



THE
LEO 
— JOURNAL —



YEAR ANIVERSARY

SPECIAL EDITION



**TOGETHER
AS ONE IN
SERVICE**



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Messages

Message From PRINCIPAL

Royal College is more than just a school. It is an institution. An institution with a proud history of great sportsmen, fantastic academics and of course, brilliant Clubs and Societies. And till this day, we have still upheld that status in society and the Leo Club of Royal College has kept up to that standard.

As a young club that had to face obstacles such as the pandemic, lockdowns and restrictions right from the start, the amount of perseverance showed by the members of the club is truly amazing. The initiatives successfully pulled off has helped thousands of individuals and has made a tangible impact in their lives.

The first year anniversary is a sign that you have overcome all obstacles that stood in your way and it is a sign that the club has a very pleasant future ahead. Keep up the good work and continue to pioneer initiatives. Make sure that programs like the 'Color my Sight' remain to be amongst priorities.



Being a club under one of the most prestigious schools in Sri Lanka as well as affiliated to one of the largest community organizations in the world, we hope you will use the resources given to you wisely and push for greater change as you have these past twelve months.

I take this opportunity to thank the Senior Master In Charge of Clubs & Societies Mr. T.D.C.P. Amaratunga, the Staff Advisor Mr. M. A. M. Riyaz and the Prefects' Council for guiding the club for the heights they have achieved. I am proud of the club for all their hard work and honored for receiving the opportunity to say a few words. Good luck to the President Leo Yoshelle Marasinghe and the top board, executive committee & the club members for a fruitful year ahead.

Mr. M. V. S. Gunathilake
Principal
Royal College

Message From

SENIOR MASTER IN CHARGE OF CLUBS & SOCIETIES

An anniversary marks the success of a club. It proves that the club endured through all the hardships it would go under and pulled through them to rise better than before. The first anniversary of a club holds an integral role in demonstrating that the club started successfully and is continuing stronger than ever.

It is still astonishing to know that it has been just a year since the Leo Club first chartered since the work you have done for the school and community is endless. From the 'Color My Sight' initiative to the 'Binge Quiz' and the 'Forward Focused' Workshop Series, all actions have been taken on with much enthusiasm and sense of responsibility.

I'm sure that starting a new club with a clean slate amidst a global wide pandemic outbreak and the seemingly endless lockdowns wouldn't have been easy. I congratulate Leo Fazri Amith and his team on this successful endeavour.



Throughout all these past months you have brilliantly set down examples for other to follow as well as advance the club in both forms on participant numbers and the quality of the project. You have gone out of your way to increase the opportunities you provided to your juniors.

I wish the President of the Leo Club, Yoshelle Marasinghe, and his team a fruitful year full of success stories and brilliant contribution.

Thank You

Mr. T.D.C.P. Amaratunga
Assistant Principal
Senior Master of Clubs and Societies
Royal College

Message From STAFF ADVISOR

It gives me immense pleasure in sending this message to the e-magazine of Leo club as they celebrate the club's first anniversary.

In fact, I am so happy to be the staff advisor of the club working with dedicated members who have done tremendous service to the college and the country during the past year.

All the projects carried out by my Leos are of great success and appreciated by not only the Royal fraternity but also society as a whole.

During a very hard time with several lockdowns, the Leos continued their good work setting a great example for others to follow.

The first president of the club Leo Fazri Amith and his board paved the way for the youngsters to carry on the club at a better level.

The present president Yoshelle and Secretary Yuvin Wimalaratne together with their team are engaged in various projects in and out of the college bringing glory to the college.



The project "Colour My Sight" was indeed a great project where many past teachers of the college benefitted.

The contribution made by District Chairman for Leos, Lion Dr K.H. Lasantha Gunawardana is always remembered and valued by the club.

Deputy Head Prefect, Lion Binuja Amaranayake's support is highly regarded.

In conclusion, I thank the Principal Mr M.V.S. Gunathilaka and Senior Games Master in Charge for Clubs and Societies Mr T.D.C.P. Amaratunga for their continuous support and guidance.

I wish the present board and its members all the success in the year ahead.

Floreat!

Lion M.A.M. Riyaz
Assistant Principal
Senior Games Master
Staff Advisor
Royal College.

Message From LEO ADVISOR, DISTRICT CHAIRMAN FOR LEOS

Dear Leos of Royal,

It's a great pleasure to send you this message when you are celebrating the first anniversary of the Leo Club of Royal College.

The Leo Club motto – Leadership, Experience, Opportunity – says it all: **LEADERSHIP:** Leo members acquire skills as project organizers and motivators of their peers. **EXPERIENCE:** They discover how teamwork and cooperation can bring about change in their community and the world. **OPPORTUNITY:** They receive practical experience, self confidence and managing teams to be a knowledgeable Leader.

Leo clubs encourage youths to develop leadership qualities by participating in social service activities. Leos can raise funds by conducting fund-raising projects. They can conduct projects with another Leo club, sponsoring Lions club, or with an outside organization.

Being part of this world's largest and most active service and leadership development organizations, we have given the opportunity to young Royalists to be the most experienced and successful leaders.



I take this opportunity to thank Leo Fazri Amith, the charter President, for his excellent performance as President. My appreciation to Deputy Head Prefect Leo Binuja Amaranayaka for all the guidance and support to make the Leo program at Royal a reality. Without the support of our staff advisor Asst Principal Mr Riyaz Aluher we wouldn't have been as successful in this short period.

Now Yoshelle Marasinghe and the team has great responsibilities on their shoulder. It's up to them to make sure that Royal flag flies high in Leo International.

While congratulating Fazri and the team for a job well done, let me wish Yoshelle and the team for a successful year ahead.

PDG Dr Lasantha Goonewardena MJF
Ambassador- Leos and Youth
District Chairman for Leos

Message From DISTRICT LEO MEMBERSHIP CHAIRPERSON



The Leo Club of Royal College was formed in 2020 with the guidance of Past District Governor Lion Dr Lasantha Goonewardena. During my tenure as President of the United Nations Club of Royal College, I got the opportunity to work closely with Lion Dr Lasantha who was instrumental in building the model village 'Rajasisugama' from the UN club itself in 1985, to commemorate the 150th Anniversary of Royal College.

With the able advice and guidance given by our staff advisor Mr Riyaz Aluher, Principal Sir and Club Advisor, within a short period of time we became an iconic Leo club program in Sri Lanka. We received many local and international awards along with vast recognition for the projects and programs that we conducted. We were able to have international Vice President Patti Hill for one of our programs which is a very rare opportunity for any Leo Club.

As a new club, we reached greater heights than any other club. Award after award.

All those were possible because of the dedication and commitment of our fellow Leos of Royal. You have proven that nothing is impossible for the Royalists.

I take this opportunity to thank our first President Leo Fazri Amith for his commitment and dedication and wish Yoshelle Marasinghe and the team a very successful year ahead.

