



THE
LEO 
— JOURNAL —
ISSUE 02

THE OFFICIAL NEWSLETTER OF THE LEO CLUB OF ROYAL COLLEGE

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MESSAGES



Message from District Vice President

LEO LION INDUNIL PALIHAWADANE

Dear Leos of Royal College,

“Play the Game, and play it according to the rules” something I cherish from the Royal College – I first heard it in one of the speech’s made by J. R. Jayewardene based on the internet. This quote has now been engraved in my blood, and whenever I have to be wise or think out of the box I use this as a principle.

It is with great pleasure that I pen this message to the official Newsletter of Leo Club of Royal College. Reactivating a club with the intention of never having it shut again is a challenge. And I believe the Leo leaders of Royal College will do just that. It’s a pleasant sight to see so much of positive energy flowing from you Leos.

Being a school Leo, do not forget to prioritize your studies over any other extracurricular activity. Use this gifted platform to practice your skills and to unleash your hidden talents. I guarantee you no one is going to scold you for the mistakes you would make at Leoism unlike in a cooperate environment but empower you to learn from your mistakes.

I would like to take this opportunity to wish Leo Yoshelle Marasinghe and his team all the very best from the bottom of my heart to continue the legacy of Royal College Leos. Believe in yourself, commit to doing the right thing, and stand by your life principles with determination.

Have a fantastic Leoistic year ahead!

Leo Lion Indunil Palihawadana
District Vice President 306 C2



Message from Secretary

LEO YUVIN WIMALARATNE

It's a great honor to give a message to the 2nd edition of the Leo Journal as the Secretary of the Leo Club of Royal College. Even though the Leo Club of Royal College hasn't reached its first 12 months yet, all the Leos of Royal have found the opportunity to gain a whole lot of new experience. Our club has reached great heights within college and within the district with projects like Binge Quiz grabbing the attention of the community, projects like Color My Sight serving the community and projects like Expanding the Family grabbing the attention of the students of Royal and making the Leo Club of Royal College one of the biggest clubs within college with over 100 members.

Our Board including the executive committee is very large and we have given the opportunity to the most suitable individuals to hold positions within the board disregarding age. We have allowed almost all our members to be part of project boards and committees. We have expanded the opportunities within the club by opening the club for Grade 7s and above, making a Junior Circle. We have already given the Junior Circle 4 projects which have 6 project chairmen from the grade 9 batch. We are also expanding our relations within college by actively taking the opportunity given by the Prefects' Council, of collaborating with 3 other clubs for the iLead Phase II project and also collaborating with other clubs in writing articles for the Leo Journal.

I would like to take this opportunity to appreciate the work of Leo Chenuka Elwitigala and his team on creating such an amazing monthly Newsletter. Good Luck to the Editorial for the future editions of the Leo Journal. Hope everyone reading this would enjoy!

Leo Yuvin Wimalaratne
Secretary,
Leo Club of Royal College

Club Introduction



"Setrouveren servant"

Finding yourself through serving

Leo club is a youth driven organization of The Lions Club International. The word "LEO" stands for LEADERSHIP, EXPERIENCE, AND OPPORTUNITY.

Leo clubs encourage youths to develop leadership qualities by participating in social service activities. They are dependent on a Lions club to sponsor and initiate a Leo club. They conduct various projects in the fields of Healthcare, Elders, Children, and Disabled people, Literacy and Education, and Self-development.

The Leo Club of Royal College was established for the first time under the guidance of Senior Games Master Mr. Riyaz Aluher and PDG Lion Dr. Lasantha MJF who is also the District Chairman for Leos. The College club falls under the premises of Leo District 306 C2. With the start of 30 members including the Executive committee, we hope to uphold the college's dignity and pride throughout the Leoistic year.

VISION

A society where everyone has a decent place to live.

MISSION

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding through Lions clubs.

The
OFFICIALS

THE OFFICIALS

THE BOARD MEMBERS FOR THE YEAR 2021/2022



Leo Yoshelle
Marasinghe

President



Leo Kaveesha
Eshan

**1st Vice
President**



Leo Induwara
Gunawardena

**2nd Vice
President**



Leo Yuvin
Wimalaratne

Secretary



Leo Adam
Dilshan

**Assistant
Secretary**



Leo Nisula
Wijesundara

Treasurer



Leo Gayan
De Silva

**Assistant
Treasurer**



Leo Arith
Karunathilake

Chief Organizer



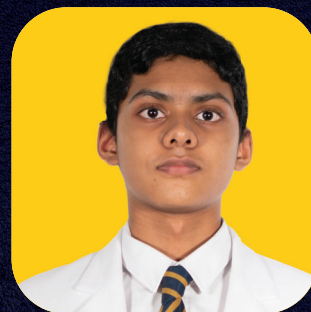
Leo Chenuka
Elwitigala

Editor



Leo Anuda
Silva

Editor



Leo Senuka
Senaviratne

Sub - Editor



Leo Hashira
Karunanayake

**Student
Coordintor**

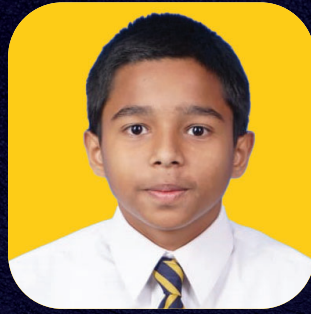
THE OFFICIALS

THE BOARD MEMBERS FOR THE YEAR 2021/2022



Leo Charan
Arunagiri

**Assistant
Student Coordinator**



Leo Zakir
Ahamed

**Director of
Education**



Leo Mohomad
Aqeel

**Director of
Healthcare**



Leo Hirupma
Bandara

**Director of
International Affairs**



Leo Althaf
Isfahan

**Director of
Community Services**



Leo Savindu
Wickramasinghe

**Director of
Fundrasing**



Leo Nafees
Salley

**Director of
Public Relations**

Completed
PROJECTS

September



EXPANDING *the Family*

The LEO Club of Royal College was chartered on the latter end of 2020 under the guidance of Past District Governor and Chairman for LEOs Dr. Lion Lasantha Goonawardena. The young club, despite its short time spared no effort in ensuring that the objectives of the club were fulfilled. And on the 2nd of July 2021, the club took a step towards growth and conducted its first board installation ceremony.

