka & Mald

A Spiritual Beginning

ආශීෂ්වාද 2026






International Theravada Buddhist Center Mayurapathy Sri Bathrakali Amman Temple Muhiyadeen Jummah Masjid (Mayura Place) St. Joseph's Church - Nugegoda

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🕒 සවස 3.00 සිට

LEO CLUB OF UNIVERSITY OF SRI JAYAWARDENEPURA



Leos of Lanka & Mald

RIPPLE
EVERY SMALL ACTION CREATES A RIPPLE OF CHANGE.

STOP DENGUE SAVE LIVES



Let's spread awareness instead of illness.
Together, we can create a ripple of change for healthier tomorrow.

LEO CLUB OF UNIVERSITY OF SRI JAYAWARDENEPURA

Leos of Lanka & Mald



KNOW • PREVENT • PROTECT
HEALTHY LIVER, HEALTHY LIFE

COMING SOON

Leo Club of University of Sri Jayawardenepura

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SHATRANJ 2026



DO YOU KNOW?

The story of chess began over 1500 years ago in ancient India with a strategic game called Chaturanga, representing different divisions of the army. It traveled through Persia, where it became known as Shatranj, before spreading across Europe and evolving into modern chess. Today, chess stands as a global symbol of intelligence, strategy, creativity, and endless possibilities.

Leo Club of University of Sri Jayewardenepura



REGISTER SOON!

THE COUNTDOWN HAS BEGUN. SECURE YOUR PLACE ON THE BOARD.

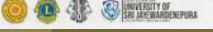
Leo Club of University of Sri Jayewardenepura



REGISTER SOON!

THE COUNTDOWN HAS BEGUN. SECURE YOUR PLACE ON THE BOARD.

Leo Club of University of Sri Jayewardenepura



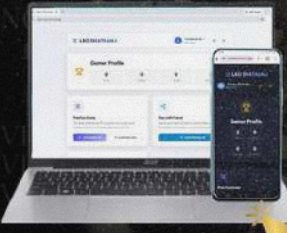
REGISTRATION CLOSED!

THE COUNTDOWN HAS BEGUN. SECURE YOUR PLACE ON THE BOARD.

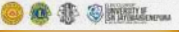
Leo Club of University of Sri Jayewardenepura



Website Now Live!

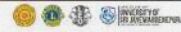


Leo Club of University of Sri Jayewardenepura



HAPPENING TODAY!

Leo Club of University of Sri Jayewardenepura



CONGRATULATIONS !

Winner
Asindu Dilsara

1st Runnerup
Menura Basitha

Wishing you endless success, greater achievements, and many more winning moves in the future.

Leo Club of University of Sri Jayewardenepura



අශ්වච්ඡාද 2026

A Journey of Faith, Unity, and New Beginnings

Every new beginning calls for reflection, direction, and a clear sense of purpose. As the Leo Club of the University of Sri Jayewardenepura stepped into the new Leoistic year, its members chose to begin not with boardroom meetings, but with a powerful expression of unity and togetherness. On 17 July 2026, beginning at 3:00 PM, the club hosted Ashirwada 2026, a multi-faith spiritual journey organized to seek blessings for the year ahead while celebrating Sri Lanka's rich cultural and religious diversity.

What made Ashirwada 2026 truly unique was its thoughtfully planned itinerary, which included visits to four different places of worship. Rather than limiting their spiritual reflection to a single tradition, the club visited the International Theravada Buddhist Center, the Mayurapathy Sri Bathrakali Amman Temple, the Muhiyadeen Jummah Masjid on Mayura Place, and St. Joseph's Church in Nugegoda. Standing beneath the peaceful arches of a church, admiring the magnificent architecture of a kovil, embracing the serene atmosphere of a Buddhist temple, and experiencing the welcoming environment of a mosque, the Leos embodied a powerful truth: true harmony is not about uniformity of thought, but about fostering deep, mutual respect for one another's beliefs and traditions.

The event brought together the entire spectrum of the club's membership, including the Executive Committee, the Board of Directors, and the general membership. Moving between these sacred places side by side achieved far more than routine project planning. These shared moments of reflection, experienced beyond the responsibilities of everyday club activities, strengthened personal bonds, deepened mutual trust, and reinforced a collective vision rooted in humanitarian values. The journey also set an inspiring example of inclusive leadership at the very beginning of the new Leoistic year.

As Ashirwada 2026 came to a close, the Leos departed with far more than good wishes for the months ahead. They carried with them a renewed commitment to collaboration, open-mindedness, and selfless service. The project served as a poignant reminder that when young leaders embrace diversity with respect, empathy, and mutual understanding, their service to the community becomes more meaningful, impactful, and enduring.

RIPPLE

Ripple Phase 1: Breaking the Silent Threat

The Leo Club of the University of Sri Jayewardenepura has officially launched Project Ripple Phase 1, a dedicated initiative aimed at tackling the growing threat of dengue across Sri Lanka. With public health statistics showing a sharp rise in dengue cases during the early months of 2026, immediate awareness and proactive measures are more vital than ever. Project Ripple was created to inform communities, urge collective action, and stop the spread of the virus before it claims more lives.

