



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

J'PURA LEO READER



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VOLUME 08 | ISSUE 02 | LEOISTIC YEAR 26/27 | AUGUST EDITION



Leos of Sri Lanka
& Maldives
INSPIRING LIVES



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MESSAGE FROM THE MULTIPLE DISTRICT SECRETARY

Dear Leos of the Leo Club of University of Sri Jayewardenepura,

As you step into another Leoistic Year, it gives me immense pleasure and pride, as the Leo Multiple District Secretary of Leo Multiple District 306 Sri Lanka & Maldives, to extend my heartfelt wishes to every member of the Leo Club of University of Sri Jayewardenepura.

A new Leoistic Year is the beginning of a chapter filled with opportunities to serve, lead, inspire, learn, and create meaningful change. The true strength of a Leo Club lies in transforming challenges into opportunities and aspirations into action.

I extend my warmest congratulations to President Leo Methin Thismalpola as he leads the Club. Leadership is about having the courage to take responsibility, the humility to listen, the strength to bring people together, and the vision to move forward. With dedication and team support, President Methin will lead the Club towards a remarkable year.

To the Board of Directors and members, remember that your greatest achievement is measured by the lives you touch and the positive difference you leave behind. Let every project have purpose, every initiative reflect passion, every challenge strengthen unity, and every success remind you of what a team can achieve together.

The Leo movement provides a platform to develop ourselves while serving others. Step forward for leadership, speak up for change, support one another, and never lose the spirit of service. Uphold your proud legacy while creating an identity through innovation, excellence, fellowship, and impactful service.

On behalf of Leo Multiple District 306 Sri Lanka & Maldives, I assure you of our fullest support. May friendships grow stronger, leaders emerge, and communities be empowered. I wish you a year filled with success, strength, unity, and achievements.

With warmest wishes,

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



MESSAGE FROM THE DISTRICT MEMBER

Dear Fellow Leos,

It is with immense joy and gratitude that I write to you as the District Director for Membership Retention & Growth of Leo District 306 D2 for the Leoistic Year 2026/2027. More than a title, this role feels like a new chapter in a journey that has given me some of the most meaningful experiences, friendships, challenges, and memories of my life.

My Leo journey began in the Leoistic Year 2024/2025 as the Assistant Secretary of the Leo Club of University of Sri Jayewardenepura, my mother club. From those first steps to serving as the 2nd Vice President, and now taking on a district-level responsibility, every position has taught me something valuable. More importantly, every Leo I have met along the way has contributed to the person and leader I am today.

As Leos, we often speak about service and leadership, but for me, Leoism is also about belonging. It is about finding people who stand beside you when things become challenging, celebrating even the smallest victories together, and creating friendships that continue far beyond projects and positions.

As I step into this new responsibility, my greatest hope is to see every Leo feel valued, heard, included, and inspired to remain a part of this beautiful movement. Let us create clubs where members do not simply join, but truly belong.

To every Leo reading this, thank you for being part of this journey. Let us grow together, serve together, and make this Leoistic Year one we will always remember.

With love and Leo spirit,

Leo Lion Malshi Sadunika
District Director – Membership Retention & Growth
Leo District 306 D2



MESSAGE FROM THE CLUB PRESIDENT

It feels truly special to write this message as the President of the Leo Club of the University of Sri Jayewardenepura for the Leoistic Year 2026/27.

Our 8th Installation Ceremony was not merely a ceremony to appoint a new Executive Committee and Board of Directors. For me, it was a moment to turn the page and begin another chapter in the story of our club, a moment of reflection, gratitude and excitement for what lies ahead.

First and foremost, I extend my heartfelt congratulations to the newly appointed Executive Committee and Board of Directors for Leoistic Year 2026/27. Each position carries responsibility, but also an opportunity to serve, learn, lead and grow. I hope each of you embraces your role with commitment and makes this a journey you will always be proud of.

I also sincerely appreciate our outgoing Executive Committee and Board of Directors. The time you have given, challenges you have faced and memories you have created have contributed greatly to where our club stands today. Many of your efforts may never be fully recognized, but they have certainly made a difference. Thank you for laying the foundation on which we can continue to build.

A special word of appreciation goes to all our Past Club Presidents and Past Executive Committee members. The strength, traditions and identity of our club are a reflection of those who have led and served before us. We stand on the shoulders of those who built this club, and it is now our responsibility to carry that legacy forward.

I also express my deepest gratitude to our Leo Advisor and Staff Advisor for their continuous guidance, support and encouragement. Your presence means more to us than words can truly express.

As we begin this new Leoistic year, let us measure our success not only by the projects we complete or awards we receive, but by the lives we touch, people we inspire, friendships we create and difference we make.

There will be challenges, but when we stand together as one team and remember why we started, there is very little we cannot overcome.

The 8th Installation marked the beginning of a journey that belongs to every member of our club. Let us carry forward the legacy we have inherited, create something of our own and leave behind a chapter that future generations will be proud to continue.

Let's make this chapter count!

Leo Methin Thismalpola

President 2026/27

Leo Club of University of Sri Jayewardenepura



MESSAGE FROM THE 1ST VICE PRESIDENT

Stepping into this new Leoistic year fills me with gratitude, excitement, and responsibility. Looking back, I can hardly believe how far this journey has taken me. I started as a prospect, with nothing more than a simple desire to be part of something meaningful. With every project, challenge, and opportunity, I slowly discovered the true meaning of service, teamwork, and leadership. From being a prospect to serving as a Project Coordinating Director, and now stepping forward as the 1st Vice President, every stage has shaped me and given me lessons I will always carry with me.

This journey would not have been possible without the guidance and dedication of those who came before us. I sincerely thank our past leaders for their commitment, sacrifices, and efforts in building the foundation we proudly stand on today. Because of them, we have a legacy to continue and an opportunity to make it even stronger.

Through my journey, I have learned that leadership is not simply about a position or a title. It is about taking responsibility, facing challenges together, and turning ideas into meaningful action. Above all, I believe that when we genuinely do something good for others, we are blessed in ways we may never expect. Even the smallest act of kindness can create an impact greater than we realize.

As we begin this new chapter, I hope every director, member or prospect finds their own purpose, believes in themselves, and makes the most of every opportunity. Let us step outside our comfort zones, learn from each other, support one another, and grow together.

Let us remember that our journey is not measured by the titles we hold, but by the lives we touch, the friendships we build, and the difference we make.

Here's to a year filled with meaningful service, personal growth, unforgettable memories, and a stronger Leo family. Let us make this journey one worth remembering.

With Gratitude,
Leo Dedunu Thakshila
1st Vice President
Leo Club of University of Sri Jayewardenepura
Leoistic Year 2026/2027



MESSAGE FROM THE 2ND VICE PRESIDENT

Dear fellow Leos and friends,

My journey in this movement began simply as a prospect. By diving into projects and engaging actively with everyone, I earned my membership, and today, I am deeply honored to serve as your Second Vice President for the Leoistic Year 2026/27.

Leo life is about much more than titles, certificates, or awards. It is about gathering genuine friendships, collecting unforgettable memories, and truly enjoying every moment of this remarkable journey together. While we strive to make a difference, let us cherish the laughter, the late-night planning sessions, and the bonds that make our club a true family.

At the same time, we carry a greater responsibility, to be shining examples for the future generation. True service means looking beyond ourselves, not just gaining personal fulfillment, but actively giving back to the world, uplifting those in need, and leaving a lasting, positive footprint on society.

Let us continue to lead with empathy, serve with open hearts, and make this year one of our most memorable and impactful yet.

In Leoism,
Leo Udani Irugalbandara
Second Vice President
Leo Club of University of Sri Jayawardenapura
Leoistic Year 2026/27



MESSAGE FROM THE 3RD VICE PRESIDENT

It is with immense pride and gratitude that I write this message as the 3rd Vice President of the Leo Club of the University of Sri Jayewardenepura for the Leoistic Year 2026/27.

First and foremost, I extend my heartfelt congratulations to our newly appointed Executive Committee and Board of Directors. The 8th Installation Ceremony marked the beginning of a new chapter for our club, and I am truly honoured to be part of this journey. I hope each of you embraces your responsibilities with dedication, passion, and a willingness to learn and grow.

I would also like to sincerely appreciate our outgoing Executive Committee and Board of Directors for their commitment and contribution throughout the past Leoistic year. Your efforts, challenges, and memories have shaped our club and created a strong foundation for us to build upon. Thank you for your service.

When I look back at the beginning of my Leo journey, I realise that I joined Leo during one of the most difficult chapters of my life. After losing my father, I was simply trying to find a way forward and something meaningful to hold on to. I never imagined that Leo would become such an important part of my life.

Leo gave me people, experiences, responsibilities, and memories that shaped me into who I am today. Standing here as the 3rd Vice President, I feel incredibly proud of how far I have come.