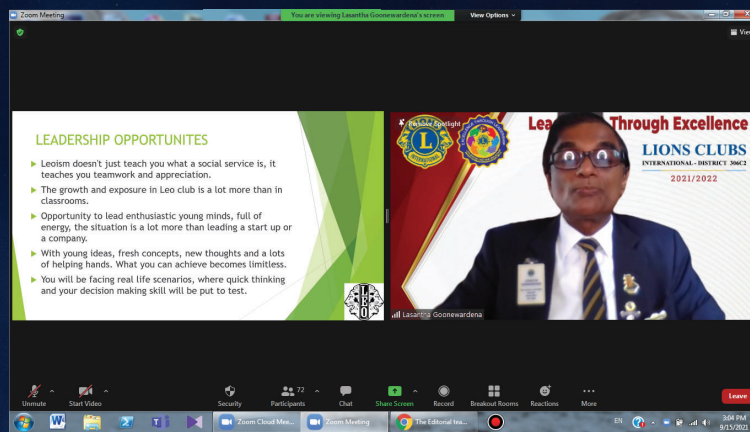
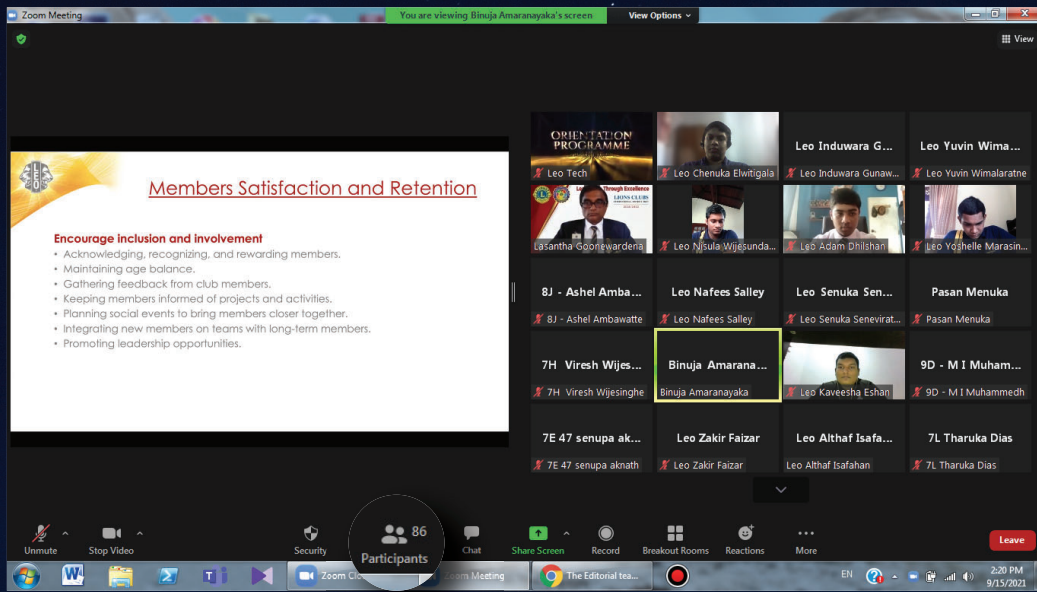
Until recently, only students from grade ten and above could join the Leo Club of Royal College but all of that changed with the first Phase of the Expanding the Family Initiative. The goal of this initiative is to strive and create more, better and dedicated Leos not only in the Leo Club of Royal College but also in the country. This Phase was only its first step.

There were multiple levels to the first phase, the first were the weekly Junior Circle Meetings where the Senior Leos of the club would discuss and train with the applicants. Here we helped them hone and cultivate several skills and abilities that would not only help them in the Leo Movement but also in their life as a whole. These are skills that helped them think faster, be more efficient and be able to speak to people without any fear.

We invited several individuals proficient in various skill sets such as editing, public speaking, finding and confirming sponsor deals and organizing to speak and share their insight with the rest of the Leo's. We hoped that through this we would be able to create more rounded individuals with practical skills that can lead in the future.

Finally, we had the first Annual Orientation program for the participants. It was attended by individuals such as the Past District Governor and District Chairman for Leos Lion Dr. Lasantha Goonawardena, Vice President of Leo District 306C2 Lion Indunil Palihawadana and District Chairman for Membership Development Lion Binuja Amaranyake. They each spoke on various topics such as 'What it takes to be a Leo' 'Benefits of Leoism' and 'How to hone the skills a Leo needs' in the form of presentations.

The event concluded successfully with over eighty five participants and on the 15th of September 2021 at 3pm, the Leos were officially inducted and the Club grew from 130 participants to nearly 250.



