

VISAKHA VIDYALAYA OLD GIRLS' ASSOCIATION



LIGHT UP THE WORLD WITH YOUR LAMP



A HUMAN FIRST

We live in a world that segregates us for so many reasons, by the place we live in, by the race we are born into, by the religion we follow, by gender, by socio economic standing etc. But prior to all that we fall into one group - The Human group, which if we all embrace and accept, should help us iron out any difference that follows. Every one of us enter this world the same way, crying, un-clothed, bearing nothing else. If so, should we not be humble enough to recognize that all human beings have the same needs and rights?

We need to develop compassion towards fellow beings, irrespective of what they do, where they come from. The acceptance of humanity has to originate at home and should be nurtured thereafter throughout our lives' journey. We need to nurture a culture of unity and inclusivity, as opposed to the way of division and exclusivity.

Our personal beliefs should add value to this experience, as all religions, when interpreted in their true sense propagate similar thinking. Around the world radicalization is visible, but we should be aware not to get attracted to this. If a child when in doubt can reach out to her family or to the teachers to clarify a doubt and we as adults possess the maturity to guide them on the correct path, most problems could be nipped in the bud easily.

This is not the reality today, with the fast paced lifestyles, parents do not spend "Quality Time" with the family. That is compensated with material things, to get over the guilt. Most children have access to technology and information which, can sometimes be used for the wrong purpose. The world is evolving, the access to technology is not an option any more. They need this freedom to keep pace with the rest of the world. But what is important is that unsupervised freedom can drag them into areas from which long term damage can happen. Parents, whichever age group you fall into, need to be close to the child. Try to understand her world, her needs, and the influencers. Guide them without controlling them, empower them to make the right choices by providing them the inputs. Each child is unique, do not compare your child with another as it is our duty to help our children attain their true potential, with us walking by their side.

We can only do this by being exemplary ourselves, in our ways. We cannot preach what we do not practice. Your child will see through the act. Take stock of your life first. Assess if you are good enough to be a role model. Let's commit to do our duty towards the next generation - all the children of the country, not just ours.

Let our lamp light the world.

*Tusitha Kumarakulasingam
Gaveshika Abeyratne*

OGA Activities

SPORTS MEDICINE WORKSHOP

DENGUE PREVENTION CAMPAIGN



A Sports Medicine workshop was held on the 21st of November 2018 with the objective of educating teachers in charge of sports, Games Captains, House Captains and team members on sports related injuries, first aid measures, prevention of injuries and important nutritional aspects. The workshop which was organized by the Medical subcommittee covered 100 participants, with an educational lecture and a practical session.



The Medical sub-committee conducted a series of programmes to eradicate the mosquito breeding sites within the school premises. Under this initiative, a 'Shramadana' campaign was organized on the 30th of December 2018.

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



BODHI POOJA TO COMMEMORATE THE 102ND ANNIVERSARY OF VISAKHA VIDYALAYA



A Bodhi pooja was conducted by Ven. Pitipana Sasanarathana Thero from Vajiraramaya, on the 16th of January 2019.

The Religious sub-committee of Visakha Vidyalaya Old Girls' Association, organizing the event with true devotion and respect, illuminated the bodhiya with lamps and scented the area with fragrant incense.

Many past and present Principals, Teachers, past Visakhians and students were present at this annual event to invoke blessings of the noble triple gem on the journey of our Alma Mater.



"OBA NISA"



A grand musical extravaganza featuring Bathiya and Santhush showcasing their newly released album "Oba Nisa" was held on 17th February 2019 at the BMICH, organized by the WVOGA to raise funds for school development activities.

The show featured many young talented artists such as Umaria and Sanuka in addition to the legends backed by D Major. The outstanding music and entertainment kept the audience spellbound.



The Annual Avurudu Pola organized by the WVOGA was held on the 6th of April 2019, from 9.00 am to 6.00 pm at the school premises. The Chief Guest of the event was Ms. Indira Malwatte, a past Visakhian who is currently serving as the Chairperson and the Chief Executive Officer of the Sri Lanka Export Development Board. The Principal Ms. Sandamali Aviruppola, and Past Principals graced the opening ceremony.