A special part of this journey will always belong to my father. I wish he could have been here to see this chapter and the person I am becoming. Though he is no longer here, I carry his memory with me and hope he is proud of me.

As we step into 2026/27, let us serve with genuine hearts, grow together, and create memories worth remembering.

Here's to writing a beautiful new chapter together!

Leo Mihisarani Karunaratne

3rd Vice President 2026/27

Leo Club of University of Sri Jayewardenepura



MESSAGE FROM THE SECRETARY

Dear Readers,

It is with great honour and a deep sense of responsibility that I step into the role of "Club Secretary" of the Leo Club of University of Sri Jayewardenepura for the Leoistic Year 2026/27. Serving as the backbone of the club's administration, I embrace this position not merely as a responsibility but as an opportunity to contribute to the smooth functioning and continued growth of our club.

The role of a Secretary is about ensuring that every effort is organised, every responsibility is communicated clearly and every achievement is documented with purpose. With four dedicated Assistant Secretaries by my side, I look forward to building an administrative team founded on mutual support and a shared commitment to excellence. I firmly believe that great teamwork is not about controlling every step but about creating an environment where everyone can contribute their strengths and grow together.

I am deeply grateful for the trust placed in me and excited to work alongside our Club Executive, Board of Directors and every member and prospect of our club. Together, let us strengthen the foundation of our club, uphold the values of leadership and turn our collective efforts into achievements that go Beyond Ordinary.

With Gratitude,

Leo Heshani Peiris
Club Secretary
Leo Club of University of Sri Jayewardenepura
Leoistic Year 2026/27



MESSAGE FROM THE TREASURER

When I first joined the Leo movement as a prospect, my motivation was very simple. It was a "step outside my comfort zone, make new connections, and contribute to society." I love the Leo Club and everything it stands for the camaraderie, the energy, and the shared commitment to making a real difference. I never anticipated how profoundly this path would shape my character, build my confidence, and redefine my understanding of leadership. Step by step, my journey evolved from eager participation to strategic direction.

As a prospect, I focused on learning the ropes, observing senior leaders, and raising my hand for every opportunity. It was during those early days that I truly fell in love with the Leo movement and discovered its essence dedication, passion, and the undeniable power of collective effort. Taking on directorial roles across key initiatives marked a pivotal turning point. Steering operations, streamlining event logistics, and aligning team strengths to deliver high-impact results taught me how to turn structured ideas into tangible community impact under pressure.

Stepping into the financial leadership of our club as Treasurer brought a whole new layer of responsibility. Managing budgets, ensuring strict financial transparency, allocating resources efficiently for our club's signature programs, and keeping our operations sustainable taught me strategic discipline and accountability.

Moving from observing in the back row to managing the financial backbone of our club taught me that true leadership isn't about holding a title, it's about earning trust, taking responsibility, and empowering others to grow. My deep love for the Leo Club stems from the growth, memories, and purpose it has given me.

To every prospect starting out, trust the process, embrace every role, and take ownership of the journey. The experience itself will build you into the leader you are meant to be.

Leo Oshani Hirushika
Treasurer
Leo Club of University of Sri Jayewardenepura
Leoistic Year 2026/2027



MESSAGE FROM THE CHIEF EDITOR

It is truly a privilege and a great honour to serve as the Chief Editor of the Leo Club of the University of Sri Jayewardenepura for the Leoistic Year 2026/27. Being entrusted with this responsibility is something I am deeply grateful for, and I look forward to contributing to a club enriched by extraordinary individuals who continue to give their time, talents and passion to make a difference.

Eleganza '26, our 8th Installation Ceremony, was more than the beginning of a new Leoistic year. It was a celebration of the pride we carry as the Leo Club of University of Sri Jayewardenepura, a pride shared by our university, our club and the entire Leo movement. It marked the beginning of a new chapter filled with opportunities, responsibilities and possibilities.

As I step into my role as Chief Editor, I hope to use this position not simply to document our journey, but to help shape and share the story of everything we accomplish together. I am committed to giving my best to the club and contributing to its success through creativity, dedication and teamwork.

As this magazine captures our journey, I warmly invite every Leo and every member of our university community to engage with its stories, celebrate our achievements and be a part of this journey. Let us support one another, create meaningful memories and continue building on the legacy entrusted to us. Together, let us embrace the spirit of “Beyond Ordinary” and make this Leoistic year a chapter worth remembering.

Beyond Ordinary. Beyond Expectations. Beyond Limits.

Leo Indima Rathnayaka
Chief Editor

Leo Club of University of Sri Jayewardenepura
Leoistic Year 2026/27



EDITOR'S NOTE

Dear Readers,

Every new chapter begins with a dream, and for me, this chapter begins with the honour of serving as the Editorial Director of the Leo Club of University of Sri Jayewardenepura for the first time. This opportunity is not only a milestone in my Leo journey but also a chance to contribute to a legacy that has inspired many young leaders before me.

This publication reflects our journey as a Leo family, bringing together the ideas, experiences, and achievements that define us. Each page showcases the passion, teamwork, and dedication that drive us to serve, lead, and grow while celebrating the friendships and values that make our journey meaningful.

As I take on this role, my goal is to make Leoistic a platform that inspires, informs, and encourages every member to share their unique voice. I hope to introduce fresh perspectives and creative content that highlight the positive impact created by our members.

This edition is the result of dedication, collaboration, and hard work. I sincerely thank everyone who contributed their time, creativity, and support in making this publication possible.

To our readers, I invite you to turn these pages with curiosity and pride. I hope the stories, memories, and achievements featured here inspire you to continue making a difference and remind you of the strength that comes from working together toward a common purpose.

Thank you for being part of our journey and for supporting the vision of our Leo family. I look forward to contributing to many more meaningful milestones together.

Warm regards,
Leo Sujani Nawoda
Editorial Director
Leo Club of University of Sri Jayewardenepura
Leoistic Year 2026/2027

Eleganza'26

A New Chapter of Leadership, Service and Fellowship

"Honour the Past, Empower the Present & Inspire the Future."

With these words at the heart of its journey, the Leo Club of University of Sri Jayewardenepura welcomed a new chapter of leadership and service through Eleganza'26, the 8th Installation Ceremony of the club, held on 23rd August 2026 at the University premises. The occasion marked the transition into the Leoistic Year 2026/27, bringing together distinguished Leo leaders, advisors, members, and well-wishers to celebrate a legacy of service while looking towards a promising future. The ceremony commenced with the arrival of the dignitaries, followed by the National Anthem and University Anthem. The National Flag, Leo, and Environmental Pledges set the foundation for an occasion centred on responsibility, commitment and service. The formal proceedings continued with the introduction of the head table and the welcome speech, creating the setting for a meaningful transition between two Leoistic years.

Before welcoming the new era, Eleganza'26 took a moment to honour the journey that had already been travelled. The minutes of the previous Installation Ceremony and the Annual Treasurer's Report provided a formal reflection on the club's previous year, while the Year Gone By Video and Outgoing President's Address captured the experiences, achievements and memories that shaped the preceding chapter.

This reflection was an important reminder that every new beginning is built upon the dedication of those who served before. The incoming leadership inherited not merely positions, but a legacy that continues to shape the identity and aspirations of the club.

One of the most meaningful moments of Eleganza'26 was the induction of 14 new members into the Leo Club of University of Sri Jayewardenepura.

The newly inducted Leos were Isuri Sathyangana, Ehansa Perera, Nisini Sandachaya, Verushka Perera, Kawya Dewmini, Koshila Peiris, Praveen Mithsara, Hasini Tharushika, Hashini Liyanarachchi, Erandi Wathsala, Savija Bandara, Senuri Pramasha, Hasini Kethaki, and Pabara Amarasi. Their induction marked the beginning of a new journey in which they would contribute to the club, participate in its activities, and develop themselves through leadership, service and fellowship. The induction ceremony itself emphasised the values expected of a Leo: cheerfulness, service and loyalty, together with personal responsibility and a commitment to helping those in need.





For these new members, Eleganza'26 was therefore not simply a ceremony they attended; it was the moment they officially became part of a larger story.

The centrepiece of the occasion was the installation of the Club Officials for the Leoistic Year 2026/27. The installation was conducted by Leo Lion Buddhika Abenayake, District President of Leo District 306 D2, who served as the Chief Guest of the occasion.

The newly appointed leadership team represents multiple dimensions of club administration and service. Ten Project Coordinating Directors were appointed to plan and organise projects, engage members, and guide teams towards achieving their project goals.

The Media Directors Leo Chelaka Botheju, Leo Savija Bandara, Leo Nadeesha Madhubhashanee, and Leo Erandi Wathsala were entrusted with promoting the club and its activities through creative posts and videos, managing social media communication, and contributing to the club's major publications.

The leadership structure further included the Leo Lion Relations Director, International Service Director, Finance Director, IT Director, Member Relations Directors, Editorial Directors, Chief Editor, Treasurer, Assistant Treasurers, Secretaries, Assistant Secretaries and Vice Presidents. Each position carries a specific responsibility while contributing to the broader objective of strengthening the club and its service initiatives.