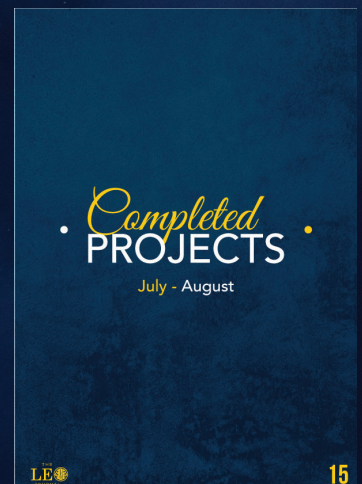
THE
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INAUGURAL EDITION

The Leo Club has been one of the newest clubs in Royal College and in its short time here it has made a tremendous impact. "The LEO Journal" will be a continuous monthly project. We will be publishing an Online Monthly newsletter with all the details of our club and the projects we have done as well as some articles about interesting topics. This project will be a sentimental project for the club that carries a magnitude of prestige and we aim to make it memorable.

We launched our **Inaugural Edition** of **The LEO Journal** for the months of **July/August** in the Leo Club page of the Royal College Website. It was the first ever publication published in the College Website after it was launched. It was a great achievement by all of us.

The Editorial Team of our club worked tirelessly to make the Inaugural Edition come to life. We faced many challenges yet we overcame them. It was a great success and many from in & out of school were impressed about our newsletter.



A LOST GEM



A Tribute to an Exceptional Royalist

Royal College, Colombo 07 is the birthplace to many exceptional personalities & world leaders. Many aspiring youngsters were transformed to great men in this premises. Mr. Saman Amarasinghe is one such prominent Old Royalist who made our alma mater shine in the world. This is a brief of his life story.

During his school years he engaged in many extra-curricular activities. He was Captain of the Wrestling team at Royal Junior School. He was also a cadet. He was the Student Chairman of the Agriculture Science Society & the Photographic Society. Furthermore he was the College Prize winner on Agriculture Science in 1971 & College Prize Winner on Photography in 1973. He was appointed as a Senior Prefect in 1973.

Later he joined the Royal College tutorial staff as an Agricultural Science teacher. He also served as a teacher for NCGE Vocational subjects, Photography & Home Gardening. He served as the Teacher-in-charge of the Agriculture Science Society & the Photographic Society. He also, served as Senior Master-in-Charge of Boxing, Basketball, 1st XI Cricket Team, 2nd XV Rugby-football, Master-in-Charge & Coach of under 11 Cricket (All Island Champions for three years), Master-in-Charge & Coach of under 13 Cricket (All Island Champions) and introduced Wrestling to Royal College in 1993. He was elevated to the post of Games Coordinating Master in 1991. He also received the Long Service Meritorious Award of Royal College.

During his tenure he reintroduced the Royal-Thomian Staff Cricket Match in 1979 and Captained the Staff Cricket Team in 1981. Served as Honourable General Secretary in 1981/ 1982 and as a Vice President in 1986/1987 of Royal College

Teachers Guild. He was appointed the Acting Warden of the College Hostel. He was also a Council Member and Life Member, Royal College Union & former Royal College School Development Society Executive Committee Member & the representative of the Games Council.

His knowledge, experience and expertise, especially in the field of sports and his attitude towards discipline have been exemplary, which benefited the schools' sports activities in general and his Alma-Mater particular for nearly two decades.

He served as Hony. Recorder and Tournament Secretary at the inaugural 1st XI Cricket Championship of Sri Lanka Schools Cricket Association in 1980., Hony. General Secretary, Schools Boxing Association of Sri Lanka., Hony. General Secretary, Sri Lanka Schools Basketball Association. He also served as an examiner for proficiency badges on 'Photography', 'Master Sportsman' and 'Sportsman' of Sri Lanka Scouts Association. He toured as the Manager of Royal College Rowing Team for the 8th Asian Rowing Championship at Hong Kong in 1985. He toured as the Manager of Royal College Basketball Team for the '6th Basketball Nationals of Maldives' and won the Ali Jinnah Trophy in 1985 (first Schoolboy team to win a National Championship of a foreign country). He toured as the Manager of Sri Lanka Schools Boxing Team for the 4th Junior International Boxing Championship at Gothenburg, Sweden and won the 'Best Foreign Team Award' in 1991. He was also the Manager of the Royal College Basketball Team Tour to Singapore in 1990. Manager, Sri Lanka Schools Basketball Team and Runners-up at Basketball Nationals in 1978, Manager, Junior National Boxing Team, 6th Junior International Boxing Championship, Gothenburg, Sweden

and won the Outstanding Foreign Team Award in 1991.

He has been appointed as the Secretary-General of Sri Lanka Schools Sports Council, Ministry of Education who plans, promotes, develops and maintains the standards of Sports in Schools and coordinates, controls and provides guidance to Schools Sports Associations since 1991 to 1994. He received a Scholarship to Tokyo, Japan in recognition of his dedication and devotion for the welfare of Students and Youth by ICSW/UN in 1994.

He has worked with nine Ministers in charge of Sport/Youth Affairs and under the leadership of four Presidents and four Prime Ministers, ten Secretaries of the Ministry and he had witheld the following positions during his career as a Sports Official.

Chairman, National Sports Council 2004-2007, The first Sports Ombudsman of Sri Lanka 2005, Chairman / Director, National Youth Awards Authority 2004 to 2012, Director, National Youth Services Council - 2004, Director, 1st International Youth Camp - 2004, Director, Asia-Pacific T4T Course of Duke of Edinburgh's International Award - 2011, Member of 10th South Asian Games National Steering Committee and Organising Committee and Chairman, Medals, Souvenirs, Commemorative Stamps and Coins Committee in 2006, Secretary to the Hon. Minister of Sports & Youth Affairs - 2005 to 2007, Chairman /Director, National Sports Museum, The founder Chairman, Presidential Sports Awards since 2015 till his demise, Chairman, National Monitoring Committee on Guinness World Records, Chairman, Trilingual Sports Glossary also as an Additional Secretary to the Minister.