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

AVURUDU POLA



FOUNDER'S DAY CELEBRATIONS

The Pirith Ceremony and Almsgiving commemorating the Founder of Visakha Vidyalaya, Ms. Jeremias Dias was held on the 25th and 26th of March 2019 with the participation of the Principal, past & present teachers, students, old girls and parents.



ACHIEVEMENTS OF SCHOOL GIRLS

Academic



Chathuni Wijegunawardena
*All Island 1st Place at the
GCE A/L Examination 2018
in the Physical Science stream*



N. Disiwari Warushavithana
*All Island 1st Place at the
GCE O/L Examination 2018*



G.A. Savithi Hansadi
*All Island 2nd Place at the
GCE O/L Examination 2018*

Extra-curricular Activities

Visakha Vidyalaya was declared Champions in the following:



**Seneshi Herath of
Visakha Vidyalaya**

- Interschool table tennis championship -
under 19 - Champions
- All Island Debating Competition (Sinhala) -
Champions in the Senior category
- 12th Novices Age Group Swimming & Diving
Championship - 2019 organized by the
Sri Lanka Aquatic Sports Union -
Overall Champions
- NAT 10km Sea Swim Championship 2019
Overall Women's Champions and
Seneshi Herath awarded
Overall Women's Champion Swimmer

ACHIEVEMENTS OF OLD GIRLS



Dr. Anula Wijesundera

Dr. Anula Wijesundera,

A past pupil of Visakha Vidyalaya, Head Prefect (1969), was inducted as the 122nd President of the Sri Lanka Medical Association. She has a colorful history, full of achievements in both school and the medical profession.

Dr (Mrs.) Champa Banagala, Consultant Eye Surgeon received the "Distinguished Service Award" from Asia Pacific Academy of Ophthalmology in March 2019 in Bangkok, Thailand. This is in recognition of the distinguished service she rendered to the eye care profession and of her significant contributions to ophthalmic developments in her country and the territories.



Dr (Mrs.) Champa Banagala



Dr (Mrs.) Champa Banagala



In 2018 she received the "SAARC Excellence Award" from SAARC Academy of Ophthalmology in Kathmandu, Nepal. This is for her contribution to the development of Ophthalmology and for prevention of blindness work in the SAARC region.



Prof. Chandanie Wanigatunge

Prof. Chandanie Wanigatunge,

MBBS Hons. (NCMC), MD (Col), FCCP, FRCP Edin., Specialist Physician & Clinical Pharmacologist was inducted as the 43rd President of the Ceylon College of Physicians for the year 2018/19 on the 4th of January 2019 at BMICH, Colombo. A past pupil of Visakha Vidyalaya from 1971 to 1983 with a special interest in Medicine, she graduated from the North Colombo Medical College with MBBS degree and obtained her MD in Internal Medicine from the Post Graduate Institute of Medicine, University of Colombo. Prof. Wanigatunge is the Chair Professor of Pharmacology at the Faculty of Medical Sciences, University of Sri Jayewardenapura, providing valuable knowledge and guidance for budding junior doctors. She is also the Chairperson of the Ethics Review Committee at the Sri Lanka Medical Association and the Forum for Ethics Review Committee in Sri Lanka, empowering Medical Research.

SPORTS MEET

PRIMARY SPORTS MEET

(28th of February 2019 at the school grounds)



SENIOR SPORTS MEET

(6th of February 2019 at St. Peter's College grounds)



MEMBERSHIP DRIVE

OGA Membership desk at "Social A/L 2018"

A membership desk was arranged at the "Social A/L 2018" on the 19th of November 2019 in the school premises successfully where over 80 past Visakhians got their VVOGA membership. It was preceded by an address to the audience to create awareness on the event.

- Now you can get a "Duplicate Card" by simply filling an application at the OGA office, and paying Rs.500/- on any school day.
- Any senior past Visakhians who could not get the VVOGA membership due not having the school leaving certificate, can apply with the recommendation of two senior members of the Executive Committee of the VVOGA.
- Please update your contact details using the form in the Visakha Vidyalaya web site - www.visakhav.org by sending an email to be informed of the upcoming events and news from the VVOGA.
- Please let the conveners of the New Members subcommittee know of the events organized by your batches where we can arrange past Visakhians to join the VVOGA.
- We would also like to have voluntary representatives from each batch to work with us to promote the membership within the batches.