As an editorial team, the Editorial Directors and Chief Editor hold a particularly important responsibility in documenting the club's journey throughout the year.

The Editorial Directors Leo Hashini Liyanarachchi, Leo Shiranga Nethmini, Leo Sewmini Kawshalya, and Leo Sujani Nawoda together with Chief Editor Leo Indima Rathnayaka, form part of the Executive Committee and Board of Directors. Their responsibilities include overseeing the Club Magazine, Club Newsletters and Club Directory, supervising suitable social media captions, and evaluating and editing members' articles before publication.

Through these responsibilities, the editorial team becomes more than a group that produces written content. It becomes the storyteller of the club, preserving its achievements, experiences, people and memories for the future.

The installation continued with the appointment of the financial and administrative leadership of the club. Leo Oshani Hirushika was installed as Club Treasurer, supported by Assistant Treasurers Leo Senuri Pramasha and Leo Sayuri Parindya. The Secretaryship was entrusted to Leo Heshani Peiris, supported by Assistant Secretaries Leo Hasini Kethaki, Leo Hiruni Manjula, Leo Yenuli Sithma, and Leo Dinethma Hatharasinghe.

The three Vice Presidents Leo Dedunu Thakshila, Leo Udani Irugalbandara, and Leo Mihisarani Karunarathna were also installed, taking on the responsibility of supporting the President, fostering unity among members and assisting with initiatives and service projects.

At the culmination of the installation process came the symbolic handover of the gavel to the Club President, representing the transition of leadership and the beginning of a new chapter for the club.

Following the installation, the newly appointed leadership was formally welcomed to the head table, leading into the Incoming President's Address and Theme Revelation. This marked the transition from reflecting on what had been accomplished to looking towards what could be achieved in the year ahead.

The programme continued with the distribution of service letters, addresses from the Special Guest and Guest of Honour, an entertainment item, and the address of the Chief Guest. The ceremony concluded with tokens of appreciation, felicitation, special remarks from the Staff Advisor and Leo Advisor, the Vote of Thanks, and the traditional Mada Video.

The distinguished presence of Leo Lion Thameera Dananjaya, Immediate Past District President of Leo District 306 D2, as Guest of Honour, and Leo Lion Bonomi Tharinda, District Vice President 2026/27, as Special Guest, further added significance to this milestone in the club's journey.

Eleganza'26 was ultimately more than the installation of a new Board of Officials. It represented the continuity of a legacy.

It was a moment where the achievements of the past were remembered, new members were welcomed, responsibilities were entrusted to a new generation, and the future direction of the club was revealed.

For the newly inducted members, it was the beginning of their Leo journey.

For the newly installed officials, it was the beginning of a year of responsibility.

For the outgoing leadership, it was a moment to look back with pride.

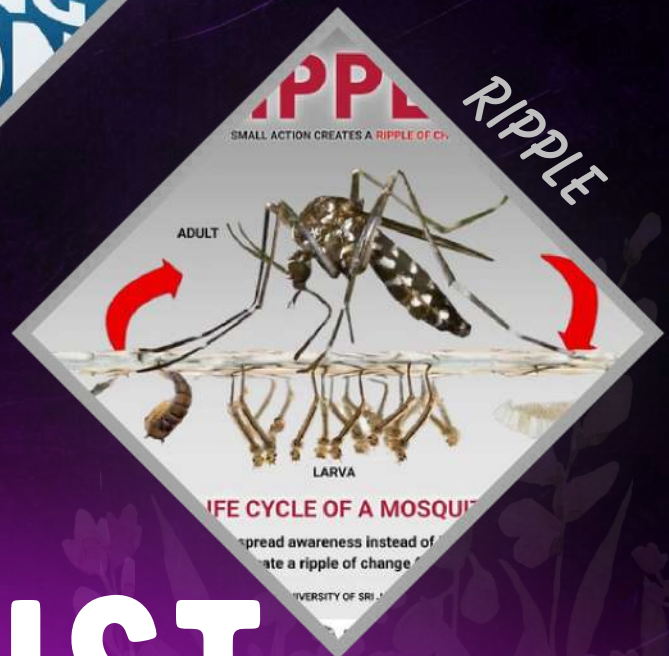
And for the club as a whole, it was the beginning of another chapter in its continuing story of leadership, experience and opportunity.

The Leo Club of University of Sri Jayewardenepura now steps into the Leoistic Year 2026/27 with a renewed team, fresh aspirations and an enduring commitment to service. With the wisdom of the past as its foundation and the possibilities of the future before it, the club is ready to transform vision into action and leadership into meaningful impact.

Eleganza'26 therefore stands not simply as a record of a day, but as the opening page of another chapter, one that honours the past, empowers the present and inspires the future.

FLASHBACK *Month of August*

HIGHLIGHTS

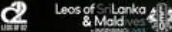


AUGUST



Eleganza 2026 : ශ්‍රී ජයවර්ධනපුර විශ්වවිද්‍යාලීය ශ්‍රියේ සමාජයේ 08 වැනි පදවි ප්‍රදනෝත්සවය සාර්ථකව පැවැත්වෙයි





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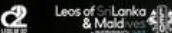
Leo Club of University of Sri Jayewardenepura



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Leo Club of University of Sri Jayewardenepura



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Leo Club of University of Sri Jayewardenepura



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Leo Club of University of Sri Jayewardenepura






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Leo Club of University of Sri Jayewardenepura



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Leo Club of University of Sri Jayewardenepura
LIONS INTERNATIONAL
LEO DISTRICT 306 D2



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Leo Club of University of Sri Jayewardenepura
LIONS INTERNATIONAL
LEO DISTRICT 306 D2



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Leo Club of University of Sri Jayewardenepura
LIONS INTERNATIONAL
LEO DISTRICT 306 D2



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Leo Club of University of Sri Jayewardenepura
LIONS INTERNATIONAL
LEO DISTRICT 306 D2

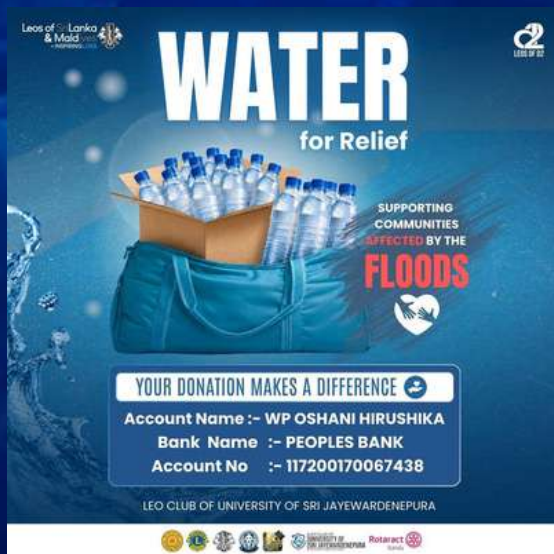
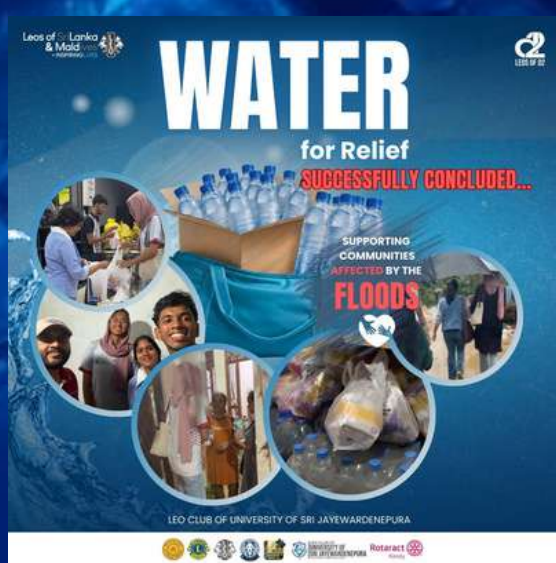


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Leo Club of University of Sri Jayewardenepura
LIONS INTERNATIONAL
LEO DISTRICT 306 D2



WATER FOR RELIEF



LEO RAFFLE DRAW

GOLDEN TICKET GALA LEO RAFFLE DRAW season 03



GOLDEN TICKET GALA LEO RAFFLE DRAW season 03



Leo Oshani Hirushika
oshanihirushika100@gmail.com +94 76 480 3108
Leo Kaveen Lakshan

GOLDEN TICKET GALA LEO RAFFLE DRAW season 03

OUR JOINT CLUBS FOR THIS YEAR



LEO DISTRICT 306 D2

Leos of Lanka & Maldive

WATER

for Relief

SUPPORTING COMMUNITIES AFFECTED BY THE FLOODS

NETWORKING PARTNER

Rotaract
Kandy

HAS PARTNERED WITH THE LEO CLUB OF UNIVERSITY OF SRI JAYWARDENEPURA ON THE 'WATER FOR RELIEF' PROGRAM

Leos of Lanka & Maldive

WATER

for Relief

SUPPORTING COMMUNITIES AFFECTED BY THE FLOODS

DIGITAL MEDIA PARTNER

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NEWS
UNDERGROUND NEWS FROM SRI LANKA

HAS PARTNERED WITH THE LEO CLUB OF UNIVERSITY OF SRI JAYWARDENEPURA ON THE 'WATER FOR RELIEF' PROGRAM

WATER FOR RELIEF

Leos of Lanka & Maldive

COMING SOON!

