



# Newsletter

Visakha Vidyalaya Old Girls' Association  
133, Vajira Road, Colombo 05. [www.visakhav.org](http://www.visakhav.org)

May 2018

## Editorial

It is important to guide the children and to know what they are doing as parents. However, today there are many parents who are obsessed with wanting their children to excel in everything they do be it academics or extra activities. Relentless pressure on children to succeed can result in unexpected repercussions.

Learning is not only gained through studying. Learning should be hands on, experienced & embraced. Children should experience new things to grow and understand the surroundings. The unbearable involvement and intrusion of parents reduces the ability of a child to cope and bare and to stand up for themselves. The painful memories they collect and the inability to cope with such situations may lead them to depression and finally may result in them wanting to end their own lives. With the advancement of technology children today are exposed to many things. When children are restricted to achieving goals they will not get to see the beauty of the world. They won't be able to see the beauty of a butterfly with colourful wings, feel the breeze in the morning or hear the ocean waves.

Sometimes parents try to fulfill their dreams through their child. Children should be treated as individuals in their own right and not as extensions of their parents. It is important to encourage children to do their best rather than push them to win all the time. Lessons learnt through failure is as important as the euphoria of success. It is also important to communicate with children to understand their feelings, needs and be aware of your child's emotional and mental status.

As parents it is our responsibility to raise healthy children who are good citizens of the world and this can only be done with love and care.

**Rukshanie Vidyaratne**

Editor

[rukithiyangav@gmail.com](mailto:rukithiyangav@gmail.com)

## OGA PROJECTS

### Bodhi Pooja to commemorate the 101<sup>st</sup> Anniversary



The annual Bodhi Pooja to commemorate the 101<sup>st</sup> anniversary of our school was held on the 16<sup>th</sup> of January 2018 at the Visakha Vidyalaya Bo-maluwa. The Bodhi Pooja was conducted by Ven. Boralesgamuwe Sumedha Thero. Many past and present Visakhians gathered to evoke blessings on the school.

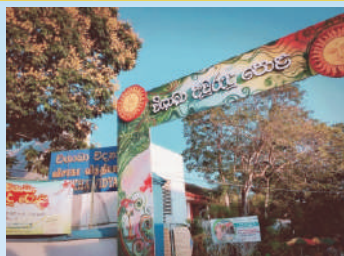
## Children's Day Celebrations

The Children's Day celebrations organized by the Visakha Vidyalaya Old Girls' Association for the hostellers successfully concluded on 17<sup>th</sup> of February 2018 at the Jeremias Dias Hall.

The line-up of events included many entertainment programmes by the students. Dr. Samudra Senerath, Senior Lecturer, Department of Educational Psychology, Faculty of Education, University of Colombo delivered a lecture on good methods for preparing for examinations and studying.



## Avurudu Pola



The annual Avurudu Pola of Visakha Vidyalyaya, organized by the Visakha Vidyalyaya Old Girls' Association was successfully held on 7<sup>th</sup> of April 2018, from 9.00 am to 6.00 pm at the school premises. The Chief Guest of the event was Mrs. Renuka Dharmadasa - a past Visakhian who also served as the Chairperson of Avurudu Pola Committee several times. The Principal Mrs. Sandamali Aviruppola, and Past Principals graced the opening ceremony.



There was a diverse array of stalls ranging from food to clothes to household items fulfilling all Avurudu needs under one roof. The kid's corner, fun games & horror house added excitement to the event.



Avurudu Pola, brought Visakhians together in fellowship and succeeded in raising funds for school development projects. The event was colourful with the presence of past and present principals, teachers, parents, past and present Visakhians and the general public.



## Dengue Prevention Campaign



In the light of the deadly Dengue Epidemic spreading relentlessly in the country, the Medical Sub Committee of the VVOGA conducted a series of programmes to eradicate and prevent the occurrence of mosquito breeding sites within school premises.

Under this initiative, a 'Shramadana' campaign was organized on the 22<sup>nd</sup> of April 2018, to clean the school environment and the drainage system.

A team of experts from the Colombo Municipal Council and National Dengue Prevention Campaign; including PHIs, Entomologists, MOHs, etc. attended to examine the drainage system of the school and to advise the relevant authorities on necessary actions to be taken. This compliments the regular dengue prevention programmes carried out by the school.