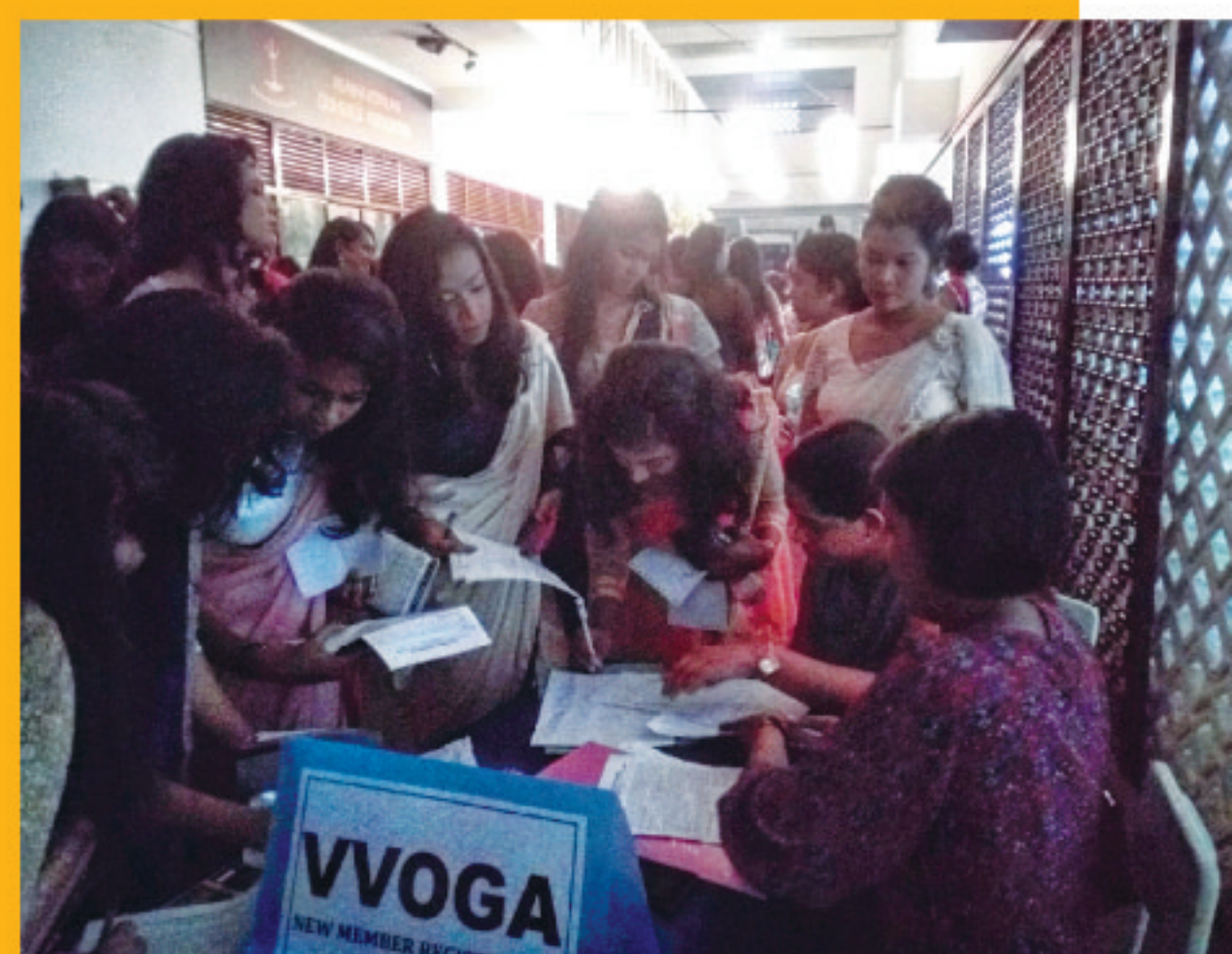
SCHOLARSHIP PROGRAMME BE A DONOR

The education sub committee of the Old Girls Association of Visakha Vidyalaya, will be launching phase 11 of the donor scholar programme. This on going project was launched in 2010 to support students from Grade 7 upwards who were in need of financial assistance to continue their studies.

Each year we receive nominations from the teachers and the eligible students are chosen via an interview process. Each student will then be assigned to a donor who would most likely be a past pupil of Visakha Vidyalaya.