PHASE II

LEO CLUB OF UNIVERSITY OF SRI JAYWARDENEPURA
LIONS INTERNATIONAL
LEO DISTRICT 306/02

Leos of Lanka & Maldive

RIPPLE

EVERY SMALL ACTION CREATES A RIPPLE OF CHANGE

LIFE CYCLE OF A MOSQUITO

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

LEO CLUB OF UNIVERSITY OF SRI JAYWARDENEPURA

Leos of Lanka & Maldive

RIPPLE

EVERY SMALL ACTION CREATES A RIPPLE OF CHANGE

CONTROL AND PREVENTION MEASURES

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

LEO CLUB OF UNIVERSITY OF SRI JAYWARDENEPURA

RIPPLE

RIPPLE

Breaking the Silent Threat

The Leo Club of the University of Sri Jayewardenepura has officially launched Project Ripple, a dedicated initiative aimed at raising awareness and encouraging proactive action against the growing threat of dengue in Sri Lanka. With dengue continuing to pose a significant public health concern, the project focuses on educating communities about prevention and empowering individuals to take simple but effective measures to reduce mosquito breeding. Project Ripple will be carried out in two phases, combining digital awareness with direct community engagement.

Phase I - Article & Video Awareness Series

The first phase focuses on digital awareness and education through a series of informative articles and videos. This phase aims to help the public understand the dengue threat, recognize mosquito breeding sites, and learn practical prevention methods. The awareness series will cover important topics such as identifying the “silent threat,” understanding the Aedes mosquito life cycle, and recognizing how stagnant water can create breeding grounds. It will also highlight simple preventive actions, including emptying containers with stagnant water, covering water storage containers, and keeping surroundings and drainage areas clean. Through easily accessible articles and engaging videos, Phase I aims to spread accurate knowledge and encourage people to take responsibility for maintaining dengue-free surroundings.

Phase II - Community Awareness Programme

The second phase will take the campaign directly into communities through a house-to-house awareness programme. Volunteers will visit homes and distribute informative dengue prevention leaflets, while engaging with residents and providing practical guidance on identifying and eliminating potential mosquito breeding sites around their homes. This direct community approach will help transform the awareness created through Phase I into real-life preventive action, encouraging families to regularly inspect and maintain their surroundings.

Our Goal

Project Ripple is dedicated to protecting families, local communities, and residents across Sri Lanka by promoting awareness, responsibility, and collective action against dengue. The project believes that meaningful change can begin with small actions. By educating people through media and reaching communities directly, Project Ripple aims to create a ripple of awareness that grows into a nationwide movement for a safer, dengue-free Sri Lanka.

WATER FOR RELIEF



Water for Relief - 'Quenching Thirst, Restoring Hope'

When nature tests human endurance, unity becomes our strongest response. In the wake of recent floods that severely impacted communities across Sri Lanka, the Leo Club of University of Sri Jayewardenepura stepped forward to launch 'Water for Relief', a dedicated initiative aimed at delivering immediate aid and clean drinking water to flood-affected families.

Disasters compromise access to basic necessities, with safe drinking water being the most critical urgent need. Recognizing this urgency, our Leos mobilized resources, launched a nationwide call for support, and organized relief operations to bring swift assistance to those facing immense hardship.

Through strategic collaboration, we partnered with the 'Rotaract Club of Kandy' as our official Networking Partner and Gossip Lanka News as our Digital Media Partner. These synergies amplified our message, engaged the public, and streamlined logistics. Thanks to the generosity of donors and volunteers, the initiative successfully delivered essential relief packages and clean water supplies to 50 families across Gampola and Nawalapitiya.

Beyond providing physical relief, 'Water for Relief' reaffirmed our core principle of service through action. Seeing relief turn into hope on the faces of families in Gampola and Nawalapitiya served as a powerful reminder of what youth leadership can achieve when driven by compassion.

The success of this project stands as a testament to collective action. As we move forward, the Leo Club of University of Sri Jayewardenepura remains committed to standing alongside vulnerable communities, turning empathy into impactful service, and proving that together, we can weather any storm.

Golden Ticket Gala

Leo Raffle Draw

Season 03



"The Golden Ticket Gala, Leo Raffle Draw - Season 03" is a collaborative fundraising initiative organized by seven Leo Clubs with a shared commitment to service, unity, and creating a positive impact in society.

This exciting initiative brings together the Leo Club of Gampaha Wickramarachchi University of Indigenous Medicine – FISSMS, Leo Club of Panadura Alubomulla, Leo Club of the University of Sri Jayawardenepura, Leo Club of Taxila Central College, Leo Club of Sri Lanka Technology Campus, Leo Club of University of Moratuwa, and Leo Club of Raththanapitiya.

The project aims to raise funds while providing participants with an exciting opportunity to become part of a special raffle experience. Through the sale of Golden Tickets, the participating Leo Clubs seek to strengthen their capacity to conduct meaningful community service projects and support individuals and communities in need.

Every Golden Ticket purchased represents more than just a chance to win, it is a contribution towards creating positive change. The initiative reflects the true spirit of the Leo movement, where collaboration, dedication, and service come together to make a difference.

As part of the Golden Ticket Gala, three Grand Winners will be selected through the raffle draw. Each participant is encouraged to keep their ticket number and confirmation details safely, as these will be required for winner verification.

The Golden Ticket Gala – Season 03 is not simply a raffle. It is a journey of service, opportunity, and shared impact. With seven Leo Clubs joining hands, this initiative demonstrates the power of teamwork and the belief that even a small contribution can help create a greater difference.

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ශ්‍රී ලංකාව යනු ආගමික හා සංස්කෘතික උරුමයන්ගෙන් පොහොසත් වූ සුන්දර දිවයිනකි. එම උරුමයන් අතරින් ලොව පුරා අවධානය දිනාගත් අතිශය වැදගත් සංස්කෘතික මංගල්‍යයක් ලෙස මහනුවර ශ්‍රී දළදා පෙරහැර හඳුන්වා දිය හැකිය. බුදුරජාණන් වහන්සේගේ වාම ශ්‍රී දන්ත ධාතූන් වහන්සේ වැඩ සිටින ශ්‍රී දළදා මාලිගාව කේන්ද්‍ර කරගනිමින් පැවැත්වෙන මෙම පෙරහැර, ශ්‍රී ලාංකික බෞද්ධ ජනතාවගේ ගෞරවය, භක්තිය සහ සංස්කෘතික අභිමානය ලොවට විදහා දක්වන අසිරිමත් අවස්ථාවකි.

දළදා වහන්සේ ලක්දිවට වැඩම කිරීමත් සමඟ දළදා වහන්සේ උදෙසා විවිධ පූජා හා පෙරහැර සම්ප්‍රදායන් වර්ධනය වූ බව ඉතිහාසයේ සඳහන් වේ. මහනුවර රාජධානිය බිහිවීමෙන් පසු ශ්‍රී දළදා වහන්සේ මහනුවරට වැඩමවාගෙන විත් දළදා මාලිගාවෙහි තැන්පත් කිරීමත් සමඟ දළදා පෙරහැරට විශේෂ වැදගත්කමක් හිමි විය. පළමුවන විමලධර්මසූරිය රජුගේ සමයේ මහනුවර දළදා මාලිගාව ඉදිකර දළදා වහන්සේ එහි තැන්පත් කළ බව ශ්‍රී දළදා මාලිගාවේ නිල ඉතිහාසය සඳහන් කරයි.

වර්තමානයේ අප දකින මහනුවර ඇසළ පෙරහැර විවිධ පූජනීය සම්ප්‍රදායන් හා දේවාල පෙරහැර සමඟ සම්බන්ධ වූ මහා සංස්කෘතික මංගල්‍යයකි. ශ්‍රී නාථ, ශ්‍රී විජේගුණ, ශ්‍රී පත්තිනි සහ ශ්‍රී කතරගම යන සිවු මහා දේවාල ද පෙරහැරට සම්බන්ධ වී ඇත. විශේෂයෙන් කීර්ති ශ්‍රී රාජසිංහ රජ සමයෙන් පසු මෙම දේවාල පෙරහැරේ වැදගත් ස්ථානයක් හිමි කරගෙන ඇති බව ඉතිහාස මූලාශ්‍රවල සඳහන් වේ.