## Archives Enhancement Project

The Archives sub-committee is preserving the memories of Visakha Vidyalyaya by carrying out the following projects.

1. School Log Book Preservation Project
2. Archives Room Renovation Project
3. Display Panel Project
4. Establishment of a stainless-steel fence around the historical Rubber Tree planted by the Founder and placement of a memorial plaque
5. Past Newsletter collection project

Furthermore, the committee intend to make a digital data base for the school archives for easy reference. Your support on these projects is highly appreciated. You can contact **Champa Jayawardena on 0718268189** for more details.



## Scholar Donor Programme

The Education Sub Committee launched a scholarship program in 2010 with the objective of providing financial assistance to identified underprivileged children at school. Over the last 8 years more than 150 students have benefitted from the kind generosity of past Visakhians.

For the first time since the inception of the Scholarship program "A Scholar – Donor Gathering" was organized for the donors to meet with their respective scholars. The meeting gave an opportunity for the donors to understand how better to support their scholars. As an outcome of the event it was decided to increase the monthly scholarship amount & to also support them by providing text books, stationary & educational material.

### Success story

*The highlight of the event was a speech delivered by a very special scholar. She has been receiving the scholarship throughout and she has obtained 3 A passes from the Mathematics stream in Advanced Level examination held in 2017.*

### Awareness Session Grade one Admission

In the continuous endeavor to serve the membership the Executive Committee of VVOGA organized awareness sessions to explain the eligibility criteria & application process for admission of children of past pupils to Visakha Vidyalaya.

Over 250 past Visakhians benefitted from the sessions.

### Visakhians participate at the Lushanthi Memorial Relay Championship

The VVOGA was invited to participate at the Lushanthi Memorial Relay Championship held on the 20<sup>th</sup> of January 2018 at the University Grounds, Colombo.

The members who participated in the 20-30 age group was place 2<sup>nd</sup> whilst the over 40 years team was placed 3<sup>rd</sup> in their category.

## "Life Skills" for Adolescents and Parents

A series of educational programs on Life Skills was commenced by the Medical Sub Committee of the VVOGA, with the objective of empowering the adolescents (Students of Grades 9 -11) with regard to the ten Generic Life Skills that have been identified by the World Health Organization.

These include Problem Solving, Decision Making, Creative Thinking, Analytical Thinking, Self-Awareness, Empathy, Effective Communication, Interpersonal Communication, Coping with Stress and Coping with Emotion.

This was conducted as a part of the National Life Skills Programme steered by Family Health Bureau across the Island.

This programme includes a series of programmes preceded by a programme on "Parenting Adolescents", for the parents of Grade 9 students which was aimed at increasing awareness of parents on issues arising during adolescence and to emphasize the importance of healthy Parent - Adolescent relationship.

The resources pool included Mrs. Yamuna Perera, District Coordinator Counselling attached to District Secretariat Office, Narahenpita. Dr. Kumudumali Nanayakkara, a past Visakhian and a Medical Officer attached to School Health Unit of Family Health Bureau (FHB) and Mr. I. Liyanage, National Life Skills Trainer attached to the FHB.

## SCHOOL EVENTS

### The Annual Inter House Sportsmeet



The annual inter house sportsmeet of Visakha Vidyalaya was held on Tuesday, the 30<sup>th</sup> of January at St. Peter's College grounds.

Dawes House scoring 393 became the Champions while Motwani House & Pulimood House were placed second and third with scores of 368 and 344 respectively.



### Primary Sportsmeet

The Primary Sportsmeet was held on 28<sup>th</sup> of February 2018 at the school grounds.

The chief guest was a Past Visakhian, Mrs. Samanmalee Kotakadeniya who was the Games Captain in the year 1990. Further she has represented Sri Lanka at World Youth Camp, Asian Championships and won a Silver medal at South Asian Federation Games in 1989.

The young Visakhians, delighted the spectators with much enthusiasm throughout the day engaging in athletic events, team events and games. The sportsmeet concluded with vibrant drill squads performed with much energy and rhythm.