Keep in mind to maintain Royal standards and make sure the college flag flies high at all times.

FLOREAT!

Leo Lion Binuja Amaranayaka
Deputy Head Prefect
District Chairman for Leos and Leo
Lions Membership Development

Message From IMMEDIATE PAST PRESIDENT (2020/2021)



During the charter period of the club, there were no more than a mere number of twenty-five members. And it was the commitment of those members, the support of the new members and the hard work of the executive board that the club has grown to become stronger than it was before. As a newly formed Leo Club, we were able to win numerous awards to honour our club and school.

The very first award we won was the October Membership Growth award under the new club category. This award wasn't the fruit of the effort of one person but it was as a whole club that we were able to win this.

In the Leoistic year 20/21 amidst the COVID – 19 pandemic, we were able to successfully conclude a huge number of

projects. These vary from Life of Giving, Binge Quiz, Thai Pongal Day'21, Color my Sight, etc.

I am very proud of where our club stands after a year of hard work and dedication, from the juniors and the seniors alike. I am proud, not just as the outgoing president of the Leo Club of Royal College but also as a Royalist who has seen the club grow and contribute towards bettering our community.

I wish the executive board and the club a very bright future and hope they will make our alma mater proud.

Leo Fazri Amith
Immediate Past President
(2020/2021)

Message From CLUB PRESIDENT



Being the President of the Leo Club of Royal College has been one of the greatest experiences in my life. I started out simply as a member and it has been a journey to get where I am now. As a club that was chartered just a few days before I joined, there was a multitude of challenges that we had to face. But under the presidency of Leo Fazri Amith, we endured and strived. In the beginning, there were only 30 members including the Executive Committee and it's just been a year and now we have over 240 members.

Throughout my time in the Leo Club of Royal College, I had worked with several individuals on multiple projects. Through them all, the club collectively received eight awards at the Lions Star Award Ceremony this year, including emerging as the winner of the Most Outstanding International Program Award. And as the first elect President of this club, I wish to continue the legacy that Leo Fazri Amith and his board have set as well as exceed the expectations of others with the help of my Secretary Leo Yuvin Wimalaratne and the Treasurer Leo Nisula Wijesundara.

I wish to inspire and motivate my team to go through the obstacle thrown at them like a flowing river. I want to leave behind a club that can solve any problem without getting scarred, using the most effective solutions.

A Leo Club is unique. It's a club that provides tangible benefits to our society as well as makes a change that is indirect but still gives benefits. I promise not to let a single opportunity go to waste and ensure that we make maximum use of it.

“An opportunity missed is a fortune lost.” This also means that each project slacked off is an opportunity missed and I would make sure all initiatives and projects conducted by the Leo Club will conclude in the best quality possible within our power.

And I would like to take this opportunity to thank our Editor Leo Chenuka Elwitigala for making this Leo Journal Special Edition, our Staff Advisor Lion Riyaz Aluher and our Leo Advisor PDG Lion Dr Lasantha Goonewardane for their immense support and for guiding us through everything!

Leo Yoshelle Marasinghe
President

Message From CLUB SECRETARY



It is with immense pleasure I'm writing for the Leo Journal for the second time as the Secretary of my club. I cannot believe that it's only been a year since our club was chartered. I joined the Leo Club on the 30th of December last year, right after our charter project 'Life of Giving'. I got fond of the club's activities, members and all the opportunities and experiences that can be gained by being a Leo. So I got all my friends to join the club. Very soon me and my friend Leo Anuda Silva were appointed as Assistant Secretary and Editor despite our young age.

My experience of handling tasks and taking leadership that I gained from being a Scout and my project planning experience in the Royal College Red Cross Society helped me work together with Leo Fazri Amith and Leo Savith Manamperi to work together with the juniors and conduct successful projects such as Binge Quiz and Color My Sight. On the 2nd of July 2020, Leo Yoshelle Marasinghe and I were installed as President and Secretary

of the club. We made a promise to our Immediate Past President that we would make the Leo Club make history within the college and among all other Leo Clubs.

So far we have been very successful at completing that task with the support and guidance of our Staff Advisor Lion Riyaz Aluher, Leo Advisor PDG Lion Lasantha Goonewardane and Leo Lion Binuja Amaranayake. Through various programs such as the LCRC Tech Crew, Go Green and other initiatives within the club we have managed to create a platform for everyone to learn something or do a service while enjoying and valuing it. I'm grateful to our Editor Leo Chenuka Elwitigala for giving me an opportunity to give a message in this masterpiece, Thank You.

Leo Yuvin Wimalaratne
Secretary

Message From CLUB TREASURER



Being selected as the Treasurer of the LEO Club of Royal College is a great privilege and honour in my school career. Having started as a member and then the Vice President under the Presidency of Fazri Amith, I was fortunate enough to gain a huge experience facing numerous challenges and overcoming them throughout the journey.

Having worked with an energetic group of members of the club, we achieved a lot in conducting projects for the betterment of the society last year and the Leo Club of Royal College was awarded several awards which encouraged all members to work enthusiastically. As far as the programme of the present year is concerned, the Club has planned a number of specific projects which will undoubtedly be beneficial to the

recipients as well as the goodwill of the Club. It is obvious that such work experiences gained will be a tremendous opportunity for us to sharpen our leadership qualities to serve our beloved motherland in the future.

Finally, I am hopeful that we in the Leo Club of Royal College under the Presidency of Yoshelle Marasinghe will be able to achieve our aims and objectives successfully and bring honour to the club.

Leo Nisula Wijesundara
Treasurer

EDITOR'S NOTE

I warmly welcome you all to the One Year Anniversary Special Edition of The LEO Journal, the Monthly Newsletter of the LEO Club of Royal College.

It is a great honour and privilege to be the Chief Editor of this Newsletter where we unfold a New Chapter in our Club celebrating all the achievements and the milestones we have set and most importantly reliving all the great memories we made together.

The Leo Club of Royal College has been a great motivation and support for me from the beginning of my Journey as a Leo. The Club has provided me with all the three words defined by the word "LEO". It has given me multiple leadership positions to lead others and to develop my leadership skills. And when speaking of Opportunities I've received, it's uncountable. Leo Club has offered me many great opportunities that I could never get anywhere else and never forget. In fact, being the Chief Editor of The LEO Journal is one such great opportunity where I get to enhance & sharpen my existing skills and also to learn many new things. Also, the Experience gained from the Club is immense. Working as a team, making new friends, organizing events, collaborating on projects with



external parties are a few of the many experiences I've gotten. Being a part of the Leo Club is no doubt the best thing that has happened to me in my life.

I would take this occasion to thank our Leo Advisor Lion Dr Lasantha Gonnewardena whose help is just one call away. And also to our Staff Advisor Lion Riyaz Aluher for his extended support for developing the standards in our club. Finally, I would like to thank our President Yoshelle Marasinghe & Secretary Yuvin Wimalaratne for always believing in me and encouraging me to carry out the responsibilities bestowed upon me and always giving their fullest support when needed. Last but not least, I would extend my sincere gratitude to all the contributors without whom this issue will not come to life.