This year the branch in Melbourne, Australia has come forward to fund six such students for the next two years. They have supported us in many ways in the past as well and we greatly appreciate this thoughtful donation and take this opportunity to thank them for the support extended.

If you like to help - Contact: 077 304 8833 Mithrika



NEWS

The VVOGA is supporting the school to strengthen the security of the school under the recommendation of the Military by providing a Visitor Management System, CCTV and through various other mechanisms.

ARCHIVES ENHANCEMENT PROJECT

The project was completed with

- Preservation of Historical Rubber tree & placing a Memorial Plaque
- Placing a multi panel to display photographs of annual events of the school & VVOGA
- Collection of newsletters of VVOGA for past 20 years
- Preservation of old log books of Visakha Vidyalaya
- Making new storage for the Archives room

Visit the Archives on any school day.



WORKSHOP FOR TEACHERS

The Education subcommittee of VVOGA organised a workshop for the teachers of Visakha Vidyalaya on the 3rd of December 2019 at the Water's Edge Hotel. This was well received by the teachers and regular sessions are on the cards.



APPRECIATION

'A Pillar of Visakha Vidyalaya'



Savitri Nagodavithana

was a friend to all at Visakha Vidyalaya. Her services to Visakha span over half a century. She was a very active member of the OGA whose loyalty and sincerity were appreciated by all. Members turned up in their numbers to pay their last

respects to her - deeply shocked by the suddenness of Savi's demise.

Savitri joined Visakha Vidyalaya in 1951. She found school life fun and participated in many extra-curricular activities. She was Vice Captain of Dias House and a keen and active Girl Guide who later became a Warranted Guider and Sylvanna of 11th Colombo.

Leaving school in the mid 1960's, Savi joined the State Tyre Corporation as the one and only woman designer of Tyres at the time, and worked there for many years. Savi was involved with the OGA from the time she left school, participating in all the activities, often taking a key role in the organization. The 'Visakha Walk' from 1992, the annual 'Avurudu Pola' starting from the 1980s, 'Coffee Evening', 'Visakhians in Concert', 'Visakha Geetha Natakaya' and 'Pulimood Memorial Oration' are some of them. She served as an Executive Committee member on several occasions and held the post of Treasurer as well.

Savi appreciated history and valued the archives and the architecture of the original buildings in our school. She was involved in the renovation of the old hall and the Jeremias Dias Memorial hall projects, spending much time in school in between her office work to supervise the construction work. She was quick to detect any defects in the old hall and getting them speedily attended to.

She was the initiator of the Centenary Commemorative Coin, convincing a few senior members to meet with the Central Bank officials to get their approval, and pushing it through to reality.

As a result of this endeavor Visakha Vidyalaya became the only Girls' school in the Island to have a Centenary Commemorative coin.

Savi shunned publicity and did not seek prominence. She always maintained her stance 'Whatever we do, we do it for our school, not for individuals - and it is a team effort.' She acted quietly making sure that everything went smoothly. An anxious observation 'We forgot something' would bring forth a reply with a smile - 'It has been done.'

We called Savi 'A Pillar of Visakha Vidyalaya'. Her loyalty to the school was indisputable. Travelling from Maharagama by public transport, her lack of concern for her own comfort and safety were characteristic of her selfless service. Even though she suffered from arthritis in later years, it did not deter her from her commitments. Rain or shine Savi would participate.

Savitri was a very independent person. She was not after popularity or personal gain, and stood up fearlessly against the establishment if she felt a wrong was being perpetrated. We miss her indignant outbursts against injustice, unethical practices and lack of transparency.

She was key player in the compilation of the Visakha Centenary Publication. Her contribution to this venture from the beginning is deeply appreciated and we are sad she could not see the completion of the book. The WVOGA Exco decision to appreciate the Centenary Celebrations Committee at the 2018 AGM was timely. Savi accepted her token of appreciation, and the very next day entered hospital never to return. She is sadly missed by all those who knew her and worked closely with her over the last 50 years. She was always there to share her experience and support any cause - big or small. In her demise the WVOGA lost a caring, loyal member whose long dedicated service to our alma mater cannot be measured.

May her Samsaric journey be short and may she attain the supreme bliss of Nibbana.

