IT'S US

EVERY PAGE
HOLDS
THE PROMISE
OF A BRIGHTER
FUTURE



STORIES OF
LEADERSHIP,
EXPERIENCE AND
OPPORTUNITY

THE OFFICIAL NEWSLETTER

VOLUME 23 | ISSUE 04

STAY CONNECTED

OCTOBER

LEO CLUB OF UNIVERSITY OF MORATUWA

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EDITOR'S NOTE

It is my pleasure to welcome you to the fourth issue of Volume 23 of IT'S US, the official newsletter of Leo Club of University of Moratuwa. Each issue gives us an opportunity to celebrate our journey, share experiences and appreciate the spirit that brings us together as Leos.

As we continue our journey through this Leoistic Year, we carry with us memories that reflect the true spirit of service, friendship and leadership. The Leo journey is about more than serving the community, it is about building lasting friendships, learning from one another and growing through every experience. This edition captures stories of dedication, cooperation and leadership in action, celebrating the connections we build and the meaningful impact we create together. Each experience strengthens our bond as Leos, shapes our perspectives and inspires us to continue our proud legacy of making a difference.

Moreover, this issue brings together a collection of insightful articles on personal development, technological advancements and the historical significance and natural beauty of Ritigala. It also highlights breast cancer awareness and project recaps that reflect our journey of service, teamwork and the meaningful impact of our initiatives.

As we continue our journey, every new experience presents an opportunity to discover our strengths, overcome challenges and develop as individuals. I hope the stories in this issue encourage you to embrace new opportunities, believe in your potential, continue learning, leading and serving with purpose.



“Wishing you an inspiring read filled with fresh perspectives and meaningful discoveries.”

Leo Imashi Ekanayake
Editorial Panelist

THE LEADER'S VOICE

MESSAGE FROM
DISTRICT VICE PRESIDENT
LEO DISTRICT 306 D2



Leo Lion Bonomi Tharinda
District Vice President
Leo District 306 D2

Back in 2020, an undergraduate looking to do something beyond lectures and assignments joined Leo Club of University of Sri Jayewardenepura as a member. From becoming a Club Media Director and Vice President to taking on district responsibilities as District Director - PR & IT and District Assistant Treasurer, each role brought new experiences, friendships, challenges and lessons in leadership and service. With all these experiences, now he serves as the District Vice President of Leo District 306 D2 for the Leoistic Year 2026/27. And that is how my Leo journey continues-not simply through the positions I hold, but through the people I meet, the lessons I learn and the difference we make together.

My vision for the Leo movement is to build a more connected, engaged and supportive community where every Leo feels valued and has the opportunity to grow. I encourage Leos to turn their ideas into action by identifying genuine community needs, planning projects with clear goals and building sustainable solutions rather than focusing only on completing activities.

Unity and collaboration are essential to this journey. When clubs work together, share knowledge and support one another, we can achieve far more than we could individually. True servant leadership means listening, leading by example and creating opportunities for others to shine.

To my fellow university-based Leos, your university life is more than a journey towards a degree. It is an opportunity to discover your potential, develop your leadership and shape the future. Do not wait until you feel ready or until someone gives you a chance. Step forward, take responsibility, challenge existing limits and turn your ideas into action. Balance your academic journey with meaningful service, build connections beyond your university and leave behind a legacy that inspires others.

As undergrads, always remember these words as you continue your journey. It will remind you the true meaning of leadership.

The greatest achievement is not how high you rise, but how many people rise with you.

Yours in Leoism,
Leo Lion Bonomi Tharinda
District Vice President
Leo District 306 D2

Little Smile



This Children's Day, UoM Leos stepped forward to make the day extra special for the children of "Nagenahiru Lama Samithiya" through Little Smile, an initiative dedicated to bringing happiness to little hearts. We connected with the children through Ms. Nirosha Nilmini, who generously offered her premises for this memorable celebration.

On 1st October, our team visited No. 27/1, Jubilee Road, Laxapathiya, Moratuwa, carrying gifts and lots of love to bring smiles to little faces. The celebration began with the children highlighting their talents through dancing, singing and other delightful performances. Their enthusiasm and energy filled the atmosphere with joy.

UoM Leos then joined the fun by organizing engaging activities, singing songs and playing games with the children, making the celebration even more exciting. To make the day memorable, we distributed carefully prepared gifts to all the children. The little ones received toys, while the older children were gifted packs containing stationery items like books, colour pens, key tags and clear bags. Before wrapping up the session, we treated everyone to delicious ice cream, adding one more delightful moment to an already wonderful day.





This initiative would not have been possible without the generous support of those who believed in our vision. We extend our heartfelt gratitude to our valued Official Bronze Partner, Mr. Janaka Abeywardana and our Resource Partner, Regional Development Bank Athugalpura Branch, for their generous contributions. We also thank Ms. Nirosha Nilmini for her kindness and hospitality in making this celebration possible.

Through Little Smile, we were reminded that even the smallest acts of kindness can create the biggest happiness. Together, we made this Children's Day a beautiful celebration filled with laughter, smiles, love and unforgettable memories.