Mr. Saman Amarasinghe served in the Ministry of Education as well and mentioned below are some of his positions held and the services he rendered during his tenure. He was the Secretary General, Sri Lanka Schools Sports Council of Ministry of Education 1989 to 1994, designed the Logo of the Council in 1991, compiled the Schools Sports Calendar - 1993, Organised the Inugural Sri Lanka Schools Colours Awards Ceremony on 03.12.1993, 10th Asian Schools Football Championship in association with Asian Schools Sports Council and Sri Lanka Schools Sports Council - 1993, Coordinating Officer in charge of Basketball and Cricket Tournaments at the 1st National Schools Games of Ministry of Education - 1984.

He held the following International Official Positions as well. United Nations' National Focal Person for Sri Lanka on I.Y. of Sport and Physical Education of UN, Geneva, Switzerland appointed in 2004, Board Director / Training Instructor, Duke of Edinburgh's International Youth Award (Asia Pacific Region), Official Spokesman, 6th Commonwealth Youth Ministers Meeting, Nassu, Bahamas in 2006, Member of Grant Approval Board, International Sports Heritage Association, USA - 2018/2019, SAARC Representative for Consultative Council for Youth Organisations in Asia-Pacific of ESCAPE, UN Regional HQ, Bangkok - 1998 to 2001, Executive Board Member (South Asia) of ICVA / UNHRC Geneva - 2003 to 2006, Board Director of ANGO for Agrarian Reform and Rural Development, Manila - 1999 to 2007, Key-speaker (South Asia), "International Conference on "Go-NGO Collobartion in Development" by UNDP of UN, Beijin, China in 2001, Head of Sri Lanka Delegation to the 50th Anniversary of Duke of Edinburgh's International Award, Edinburgh, Scotland, U.K in 2016.

Furthermore he was the youngest and longest serving President of the Association of Cricket Umpires - Sri Lanka, elected for the first time at the Golden Jubilee Year in 1994, Translated the Laws of Cricket with the copyright from MCC England in 1980, Founder Editor "Play" Magazine, ACU Sri Lanka. Associate Member of ACU England, Premier Umpire, Instructor and Match Referee of Sri Lanka Cricket. Officiated at National Cricket Championships in Sri Lanka, Bangladesh and Maldives., conducted training for Umpires in Bangladesh, Nepal, Maldives and Sri Lanka. Officiated at the Kenstar Asian Cricket Championship at Eden Gardens, India in 2003. Officiated at 1st warmup ODI Match of World Cup between New Zealand and West Indies in 1996, Chief Match Referee of 5th Asian Women Cricket Championship in 2005, Chef-D'-Mission of National Traditional Karate Team at 1st World Karate Championship at Koper, Slovenia in 2015.

He was the former Chairman, Panel of Selection, Sunday Observer - School Boy Cricketer of the the Year Contest and former Chairman, Panel of Selection, Sunday Times - School Boy Cricketer of the Year Contest for over six years, Director,"Hela Jana Kreedaa", television documentary on Sinhala Folks Sports for ITN in 1994.

He also served as the Secretary, National Steering Committee for GO and NGO Collaboration in Development of Ministry of Planning and Policy Development - 1994 to 1997, Member of National Seeds and Planting Metterial Committee , Ministry of Agriculture - 1999 to 2003, Member of National Food Security Committee , FAO / World Food Program of UN-1999 to 2006, Member of VOICE , UNV/UNDP and Ministry of

Social Service - 1999 to 2007, Member of Minority Rights Committee at Human Right Commission - 2003 to 2008, International Coordinator for International Observers at the Presidential Election Monitoring in 2005, Coordinating Secretary , Royalists Alliance in Politics (RAP), Hon. Secretary, Advisory Board , All Ceylon Buddhist Students Federation, Founder President , Pansilu Kala Kendraya (Fine Arts Circle) in 1976, Former Head Prefect , Sri Vajirarama Dhamma School , Colombo 4, Advisory President , Sri Lanka Students' Federation of Photographic Societies, Student Guide Lecturer, National Zoological Gardens , Dehiwala -1973 to 1976, Assistant Secretary, Young Zoologist Association (YZA) 1976, Scholarship, Training, Conferences & Delegations : USA, England, Australia, Switzerland, Japan, China, Sweden, New Zealand, Germany, Austria, Slovenia, India, Philippines, Singapore, Thailand, Bahamas, Malaysia, Bangladesh, Hong-kong, Nepal, Thailand, Maldives and Macau. Also he recieved the "Seva Jyothi" Title at the BMICH on 8th July 2000. Furthermore he served as Member, North-East Need Assesment Conference with LTTE - Sri Lanka Government/World Bank/ UNDP/FAO at Klinochchi, Nothern Province in 2006.

As mentioned in all these pages you can imagine the Services rendered to the Sports Industry, Sri Lanka & to the whole world. It is unfortunate that we aren't able to showcase all the achievements of this great personality, which can't be limited to just 3 A4 pages. Eventhough he is no longer with us his services will remain forever. Even though he is no longer with us, his services will remain for ever. We are very unfortunate to have lost an invaluable gem like him.

We bless him with the supreme bliss of Nibbana.

**Compiled by
Leo Chenuka Elwitigala - Editor**

WORLD LITERACY DAY

08.09

English Literature

"Literature is a comprehensive essence of the intellectual life of a nation."