පෙරහැරේ ගමන් මග පුරා දක්නට ලැබෙන උඩරට නර්තන, බෙර වාදන, හේවිසි, ගිනි බෝල කරුවන්, කසකරුවන්, විවිධ සාම්ප්‍රදායික කලාකරුවන් සහ අලංකාර ලෙස සරසන ලද හස්තීන් පෙරහැරට අසමසම අලංකාරයක් එක් කරයි. මේ සියලුම එකට එක්වීමෙන් ශ්‍රී ලංකාවට ආවේ,ක වූ උඩරට කලා සම්ප්‍රදාය අනාගත පරපුර වෙත ගෙන යාමට දළදා පෙරහැර මහඟු දායකත්වයක් ලබා දෙයි.

දළදා පෙරහැරේ උච්චතම අවස්ථාවක් ලෙස දළදා කරඬුව හස්තිරාජයා මත වැඩම කරවීම සැලකිය හැකිය. දහස් සංඛ්‍යාත බැතිමතුන්ගේ සාදූ නාද මධ්‍යයේ ගමන් කරන හස්තිරාජයා සහ එය වටා පෙළඟැසෙන නර්තන ශිල්පීන්ගේ දර්ශනය මහනුවර රාත්‍රිය අසිරිමත් කරයි. මෙය හුදෙක් දෘශ්‍යමය අලංකාරයක් නොව, ශ්‍රී දළදා වහන්සේ කෙරෙහි ශ්‍රී ලාංකිකයන් තුළ පවතින ගැඹුරු, ගෞරවයේ හා භක්තියේ සංකේතයකි.

දළදා පෙරහැර ආගමික උත්සවයකට පමණක් සීමා නොවේ. එය ශ්‍රී ලංකාවේ ඉතිහාසය, ආගම, සමාජය, කලා ශිල්ප, සම්ප්‍රදායන් සහ ජන විශ්වාස එකට බැඳ තබන ජීවමාන සංස්කෘතික උරුමයකි. පෙරහැර තුළින් පාරම්පරික නර්තන හා වාදන ශිල්පීන්ගේ කුසලතා ප්‍රදර්ශනය වන අතර, පරම්පරාවෙන් පරම්පරාවට පැවත එන වාරිතූ හා කලා සම්ප්‍රදායන් ද අඩහ්ඩව පවත්වාගෙන යනු ලබයි.

එමෙන්ම දළදා මාලිගාව සහ එහි සංස්කෘතික උරුමය ශ්‍රී ලංකාවේ ජාතික අනන්‍යතාවයේ වැදගත් කොටසකි. ශ්‍රී දළදා මාලිගාව 1988 වසරේදී යුනෙස්කෝ ලෝක උරුමයක් ලෙස ප්‍රකාශයට පත් කර තිබීම එහි ජාත්‍යන්තර වැදගත්කම තවදුරටත් තහවුරු කරයි.

ඒ අනුව ශ්‍රී දළදා පෙරහැර යනු ආගමික භක්තිය, ඉතිහාසය, කලාව සහ සංස්කෘතිය එකම වේදිකාවක එක් කරන අසිරිමත් ජාතික මංගල්‍යයකි. දළදා වහන්සේ කෙරෙහි ඇති අසීමිත ගෞරවයත්, අපේ මුතුන්මිත්තන්ගෙන් උරුම වූ වටිනා සම්ප්‍රදායන් රැකගැනීමේ වගකීමත් සිහිපත් කරමින් සෑම වසරකම පැවැත්වෙන මෙම පෙරහැර ශ්‍රී ලංකාවේ අනන්‍යතාව ලොවට කියාපාන අභිමානවත් සංස්කෘතික උරුමයක් ලෙස සදාකාලිකව වැජඹෙනු ඇත.



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01. මේ දවස්වල තිශාකයගේ වැඩකටයුතු කොහොමද යන්නේ? කලාවයි අනෙකුත් කටයුතුයි එක්ක පිටිනේ ගෙවී යන්නේ කොහොමද කියලා මුලින්ම දැනගන්න කැමතියි.

මේ දවස්වල හිරිපොදු වැස්ස ටෙලි නාට්‍යයෙන් අයින් වෙලා, ටෙලිනාට්‍ය තුනක වැඩකටයුතු සමඟ සම්බන්ධ වෙලා ඉන්නවා. ඒ හිරු නාලිකාවේ රොන් සොයා , සිරස නාලිකාවේ හිල සමනලි සහ අලුතින් කෙරෙන විකාශය විමට නියමිත ටෙලිනාට්‍යයක් සමග. ඊට අමතරව සැප්තැම්බර් මාසයේ ඉඳන් මගේ විශ්වවිද්‍යාල අධ්‍යාපනයේ අවසාන වසර කටයුතු ආරම්භ වෙනවා. ඒ වගේම තොරතුරු තාක්ෂණය විෂය සම්බන්ධයෙන් උපකාරක පන්ති පැවැත්වීමේ කටයුතුත් කරගෙන යනවා.

බෙර්බර් අපගේ විශේෂාංගයට එකතුවෙන්නේ හෝ ගානා පොකුණ විනුසටය තුලින් අප කවුරුත් ගැනුණාගත් ඡන්ද්‍රිය චරිතයක් වන. නිශාකය තුමාරතුංග.

02. හෝ ගානා පොකුණ කියන්නේ ශ්‍රී ලංකිය සිනමාවේ සදානුස්මරණීය චිත්‍රපටයක්. ඒකේ උක්කුං කියන මතකයේ රුඳුණු වර්තයට ඔබ සම්බන්ධ වෙන්නේ කොහොමද? ඒ කාලේ රුගත කිරීම් අතරතුර මතකයේ රුඳුණු අපුරු සිදුවීම් මොනවාද?

ඒ කාලේ පත්තරයක දාලා තිබුණු තිර පරීක්ෂණයක් එකක් මගේ අම්මා දැකලා තමයි මාව ඒකට යොමු කළේ. ඒ වෙනකොට මම පස්වන වසර ශිෂ්‍යත්වයටත් කලින් හිටියේ. මාස කිහිපයක තේරීම් අදියර කිහිපයකින් පස්සේ තමයි මට උක්කුං කියන වර්තය ලැබෙන්නේ. රුගත කිරීම් කරපු මාස තුන මගේ ජීවිතයේ කවදාවත් අමතක වෙන්නේ නැහැ. පළමු වතාවට ගෙදරින් පිටවෙලා ඉඳලා කරපු ඒ අත්දැකීම, යහළුවෝ එක්ක කරපු විනෝද කටයුතු, අසනීප වුණු වෙලාවල්වල ලබාදුන් සහයෝගයත් එක්ක ඒ මුළු කාලයම හරිම සුන්දර මතකයක්.

03. ඒ තරම් බාල වයසකදී ලැබුණු ඒ විශිෂ්ට රංගන අත්දැකීම, ඔබේ එදිනෙදා ජීවිතයට සහ වර්තමානයේ රංගනය කෙරෙහි බලපෑවේ කොහොමද?

චිත්‍රපටයට සම්බන්ධ වෙන්න කලින් මම වේදිකා නාට්‍යවල රඟපාලා තිබුණත්, කැමරාවක් ඉදිරියේ රඟපෑ පළමු අවස්ථාව ඒක. එහිදී ඉන්දික ෆර්ඩිනන්ඩෝ අධ්‍යක්ෂකතුමා ඇතුළු ක්ෂේත්‍රයේ සිටි ප්‍රබල ජ්‍යෙෂ්ඨ ශිල්පීන්ගෙන් ලැබුණු මහපෙන්වීම අපේ රංගනය ඔප්පට්ටම් කරගන්න ලොකු පිටුවහලක් වුණා. එහි ප්‍රතිඵලයක් වීදිනට 2016 වසරේ පැවැත්වුණු සරසවි සම්මාන, දෙරණ සම්මාන උළෙල, හිරු ගෝල්ඩන් ෆිල්ම් සහ ජනාධිපති සිනමා සම්මාන උළෙලවලදී හොඳම ළමා රංගනයට හිමි සම්මාන වගේම ජාත්‍යන්තර සම්මානයකුත් දිනාගන්න ලැබුණා. ඒ පදනම තමයි අදටත් මගේ රංගන ගමනට ලොකු ශක්තියක් වෙන්නේ.



04. බොහෝ දෙනෙක් ඔබව අදාලත් ආදරයෙන් මතක තබා ගන්නේ අර අහිංසක උක්කුං විදිහට. ඒ වර්තයේ සෙවණැල්ලෙන් මිදිලා, නළුවෙක් ලෙස ඉදිරියට යෑමේදී ඔබට තිබෙන අභියෝග මොනවාද?