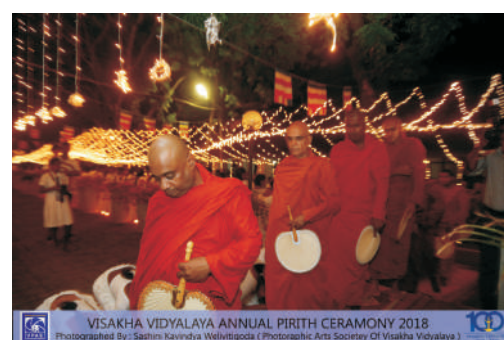
### Visakha wins Uththama Sangeeth Award

Visakha Vidyalaya was awarded with "Uththama Sangeeth" award at the All Island School Music Competition organized by the Ministry of Education held on 19<sup>th</sup> of March 2018. Visakhians won 07 awards which was the highest number of awards won by one school at this competition.



### Founder's Day Pirith Ceremony and Alms Giving

The Founder's Day Pirith Ceremony and Alms Giving to commemorate the founder of Visakha Vidyalaya, Ms. Jeremias Dias was held on the 25<sup>th</sup> and 26<sup>th</sup> of March 2018 with the participation of teachers, students, past teachers, old girls and parents.





## Visakha ranks first by Ministry of Education



Visakha Vidyalaya is ranked Number 1 in the Science stream & Number 3 in the non-Science stream in 2017. The island ranking is done by the Ministry of Education considering the performance of all the students at the Advanced Level Examination held in 2017.

In the Science stream 315 students have sat the A/L examination in 2017 while the number has been 241 in the non-science stream.

Visakha Vidyalaya continues to excel in academics and in extra curricular & co-curricular activities.

GMS/07

## Upcoming Events 2018



Annul General Meeting



Felicitation for the Centenary Committee



28<sup>th</sup> Pulimood Memorial Oration



Esala Sil Programme



Children's Day



Dinner Dance

## ACHIEVEMENTS BY PAST VISAKHIANS

Ms. Saranya Hasanthi Urugodawatte Dissanayake is the Ambassador of Sri Lanka to Viet Nam having assumed duties in mid-August 2015. She is a career diplomat with over 21 years of experience. She has served in missions in Tokyo, Stockholm, Rome and Shanghai.

She has a diverse academic background in Archaeology, Environmental Science and Human Rights. Her work experience in the private sector, civil society organizations, regional organizations and International organizations have no doubt helped her in her current position.

She was a Senior Girl Guide, member of the Chess Club and Astronomers' Society during her school days. A keen chess player she was awarded School Colours for Chess.

## Sri Lanka's Ambassador to Viet Nam



## ACHIEVEMENTS BY PAST VISAKHIANS

### Jayanthi Dharmasena First Female Director in 140 years at Hayleys Plc Board



Jayanthi Dharmasena has been appointed to the Board of Directors as the First female Director in the diversified blue chip Hayleys Plc in its 140-year history.

She served as the Managing Director of Hayleys Agriculture and its subsidiaries and as a Group Management Committee member, until her appointment to the Board as an Executive Director. She has been a part of the Hayleys Group for 26 years and is a Fellow of the Chartered Institute of Management Accountants (UK).

She says she loves what she does and she believes that is what makes people stick around establishments. She feels absolutely grateful to her parents and to her alma mater for the values that have been instilled, for the courage to forge ahead and above all to be able to get - on with people from all walks of life.

Jayanthi is from the Batch '83 made up of a number of incredibly talented individuals in their own right. A group that is regularly in touch with each other, helping each other while engaging in social and spiritual projects.

### 'Escape 2' by Priya Goonetilleke

Priya Goonetilleke artist and musician had her 5<sup>th</sup> solo art exhibition at the Lionel Wendt Art Gallery in March titled 'Escape 2'. After suffering a physical disability she reverted back to her first love art & claims cheerfully that she likes to see the bright side of life. Her paintings and drawings certainly express it.

Priya is known for forming the first all-girl band 'The Planets' and creating a sensation in the early 1970's. She later formed the groups 'Pearl' and 'Kismet' and continues to perform at leading hotels.