Together we work to achieve more and to leave our Legacy behind. Thank You.

**Leo Chenuka Elwitigala,
Editor in Chief**

CLUB INTRODUCTION

The Leo Club of Royal College Chartered on the 22nd of October 2020, under the invaluable guidance and support by Vice-Principal and Staff Advisor Lion Riyaz Aluher and PDG Lion Dr. Lasantha Gunawardena who played an essential part of the successful establishment of the club. The Leo Club is affiliated with the Lions Club of Mid-City and the Lions Club International.

Its founding members are,

- Fazri Amith – President
- Nisula Wijesundara – Vice-President
- Teran Seneviratne – Secretary
- Savith Manameperi – Treasurer
- Yoshelle Marasinghe – 1st Elect President
- Kaveesha Eshan – 1st Elect Vice President
- Yuvin Wimalaratne – 1st Elect Secretary
- Adam Dhilshan
- Nafees Salley

The word “LEO” comprises of LEADERSHIP, EXPERIENCE and OPPORTUNITY and one of the primary missions of the club is to make sure that all its members get the opportunities and experience necessary to develop their social abilities and leadership skills.

The Leo Club plans to conduct various projects in the fields of Healthcare, Elders, Children and Disabled people, Literacy and Education and Self-development. The services we conduct are targeted towards our school, our society, our country and as well as contributing to an international spectrum. Through these initiatives we hope to create a more rounded society and overall make a positive change.

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.



“Setrouveren Servant”

Finding yourself through serving.

The
OFFICIALS

THE OFFICIALS



**Leo Yoshelle
Marasinghe**

PRESIDENT



**Leo Fazri
Amith**

**IMMEDIATE PAST
PRESIDENT**



**Leo Kaveesha
Eshan**

**1ST VICE
PRESIDENT**



**Leo Induwara
Gunawardena**

**2ND VICE
PRESIDENT**



**Leo Yuvin
Wimalaratne**

SECRETARY



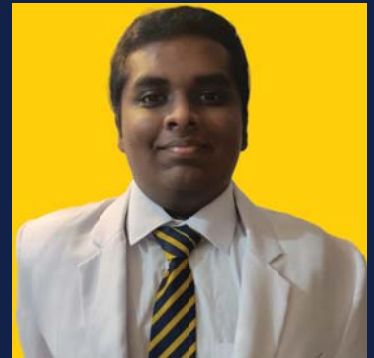
**Leo Nisula
Wijesundara**

TREASURER



**Leo Adam
Dhilshan**

**ASSISTANT
SECRETARY**



**Leo Gayan
De Silva**

**ASSISTANT
TREASURER**



**Leo Arith
Karunathilake**

**CHIEF
ORGANIZER**



**Leo Chenuka
Elwitigala**

EDITOR



**Leo Anuda
Silva**

EDITOR



**Leo Senuka
Seneviratne**

SUB EDITOR



“Alone we can do so little
But together we can do so much”
- Helen Keller

Journey OF A YEAR



Time is an underestimated concept. The magnitude or the power it holds is often ignored. It is always taken for granted and by the time we understand, it is usually too late.

Time can foster some of the greatest men on earth or it can break the strongest of them. It can build empires and it can just as easily take down the most powerful of kingdoms. The ambiguity of time and what it contains is a reason why very few dwell on it and try to discover its secrets.

In a world where even a split second can save a life and a single minute can change a life, an entire year can change society. But time is something that I have to thank. As a student of Royal College, a single year has been a journey of change, experience and self-development. It has been a year where we learnt from our mistakes and bettered ourselves.

The Leo Club of Royal College was chartered on the 22nd of October in 2020. And like myself and the others around me, it has gone through a series of phases and changes. Tackling battles and problems left and right as a new association in the middle of the pandemic season. As a club where the majority of its work relies on physical aspects, a restriction to keep all activities online has created severe setbacks that the club had to phase.

And yet, through all of the pandemonium that was taking place, the club endured and reached its first-year anniversary mark. A mark that signals that the club and all of its members have overcome all battles and have succeeded.

It all started with the Leo Club's first initiative, Life of Giving, which acted as a launching pad for all future club initiatives. The initiative that was the first official contribution made by the club to better society's standards where we visited a children's home, spent quality time with them and provided them with lunch and essential items.

We then proceeded from community service to a lighter theme for the next two projects. We realized that due to the lockdowns, there were many individuals from various ages who had nothing to do at home. The 'Thai Pongal Day Competitions' was an art and speech competition that revolved around the Hindu Cultural Festival, Thaipongal. 'Binge Quiz' was a widespread quiz series that was centered around a few of the most exciting and popular TV shows and movies.

The next three projects were about awareness and advocacy where we focused on current issues in society and voiced them. 'Patriots' was a project

that rejoiced and celebrated the lives of some of the bravest men in our society who dedicated their life towards fighting for our countries independence. 'Forward Focused' was an innovative project that committed towards providing career guidance and advice. Some of the most proficient individuals of their respective fields conducted lecturers and presentations.

One of the largest community service projects in school was the 'Color My Sight' initiative. We received a large response to the initiative and have helped multiple retired teachers by conducting free screenings as well as fully funding certain cataract operations.

Through these projects, the club was able to attain eight special awards at the 2021 Lion Star Award Ceremony. This includes the Joint Projects with Sponsoring Lions Club Special Appreciation Award, emerging winner as the Most Outstanding International Program and coming 2nd runner up at the Net Growth in Membership Alpha Leo Clubs.

But all of these accomplishments were in the previous board. It was a board that had exceeded all expectations and carried the club far. And on the 2nd of July 2021, the club took a step towards growth and conducted its first board installation ceremony. The event was a success and the mantle was passed down to the following Leos who would carry the LEO Club to the future.

This was a major stepping stone that opened up a series of other initiatives that have become the embodiment of what the Leo Club of Royal College is. Shortly after the Installation Ceremony, we released the first edition of 'The Leo Journal' which had fantastic reception that built up with each publication.

'Salvos' was the second quiz competition organized by the Leo Club of Royal College that took an interesting twist. Unlike most quiz competitions, without having a very specific topic for participants to research, we had a broad theme where we tested the participants survival skills. Our goal was to ensure that we educate the public on the appropriate actions to imply when a situation of emergency takes place.

But 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 the country. Leadership-Experience-Opportunity. These are the pillars of what the Leo Movement was based on and the Junior Circle had completed all requirements. And this Phase was only its first step.

Along with time and as a year gradually passed, the Leo Club of Royal College is still going steady with further initiatives like ‘#NewNormal’ which was a collaborative project with a few of some of the most reputable clubs in college.