This initial phase focuses heavily on media outreach, combining impactful social media flyers and video series to educate the public on mosquito control. The project addresses key topics such as identifying the "silent threat," understanding the 7-to-10-day life cycle of the Aedes mosquito (from egg, larva, and pupa to adult), and outlining immediate preventive actions. By educating people on how simple tasks such as emptying stagnant water, covering storage containers, and cleaning clogged gutters can break the breeding cycle, the campaign empowers individuals to protect their homes and neighborhoods.

Looking ahead, Phase 1 will feature a structured lineup of content, including,

- **An introduction flyer and video introducing the campaign theme**
- **An educational video explaining the vector's life cycle**
- **Action-oriented flyers and videos designed to seamlessly transition the audience into Phase 2.**

Following this awareness push, the overall campaign will expand into Phase 2, which involves distributing dengue prevention kits, and Phase 3, a hands-on community cleaning program.

Ultimately, Project Ripple is dedicated to vulnerable local communities, families, and residents across the country. By encouraging everyone to dedicate just ten minutes a week to inspect and clean their surroundings, the Leo Club of University of Sri Jayewardenepura hopes to inspire a countrywide movement. Together, small, responsible steps can create a massive ripple of change for a safer, dengue free Sri Lanka.

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World Hepatitis Day 2026 Awareness Video Series

In commemoration of World Hepatitis Day, observed annually on 28th July, the Leo Club of University of Sri Jayewardenepura proudly organised "Suwa Arunella", a comprehensive online awareness video series aimed at educating the public about hepatitis and promoting healthier communities through knowledge and prevention.

Hepatitis is a significant global public health concern that affects millions of people each year. Many individuals remain unaware of the disease, its transmission methods, symptoms, and the importance of early diagnosis and vaccination. Recognising the need for greater public awareness, our club launched this initiative to deliver reliable health information in a simple, engaging, and accessible format.

The Suwa Arunella awareness campaign consisted of a six-part educational video series, with each episode focusing on a specific aspect of hepatitis.

- **Episode 1:** Introduction to Hepatitis – Understanding the liver, hepatitis, its types, and why it matters.
- **Episode 2:** How Hepatitis Spreads – Transmission routes, prevention methods, and common myths.
- **Episode 3:** Signs, Symptoms, and Diagnosis – Recognizing warning signs and the importance of early testing.
- **Episode 4:** Prevention Through Vaccination and Healthy Habits – Practical ways to protect ourselves and our communities.
- **Episode 5:** Treatment, Living with Hepatitis, and Breaking Stigma – Encouraging compassion, treatment, and hope.
- **Episode 6:** Protect Your Liver, Protect Your Future – A summary of key messages with a call to action.

Each video was carefully prepared using accurate medical information and presented in a clear and engaging manner for the general public. The series encouraged viewers to adopt preventive measures such as vaccination, practising good hygiene, undergoing testing when necessary, and sharing accurate information to help eliminate misconceptions surrounding hepatitis.

Through "Suwa Arunella", the Leo Club reaffirmed its commitment to community health and the United Nations Sustainable Development Goal 3 – Good Health and Well-being by promoting awareness, prevention, and early intervention.

As World Hepatitis Day reminds us, eliminating hepatitis begins with awareness. We hope this initiative inspired individuals and families to take proactive steps toward protecting their liver health and supporting those affected by hepatitis with understanding rather than stigma.

Healthy liver, healthy life. Protect it today for a better tomorrow.

SHATRANJ 2026

Celebrating International Chess Day Through Innovation

In celebration of International Chess Day 2026, the Leo Club of the University of Sri Jayewardenepura proudly organized Shatranj 2026, an online chess tournament held on 19th July 2026. The project was designed to promote strategic thinking, healthy competition, and fellowship among members of the Leo movement while commemorating the global significance of chess.

One of the unique highlights of Shatranj 2026 was the development of a custom online chess tournament platform by the club's IT Crew. Rather than relying on existing tournament management systems, the team successfully designed and implemented its own platform to handle participant registration, tournament coordination, and match administration. This achievement showcased the technical capabilities and innovative spirit of the club while providing participants with a smooth and organized competition experience.

The tournament attracted 41 participants, bringing together enthusiastic chess players from Leo District 306 D2 clubs. Throughout the event, competitors demonstrated exceptional strategic thinking, concentration, and sportsmanship, making every round engaging and highly competitive.

After several challenging rounds, the tournament concluded with the following outstanding performances:

Winner: Asindu Dilsara

1st Runner-Up: Menura Basitha

Beyond the competition itself, Shatranj 2026 reflected the club's commitment to combining technology with meaningful service initiatives. By developing its own digital platform and successfully organizing the event, the project provided members with opportunities to enhance their technical, organizational, and leadership skills while fostering stronger connections within the Leo community. The Leo Club of the University of Sri Jayewardenepura extends its sincere appreciation to all participants, organizers, the IT Crew, and everyone who contributed to the success of Shatranj 2026. Their dedication and teamwork transformed the celebration of International Chess Day into a memorable and impactful event.