මම මොන වර්ත කළත් මිනිස්සුන්ගේ නිත්වල මාව තදින්ම කාවැදිලා තියෙන්නේ උක්කුං විදිහට. අදාලත් සමාජ මාධ්‍යවල ජායාරූපයක් දැමීමත් බොහෝ දෙනෙක් අදහස් දක්වන්නේ ඒ නමින්. අවල, බත්කුරා, කෙටින් වගේ වෙනස් වර්ත හරහා දැන් පොඩි වෙනසක් වෙමින් තිබුණත්, උක්කුං කියන නම ප්‍රේක්ෂකයන්ගේ මතකයෙන් සම්පූර්ණයෙන්ම අයින් වෙන්නේ නැති වෙයි. ඒ ආදරයට මම කැමතියි. මනිමල් ජයගාන්ත කිව්වම මට හිතුණා මම ලොකු මනුස්සයෙක් කියලා, ඒත් ලොකුසර් කිව්වා, නමින් විතරක් ලොකු මනුස්සයෙක් වෙලා වැඩක් නැහැ කියලාම කියන විත්‍රපට දෙබස වගේ, දැන් මම □උක්කුං□ කියන ආදරය නමට කැමැත්තෙන්ම මුහුණ දෙනවා.

05. රංගන ශිල්පියෙක් ලෙස ඔබ භාරගන්නා වර්තයක් තෝරාගැනීමේදී ඔබ වැඩිපුරම සැලකිලිමත් වන්නේ කුමන කරුණු කෙරෙහිද?

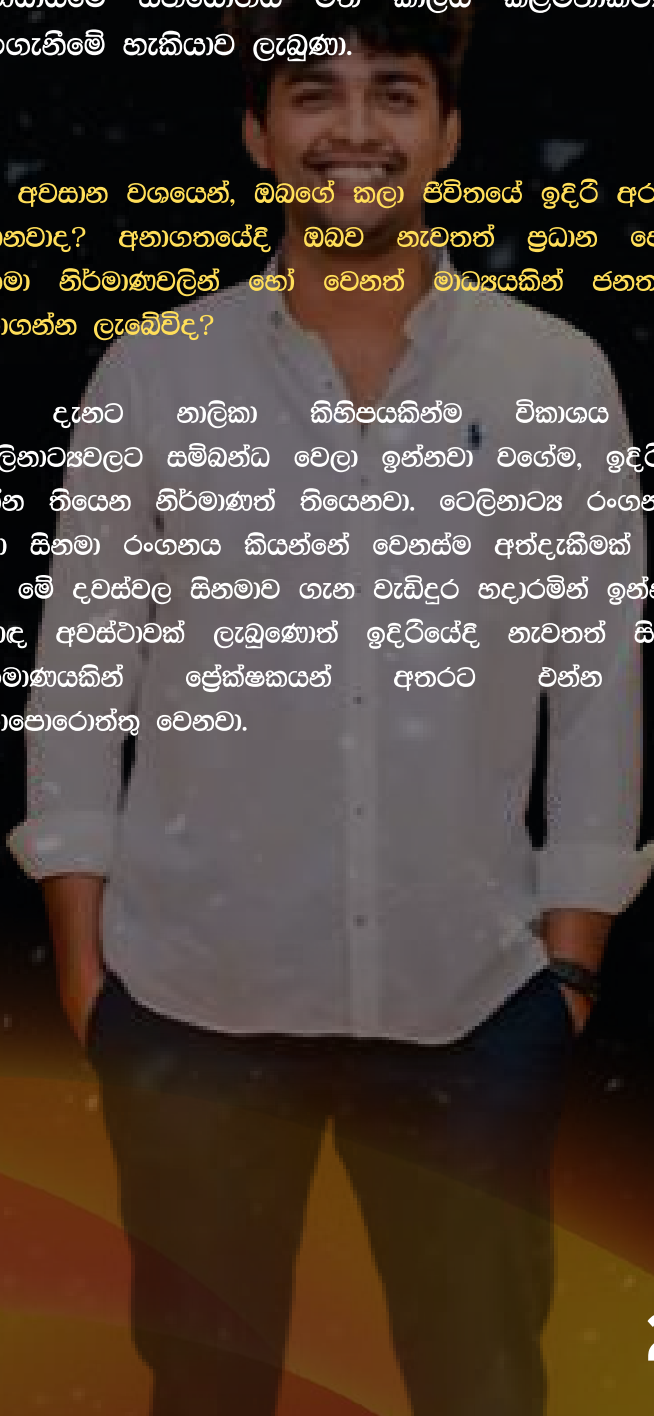
මම කිසිම වෙලාවක වර්ත හොඳ හෝ නරක ලෙස වර්ග කරන්නේ නැහැ. මම බලන්නේ මට යම් අභියෝගයක් තියෙන, මට ඉගෙනගෙන කරන්න පුළුවන් වර්තයක්ද කියලා. මගේ උපරිම සීමාව දක්වා මගෙන් වැඩගන්න පුළුවන් අධ්‍යක්ෂණයකුත්, රහපාන්න හොඳ ඉඩක් තියෙන වර්තයකුත් ලැබෙනවා නම් මම ඒ වර්තය කැමැත්තෙන්ම භාරගන්නවා.

06. කලාවත් එක්කම ඔබේ අධ්‍යාපන සහ අනෙකුත් කටයුතු කරගෙන යද්දී, කාලය කළමනාකරණය කරගැනීම කොයි වගේ අභියෝගයක්ද වුණේ?

පාසල් කාලයේදී නම් දවසක් හෝ පන්තියක් මහහැරුණොත් ඒක නැවත යටා තත්ත්වයට ගන්න අමාරු වුණා. නමුත් විශ්වවිද්‍යාලයට ආවට පස්සේ දේශන තියෙන වෙලාවන් එක්ක රැගෙන කිරීම් සඳහා යම් කාලසටහනක් හදාගන්න පහසු වුණා. පත්‍රගිය වසරේදී මගේ අධ්‍යාපනික ප්‍රායෝගික පුහුණුවීම් මහහැරලා මම සම්පූර්ණයෙන්ම කාලය යෙදෙවිවේ රංගන සහ ඉගැන්වීම් කටයුතුවලට. යහළුවන්ගේ සහ කණ්ඩායමේ සහයෝගය මත කාලය කළමනාකරණය කරගැනීමේ හැකියාව ලැබුණා.

07. අවසාන වශයෙන්, ඔබගේ කලා ජීවිතයේ ඉදිරි අරමුණු මොනවාද? අනාගතයේදී ඔබව නැවතත් ප්‍රධාන පෙළේ සිතමා නිර්මාණවලින් හෝ වෙනත් මාධ්‍යයකින් ජනතාවට බලාගන්න ලැබේවිද?

මම දැනට නාලිකා කිහිපයකින්ම විකාශය වන ටෙලිනාට්‍යවලට සම්බන්ධ වෙලා ඉන්නවා වගේම, ඉදිරියට එන්න තියෙන නිර්මාණත් තියෙනවා. ටෙලිනාට්‍ය රංගනයට වඩා සිතමා රංගනය කියන්නේ වෙනස්ම අත්දැකීමක් නිසා මම මේ දවස්වල සිතමාව ගැන වැඩිදුර හදාරමින් ඉන්නවා. හොඳ අවස්ථාවක් ලැබුණොත් ඉදිරියේදී නැවතත් සිතමා නිර්මාණයකින් ප්‍රේක්ෂකයන් අතරට එන්න මම බලාපොරොත්තු වෙනවා.





දානිගල

අභිරහස්, ඉතිහාසය හා ජනප්‍රවාද එකට බැඳුණු පිටසක්වළ කන්ද

TravelEOS

ශ්‍රී ලංකාවේ පොළොන්නරුව දිස්ත්‍රික්කයේ අරලගංවිලට ආසන්න කන්දේගම ප්‍රදේශයේ පිහිටි දානිගල කලාකාර පර්වතය, ස්වභාවික සුන්දරත්වය, පුරාවිද්‍යාත්මක වටිනාකම සහ අභිරහස් ජනප්‍රවාද නිසා විශේෂ අවධානයක් දිනාගත් ස්ථානයකි. අසාමාන්‍ය කලාකාර හැඩය නිසා පිටසක්වළ කන්ද හෙවත් “Alien Rock” ලෙසද ජනප්‍රිය වී ඇති දානිගල, සාමාන්‍ය කන්දකට වඩා ඉතිහාසය හා ජනප්‍රවාද රැසක් සහවාගත් පර්වතයක් ලෙස සැලකිය හැකිය.