‘Go Green’ and the ‘Coast to Coast’ initiatives both focus on the environmental crisis that is highly prevalent in society today. ‘Feed the Hunger’ helped concentrate on the issue of starvation and that the daily workers aren’t given proper nutrients.

Through all of these initiatives, the club grew from 130 participants to nearly 250. We hope to make sure that each and everyone gets an opportunity to use their resources towards bettering our community.

The Leo Club of Royal College has conducted and will continue to conduct projects that touch every aspect in society. From donations, to entertainment, to awareness and advocacy, to environmental crisis and poverty, we make sure to make a positive change in our society, our country and abroad.

Time is a motivation and signal that we have come a long way but we still have a long way to go.

Compiled by
Leo Adam Dhillshan
Assistant Secretary



COMPLETED

PROJECTS

OCTOBER

#NEWNORMAL

The current world is a fast-changing world and with the limited number of opportunities that exist because of the current state of the country and the lack of exposure and guidance means that there are students who are foreign to certain topics. We wish to showcase the importance of spending time fruitfully and leisurely during the current situation where students are restricted to their houses. The project #NewNormal was carried out in order to elevate the physical, mental, social and psychological aspects of student health.

The project was done in collaboration with the Red Cross Society, Interact Club, Mother Sri Lanka Society and the LEO Club of Royal College under seven topics which were divided amongst the clubs.

- **Mental health is the key to successful student life.**
- **Let's study, play and enjoy school life.**
- **Role of arts and love towards nature for a healthy childhood life.**
- **The history and traditions of Royal College.**
- **Creative flow of Knowledge**
- **A glance of experience at Clubs, Societies and Sports of Royal College**

The Leo Club of Royal College was placed in charge of 'A glance of experience at Clubs, Societies and Sports of Royal' which was held on the 9th of October via the online communications platform ZOOM. The session was conducted by LEO Nafees Salley and was overall interactive, enjoyable and educating for all the participants and it received a positive response.

The two guest speakers of the session were –

Hashen Hettigoda, who was the Head Prefect of Royal College for the year 2018 and was the captain of the Rowing Crew for year 2017 who won the 48th Royal-Thomian-Regetta during his time as captain.

And Dylan Wijesuriya who was the Deputy Head Prefect of Clubs and Societies for the year 2018 as well as the Chairman of the English Drama Society and a reputed thespian in the Inter-School Shakespeare Competitions.

The session was attended by the Principal of Royal College Mr. M.V.S. Gunathilake, the Senior Games Master in Charge of Clubs and Societies Mr. T.D.C.P. Amaratunga, the Senior Games Master and Staff Advisor of the Leo Club Mr. Riyaz Aluher and the incumbent Head Prefect of Royal College Mr. Binula Karunaratne.

The welcome speech was given by the President of the LEO club LEO Yoshelle Marasinghe and the session was off to a good start.

Hashen Hettigoda started the session by sharing his experiences doing sports at Royal and how he did several sports before finally realizing that rowing was the sport for him. He also touched on how they had fun during practices and how winning was not the goal but making memories was the most important thing.

He spoke about the mistakes they made during school life and how we can change them. He also mentioned how the friends you make in school are the most important friends and that they are the friendships that last a lifetime. The experiences and the problems he faced during his tenure as the head prefect of Royal College truly touched all those who were listening.

Dylan Wijesuriya conducted the session afterwards by speaking on how he managed his studies while holding positions in several clubs and societies of Royal College. How his time during drama practices were memorable and how he made fond memories. He also talked about how he was a backward person as a small kid and how drama and clubs helped him change this. At the beginning of school life he was not that involved in studies and later on he realised that he needs to make a change in his life and was successful in that.

Both individuals reminded everyone about the importance of pursuing what you like and not trying to become someone else. They both shared their experiences honestly and truthfully and all the mistakes they made during their school life so it's easier for the younger generation to face them when they meet with these challenges.

The principal, The Senior Master in Charge of Clubs and Societies and The Senior games master made their remarks about the session and how it was successfully conducted and also shared few of their memories working with Hashen and Dylan when they were prefects at Royal.

The Co-chairperson of the project LEO Sanuka Senadhi Wanasinghe gave the vote of thanks by thanking the guest speakers and everyone who helped to make this event a success.





**LEO MULTIPLE
DISTRICT 306
PROJECT**

“Feed The Hunger”

*“We make a living by what we get, we make
a life by what we give.”*

~Winston Churchill

The Feed the Hunger Project is a Service Project done along with Leo Multiple District 306 and all the Leo Clubs of Multiple District 306 to commemorate the Birthday of the Lions Clubs International President, Douglas X. Alexander. Our Sponsoring Lions Club, Lions Club of Colombo Mid City, supported us to carry out the project. Even amidst the COVID- 19 Pandemic prevailing in the country, we managed to organize the Meal Distribution campaign according to all Covid 19 Health Guidelines and to alleviate the hunger of as many needy people as we could and give back to the community.

We started at Royal College premises by donating Lunch Parcels to the Minor Staff at

College. District Chairman for Leos & our Club Leo Advisor Lion Dr. Lasantha Goonewardena & District Chairperson for Membership Development and Royal College Deputy Head Prefect Binuja Amaranayake were also present. Following that we distributed the rest of the lunch parcels to the underprivileged individuals around the Colombo City Limits. We provided lunch to homeless people and to road and environment cleaners who are dedicated to keeping our environment clean. In total we distributed around **185** lunch packets to feed the hunger of needy people. We intend to give more to our community and to leave a Legacy behind. This project was chaired by Leo Chenuka Elwitigala & Leo Savindu Wickramasinghe was the Project Secretary.



"Feed the Hungry" Project
17.10.2021



"Feed the Hungry" Project
17.10.2021



"Feed the Hungry" Project
17.10.2021



"Feed the Hungry" Project
17.10.2021



ONGOING PROJECTS



"Plant a Tree Heal the Earth"

The Leo Club of Royal College and the Royal College Scout Group, being two of the most recognized and pioneering youth organizations are collaborating on the Go Green project with the aim of making the country greener.

The Scouts and Leos join the Go Green Initiative by planting a tree/trees in their garden or backyard, thereby adding a minimum of one plant to the natural environment of this world where otherwise a vast number of artificial buildings, materials, and other substances are added by the day.

People say "Charity Begins at Home", Royal College Scouts and Leos say "Charity towards Natural Environment begins at home" through the Go Green Initiative. We see multiple instances where students attending school write essays, give speeches about a Greener Environment but only a minor amount of such said individuals and their ideas are seen in action.

We as students in our teenage years may not have the financial and intellectual capacity to bring complex ideas related to a Greener Environment to live. But, that should not stop us from doing what is possible, which may simply be planting a tree in our backyard or garden. In addition images of Scouts and Leos with the plants, they planted for the Go Green project will be posted through social media such as Instagram and Facebook with the sole aim of inspiring students and adults alike around the nation to contribute to the Improvement of the Natural Environment whether it is by simply planting a single plant or by greater contributions depending on their capabilities.