Every move counted, every strategy mattered, and every participant contributed to making Shatranj 2026 a remarkable success.

**THE
VOICE
OF AN**

**I
C
O
N**

**NARMADA
JAYAMAHA**



1. How are your artistic and professional work going these days?

Things are going really well these days. I am currently acting in the teledrama 'Aale', directed by Mr Indika Dharmathilaka, which is airing on Sirasa TV. In addition, I present the travel show 'Sanchare' in Swarnawahini and the culinary show 'Rasa Saraniya', alongside hosting several other programs on the channel.

On a personal level, I am planning to produce a few music covers as well. So, I am currently balancing all of these projects together.

2. Could you tell us how you first entered this field?

I actually stepped into the media industry as a child presenter. My journey began with ITN's 'Lama Puwath'. After passing the scholarship exam, I entered Devi Balika Vidyalaya, Colombo, where I studied from Grade 6 through to my Advanced Levels. I was selected to present Lama Puwath in Grade 7 and continued to do so through Grades 9, 10, and 11.

Later, I got the opportunity to host the 'Travel Girl' program on the Independent Television Network (ITN), a milestone where I must specially mention the show's director, Mr Manjula Athugala. That role truly established my footprint in TV presenting and helped me win the hearts of a large audience.

My entry into acting took place through a stage play directed by Mr Nalaka Swarnathilaka, which I performed in while studying in Grade 9 at Devi Balika. That is how I took my initial steps into both television and theatre. Today, I continue my work as a presenter and an actress at Swarnawahini.

3. Our theme is "Beyond Boundaries: The Journey of an Empowered Woman as a Role Model." Under this theme, how have you successfully navigated your life as an artist, a presenter, and an academic, and how do you apply this theme to your journey?

I am currently 25 years old. Over these 25 years, it took an immense amount of effort to balance every aspect of my life.

During my first attempt at the G.C.E. Advanced Level examinations in the Bio-Science stream, I failed the exam. The primary reason was my inability to manage my extra-curricular workload at the time. I was acting in popular teledramas like 'Deweni Inima' and 'Sangeethe', participating in the Dream Star program, presenting, playing sports, and engaging in various other school activities. I simply couldn't find a way to balance everything simultaneously. I was disappointed. I initially thought I didn't need A/Ls since I already had a pathway in media. But soon, I realised that regardless of what field you are in, you cannot move forward without education. So, I decided to re-sit for my A/Ls a decision I consider the best I have ever made in my life. I changed my subject stream to include ICT, covered the entire syllabus in just about 6 months of intense studying, and sat for the exam. On my second attempt, I secured 3 A's with a Z-score of 1.733, gaining admission as an internal student to pursue a B.Sc. in Information Technology at the University of Sri Jayewardenepura.



Even after entering university, I stayed highly active. I served as the Vice President of the Japura Startups Club, and I served as the lite head of Jpura Flames, the official media unit of the University of Sri Jayewardenepura. I represented the ICTSA society and was an active member of Japura Voice.

I have hosted numerous university events and engaged in social welfare initiatives while travelling across Sri Lanka and abroad for Swarnavahini's 'Sanchare' program. I was also able to successfully publish my Final Year Thesis in the Asian Computer Science Journal (with great support from Dr Mahesha). Today, I am a fourth-year undergraduate at the University of Sri Jayewardenepura.

I owe deep gratitude to Vice-Chancellor Prof. Pathmalal M. Manage, the new Vice-Chancellor, Dean of the Faculty and Prof. Damayanthi, the Head of the Department, lecturers, my parents, and my friends from various faculties who supported me throughout.

When people excel in other fields or earn money through business or art, many think they don't need higher education, especially in the Gen Z era where quick success is often sought after. But my message is: never stop learning, regardless of what else you achieve. Engaging in diverse extracurricular activities actually built my resilience and stress management skills.

4. If being a woman posed any challenges along this journey, could you share your thoughts on that?

Being a woman was a challenge in some ways, but it also became an advantage and a blessing. It was challenging because of the field I am in, especially travel journalism. My crew consists of eight men, with me being the only female. When hiking tough mountains or deep-sea diving, I couldn't bring my parents along. As a woman travelling with an all-male team, I had to learn to protect myself and quietly endure physical strain and hardships on my own.

However, I consider it a blessing because standing strong as a woman allowed me to stand out distinctly as a presenter and an actress. I believe that strength and hard work are what led me to win the Best Presenter award at the Sumathi Awards at such a young age. I see that recognition as an ornament awarded for the hardships I endured.