- William Shakespeare

English literature means the study of literature written in the English language. It includes some of history's most famous writers such as James Joyce from Ireland, William Shakespeare from England, Mark Twain from the United States, Arthur Conan Doyle from Scotland, Vladimir Nabokov from Russia and R.K. Narayan from our neighbouring country, India, just to name a few. English literature dates back more than five centuries. It represents writers not only from different parts of the world and time periods, but it covers every major genre and style of writing as well.

There are about a thousand things for a teenager, or even a 50-year-old adult, to do in today's wired, 500-channel cable television world. We can watch feature films on our phones or hop in a car and drive a hundred miles away in just a couple of hours. That's not how things used to be in the past, and people used to read literature for entertainment because there weren't many readily available entertainment options.

Despite these other entertainment options, English literature still remains popular. It is time-tested and well-worn for many reasons. English literature deals with universal themes and values that trigger the reader to reflect upon his own life and grow. It teaches you to think critically about complex topics from different perspectives. Rationally, it is impossible to be someone else but literature enables you to see through the lenses of others, therefore, it becomes a looking glass into the world as others view it. Literature also acts as a time machine enabling the reader to travel to a specific time period of the story and penetrate into the mind of the protagonist in a faraway place and understand them better.

However, never before has human life been so chaotic and challenging, as today. Therefore, English literature is of great importance and is studied upon as T.S. Eliot stated *"The purpose of literature is to turn blood into ink."*

Article By



**English Literary Association
of Royal College**

සිංහල සාහිත්‍යයේ වැදගත්කම

අවිධිමත්භාවයේ හා සංකීර්ණත්වයේ ගැඹුරැතම පන්ල කරා එල්ලගෙන සිටින කාර්මීකරණය වූ සමාජයකට සාහිත්‍යය යනු සැබවින්ම මිණිපහනකි. ශ්‍රී ලාංකිකයන් වශයෙන් අපට සිංහල සාහිත්‍යය ඉතා සමීපය. යුග වශයෙන් පුරාතන, මධ්‍යතන හා නූතන යුග 03 බෙදා දැක්විය හැකි සිංහල සාහිත්‍යය දීර්ඝ කාලීන ඉතිහාසයකට හිමිකම් කියනු ලබයි.

එවන් වූ අද්විතීය ඉතිහාසයකට හිමිකම් කියනු ලබන සිංහල සාහිත්‍ය ශ්‍රී ලාංකිකයන් වන අප සඳහාම ආවේණික වූ ශෛලියකින් සමන්විත අපූර්ව සාහිත්‍යයකි. විදග්ධ, භාවපූර්ණ හා විධිමත් සාහිත්‍ය වින්‍යාසයකට හිමිකම් කියනු ලබන සිංහල සාහිත්‍ය මගින් වර්තමාන සමාජයට සිදුවන සේවාවන් නොගතිය හැකිකරමි ය.

වින්තනමය වශයෙන් රාමුවකට සිරවී සමාජයකට එම වින්තනයම රාමුව අතික්‍රමණය කිරීමට සාහිත්‍ය තුළින් මග පෙන්වා ඇති අවස්ථා බොහොමයක් ඇති සේම එසේ අප සිංහල සාහිත්‍යමය කතුවරුන් හා විචාරකයන් විසින් එසේ වින්තනමය රාමුව අතික්‍රමණය කළ අවස්ථාද අතිමහත්ය. එසේ වින්තනයේ නව මානයන් කරා දොරටු

විවර කරවමින් උසස් වින්තකයන් පිරිසක් ලොවට දායාද කිරීමට සිංහල සාහිත්‍යය මහඟු මෙහෙවෙරක් සිදුකරයි.

තවද ශ්‍රී ලාංකිකයා සෑමවිටම කාරුණික ය; දැහැමි ය; මෙමනි සහගත ය. ශ්‍රී ලාංකික ජනයාගේ හද තුළට මෙවැනි හැඟීම් කාවැද්දීමට තරම් අප සිංහල සාහිත්‍යය ප්‍රබල වී ඇත්තේ සිංහල සාහිත්‍යය හා බැඳුණු බුදු දහමේ ආභාසය බවට නිසැකය. එසේම අවිධිමත් මනසකට ක්ෂාන්තිය ගෙන ඒමට සමත් සිංහල සාහිත්‍යයේ වැදගත්කම මෙසේ A4 පිටුවකට සීමා කිරීම නම් කිසිසේත්ම නොහැකි බව ඔබ අප සියල්ලටම මනා ලෙස වැටහෙන කාරණයකි. එහෙයින් සුන්දර වූද, අනගි වූද සිංහල සාහිත්‍යයේ අගය සමස්ත ලෝකයටම පසක් වේවායි ප්‍රාර්ථනා කරමින් ලිපිය අවසන් කරමි. ස්තූතියි.



எங்கள் தாய்மொழியான தமிழ் மொழி

பாகல்தோன்றி மண்ணேரின்றருக இலத்தே முன்தோன்றிய மூத்த குடி தமிழ்க் குடியாம்" அக்குடியில் செழித்து வளர்ந்த மொழியே தாய்மொழியான தமிழ்மொழியாகும். எப்போதும் தமிழ்த் தால் இளமையாயும் அள்ளையாகவும் விளங்குகின்றாள்.

உலகத்திலுள்ள எல்லா மொழிகளிலும் மூத்த மொழியே தமிழ் மொழியாகும். தமிழ் அன்னை இறவா தன்மை பெற்று இன்னுலகில் செழிக்கின் நாள் தமிழ் அன்னைக்கு சாவா நிலை இருப்பதால் தமிழ் மொழிக்கும் அழியா நிலையுள்ளது. "உலாத் தனிச் செய் மொழி" என்னும் பாராட்டு கூட தமிழ் மொழிக்கே உரியது.