දානිගල පිහිටි කන්දේගම කඳුකර ප්‍රදේශය පුරාවිද්‍යාත්මකවද
 ඉතා වැදගත්ය. මෙම ප්‍රදේශයෙන් පුරාණ කටාරම් කොටන
 ලද ගල් ගුහා, බ්‍රාහ්මී අක්ෂර සහිත සෙල්ලිපි සහ පුරාණ
 ආගමික ක්‍රියාකාරකම් පිළිබඳ සාධක හමුවී තිබේ.
 පුරාවිද්‍යාත්මක අධ්‍යයන අනුව ක්‍රිස්තු පූර්ව සියවස පමණ
 දක්වා දිවෙන ගුහා හා ප්‍රාග් ඓතිහාසික ශෛල සිතුවම්
 පිළිබඳ සාධකද මෙම කලාපයෙන් හඳුනාගෙන ඇත. 1897
 වාර්තාවල පවා කන්දේගම ප්‍රදේශයේ ප්‍රාකෘතික ශෛල
 සිතුවම් පිළිබඳ සඳහන් වේ.

දානිගල ආශ්‍රිතව ගුහා විශාල සංඛ්‍යාවක් පවතින අතර,
 ඇතැම් මුලාශ්‍ර එම සංඛ්‍යාව 70ක් පමණ ලෙස සඳහන්
 කරයි. මෙම ගුහා අතර බෞද්ධ භික්ෂූන්ගේ වාසස්ථාන ලෙස
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 පෙන්වා දෙයි. එමෙන්ම පර්වත ආශ්‍රිතව හමුවූ ශෛල
 සටහන් හා සංකේත දානිගලෙහි අතීතය තවත් අභිරහස්
 කරයි.

එහෙත් දානිගල වඩාත් ප්‍රසිද්ධ වී ඇත්තේ එය වටා
 ගොඩනැගී ඇති රාවණා හා පීටසක්වළ ජනප්‍රවාද නිසාය.
 දානිගල රාවණ රජුගේ දඩු මොනරය ගොඩබැස්සවූ
 ස්ථානයක් බවත්, කන්ද මුදුනේ ඇති සමතලා කවාකාර භූමිය
 පුරාණ ගුවන් යානා ධාවන පථයක් විය හැකි බවත් ඇතැම්
 ජනප්‍රවාද පවසයි. තවත් මතයකට අනුව එය පීටසක්වළ
 යානා පැමි, ස්ථානයක් විය හැකිය. කෙසේ වෙතත්, මෙම
 අදහස් සඳහා තහවුරු කළ විද්‍යාත්මක සාක්ෂි නොමැති
 බැවින් ඒවා ජනප්‍රවාද හා අනුමාන ලෙස සැලකීම වැදගත්ය.

දානිගලට නැගීමද සුවිශේෂී අත්දැකීමකි. කන්ද මුදුනට ළඟා
 වූ පසු අවට වනාන්තර, ගම්මාන සහ කඳු පන්ති ඇතුළත්
 ප්‍රථම දර්ශනයක් දැකගත හැකිය. එම නිසා දානිගල යනු
 අභිරහස් කතා පමණක් නොව, ස්වභාවධර්මය, ඉතිහාසය
 සහ සංස්කෘතික උරුමය එකම ස්ථානයක අත්විඳිය හැකි
 අපූරු උරුමයකි.

අද දානිගල අපට ලබාදෙන විශාලතම පාඩම වන්නේ එහි අභිරහස් සොයා ගැනීමට පෙර එහි සැබෑ පුරාවිද්‍යාත්මක
 වටිනාකම හඳුනාගෙන ආරක්ෂා කිරීමයි. ජනප්‍රවාදවලින් ආකර්ෂණය වූවත්, විද්‍යාත්මක පර්යේෂණ හා නිසි
 සංරක්ෂණය තුළින් දානිගලේ සැබෑ ඉතිහාසය අනාගත පරපුරට සුරැකීම අප සැමගේ වගකීමකි.





INTERNATIONAL LEFT HANDERS' DAY



**AUG
13**

CELEBRATING THE OTHER HAND

Have you ever wondered what it would be like to live in a world where almost everything is made for the opposite hand? For left-handed people, this is not just a question. It is something they experience in their everyday lives. International Left-Handers Day, celebrated on August 13, gives us an opportunity to recognise and appreciate people who naturally use their left hand.

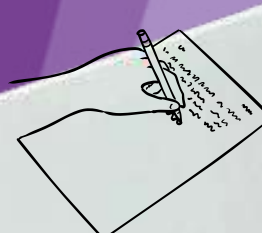
It is estimated that around 10% of the world's population is left-handed. In simple terms, approximately one out of every ten people prefers using their left hand. However, the percentage can vary between populations and depending on how handedness is measured. Although left-handers are a minority, they can be found in almost every country and culture.

International Left-Handers Day was first observed in 1976, when Dean R. Campbell, the founder of Lefthanders International, selected August 13 to raise awareness about the experiences of left-handed people. Later, in 1992, the Left-Handers Club officially established the day as an annual event.

Being left-handed may sound like a small difference, but it can affect many ordinary activities. Writing with a pen, using scissors, sitting at a university desk, playing certain musical instruments, or even using kitchen equipment can sometimes be uncomfortable because most of these things are designed for right-handed people. Some left-handed students may also remember struggling with ink smudges while writing.

At the same time, left-handedness is not something that should be viewed as a disadvantage. It is simply one of the natural differences among human beings. Scientists believe that handedness develops through a combination of genetic and environmental factors.

Therefore, Left-Handers Day is more than just a celebration of which hand we use. It is a reminder that our differences are part of what makes us human. Perhaps the most important message of this day is simple: the world should not always expect everyone to fit the same way.



**"The left-handed are
precious,
They take places which are
inconvenient for the rest."**

-Victor Hugo -

new Tales Of Taste





DELICIOUS '15-MINUTES PASTA'

FAST, AFFORDABLE AND MADE FOR BUSY UNIVERSITY DAYS.

Between lectures, assignments, club meetings and late-night study sessions, cooking can easily become the last thing on a student's mind. But eating well doesn't have to mean spending a fortune on takeaway. This month, Tale of taste page brings you an easy creamy garlic chilli pasta that can be prepared in around 15 minutes.

Ingredients

For 1-2 servings:

- 150 g pasta
- 2-3 cloves garlic, finely chopped
- 1 tbsp butter or cooking oil
- ½ cup milk
- 2 tbsp grated cheese
- ½ tsp chilli flakes
- Salt and black pepper
- A little pasta water

Optional: Chicken, tuna, sausage, egg, mushrooms, sweet corn or bell pepper.



Chef's tip

Don't have every ingredient? Don't worry. Student cooking is about creativity. Use whatever vegetables or protein you already have.

No cheese? Simply make a lighter garlic-and-milk sauce and season it well.

LET'S COOK !

1. BOIL IT

Cook the pasta according to the packet instructions. Before draining, keep about ½ cup of the pasta water aside.

2. MAKE THE FLAVOR

Heat butter or oil in a pan. Add garlic and chilli flakes and cook gently until fragrant. Be careful not to burn the garlic.

3. MAKE IT CREAMY

Reduce the heat and add the milk and cheese. Stir until smooth. Add a little pasta water if the sauce becomes too thick.

4. MIX IT UP

Add the cooked pasta and toss until every strand is coated. Season with salt and black pepper.