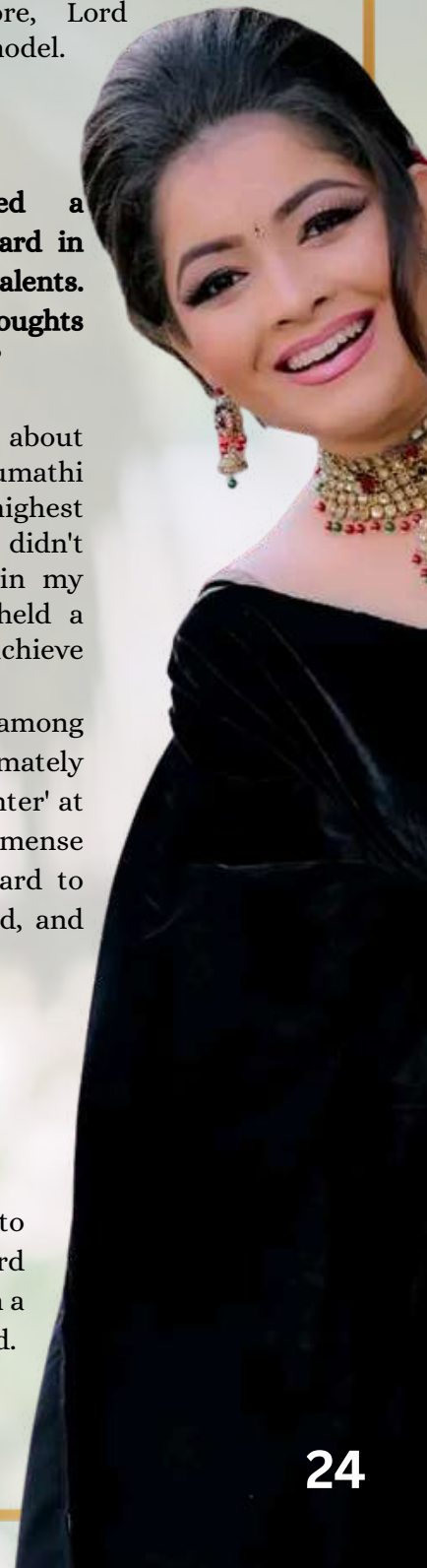
5. Moving beyond your professional life, as a presenter and actress, did you have a personal role model growing up?

I don't have one specific individual to mention by name. However, I have built my life closely around Buddhist teachings. As a Buddhist, whenever I face challenges, I look to the teachings of Buddhism for guidance on how to resolve problems, manage time, and handle resources. Therefore, Lord Buddha is my ultimate role model.

6. You recently received a prestigious Sumathi Award in recognition of your talents. Could you share your thoughts on receiving this honour?

I am truly overjoyed about receiving this award. A Sumathi Award is one of the highest honours, and I honestly didn't expect to win it so early in my career, although I always held a strong determination to achieve one day.

To be nominated, compete among incredible talents, and ultimately be judged as the 'Best Presenter' at such a young age is an immense blessing. I dedicate this award to everyone who taught, guided, and supported me along the way.





7. As an empowered woman, what message would you like to give to our readers?

Don't dwell too much on what others say. People will tell you that "you can't," that "it's impossible," or that "you won't make it." I personally faced these setbacks people told me I couldn't present, discouraged me, and even cut me out of opportunities. But as women, we cannot let those moments pull us down.

Also, be wise and careful when choosing a life partner or navigating relationships. I have personally experienced heartbreak that temporarily pulled me down. Always remember that your parents are often your truest friends. Reflect on these things, stay grounded, and no matter who tells you "no" or "you can't" never stop, keep moving forward!

8. As a prominent figure in the industry, what advice would you give to aspiring newcomers who wish to enter this field?

Step forward and join the field! Come learn, gather experiences, and explore it is a wonderful industry. But navigate it carefully, and never stop your education! Take that first step with determination, and you will definitely succeed.



LET'S Travel

HANDAGALA KANDA

Ancient Cave Temple



Away from the crowded paths of popular destinations lies a forgotten treasure where nature, history, and spirituality meet. Hidden among the peaceful landscapes of Kebithigollawa, Handagala Kanda Cave Temple invites visitors to step into a world where ancient stories echo through silent caves and rocky mountains.



Rising gracefully amidst the natural surroundings, Handagala Kanda Cave Temple is more than just a place of worship; it is a journey into Sri Lanka's rich cultural heritage. The ancient cave formations, shaped by time and nature, provide a glimpse into the lives of Buddhist monks who sought solitude, wisdom, and enlightenment within these sacred spaces.



As visitors walk through this serene environment, they can experience the unique harmony between the temple and its surroundings. The cool caves, towering rocks, and peaceful atmosphere create a sense of calm that allows the mind to escape from the rush of everyday life. Every corner of this historic site carries the charm of an era where spirituality and nature existed together.

Beyond its religious importance, Handagala Kanda Cave Temple remains a fascinating destination for explorers who wish to discover the lesser-known stories of Sri Lanka. It stands as a reminder that some of the country's greatest treasures are hidden away, waiting to be appreciated.