This project was chaired by Leo Arith Karunathilake & Senior Troop Leader of the Royal College Scout Group, Charaka Weerasinghe. Leo Sanuka Wanasinghe was the Project Secretary.

"Actions speak louder than words."

PEACE POSTER CAMPAIGN

This project is an initiative taken by the LEO Club of Royal College to publicise and moderate the Lions International Peace Poster Art Competition within Royal College. Students from ages 11-13 have the opportunity to hand-draw a poster under the topic '**We Are All Connected**', and compete with other students, Leos and non-Leos alike from all around the world, for a chance to win either a grade prize of **\$5000**, or one of 23 merit prizes of \$500.

We are publicising the competition using two 'teams' that the participants can join, "Peace Warriors" and "Peace Squad". These teams each have their own mascots and logos, and participants can choose whichever one they think

looks more interesting to submit their poster under. At the end, the team with the most submissions 'wins', and the best submissions will be sent to the Lions International to be judged along with the winners from other Leo Clubs around the world.

It's amazing to see how talented the students of this school are, and through this project, we wanted to give students an opportunity to show the world their talents at drawing, and provide to each and every one of them a way to play their small, but important part towards world peace.

Coast to Coast

There are no doubt that the coastal areas in Sri Lanka is a vital part of the country that havebrought a lot of revenue and pride. It is one of the largest tourist sites in the country and in East Asia where travelers from across the globe are eager to come to Sri Lanka and witness the lavish, calming coastal life.

But during the pandemic the coastal zone is under stress by a burgeoning

population living in the coastal belt, and a variety of other demands with conflicting interests. Due to natural causes and interference of humans, pollution is a serious problem in the coastal zone, such as the Ocean Pearl incident which happened recently. We recognize that this has led to certain other problems that are detrimental. Coast to Coast is a project organized by the LEO Club of Royal College and the Royal College Red Cross Society that aims to fix this problem. This project is organized to work with the Sri Lanka Marine Environment Protection Authority, Sri Lanka Navy and other organization that actively contribute towards coastal conservation.



UPCOMING PROJECTS

EXPANDING THE FAMILY PHASE II

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, Leo Lion Ramathi Rajapaksha, Leo Indunil Palihawadana and Leo Lion Binuja Amaranayake.

The Tentative schools to install new Leo Clubs

1. St. Thomas' College, Mount Lavinia
2. Ladies' College
3. St. Thomas' College, Bandarawela

CHARITY WEEK

The Leo Club of Royal College wishes to further change through pioneering the initiative '**Charity Week 2021**' We would be going to multiple locations where underprivileged individuals, individuals who have dedicated their lives for the country or individuals who could use the help of the club and we will be donating certain goods and resources for them. We will be using funding received from several sponsors and donors to fund the project.

We hope that through this initiative we will be able to make a difference in their lives and better the environment that they live in. We also hope that this will be a stepping stone for more initiatives such as the Charity Week initiative.

CHRISTMAS FEST'21

One thing that has been established is that due to the pandemic, the amount of enjoyment you get from a celebration or a festival has reduced. We have reached a position where even when the pandemic is curbed, there are less celebrative events.

The Leo Club of Royal College wishes to change that. We hope to bring light into our school and our societies in these trying days. "Christmas Fest" is a glamorous festival that is centered around Christmas. Carnivals, music shows, fancy stalls that sell Christmas ornaments and sweets will all be present. Our plan is malleable between both, physical if the pandemic is curbed and online, if the situation is still dire.

This will also act as a fundraising project, where a proportion of the funds we receive will be centered around bettering the lives of the unfortunate. We hope that through this we can create a more enjoyable environment where even if you are stuck inside your homes, you will be able to have fun and enjoy the day for a change.



**" TO WORK FOR THE COMMON
GOOD IS THE HIGHEST CREED "**

~ WOODROW. T. WILSON

WORLD ANIMAL DAY

OCTOBER 4TH

From **ENDANGERMENT**
to **EXTINCTION**



*"It takes nothing away
from a human to be kind
to an animal."*

~Joaquin Phoenix

Among the days in the calendar the World Animal Day is a remarkably important day for the celebration of animal rights and welfare. The World Animal Day is celebrated annually on the 4th of October. It's a day that unites people who are advocating for better treatment of animals and working in the animal welfare movement.

The group of species known as animals have gone through long lasting periods of change to arrive to where they are now. They've evolved into new forms of themselves with the help of evolution. On Earth there are approximately 8.7 million species in total and out of them only 1-2 million are considered as animal species that have been discovered. In this group of animal species there are many who are extinct and who no longer surrender and roam the lands of our planet. Woolly mammoth, Dodo,

Sabre-toothed tiger and the Stellers Sea cow are a few animal species that have gone extinct and recently the West African Black Rhinoceros joined that list too.

There are some instances where we wonder how and why these animal species went extinct. There are many reasons to why this happens. Demographic and genetic phenomena, destruction of wild habitats, introduction of invasive species, climate change, hunting and illegal trafficking are some main causes to why extinction occurs. As per recently the West African Black Rhinos went extinct due to the means of poaching and illegal hunting to obtain their horns for various Chinese medicinal purposes and to be used as decorations in the Middle East.

Even though some of us don't realize, us humans are the main cause for such admiring animal species to go extinct. The actions we take on them and as well as the planet have impacted them in a very harmful way. We destroyed their habitats to create more workspaces and properties for ourselves, we created many fashion products and clothing items for which animals were killed and

tested for, we severely polluted their whereabouts and habitats so they were unable to live longer. Through this we can clearly say that we are the main cause for some of them to go extinct.

In the past few months Sri Lanka faced a huge crisis which was the catching of fire on the X-Press Pearl Ship. It resulted in chemical leaks which further spread throughout the coastal areas of Sri Lanka. This incident became a big threat to our economy and mainly to the surrounding coral reefs and marine life population in Sri Lanka. Many carcasses of animals such as fish, turtles and dolphins washed upon the shores of coastal areas.

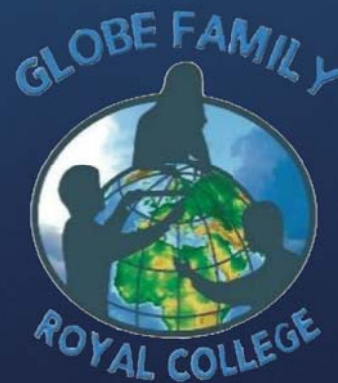
This can be considered as an example to how animals are endangered. Endangered animals are animal species that are very likely to become extinct in the near future due to the loss of population of that specific species. Pandas, Mountain Gorillas, various species of dolphins, turtles, tortoises, whales, sharks, tigers and lions are examples for endangered animals. This may not seem much of a big issue to us but it indirectly affects a lot. It reduces animal diversity,

gives rise to an unbalanced eco-system and it also gives dominance to invasive species.