5. MAKE IT YOURS

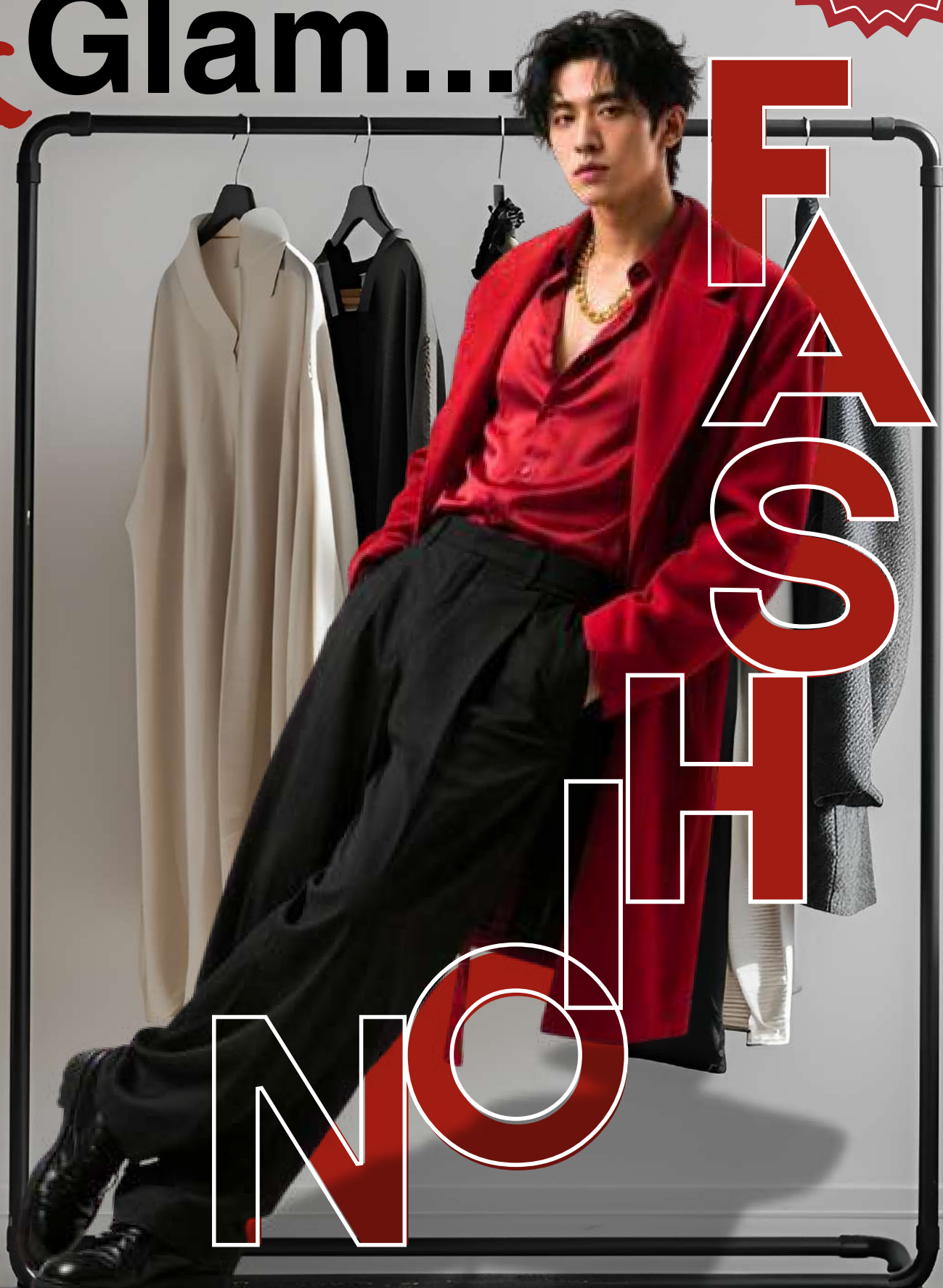
Top with extra cheese or chilli flakes. Add an egg, chicken or tuna if you want extra protein.



Glow & Glam....

*Style
beyond the
outfit*

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Beyond *the Outfit...*

Fashion is not about following every trend.
It is about finding what feels like you.

The best-dressed person isn't necessarily wearing
the most expensive outfit. It's the person who
wears it with confidence.

01 Start with basics

University fashion is naturally casual, but casual
doesn't have to mean careless. A basic T-shirt
and jeans can be elevated with a watch, simple
bracelet or chain. For presentations, interviews
and formal events, switch things up with a well-
ironed shirt, tailored trousers and clean shoes.



University is where we meet new people, discover
new interests and, sometimes, discover our personal
style too. For young men, fashion doesn't have to
mean expensive brands or a wardrobe full of clothes.
The real secret is knowing how to put simple pieces
together with confidence.

02 Dress for the occasion

Your university wardrobe should work
beyond the classroom. Presentations,
interviews, society events and formal
functions require a more polished look.

A well-ironed shirt, tailored trousers and
clean shoes can instantly elevate your
appearance. You don't need to completely
change your personality—just understand
when to switch from casual to smart.



03 Grooming completes the look...

And don't forget grooming.
Neat hair, clean nails, fresh
breath and a subtle fragrance
can complete an outfit and
leave a lasting impression.

Most importantly, don't let
trends decide who you are.
Experiment, take inspiration
and create your own signature.



04 Casual but never careless

A strong wardrobe starts with simple essentials,
well-fitted T-shirts, jeans, chinos, button-down
shirts and clean sneakers. Neutral shades like
black, white, navy, grey and beige make it easy
to mix and match while keeping your look
effortlessly stylish.

Remember: Fit matters more than the brand.
Keep it clean, neat, and well-fitted.



“ Style is a reflection
of your attitude and
personality.

Make it yours.



TAPESTRY

WHERE CREATIVITY MEETS EXPRESSION

කල වර්ණ සෙවනලි සිහිනෙන සිඬවෙන
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වැටෙනකල්ව ආදරේ භොයලා පිස්සු වැටුණු ගැනුන්ට
 කමය අස්සේ ආදරෙන් දෙන්න බද්ද, බං බොට
 ළඹේ තුරුලේ තනිවෙන්න වගේ නිතර් මොරදොනොට
 පිහිවන මොටද්ද, රස තෘප්ත අඬවෙනකොට

ස්ත්‍රී සිඬර අවෘත වුනට මුනින් ඔය පිරිමින්ට
 ගැනුන්ට ඕනේ ආදරෙන් වන් වෙලා සැතපෙන්ට
 නොකිවට වලක් වුනත් ආස භාගවේස දේව බඩවෙස්ට
 මුනින් නිද්‍රියනන කැපස් බොල දුල කමරකුසාට



තවෝදයා සෙවිම්
 තුන්වන වසර
 කළමනාකරණ අධ්‍යයන ආරාමය විශ්ව
 Art by Shreyash Pareek @INKWAVE Studios



හර්ෂාන් විරසුරිය
 තුන්වන වසර
 කළමනාකරණ අධ්‍යයන ආරාමය විශ්ව

අය තම් තදිය..

සිටියෙම් දිනක තනියම තැනිතලාවක
 ආවෙම් ගඟක දියදහරක් ගලාගෙන
 හදේ වියළි තැන් තෙත් කර ලනාවට යයි
 පහලට හැරැලි සිත යොරා ගෙන

දුරු කතරක් දිය පහරින් සැතපෙන්නා
 මද පවතට දිය හිළි පිටපිට වීන්නා
 ගල්පර වැදී තිගැසී නොසැලී යන්නා දිය
 පහරද මහ ගංගා වනු දැනුණා

වැටුනා අමුතු වැස්සක් කඳු මුදුනකට
 ගඟ සැබෑ උනා කතරේ තැනි තලාවට
 මුහුදු බලා යන ගමනේ මුලාවට
 දෙගොඩ තලා යන්නට විය අකාලෙට

සැබෑ දිය නොමැත දැන් කතරේ තනියකට
 අල දිය පහරවල යයි ඉදහිට විටින් විට
 තැවෙන නොයෙකු ගමනක් ගිය ගඟක් හට
 තවමත් කුමට පෙම් කරනුද බලන් සිට



එක්තරා වයහන සෘතුවක
නුඹව එත් සිටුව බීජයක
ප්‍රදේශයේ තැබුණා
මහදු නම් බිම - මවද නොදැනීම...
මහපොළොව අල්ලන් තැබුවත්තවත් පෙරාතුව
සිලිච්ඡායේ අරලෝකම් හාදුවක පහසු විඳිනවා වෙනුවට,
කර්කශ කුණාටු උග්‍රලතා හැටි,
අනේ කවුරුත් කියා දෙන්නද එයට...
ගිවිහානගේ අඛණ්ඩවට්ටි
අවසාන ග්‍රහණය තෙක් දරා ගිඳ බැරි තැන,
පත් සිඳි එකින් එක
හදවන මතවම පතිත වෙයි
තැවත දැවලන මලාපොරොත්තුවක් පවා නොමැතිව,
මහා බරක් ඉතිරි කරමින්
මහා වේදනාවකින් පුරවමින්
මහදු නම් බිම...

කපුන්දි වෙන්විණි,
තෙවන වසර,
මාතවශාස්ත්‍ර හා සමාජීය විද්‍යා විධිය

Melody of Independence

Shattered dreams
Slowly floating away
Heart remains singing
The mildest melody of melancholy
Is it sorrow?
No, not anymore
When the soul finds
Tranquility out of solitude
Pain becomes a kindred spirit
Resonating reality of 'INDEPENDENCE'

© Kasurdi Wethminal



ಶಿರಗ ಚಿತ್ರರಸ



ಶಿರಗ ಚಿತ್ರರಸ
ಉತ್ತಮ

ಶಿರಗ
ಚಿತ್ರರಸ ಉತ್ತಮ

mmmmm
nice wagay

ಚಿತ್ರರಸ ಚಿತ್ರರಸ
ಉತ್ತಮ???

ಚಿತ್ರರಸ ಚಿತ್ರರಸ
ಉತ್ತಮ ಚಿತ್ರರಸ



NO THUMBS UP
JUST THE PAPA BEING
"OPPA"



heeeeeeee



ආ ඔය ඉන්නෙ හැබ්බ

උන් තරු?

PAWTOPHIA

පොඩ්ඩක් කුණු
හැබ්බ



ඩිනෑම තෙත පසක
පණුවෙක් ඉන්නවා

30 ශාල
හෙව් මහන



කුණු ඔක්කොම
මගේ තමයි



ඇතිපල්ලමක් අතර
කැබලින්න රහසේ....



ලූප්පා
හිතන්න
නේද



පුදුම තේජසක්
විදුසාමාන කරන්නේ

ඕවා වැඩක් නෑ
මම නිද

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leo_club_usj



leoclub.usjp@gmail.com