Preserving this remarkable heritage site is not only about protecting ancient structures but also about safeguarding the memories, traditions, and spiritual values passed down through generations. Handagala Kanda Cave Temple continues to stand proudly as a timeless symbol of faith, history, and the enduring beauty of Sri Lanka's cultural landscape.





new

Tales Of Taste





Chocolate Macarons

A delicate French inspired treat with a rich chocolate twist

Elegant, colourful, and irresistibly delicious, chocolate macarons are the perfect combination of a crisp outer shell and a smooth, creamy filling. These tiny desserts bring a touch of sophistication to any celebration, afternoon tea, or special moment.

Ingredients

For the macarons shell

- 1 cup of almond flour
- 1 $\frac{3}{4}$ cups icing sugar
- 3 egg whites(room temperature)
- $\frac{1}{4}$ cup sugar
- 2 tablespoons cocoa powder
- A pinch of salt
- $\frac{1}{2}$ teaspoon vanilla essence

For the chocolate filling

- 150g Dark chocolate(chopped)
- $\frac{1}{2}$ cup fresh cream
- 1 tableapoon butter

Method

1.Prepare a batter

Sift almond flour, icing sugar, and cocoa powder together to create a smooth texture. Beat egg whites with sugar until stiff peaks form. Gently fold the dry ingredients into the mixture until the batter becomes smooth and glossy.

2.Shape the macarons

Transfer the batter into a piping bag and pipe small circles onto a lined baking tray. Let them rest for 30–45 minutes until a thin skin forms on the surface.

3.Bake to perfection

Bake the shells in a preheated oven until they develop their signature smooth tops and delicate “feet.” Allow them to cool completely before filling.

4.Create the chocolate filling

Heat the cream and pour it over chopped chocolate. Mix until smooth, then add butter for a rich and silky texture. Let the filling cool before assembling.

5.Assemble & serve

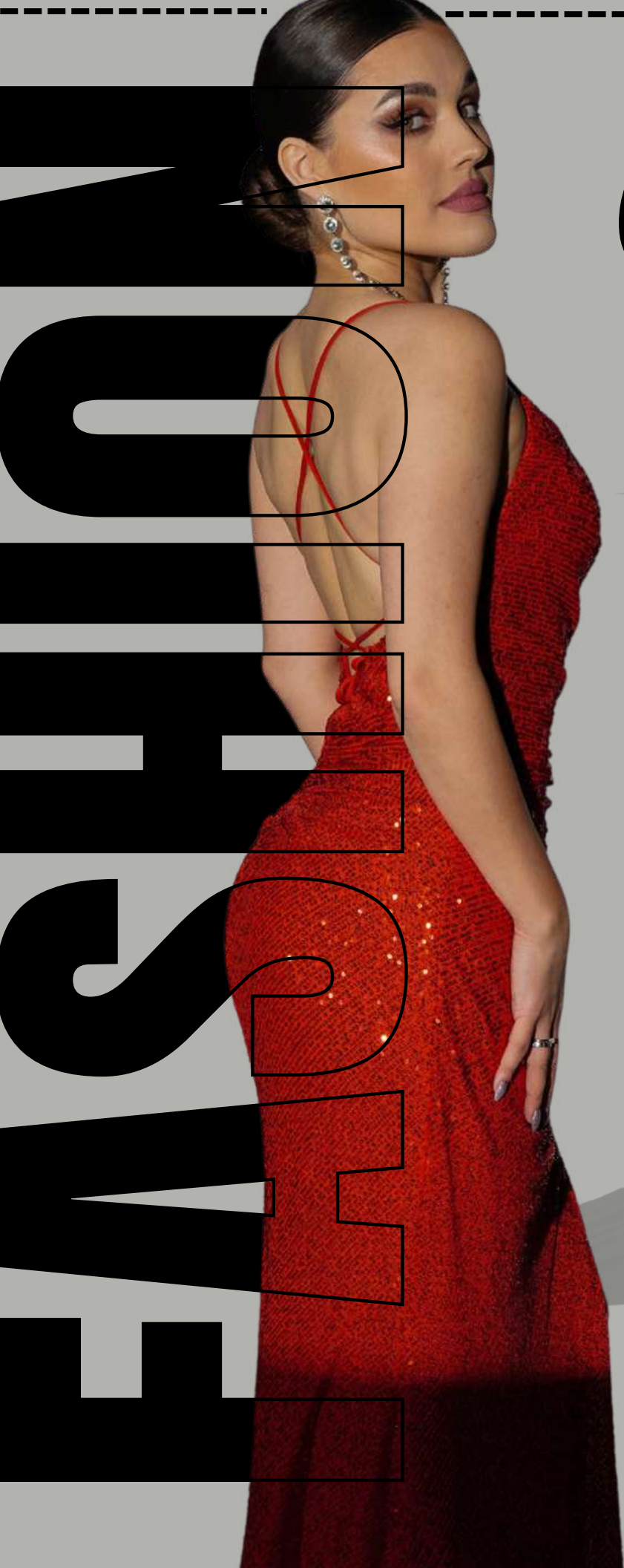
Sandwich two macaron shells together with chocolate filling in the middle. Refrigerate for a few hours to allow the flavours to blend beautifully.