Animal endangerment leads towards extinction, it can be only controlled by the decisions and actions taken by us. Those actions and decisions affect both directly and indirectly on their presence on planet Earth.

On World Animal Day it's our rightful responsibility to appreciate those who work tirelessly towards animal welfare and safeguarding all living creatures. We as civilians should also be mindful on the actions we take. We should never harm animals. We should treat all animals equally with kindness and compassion as they have hearts just like we do. We do need to realize that if we keep harming our planet and it's rightful owners that it'll harm us back someday.

Article By



**THE GLOBE FAMILY
OF ROYAL COLLEGE**

World Children's Day

October 01st



WHAT YOU MUST KNOW ABOUT CHILDREN'S RIGHTS

History

The first person to claim that there should be rights for children was Ms. Eglantyne Jebb, the founder of Save the Children, in 1923. She first drafted the 'Declaration of the Rights of the Child' and wanted to get universal acceptance. This Declaration was endorsed by the League of Nations in 1924. Years later, in 1989, the UN General Assembly Adopted the UN Convention on the Rights of the Child (UNCRC) where almost all the countries signed up to this Convention. Sri Lanka signed and ratified the UN CRC two years later in 1991.

What is the UNCRC?

The UN Convention on the Rights of the Child (UNCRC) applies to everyone under the age of 18. It recognises the rights of children to have a safe, healthy and happy

childhood which will help them to become valuable and productive citizens of their country. There are 54 articles in the UNCRC out of which 41 spell out the basic human rights that children have irrespective of who they are, where they live, their ability, their social status. The remaining Articles spell out what the Governments should do to ensure that the children in their country enjoy the rights that are enshrined in this Convention. Broadly the UNCRC can be divided in to 4 domains; the right to survival; to develop to the fullest; to receive protection from harmful influences, abuse and exploitation; and to participate fully in family, cultural and social life.

Four Domains of UN CRC

- Survival
- Development
- Protection
- Participation



Celebrating Children's Day

Although the International Children's Day falls on the 20th of November as it is the day on which the world recognised children's rights, different countries celebrate Children's Day on days throughout the year. Sri Lanka celebrates Children's Day on the 1st of October and this year the theme was 'Children before Everything Else'. This means that children are indeed a priority in Sri Lanka. HE Gotabhaya Rajapakse, President of Sri Lanka in his Children's Day message stated,

“It is not only the parents and guardians who feel satisfied when their children excel in the society. That happiness is experienced by the entire human society. There are plenty of such experiences in the world, and they will continue in the future as well. Therefore, as adults, we must provide the necessary environment to empower the child with knowledge, attitudes and skills...”.

Therefore it is also important for children to be knowledgeable about their rights, don't you think?



Do you know your rights?

While I encourage you to read the simplified versions of the UNCRC for easy reference, I would like to draw your attention particularly to some of the ‘lesser known’ articles that I am sure you would like to know about. Did you know that you have a ‘Right to play’? Play activities are really important for a child’s growth and development. Therefore, the article 31 of the UNCRC states that all children have a right to play. Children also have a right to a name and nationality at birth according to Article 7. Although birth registration is so common now, there was a time when children’s births were not registered immediately by their parents. Can you imagine what could happen if you did not have a birth certificate? You will not be able to enter school at the right age, sit for exams or take part in sports activities.

*Did you know
that you have
a right to play?*

According to Article 12, all children have the right to have an opinion and to express that opinion in matters that concern the child.

This means, that adults should consult children when they make decisions about children. Not only that Children have the right to receive information from variety of sources (article 13). I think you will be pleased to know that Children have the right to form associations, such as this Leo Club, according to the Article 15 of the UNCRC.



What are your responsibilities?

It is of paramount importance that all of us understand our responsibilities while enjoying our rights. If we only demand our rights but fail to fulfil our responsibilities, then we will not become worthy human beings. For example, although you have a right to play, it does not mean that you should always play and not support in household chores or do your studies. Especially now, play does not mean playing online games, but play activities that contribute to your overall development. While children have a right to form associations and have friends, you must choose your friends wisely. That remains your responsibility.



If we only demand our rights but fail to fulfil our responsibilities, then we will not become worthy human beings.

Although you have a right to have an opinion, you have to be responsible about how you express yourself without insulting or humiliating anyone else. Therefore, while you learn about your rights, you must also learn about your responsibilities, so that all children can enjoy these rights.

The first 18 years is like the foundation of your adult life. If you can respect the rights of others while enjoying yours during this time, then the world is your oyster.

Article By,

**Mrs. Menaca Calyaneratne
International Child Safeguarding
Director (Asia)
Save the Children International**

 **Save the Children**



WORLD
MENTAL
HEALTH DAY

October 10th

“Mental care for all: Let’s make it a reality.”

It’s safe to say that our future is rather unclear and foggy, at best. Even as it seems that the situation which we have been in for so long that it has become our daily reality, seems to finally be going away, it’s quite uncertain what way the world is being steered in. And no other demographic is shakier in this aspect, than us, schoolchildren. Isolation, lack of guidance, little to no education, this is the exact opposite of what children and adolescents absolutely need. This can really cause a hit to our state of mind day by day, slowly but surely losing hope.

And that’s what World Mental Health Day is about. Even setting aside the pandemic, there are times when all of us feel down, or miserable. In some people, this feeling is prolonged and it can impact the mental health and stability of an individual. The purpose of Mental Health Day is to be a beacon to bring hope and to brighten up the day for someone who needs it.

Mental health, until very recently, has been a rather neglected area of public health. And yet, more than 1 billion people around the world are living with a mental disorder, according to the World Health Organization

(WHO). The reason for this is that it’s very hard for someone to externally understand what’s going on in someone’s head. In recent times, ways of diagnosing and resolving these disorders have been emphasized and developed, but despite this, in low and middle-income countries, more than 75% of people with mental disorders receive little to no treatment. In addition, social factors such as stigma and discrimination can cause these to be even more of a problem.

World Mental Health Day is to make up for the ignorance regarding mental health over the ages and to spread awareness in the present. This year, the WHO has taken several measures to promote mental health awareness. They will release a Comprehensive Mental Health Action Plan, which will be available on their website for anyone to access. They will also be releasing a new edition of the Mental Health Atlas, which provides a standpoint of the resources available for mental health, both globally and in individual countries. It also shows the progress of the development of mental healthcare in recent years, and the areas in which the field is still lacking.

There is a lot of negative stigma surrounding the intake of medicine for mental disorders.

This results in a large increase of extreme actions taken by those under the effects of such disorders, leading them to addiction to narcotics, suicide, etc. It's important to know that there is no shame in taking medication for such things, as the entire point of medicine is to be healthy, or in other words to be in an optimal state of well-being. Taking medicine for a cold or fever is no different from taking medicine for depression or anxiety.