காப்பின்றியும், பிற மொழிகளின் உதவியின்றியும் தனித்துக் கோலோச்சும், தருதியும் திறமையும் முழுமை முற்றுமை யும் தமிழ் மொழிக்கே உள்ளது. இனித் தும் தனித்தும் இயங்கும் தமிழிற்கு தாய் தமிழையே சொல்லமுடியும். பல் வேறு தாக்கங்கள் வந்தபோதிலும் தமிழ் மொழி தன் நிலையினின்று தவறாமல் அதற்கு எதிர்மாறாக கிறது. தமிழ் உயர்ந்து செல்கிறது. தமிழ் அன்னைக்கு தமிழ் மொழியை உலகெல்லாம் பரவச் செய்ய வேண்டுமென்ற ஆவல் இன்று நாளுக்கு நாள் அதிகரித்துள்ளது.

தமிழ் மொழியை புகழ்ந்து மொழிக்கு அரசன், மக்கள், புவவர்கள், சுருக்கமாக கூறினால் உலகத் நிலுள்ள எல்லா தமிழ்மக்களுமே இதற்கு மரியாதை அளிக்கின்றனர். சுப்பிரமணிய பாரதியாருடைய,

"தேமதூரத் தமிழோசை உலகமெல்லாம் பரவும் வகைச் செய்தல் வேண்டும்"

என்பது அமுத வாக்காகும்.

தீந்தத்தமிழ் மொழியின் தேன் சுவையை உலகத்தில் உள்ளோருக்கு அறிவிக்கவும். உயகத் நிலுள்ள ஏனைய மொழிகளுக்கெல்லாம் சமமாகத் தமிழ் மொழியை உயர்த்தவும், பலவகையான பல புது முயற்சிகள் மேற் கொள்ளப்படுகின்றன.

உலகத் தமிழ் மாநாடுகளும் நடாத்தப்படுகின்றன. பிரான்

ரிலும், அமெரிக்காவிலும், கொழும்பு நகரிலும், கோலாலம்பூரிலும் தமிழினத்தின் தன்மார்க்க குரல்கள் ஒலிக்கின்றன.

இத்தமிழ் மொழியின் மூத்த இலக் கணமாய் இன்று இருப்பது "தொல் காப்பியம்" என்ற நூலாகும். தமிழ் மொழியில் வளமையை சொல்ல இத் தொன் நூல் போதும். தமிழ் மொழி தன்பால் இன்று அனைத்துக் கொண்டுள்ள நூல்கள் ஆயிரமாயிரம். தமிழ் மொழியிலுள்ள இலக்கியச் சோலை யில் புகுந்தால், வாழ்க்கையை மணமாக்கும் வண்ண மலர்களைப் பறிக்கலாம். தமிழ் மொழியிலுள்ள இலக்கணக் காட் டிற்குச் சென்று நுழைந்தால் மொழி நெறிக்கும் வாழ்வின் வழி தெறிக்கும் சரியான சட்ட விதிகளைப் படிக்கலாம். பெருமை வாய்ந்த இத்தமிழ் மொழி கற்றாரையும் உற்றாரையும் வளப்படுத்தும், நெறிப்படுத்தும், முறைப்படுத்தும்.

சிறப்பு மு கரத்தையும், சிறப்பு ற் கரத்தையும் தனி உரிமையாகப் பெற்றது. தண்டமிழின் சிறப்பு "குற்றிய லுகரம்" என்ற சிறப்பே தமிழுக்கு தனிச்சிறப்பு நல்குவது "ஃ" என்ற ஆயுத எழுத்து தமிழில் மட்டுமேயுள்ளது.

தமிழ் அன்னை தந்த தமிழ்மொழியை எமது உயிரெனப் போற்றி அதன் வளர்ச்சிக்குப் பணியாற்றுவது தம்கடமையாகும். சதிரவனால் மண்ணின் இருளும் கன்ளித் தமிழ் மொழியால் மனதின் இருளும் நீங்கும்.

தமிழ், சிலர் சொல்வதுபோல், எண்ணத்தின் வெளிப்பாட்டுக்கு உதவும் ஒரு அருவி மட்டுமன்றி அது தமிழ் களின் நாகரியமானது. பண்பாடு, ஒழுக் ஆகியவற்றின் வெள்ளத்தை தித்திப்பு நெடுந்தோலையிலிருந்து கொண்டு வந்து கொடுக்கும் கருவியாகும். அந்த தமிழ் அருவியில் குளிப்போம்! தமிழ் 'மாந்தர்களாய்க் குளிப்போமாக

வாழ்க தமிழ்மொழி வளர்க தமிழ் மொழி.

செல்வரட்ணம் செந்தூரன்

World
SUICIDE
PREVENTION DAY

10.09



Suicide Prevention



Suicide is defined as intentionally taking one's own life and comes from the Latin *suicidium*, which literally means "to kill oneself." It tends to carry different traits depending on the culture. Historically, and still today in some locations, suicide is considered a criminal offense, a religious taboo, and, in some cases, an act of honor (e.g., kamikaze and suicide bombings).

Suicide is the 10th leading cause of death worldwide and rates of completed suicide are higher in men than women—with men up to four times more likely to kill themselves than women. Suicide is the second leading cause of death for individuals aged 15 to 34 and in 2017, 47,000 lives were lost to suicide. That's one death every 11 minutes.

The most cited risk factors for suicide include psychiatric disorders, genetics, substance abuse, and family and social situations. Oftentimes, psychiatric factors and substance abuse co-exist.