Chef's tip



Perfect macarons require patience. Always measure ingredients accurately and avoid overmixing the batter to achieve the ideal texture.

“A bite-sized dessert that combines elegance, artistry, and pure chocolate happiness.”



Glow & Glam

STYLE . CONFIDENCE . ELEGANCE



FASHION FORWARD



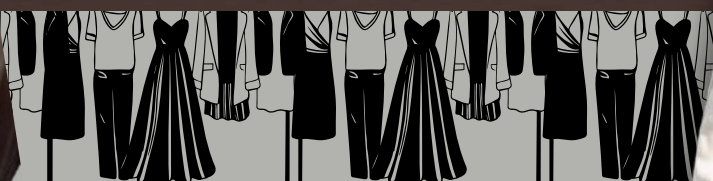
Trending This Season

Fashion is more than following trends. It's a way to express your personality. Whether you're heading to lectures, meeting friends, or attending a university event, the right outfit can boost your confidence while keeping you comfortable.

- **Neutral Tones:** Beige, cream, olive, and mocha are timeless and easy to style.
- **Oversized Shirts:** Pair them with straight-leg jeans or tailored trousers for a relaxed yet polished look.
- **Denim Revival:** Wide-leg jeans and denim jackets remain wardrobe essentials.
- **Minimal Accessories:** Gold jewellery, sleek watches, and structured handbags add elegance without overpowering your outfit.
- **Classic Sneakers:** White sneakers continue to be the perfect blend of comfort and style.

Style Tip

"The best outfit is one that makes you feel confident. Wear trends that suit your personality not the other way around."



The Diary of a LEO

2019/20 - Charter Member

- Charter Member of the Leo Club of University of Sri Jayewardenepura
- Project Chairperson – Project Arunalu (Healthcare Camp at Kegalle Rubber Estates)
- Most Outstanding Healthcare Project – Leo District 306 A2

2020/21 - Chief Project Coordinating Director

- Led and mentored 6 Project Coordinating Directors
- Chairperson – 2nd Club Installation Ceremony
- Strengthened leadership, project management and organisational skills

2021/22 - Club President

- Conducted 221 service projects (online & physical)
- Most Outstanding Club President – 1st Runner-Up
- Club became Most Outstanding Leo Club – 1st Runner-Up
- District Contest Winner for the 2nd consecutive year
- Numerous club and project awards

2022/23 - Immediate Past Club President Zone Director

- Guided and mentored 5 Leo Clubs
- Chairperson – District Mid-Year Review
- Most Outstanding Immediate Past Club President – Leo District 306 A2 and 1st Runner-Up – Leo Multiple District 306
- Most Outstanding Line Officer
- Named among the Top 10 Leos

2023/24 - Assistant District Secretary Chairperson – Administration Team (LMD 306)

- Chairperson – District Business Session
- Most Outstanding Leo Scholar
- Most Outstanding Council Officer – 2nd Runner-Up
- Named among the Top 10 Leos (2nd consecutive year)

2024/25 - District President

- Led 28 Leo Clubs under the theme "Change Empowered through Leadership and Service"
- Introduced innovative district initiatives
- Enhanced administrative standards and member engagement across the district

2025/26 - Immediate Past District President Multiple District Membership Chairperson

- Oversaw membership of 200+ Leo Clubs
- Increased Multiple District membership by 30%+, surpassing 12,000 active Leos
- Supported the transition to the newly formed Leo District 306 D2

Present - Past District President Leadership Chairperson – Leo Lions Club of Colombo USJ Alumni

- Continuing to mentor and develop future Leo leaders
- Supporting leadership development within the Leo Movement and USJ Leo alumni network

2019/2020



2020/2021



2021/2022



2022/2023



2023/2024



2023/2024



2024/2025



2024/2025



2025/2026



2025/2026



Walking you through
the journey of
**LEO LION ESHAN
KASTHURIARACHCHI**



International Day of Friendship

The International Day of Friendship is observed annually on 30 July. It was officially proclaimed by the United Nations General Assembly in 2011. The day recognizes the power of friendship in promoting peace, understanding, and solidarity among individuals, communities, and nations.

Friendship is a universal bond that transcends geographical, cultural, religious, and social boundaries. It fosters mutual respect, trust, and cooperation, helping people build meaningful relationships and stronger communities. The United Nations acknowledges that friendship between peoples, countries, cultures, and individuals can inspire peace efforts and contribute to a more harmonious world.