## Committee Notices



**Hurry!**  
Place your  
*Signature*  
on the Centenary  
Signature Table Cloth

Avoid disappointment!  
Submit your signature and payment of Rs. 5,000/-  
at the AGM on 07<sup>th</sup> of July 2018

**Harshini 0777 415 499**  
**Madhushani 0778 463 618**

## Secretariat



We need volunteers to undertake photocopying responsibilities during school hours.

Those who are interested to volunteer should contact:

Become a volunteer



Wathsala – 0772264212

## Obituaries

It is with deep sorrow that we notify the demise of Lahiri Dinusha De Lanerolle of the 2010 A/L batch.

### Pledge for Lahiri

Lahiri was a Visakhian, from the 2010 A/L Batch. She was run over by a drunk driver, which resulted in her untimely death.

Lahiri served as the leader of the western band and was a committed Visakhian.

#### Take the pledge

01. I will not drink and drive.
02. I will not permit a friend to drink and drive.
03. I will intervene when I see a drunk stranger about to drive.

**Don't Drink and Drive!**

## Updating Membership Details

Scan the QR code to download application to update your details, if you are already a member.  
Email the completed application to:



[vvoga.secretary@gmail.com](mailto:vvoga.secretary@gmail.com)



Newsletter Sub-committee:

**Rukshanie Vidyaratne**  
0714443121  
**Poornima Kulasekara**  
0771559635

It is with deep sorrow that we notify the demise of Mrs. Ariya Perera who was the President of London branch of VVOGA in 1990's. During her tenure VVOGA London branch extended great support to school in building Badminton Courts, Swimming Pool, Reading Room, Home Science Rooms and also sponsored band instruments and scholarships for underprivileged students.



## VVOGA Notice of the Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Visakha Vidyalaya Old Girls' Association will be held on **Saturday the 7<sup>th</sup> of July 2018 at 3.00 pm** at the Jeremias Dias Hall, Visakha Vidyalaya, 133, Vajira Road, Colombo 5, for the purpose of inter alia electing new members to the Executive Committee 2018/2019 and appointing Auditors for the Association and to adopt resolutions as necessary of which due notice has been given.

Nominations in the relevant format need to be completed and sent by Registered Post to the VVOGA Secretariat (at the above address) latest by **Friday the 15<sup>th</sup> of June 2018 by 3.30 pm**. The nomination list would be on display at the OGA Secretariat on **Friday the 22<sup>nd</sup> of June 2018**. The Final date for objections if any to the nominations would be **Friday the 29<sup>th</sup> of June 2018**.

Voting will be open until **5.00 pm** on the day of the AGM.

### Agenda for the AGM

1. Religious observances
2. Welcome address by the President
3. Reading of the notice convening the Meeting by the Secretary
4. Condolences
5. Excuses
6. Reading & adoption of minutes of the previous Annual General Meeting & matters arising from the minutes
7. Election of Office Bearers & Members of the Executive Committee
8. Tabling & adoption of the Secretaries' Report
9. Tabling & adoption of the Statement of Accounts by the Treasurer
10. Appointment of Auditors
11. Tabling & adoption of the Statements of Accounts of any Trusts or Affiliations of the Association by invitation
12. Consideration of any resolutions which are in order - discussion, voting & passing of resolutions
13. Vote of thanks
14. School Song

On conclusion of the business meeting, the felicitation for the Centenary Committee will be held.

### NOMINATIONS TO THE EXECUTIVE COMMITTEE 2018/2019

Nominations are invited from the general membership to serve on the Executive Committee of the Visakha Vidyalaya Old Girls' Association. Nominations should be sent on the prescribed form (appended herewith). The Executive Committee of the Visakha Vidyalaya Old Girls' Association comprises of the following;

#### Office Bearers

- President - Principal of Visakha Vidyalaya (Ex officio)
- Vice Presidents - Two posts
- Joint Secretaries - Two posts
- Treasurer - One post
- Assistant Treasurer - One post

## Committee Members - Total 30

- 60 yrs & above - 02 positions
- Above 40 yrs & below 60 yrs - 10 positions
- Above 30 yrs & below 40 yrs - 14 positions
- 30 yrs & below - 03 positions

## Staff member - 01 position

The criteria for eligibility & non eligibility as per the VVOGA constitution are as follows.