Another thing that studies have found can cause adverse mental health disorders is excessive use of electronic devices. This mainly pertains to addiction to social media, video games, etc., but it can also refer to a larger spectrum of causes such as cyberbullying. However, that doesn't mean that you shouldn't use social media or play video games. They can be a way to help you socialize with people, catch up with people you haven't talked to in a while, make new friends, or just have a fun time. The key is moderation. As long as you don't allow it to interfere much with your real life, and don't spend too much time on it, such things can be a great way to keep your spirits up in these trying times.

Physical exercise is a very good outlet for negative feelings. Feelings such as anger or frustration can be diverted instead towards

activities such as jogging, cycling, weightlifting, or even just walking. Physical exercise releases endorphins, which are chemicals that give you a huge boost in energy and overall happiness. It has been found that exercise is one of the best ways to help psychological well-being. Try to devote a small part of your day to such an activity.

Above all, and perhaps what Mental Health Day is really meant to spread awareness about, is reaching out. Don't keep the pain you feel bottled inside. Talk to your parents, your siblings, your friends, or anyone you want to about how you feel. Studies have shown that more than half of mental disorders start by 14 years of age, but most of them go undetected or untreated for years, or even decades. So don't stay silent. Let people know if you're feeling down, or just really need a hand to help you out of a dark place.

Compiled By,
Leo Senuka Seneviratne
Sub - Editor

CENSORSHIP IN FREEDOM OF SPEECH

~ Leo T.Tharaniharan - 8D



Speaking and expressing your emotions is something that we humans have the right to do. This makes your voice and thoughts heard all over the world. What if I told you there are some nations which disallow you to do them? It would be the cruellest thing, right? Unfortunately, this is the truth. The four major types of censorship are moral, military, political, and religious.

Military censorship is the process of keeping military intelligence and tactics confidential and away from the enemy. This is used to counter espionage. Political censorship occurs when governments hold back information from their citizens. For an example the First Amendment protects the American people from government censorship. But the First Amendment's protections are not absolute, leading to Supreme Court cases involving the question of what is protected speech and what is not. This is also used to control the media in the country to make sure the faults made by the government don't go public. Countries such as China, North Korea and Belarus are some examples of these kinds of acts.


Religious censorship is a form of censorship where freedom of expression is controlled or limited using religious authority or on the basis of the teachings of the religion. This form of censorship has a long history and is practised in many societies and by many religions. It is usually performed on the grounds of blasphemy,

heresy, sacrilege or impiety - the censored work being viewed as obscene, challenging a dogma, or violating a religious taboo. It is often used to start protests and create violence in the name of their religion. Burma, Saudi Arabia and Eritrea are some examples of this.

Censorship in freedom of speech is just one of many as there are many more such as discrimination against women, disability discrimination and many more. We as people should stand together and try to stop this.

*“When you tear out a man's tongue,
you are not proving him a liar,
you're only telling the world
that you fear what he might say.”*

~ George R.R. Martin



Child Psychology & its Importance

~ Leo Vihas Weerasena - 7F

Getting to know your child as they develop can be one of the most rewarding parts of being a parent. Learning how your child views the world, teaching your child new skills, and mentoring them as they process big new feelings and changes is all part of being a parent, but it is not easy.

As the child develops, they go through progressive development stages from birth into adulthood. Environmental, genetic, and cultural factors can all affect a child's development, and how quickly they progress from one stage to the next. It is difficult for children to explain what they are going through, much less to analyze their feelings. That's where Child Psychology helps give the required information.

Child Psychology is the study of the subconscious and conscious childhood development. Child psychologist observes how a child interacts with their parents, themselves, and the world, to understand their mental development.

Everyone wants their child to have a healthy development. It is not always clear if a child's behaviour is a symptom of a normal stage in development or a sign of an abnormality. Child psychologists can help to understand the difference. Then parents can decide the best possible way of communication to connect with their child. Teach their child coping mechanisms for managing emotions and help their child progress and thrive in each new development stage.

Child Psychologists can also identify abnormal behaviours early, help to detect the root of behavioural issues such as learning issues, hyperreactivity, or anxiety, and help children work through early childhood trauma. They can also help to prevent, evaluate, and diagnose developmental delays or abnormalities such as Autism.

Child Psychology studies the interaction of a few main areas of development.

Physical development in children is a predictable sequence of events. A child psychologist can observe the child's development or if any abnormalities that could indicate developmental irregularities. The progression of the child should be important. Major delays in physical development may reveal other underlying developmental issues.

Child Psychology is not a reactive measure. It should be part of the proactive family health plan to reap the best output to nurture the development of the child to achieve the best life goals.



Creating a Bonfire

~ Leo Dithira De Silva - 7H

"One piece of log creates a small fire, adequate to warm you up, add just a few more pieces to blast an immense bonfire, large enough to warm up your entire circle of friends; needless to say, that individuality counts but teamwork dynamites."

– Jin Kwon

A team is basically a group of people who collaborate on affiliated tasks towards a common goal or goals. Today's teams are quite different from the teams of the past. They are far more distinct, digital, and dynamic. While teams face new hurdles, their success still centres on a core set of fundamentals for group collaboration.

The basics of team effectiveness were acknowledged by J. Richard Hackman, one of the main pioneers in the field of organizational behaviour, who began researching on teams in the 1970s. In more than 4 decades of research, he uncovered a groundbreaking insight. What matters most to teamwork is not the personalities, attitudes, or behavioural patterns of team

members. Instead, what teams need to practice and thrive are certain "enabling conditions." Three of Hackman's conditions - a compelling direction, a strong structure, and a supportive context, continue to be particularly critical to team success. In fact, today those requirements demand more consideration than ever. But modern teams are vulnerable to two corrosive problems, "us versus them" thinking and inadequate information. Overcoming those pitfalls requires a fourth critical concept, "a shared mindset".

Though teams face an increasingly complex set of diverse challenges, a relatively small number of important factors have an unthinkable enormous impact on their success. A team can achieve huge goals if they understand what those factors are and focus on getting them right. As the father of Japanese short stories, Ryunosuke Akutagawa said,

*"Individually, we are one drop.
Together, we are an ocean."*

IMPORTANCE OF DIGITAL TECHNOLOGY

~ Leo Althaf Isfahan - 10C
Director - Community Service

When we look around us, we see a huge number of examples of technology. The mobile phone in our hands, the headphones we wear while listening to music and the laptop on our desk when we look around us, almost everything is a result of or a form of technology. It makes our lives so much easier.

For example, the device you are using right now is a form of technology made for communication, or the A/C in your room is a technology that helps keep your room cool. With these examples, we see how dependent we are on technology and how important it is for us in our everyday lives.

Imagine living without using any form of technology... It's almost impossible. For the smallest of communications, we tend to turn to our mobiles. Even most of the food we eat is packaged in factories using various technologies. Thus, imagining a life without technology is impossible. It is not only a fact of life but also essential for all of us.