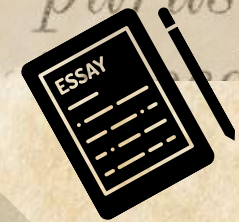
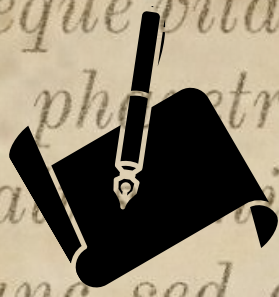
In an increasingly interconnected world, friendship plays a vital role in reducing prejudice and encouraging dialogue. Through friendships, people gain a deeper understanding of different perspectives, traditions, and ways of life. These connections help break down barriers and promote tolerance, inclusion, and respect for diversity.

The observance also highlights the importance of educating young people about the values of solidarity, empathy, and mutual understanding. Schools, youth organizations, and community groups often organize activities, discussions, and awareness programs to strengthen friendships and encourage cooperation among diverse groups of people.

For service organizations such as Leo Clubs, friendship serves as a foundation for teamwork and community engagement. By working together toward common goals, young volunteers develop lasting bonds while making meaningful contributions to society. These friendships not only strengthen leadership and collaboration but also inspire a lifelong commitment to service.

In today's world, where conflicts and misunderstandings continue to affect communities, the message of friendship remains more important than ever. Small acts of kindness, compassion, and understanding can create positive change and foster a sense of unity among people from different backgrounds.

In conclusion, the International Day of Friendship is more than a celebration of personal relationships. It is a reminder that friendship has the power to build bridges, strengthen communities, and promote peace. By embracing the values of respect, empathy, and cooperation, we can contribute to a more inclusive and united world for future generations.



TAPESTRY

WHERE CREATIVITY MEETS EXPRESSION



The Unseen Destiny

**To speak her truth feels like
a crime,
A silent scream, unheard in
time.**

**She swallows storms the
world won't see,
For society molds what she
must be.**

**She wears her masks, a
thousand lies,
A painted smile, a heart that
cries.
Her laughter hides the pain
beneath,
A fragile soul, denied relief.**

**Each dream she buries, each
tear she hides,
Bound by the chains of
others' eyes.
But one soft dawn, her
strength will break,
The weary bird will claim
the ground.**

Sapna Wijayalath Arachchi
3rd Year,
Department of English and Linguistics .
Faculty of Humanities and social sciences.

A Yearn from the Moon

*"O' the brightest of all, the queen on her throne
Unfold thy hands of gold and
Embrace me warm, in the coldest moment
Of the May's full night. Let the sizzling breeze
Of the west wind kiss; the rosy cheeks
And intoxicate with the scented stars of
The earth and yet let not
My velvety limbs clutch the grip of
The feathery bed, ere the messenger
Of the night, dark and swishing in flight
Carry the crimson wrapped soft stone,
Cut and shaped, to the one who
Sing'st the song of spring of life.*

*Barrier the dawn, summon the
Venus: to defend the chuckling infants
Of the black night,
Aid the messenger of the night, that the heartiest
The crimson wrapped,
The softest stone,
Be'st on the eagerly awaited hand of
The Montague of youth."*

By Panchali Milindi

2nd Year

Department of English and Linguistics
Faculty of Humanities and Social Sciences
University of Sri Jayewardenepura