Access to weapons and other methods of suicide also increase risk. Mental disorders play an overwhelming role in the increased risk of suicide—with estimates suggesting up to 90% of individuals who take their own life suffer from some type of psychiatric disorder. The mental disorders with the greatest prevalence of suicide risk associated with them include major depressive disorder, bipolar disorder, schizophrenia, personality disorders, post traumatic stress disorder, and eating disorders. Behind psychiatric disorders, substance abuse ranks as the second-highest risk factor for suicide. Heroin and cocaine use is also a common risk factor for suicide. Family and socio-economic problems are also contributing factors to suicide risk. Unemployment, homelessness, poverty, childhood sexual abuse, social isolation, loss of a loved one, and other life stresses can all increase the likelihood of suicide. Sexual abuse alone is thought to contribute to 20% of the overall risk of suicide.

Suicide prevention methods and treatment are based on patient risk factors. One of the most common suicide prevention techniques is psychotherapy also known as talk therapy—in the form of Cognitive Behavioral Therapy (CBT) or Dialectical Behavior Therapy (DBT).

Cognitive Behavioral Therapy is a treatment for individuals suffering from a variety of mental disorders. In this method of psychotherapy, you are taught new ways of dealing with stress and stressful life experiences. In this manner, when thoughts of suicide arise, you can redirect those thoughts and cope with them in a different way than attempting to take your own life. Dialectical Behavior Therapy is used to help an individual recognize disruptive or unhealthy feelings or actions.

Medications can also be prescribed as a prevention method to suicide; however, controversy exists in this method, as many medications used in the treatment of mental disorders include increased risk of suicide as a side effect. Antidepressants especially carry a risk of a potential increase in suicidal thoughts and behavior.

Increased awareness among doctors is also a prevention technique. Many individuals who have completed suicide or attempted suicide did seek medical attention in the year prior; however, warning signs may have been missed. Increased education and awareness among medical professionals might decrease suicide rates in the future.

In an additional effort to bring awareness to suicide and risk factors associated with suicide, **September 10** has been observed as **World Suicide Prevention Day** in partnership with the International Association for Suicide Prevention and the World Health Organization.

Source : <https://www.psychom.net/depression.central.suicide.html>

Sumithrayo Organization



At Sumithrayo they provide Confidential Emotional Support for people who are experiencing, feelings of distress or despair, including those that may lead to suicide.

People faced with an emotional crisis mostly require informal and confidential emotional support. A friend who has the time to listen, does not advise or criticize, but helps the person to come to terms with the situation and feel confident to cope with it. Befriending is the offering of friendship, the giving of one's undivided benevolent attention to another at a time when he/she is feeling deeply troubled. The active process of listening to a person's feelings and allowing them to unburden gives great relief while also enabling them to think and see more clearly about their difficult situations.

"Talking helps"

They are open **365 days** of the year from **9.00 am to 8.00pm**

Visit them or Write to them
No. 60B, Horton Place, Colombo 07.

Call them
0112692909| 0112696666| 0112683555

Email them
sumithra@sumithrayo.org

UPCOMING PROJECTS

E-SPORTS INITIATIVE

As a result of both the current situation and with technological advancements of recent times, online careers have become a viable method of earning an income. One of the most prominent methods of this is through e-sports. E-Sports Initiative strives to educate students on these opportunities, and to give them the chance to demonstrate their skills and compete with others.

Prior to the tournament, there will be an online program that will be conducted in order to give students a better understanding of e-sports, we will be hosting a competition featuring various e-sports. This project will allow those who are competent to consider a career in e-sports, and to give students the chance to enjoy themselves and interact with others in a competitive environment.

Peace Poster Campaign

*"Bringing peace to the world,
through one child at a time."*

The Peace Poster Campaign is an initiative taken by the LEO Club of Royal College to publicise, promote and organize the Peace Poster Contest by the Lions International. Our sponsoring Lions Club, the Lions Club of Colombo Mid-City will be assisting us with the finances of this project.

This project aims to give an opportunity for children to draw about what Peace is in the Eyes of the youth.

EXPANDING THE FAMILY PHASE II & III

Phase 2 will be installing Leo Clubs in other schools. This will also be done through an Orientation Program and later we will help them organize their first Installation. This Orientation Program will be conducted by our Staff Advisor Lion Riyaz Aluher, our Leo Advisor PDG Lion Lasantha Goonewardena Leo Lion Indunil Palihawadana and Lion Binuja Amaranayake.

In phase 3 we will be assisting the newly installed Leo Clubs to Establish themselves by supporting them in organizing their Charter Project.

#NewNormal

'#NewNormal' is a project organized by the Leo Club Red Cross Society, Interact Club, and the Mother Sri Lanka Society of Royal College. This is a project organized to showcase the importance of spending time fruitfully and leisurely during the current situation where students are restricted to their houses.

This project is targeted to elevate the physical, mental, social and psychological aspects of student health. This will be done by hosting interactive sessions hosted by club members and professional guest speakers on topics that will be chosen using a survey carried out on students.

Through this project, we are hoping to encourage students on the importance of spending their free time at home effectively and fruitfully.