Managing organic waste is important for keeping our environment clean and healthy. Learning about compost making and proper waste management can help us reduce waste and turn everyday organic materials into something useful. With this aim, Green Gold was organized by Leo Club of University of Moratuwa in collaboration with Leo Club of Polgasowita to create awareness about compost making and encourage sustainable practices within the community.

GREEN GOLD







The project was carried out through three awareness sessions for women, school students and families. The Women's Community Session was held on 28th September 2026 at Sri Jayasumanaramaya Temple, Kadawatha. The School Students' Session took place on 5th October 2026 at Kondagammulla Kanishta Vidyalaya, Negombo. The third session, Family Session & Technical Guidance was held on 13th October 2026 at Horana Batuwita Grama Sewa Wasama. These sessions provided opportunities to learn about organic waste management, understand the value of composting and discover practical ways to reduce household and school waste.

Through Green Gold, the two Leo clubs aimed to encourage people to look at organic waste differently and understand how it can be turned into a valuable resource. The sessions focused on sharing knowledge, promoting environmental responsibility and inspiring people to adopt simple composting practices in their daily lives. By engaging different groups within the community, the project helped spread awareness about the importance of managing organic waste in a more sustainable way.

The project highlighted an important message "waste is not always something to throw away." With the right knowledge and simple actions, we can turn organic waste into compost, support greener surroundings and build better habits for the future. Together, let's take small steps towards a cleaner and greener community.





RED HOPE



A single drop of blood can make a significant difference in someone's life. With this thought in mind, Leo Club of University of Moratuwa joined hands with Lions Club of Dehiwala North and the Universal Human Rights Organization to organize Red Hope, a blood donation camp dedicated to supporting those in need.

The project was held on 16th September at Kalutara Bodhi Premises, bringing together members of all three organizations for a meaningful cause.

Our team arrived at around 8.00 a.m. and worked alongside Lions and members of the Universal Human Rights Organization to prepare the venue and arrange the necessary facilities. The blood donation camp officially commenced at 9.00 a.m. with the participation of religious leaders representing Buddhism, Christianity, Hinduism and Islam reflecting the spirit of unity and harmony among different faiths. Donors then came forward to contribute to this life-saving initiative, each offering a valuable gift of hope to those in need.

Around fifty donors participated in the camp, each offering a valuable gift that could help save lives. Their willingness to donate blood reflected the true spirit of compassion and community service. After donating, participants were provided with refreshments including fish buns, cakes, milk packets and milk rice to help them replenish their energy.

The camp continued until approximately 3.00 p.m. and concluded a day of teamwork and meaningful service. Through Red Hope, Leos, Lions and the Universal Human Rights Organization came together with one shared purpose; to support those in need and contribute to the well-being of the community.

"The success of this initiative was made possible by the collective efforts of the organizing members and the generous participation of the donors. Red Hope reminded us that a simple act of kindness can have a lasting impact, and that by working together, we can bring hope to those who need it most."



Every Drop Counts, Every Life Matters

LEO LEGACY





Leadership is not just about the position someone holds. It is about the experiences that shape them, the challenges they overcome and the lessons they learn along the way. With this vision, Leo Legacy was introduced as a platform to connect with inspiring leaders and explore their leadership journey. Through meaningful conversations, the project aims to bring their stories, experiences and insights closer to the next generation of leaders.

As part of this initiative, distinguished leaders are invited to the University of Moratuwa to share their personal experiences and discuss the lessons they have gained throughout their leadership journey. These conversations provide an opportunity for current leaders to learn from those who have faced challenges, made important decisions and grown through their experiences.



The first episode of Leo Legacy featured Leo Lion Buddhika Abenayake, District President of Leo District 306 D2. Through an engaging conversation, we explored his leadership journey, the experiences that shaped him and the valuable lessons he has gathered along the way. The discussion created an opportunity to reflect on leadership beyond titles and recognize the importance of experience, dedication and personal growth.

The episode was recorded and published on YouTube, allowing these inspiring stories to reach a wider audience and continue motivating future leaders. Leo Legacy is more than an interview series. It is a space where experiences become lessons, stories create inspiration and the voices of today's leaders help shape tomorrow's vision.

Because every leader has a story, and every story has something valuable to teach.

SINISTRA



The Official Orientation Programme of
UoM Leos

Every journey begins with a first step and for many aspiring Leos, Sinistra was the beginning of an exciting new chapter. As the official orientation programme of Leo Club of University of Moratuwa, Sinistra was held on 13th October 2026, from 6.00 p.m. onwards, at New Auditorium of Department of Textile and Apparel Engineering, University of Moratuwa.

The evening was made even more special by the presence of distinguished guests and past members who contributed to the journey of UoM Leos. Among them were District Leo Chairperson of Leo District 306 D2 Lion Sumudu Amarasinghe, District Treasurer of Leo District 306 D2 and Past Club President for the Leoistic Year 2024/25 Leo Lion Darshika Prabhashwara, Immediate Past Club President Leo Hasitha Dhananjaya and Past Club Treasurers Leo Janath Gunarathna, Leo Lakshan Pradeep and Leo Akindu Kalhan. Many other members of the club also joined us, bringing cherished memories, valuable experiences and the true spirit of Leoism to the gathering.