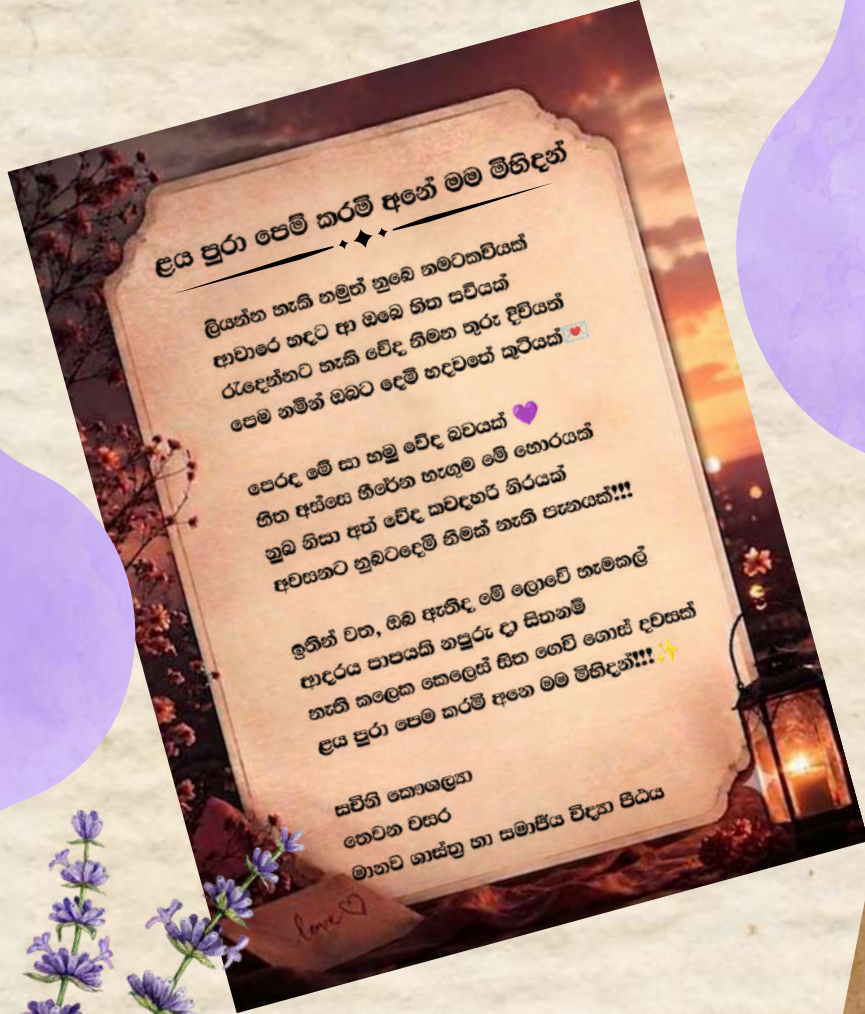
Unloved ❤️

**Is it that hard to love me,
when I gave my heart without doubt
and all I heard was quiet goodbyes?
Maybe I'm just a page you turned,
a story you never learned to keep.**

**Still, my name lingers on your breath.
Tell me, is love that hard, or**

just my name you couldn't hold?

**Sandamini Aberathna
Department of English and Linguistics
Faculty of Humanities and social
sciences.**



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Club President Edition



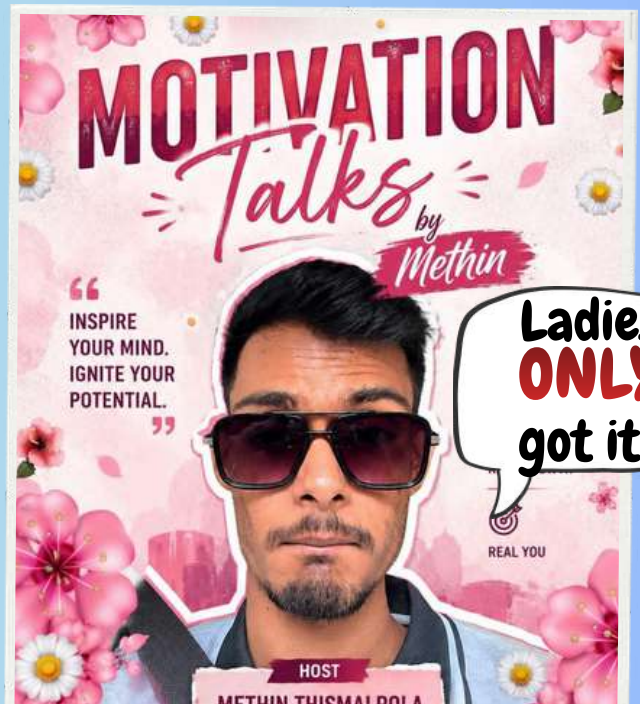
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Surprised? -
No
Disappointed?
- YES



BIG Brain
Bro!
(Not showing off
at all)



Ladies
ONLY
got it?

The part time occupation
of Mr.

නිල් මාලි

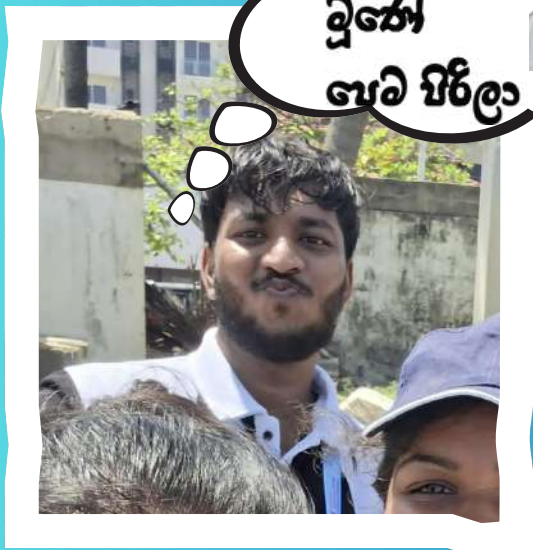


YOU HAVE
MY BLESSINGS
(DEYYO IS WATCHING)

ကလေးတွေ ပေါ်ခွဲနေ
ရင် မိသားစု



ပုဆိုး ပာဝမိ
ခွဲနေ
ပျော် ပီရီလွှာ



MEET OUR TEAM



**EDITORIAL
DIRECTOR**

**SUJANI
NAVODA**

LEO



**EDITORIAL
DIRECTOR**

**SHIRANGA
NETHMINI**

LEO



**CHIEF
EDITOR**

**INDIMA
RATHNAYAKA**

LEO



**EDITORIAL
DIRECTOR**

**SEWMINI
KAWSHALYA**

LEO



**EDITORIAL
DIRECTOR**

**HASHINI
LIYANARACHCHI**

LEO



Leo Club of University of Sri Jayewardenepura



Leo Club of University of Sri Jayewardenepura



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