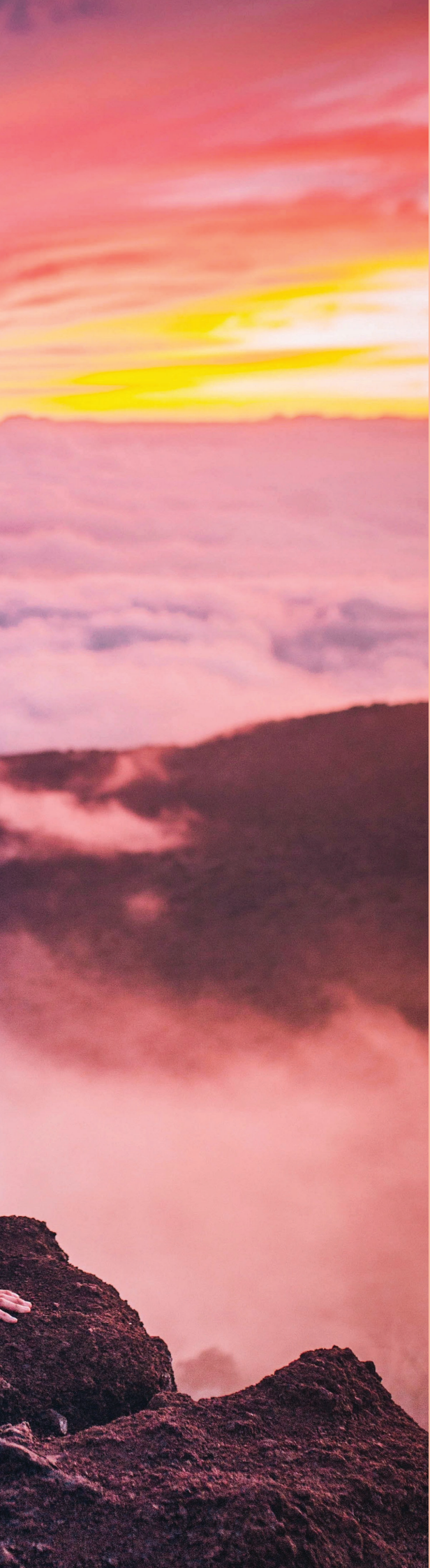
Our Hidden Strengths

Hidden strengths are not weaknesses. They are capacities we have that are yet to be recognized, developed and utilized. They become our learned strengths. Strengths need to be managed so that they are not overused or overbearing. Hidden strengths not only provide a deep pool of strengths to draw on but they will help to smooth our rough edges and bring into balance our natural strengths.

Authors "Thuy and Milo Sindell" have identified twenty eight skills in four categories. They are Leading Self, Leading Others, Leading Organization and Leading Implementation.

Too many people waste time by focusing on the weaknesses only. The neglected skills in the middle, neither strengths nor weaknesses, are where the most potent development opportunities lie. We should identify them and create a plan to turn them in to major assets.





Once we have identified our hidden strengths we can identify the areas to focus on developing them that would nullify a weakness or contribute to our success without directly attacking the area where we struggle. If we have a hidden strength in the area of "Resilience and Flexibility", this will definitely hurt our leadership capacity. Instead of attacking the weakness, we can develop our Resilience and Flexibility skill. In doing so, we should not lose our control on emotions. If we prepared a head of time for meetings by formulating ideas and alternatives, it will make us more flexible when we listened to other's ideas and everyone would feel heard and understood.

We are more than what naturally come to us. There is much more that can be developed. With "Awareness and Dedication", we can leverage these hidden strengths to continually reach new levels of performance and success. Hidden Strengths are our invisible, secret friends.

~ **By Leo Vihasa Weerasena**
7F - Royal College

SOCIAL MEDIA

- A Brief Introduction -

Social media is a platform where you can create and share ideas all around the world. It's even considered as a profession nowadays. In 1997, the first ever social media platform "Six Degrees" launched. This wasn't very popular but only if they knew that this was going to be the beginning of a new era. Unfortunately, the company failed because "Six Degrees" came when digital advertising was in its infancy. The network wasn't able to financially support itself. Following this came the more successful social media platforms we know in love such as Facebook, Instagram, Twitter, etc.

Social media is one of the biggest, most impactful things which has happened to mankind. This has opened to so many different ways of advertising, communication, jobs, entertainment and many more. The digital world has impacted each of our lives one way or another.

Advertising is considered to be the biggest part of social media. It has made finding clients very easy and less expensive. This has even helped people to run their own online businesses without paying for things such as office space and employees.

Communication has been another impact of social media. In 2020, due to the covid-19 virus outbreak everyone was in lockdown. Social media was one of the few things which has been holding up our sanity through these tough times. Social media has a lot of down sides to it such as leakage of personal identity, security threats, spam and much more. Despite its many flaws social media has made all of our lives easier.

"The internet is becoming the town square for the global village of tomorrow."

-Bill Gates.

~ By Leo Thananchayan Tharaniharan
8D - Royal College

EDITOR'S

NOTE

I hope you all read & enjoyed the 2nd Issue of **The LEO Journal**, the Monthly Newsletter of the **LEO Club of Royal College**. It is with immense pleasure and honour I take over the responsibility of being the Editor of the monthly Newsletter published by our club.

As a newly installed Club, the Leo Club of Royal College faced many challenges rising to the top both in the Leo District & in school, leaving a remarkable mark behind. In this edition we bring out many novel content and from our aspiring Leos and external parties & Our Club activities & their success stories of the previous month.



LEO CHENUKA ELWITIGALA,
EDITOR - IN CHIEF
THE LEO JOURNAL

We successfully completed the Orientation of the Junior Leos who are the future of LCRC also we have given the opportunity to many youngsters to show their colors. We as a club will be growing strong and leave many remarkable memories behind.

I would take this opportunity to thank the Officials of the Leo Club of Royal College and all the main contributors of this newsletter, without their support and guidance we won't be able to publish this newsletter in this manner.

THE
LEO 
— JOURNAL —

THE OFFICIAL NEWSLETTER OF THE LEO CLUB OF ROYAL COLLEGE



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