Today, the smartphone, which can connect to the internet, is becoming one of the fastest-growing and most accessible forms of technology around the world. On a tiny smartphone, you can do plenty of stuff for example you can capture photographs, browse the web, listen to music, or even use social media.

Thus, in today's world, the importance of technology becomes more and more as the years pass. Scientists have done so much to advance humans using technology, and we still have a long way to go.

**"It's not that
we use Technology,
we live Technology"**



Purpose of Life

~ Leo Hirupama Bandara - 10E
Director - International Relations

For all of human history, one question remains constant. A question that seems extremely simple but yet no one has managed to answer it. It's the question of why we exist.

What is the ultimate purpose of life? Where does the path lead?

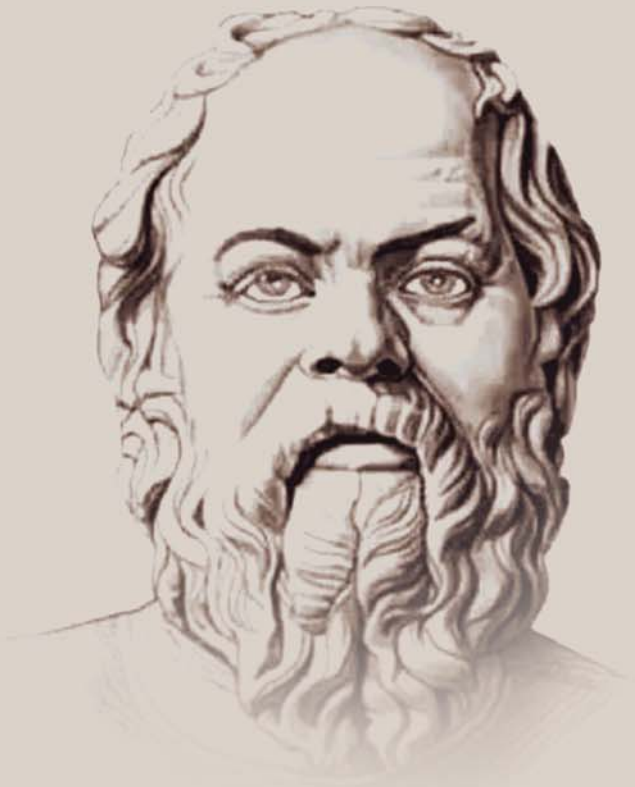
Nobody knows the answer to this question and no one can claim to know. But everyone wants to know so there's obviously been a good amount of thought put into this. Some believe in an afterlife, some believe that we were put here for a purpose, that we are a part of some grand scheme that runs the universe.

Most people want to believe in something like this, they want a grander purpose to give value to their existence. This line of thought makes the assumption that for something to have value it must need purpose, that the world needs to act as a clock, with everything being a gear, twisting and turning and having a place.

But what I propose to you is an idea that I feel isn't discussed enough. The idea is that the universe is less of a clock and more of a lumped mash of chaos, where there really isn't a point for existing and everything is just there for the sake of just being there. Most people don't like this idea, they view it as being pessimistic and depressing and it's easy to see why.

We as living thinking beings are inclined to believe in there being a cause for everything, and this habit has done us a world of good, that's the whole reason we as a species have come so far but to actually expect the cosmos to act upon these principles is really just human-centric. The universe doesn't revolve around us, we are just another part of it. And that's fine. Life doesn't need a value assigned to it by some greater power.

The only value that life can have is the value you give it, it's what you do with yourself that determines it. The only value and fulfilment you can find are by assigning it to yourself, it's by living your life to the fullest. So I implore you to do just that, I implore you to live your life to the fullest, chase after your hopes and dreams because that's the only thing you can do with your time in this world. All you can do is make something of it and when your time finally comes, hope that you can look back at it all and be content.



SOCRATES - *A man with Unanswerable Questions*

~ Leo Zakir Faizar - 10C
Director - Education

Socrates is the first moral philosopher of the Western tradition of thought. What makes him so unique is the pattern of his thoughts and the way he preached it to the people.

When you hear the name Socrates, most of us think of an old, wise philosopher. But that wasn't how the Athenians perceived him. In fact, he was executed for a quite interesting reason: **He asked too many questions!**

Questions that challenged the notions that the ancient Greek society believed, questions that would later revolutionize the field of Western philosophy. The people who were in power at his time feared that this man could destroy their beliefs and ethics.

Socrates asked questions that made the people rethink their ways of life.

There was one incident where a pupil of his came to him, claiming that he (the pupil) knew the ethical answer to every problem.

Socrates questioned him, "Is it lawful to murder someone?". The pupil's answer was negative. Socrates added on to his question "Is it lawful if a king orders to murder someone?". The pupil gave a positive reply this time.

The point here is that both questions included a case of murder in them. But in one scenario it is lawful, and in the other, it's not.

Every answer given to Socrates gave rise to even more complex questions, which soon spread throughout Athenian society. This "problem-oriented approach" of Socrates gave way to revolutionary discoveries.



"His questions draw out an individual's unexamined assumptions and then challenges those biases."

I personally have tried out this problem-oriented approach for things like casual academics, and project management, and it's been a very rewarding element, to be honest.

This is how you can implement it in your daily lives:

Academics

Question the notions that you already have about certain subjects (Mathematics is too hard, History is too boring) and review them if the thoughts are random pieces of worthless information thrown at you by your peers, or from your subconscious memory.

[I too used to find certain subjects (like history) to be pointless. But the fact is that we have to study it anyway for local tests, AND there are some things that the "Not so enjoyable" subjects teach us. They teach us life lessons like **Patience, Perseverance, and Respect towards other entities.**

There are certain rumours that claim that "You can work online without putting in any effort to study or invest anything at all".

If you believe them, you better reconsider them:

- A. There is no such thing as free money.
 - B. Nothing happens (or nothing lasts long at the least) if there is no effort involved.
 - C. Every single thing you do has some sort of investment in it. (time, money, patience)
- Not just academics, but anything you are willing to do: exercise, project management, a new relationship, starting a new business; nothing is a fairy tale.

P.S: Even if you do work online, (freelancing, content creation, etc.) you clearly understand that there is time and effort involved in order to achieve something of the best quality

Daily life

- Common negative beliefs about other humans, parents, teachers, and mentors are simply insignificant. Those notions are here for no reason.
- Fear of the darkness is irrelevant. As per Elon Musk, "Darkness is only the lack of photons."
- People simply just can't seem to overcome their fears through moral reasoning.

Our brains are wired to think in a certain pattern, and this pattern has been taught to us from a very young age. Some people have realized that their preconceived notions are irrelevant and they should approach them in a different way.

Many people haven't realized this, but hopefully, they will realize it sooner or later, or maybe never. Review your patterns of thinking in a rational way, and put them on the right track. Elements like useful education, knowledge, religion, parents, and mentors are there to guide you throughout your way and to help you realize issues with your patterns of thinking, and resolve them.

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*The Best View
Comes After the
Hardest Climb*



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We Serve