### Eligibility

- Any past pupil who has been a member of the Association for a minimum period of five (05) consecutive years ending on the 31<sup>st</sup> of March 2018 shall be eligible for election to the Executive Committee.
- Members who have served on the Executive Committee for a period of two (2) years or more and are of high integrity and efficient are eligible for nomination as Office Bearers. However, the maximum number of occasions as Office Bearer is 06.

### Non-eligibility

- No member whose daughter's application is to be submitted for admission to any grade of Visakha Vidyalaya for any particular year, shall be eligible for election to the Executive Committee for the one (01) year immediately preceding the year of submission of such application for admission and until the admission process is complete. Eg: No member whose daughter's application is to be submitted in 2019 shall be eligible for election to the Executive Committee 2018/2019 and until the admission process is complete.
- No member of the Association shall be elected a member of the Executive Committee for more than three (03) consecutive years. (This does not apply to Office Bearers).
- No member who has been elected an Executive Committee Member or an Office Bearer in a Past Pupils' Association of another school; shall be eligible for election to the Executive Committee of the Visakha Vidyalaya Old Girls' Association for that particular year.
- No member may be elected an Office Bearer of the Association on more than six (06) occasions.
- An Office Bearer on being elected to such office each year could hold a particular office for a maximum period of two years. However, in the absence of nominations for a particular office in any given year, such a member who has held such office for more than two years may be appointed to continue in such office for one more year.
- Those who qualify to serve on the Executive Committee should send in their nominations in the attached format.

By order of the Executive Committee, Visakha Vidyalaya Old Girls' Association

**Eranthi Premaratne/ Imojani Marasinghe**

Honorary Joint Secretaries - 2017/2018

Visakha Vidyalaya Old Girls' Association



## VVOGA NOMINATION FORM ELECTION OF MEMBERS TO THE EXECUTIVE COMMITTEE 2018/2019

### PROPOSER :

I propose the name of \_\_\_\_\_

(Name as used in Full. Please print) \_\_\_\_\_

For the Office of \_\_\_\_\_ /as Executive Committee Member for Category

Over 60 yrs	
Over 40 & below 60 yrs	
Over 30 & below 40 yrs	
30 yrs & below	
Staff	

Membership No. of Nominee \_\_\_\_\_

\_\_\_\_\_  
Name of Proposer

\_\_\_\_\_  
Membership No

\_\_\_\_\_  
Date of Joining VVOGA

\_\_\_\_\_  
Signature & Date

### SECONDER :

I second the name of \_\_\_\_\_

(Name as used in Full. Please print) \_\_\_\_\_

bearing membership No. \_\_\_\_\_ for the above post.

\_\_\_\_\_  
Name of Secunder

\_\_\_\_\_  
Membership No

\_\_\_\_\_  
Date of Joining VVOGA

\_\_\_\_\_  
Signature & Date

### CONSENT OF NOMINEE

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Nos. \_\_\_\_\_

Membership No \_\_\_\_\_ Date of Joining VVOGA \_\_\_\_\_

### Fill if applicable

- 1) Year of submission of application for admission of daughter to Grade 1 \_\_\_\_\_
- 2) Details of current membership in Executive committee or Office Bearer of any other PPA/ OGA \_\_\_\_\_

3) Been an Ex-Co Member consecutively for **2013-2014, 2014-2015, 2016-2017, 2017-2018** Yes/ No

4) Nominee, Proposer & Secunder are Members of VVOGA since **31/03/2013** (Over 5 years) Yes/ No

I consent to be nominated for the above post & hereby declare that the above information furnished by me is true & correct.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE FORWARD THE COMPLETED NOMINATION FORM BY HAND / REGISTERED POST TO REACH THE  
JT. SECRETARIES ON OR BEFORE 3.30 PM ON June 15, 2018**

# Newsletter

Visakha Vidyalaya Old Girls' Association  
133, Vajira Road, Colombo 05. [www.visakhav.org](http://www.visakhav.org)

May 2018



## Food for THOUGHT

**“There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed.”**

**Ray Goforth**



Registered at the Department of Posts of Sri Lanka  
Under No: QD/99/NEWS/2018  
Visakha Vidyalaya Old Girls' Association  
133, Vajira Road, Colombo 05.