Shanta Gunaratna

News from Across the Ocean

VISAKHIANS IN THE UAE POSITIVE PARENTING - UNDERSTANDING YOUNG MINDS

Old girls of Visakha Vidyalaya - Colombo, residing in the UAE have taken the initiative to raise awareness among the Sri Lankan community on some critical social challenges faced, as we raise the next generation to become global citizens.

A session organized with the contribution of experts helped parents and children understand the importance of social and mental wellbeing.

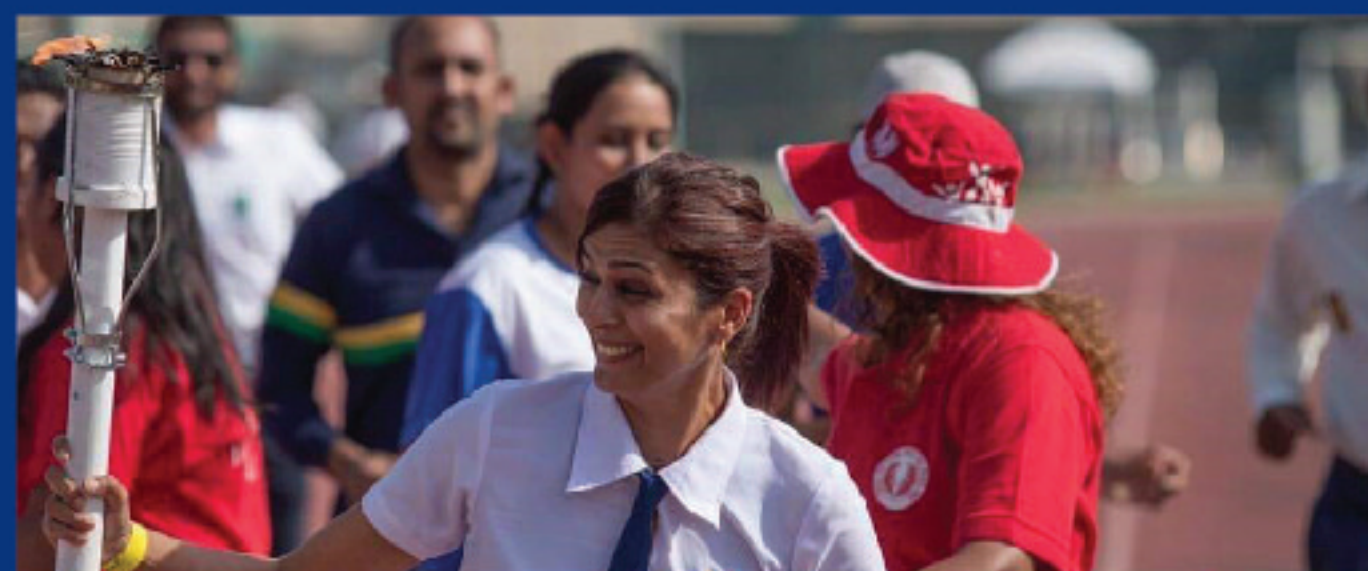
Dr. Shamil Wanigaratne conducted the above session.



CELEBRATING THE SRI LANKAN DAY



BACK TO SCHOOL



NEWS

SMART CLASSES AT VISAKHA VIDYALAYA

The Smart Class project commenced with the fund raising done at the VVOGA Dinner Dance. This initiative will be rolled out throughout the school in the near future.

NOTICE

Vacancies exist for two qualified English teachers for the Primary school. Contact - Eranthi (Secretary VVOGA) 0773 572056

OBITUARY



Departed on the
21st of April 2019

Leeshani Wijesinghe
May she attain Supreme Nibbana!

VISAKHA VIDYALAYA OLD GIRLS' ASSOCIATION NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that The Annual General Meeting of the Visakha Vidyalaya Old Girls' Association will be held at 2:00 pm, Saturday 13th day of July 2019 at the Jeramias Dias Hall, Visakha Vidyalaya, 133, Vajira Road, Colombo 05, for the purpose of electing new members for the Executive Committee 2019 / 2020 & to adopt resolutions as necessary.

Nominations in the relevant format & resolutions need to be completed & sent by Registered Post

to reach the Secretariat (at above address) latest by Friday 21st day of June 2019, 3:30pm.

Nominations will be displayed at the OGA Secretariat from 1st July 8:30 am to 5th July 4:30 pm. If any, objections will be entertained until 5th July 4:30 pm.

Voting will be open from 3:00 to 4:00 pm on the 13th July 2019.

AGENDA FOR THE AGM

1. Religious observances.
2. Welcome Address by the President
3. Reading of the notice of meeting by the Secretary.
4. Condolences.
5. Excuses
6. Reading & adoption of Minutes of the Previous Annual General Meeting and or Special General Meeting & Matters arising from the minutes.
7. Election of Office Bearers & members of the Executive Committee.
8. Tabling the Secretary's Report.
9. Tabling and adoption of the Statement of Accounts by the Treasurer.
10. Appointment of Auditors.
11. Tabling and adoption of the Statement of Accounts of any Trust's or Affiliations of the Association by Invitation.
12. Consideration of Resolutions which are in order; discussion, voting and passing of Resolutions.
13. Vote of Thanks.
14. School song.

FILLING UP VACANCIES FOR THE EXECUTIVE COMMITTEE 2019/2020

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 forms (appended herewith).

Nominations are called for: All Office Bearer Positions, namely

- | | |
|------------------------|-------------|
| 1. Vice President | 2 Positions |
| 2. Secretary | 2 Positions |
| 3. Treasurer | 1 Position |
| 4. Assistant Treasurer | 1 Position |

Of the above, the existing Vice Presidents & Secretaries are eligible for re-election.

The Treasurer shall be appointed to the Executive Committee as per Article 7(h) of the Constitution.

Nominations are called for: All Age categories for the Executive Committee (30 members), namely

| | | |
|----|---------------------------|--------------|
| 1. | 60 years & above | 02 Positions |
| 2. | Above 40 & below 60 years | 10 Positions |
| 3. | Above 30 & below 40 years | 14 Positions |
| 4. | 30 years & below | 03 Positions |
| 5. | Staff member | 01 Position |

As per the Constitution of the Visakha Vidyalaya Old Girls' Association the criteria for eligibility/non-eligibility for selection are as follows –

ELIGIBILITY

1. Any Past Pupil who has been a member of the Association for a minimum period of Five (05) consecutive years ending on the 31st March 2019, shall be eligible for election to the Executive Committee.
2. Members who have served on the Executive Committee for a period of 2 years or more & are of high integrity & efficiency are eligible for nominations to office bearers.

NON ELIGIBILITY

1. No member whose daughter's Application is to be submitted for admission to any Grade of Visakha Vidyalaya for 2019 & 2020, shall be eligible for election to the Executive Committee.
2. No member of the Association shall be elected a member of the Executive Committee for more than Three (03) consecutive years.
3. No member who has been elected as 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 Visakha Vidyalaya for that particular year.
4. No member may be elected an office bearer on more than 6 occasions.

Those who qualify to serve in 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
Hony, Jt. Secretaries.

VVOGA NOMINATION FORM

ELECTION OF MEMBERS TO THE EXECUTIVE COMMITTEE

PROPOSER:

I propose the name of
(Name as used in Full. Please print)

For the Office of / as member of the Executive
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.

.....
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.

.....
Signature & Date

CONSENT OF NOMINEE:

Name :

Address :

Telephone Nos.

Membership No. Date of Joining VVOGA

Fill if applicable

1. Year of interview for admission of daughter to Grade 1

2. Details of current membership in Executive committee or Office Bearer of any other PPA/OGA

.....

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 COMPLETED NOMINATION FORM BY REGISTERED POST TO REACH THE
JT. SECRETARIES ON OR BEFORE 3.30 PM ON 21ST June 2019.**

SPORTS FIESTA 2019

back to school grounds

25th May 2019
1.00 pm to 4.00 pm



INTER HOUSE
SPORTS FIESTA
2019
organized by VVOGA

Be your child's

best friend

as well as their parent, this
will help them create a
bond which allows them
to be free with you.

→
**DON'T JUDGE THEM
BUT SHOW THEM
THE RIGHT FROM
THE WRONG.**

from "Because I Said So"



Registered at the Department of Posts of Sri Lanka
Under No: QD/100/NEWS/2019
Visakha Vidyalaya Old Girls' Association
133, Vajira Road, Colombo 5.