With bright smiles and eager hearts, prospects joined us ready to discover what it means to be a Leo. The evening began with an exciting ice-breaking activity that helped everyone connect and get to know one another.

Insightful speeches introduced the values, opportunities and responsibilities of being part of the Leo movement while entertainment items and memory-sharing videos added colours to the evening, filling the auditorium with laughter, nostalgia and inspiration.

Adding to the warm atmosphere, all participants were served refreshments, giving everyone a chance to relax and enjoy the evening together. From sharing stories to making new friends, every moment helped turn the orientation into a memorable experience.

More than just an introduction to the club, Sinistra was a reminder of what makes Leo Club of University of Moratuwa truly special. It is not just another club; it is a family. A family that grows together, supports one another, creates unforgettable memories and stands together to make a difference in the community. As past and present Mora Leos came together to share their experiences, prospects got a glimpse of the bonds that make this journey so meaningful. With every shared story and every new connection, Sinistra welcomed another group of hearts into the UoM Leo family.

Held in celebration of Leo Membership Growth Month, Sinistra reflected on our commitment to welcoming new members and strengthening the future of the club. As new faces joined our Leo family, the evening marked the beginning of new friendships, fresh ideas and countless opportunities to grow through leadership and service. The prospects were not simply taking their first steps into a club; they were becoming part of a family united by friendship, service and a shared passion for making a difference.





THEN vs NOW



Leo Lion Darshika Prabhashwara

Leo Pasan Amarakoon

"Then vs Now" bridges the past and present through conversations between former and current board members of Leo Club of University of Moratuwa. In this edition, we follow the Presidential Corner featuring Leo Lion Darshika Prabhashwara, who served as Club Vice President in Leoistic Year 2023/24 and Club President in Leoistic Year 2024/25, alongside our Current Club Vice President, Leo Pasan Amarakoon. Through their conversation, they reflect on their leadership journeys, memorable experiences, challenges and lessons learned along the way. By connecting past experiences with present aspirations this feature explores how leadership continues to grow and inspires the next generation of UoM Leos.

1. How did your journey into the leadership of UoM Leos begin and what has this experience meant to you?



My journey with UoM Leos started by accident. On 22nd November 2022, the club held a leadership camp at university, and to be honest, I only went because they said there would be free food. I never imagined that going for a free meal would one day lead me to become President of the same club. It is a long story, but to keep it simple: from my very first day, I knew this was the right place for me, with a culture that truly suited me. That feeling has stayed with me ever since and I am still a Leo today.



Looking back at who I was before taking on this position compared to the progress I have made now, I realise how much I have grown. Stepping into this role has meant taking on heavy responsibilities and real accountability, which has actively shaped my personality and taught me what true leadership really means. Although the experience I have gained so far has accumulated over a relatively short period, it has been remarkably rich and diverse. Transitioning from managing just my own personal life responsibilities, I am now gaining invaluable experience in being a motivator, a guider and most importantly a listener and a learner.

2. How did the two of you first get to know each other and how has your connection grown through your Leo journey?



We first met when I interviewed Pasan for the role of Vice President. Today, we are much more than just two members of the same club. We work together with a strong bond, just like brothers.



At the end of the Leoistic Year 2025/26, interviews for the new Board of Officials began, which was where I first formally met Leo Lion Darshika while facing the panel in front of him. From there, his guidance bridged the gap between us, transforming our relationship into a brotherhood. He is constantly shaping me to be a stronger leader, and he is always there for the UoM Leo family no matter what the situation.



THEN vs NOW



Leo Lion Darshika Prabhashwara

Leo Pasan Amarakoon

3. Leadership comes with many responsibilities. What has been your most memorable experience and the biggest challenge you have faced while serving in your respective roles?



Honestly, my whole year as President was a challenge. But when I look back, one moment always stands out: "Phoenix Live in Concert". I still believe it was the biggest musical concert ever held at our university. We had one of the most popular artist line-ups, a dance crew and the band Yaka Crew, all performing for a crowd of more than 3,000 people. What we achieved that night is still a golden chapter in my life.



My most memorable experience so far was "24th Installation Ceremony", where our entire Board of Officials was officially installed. It was the very first major event I had to prepare alongside fellow members, many of whom I wasn't yet familiar with. That presented my biggest challenge: stepping up as a leader to guide and coordinate our workload with their help, starting from scratch. Through that process, we truly got to know each other and began our journey as one united team.

4. How do you balance leading people, supporting the Board of Officials and ensuring that the club continues to move towards its goals?



Every leader needs to understand that leadership is different for each person. You cannot just copy the way someone else leads. You have to find your own way. I am happy to say I found mine. I chose to be friendly and supportive. I made everyone feel that the club was their family and that I was there for them at any time, not only for club work but also in their personal lives. Because of that, they all stood by me and they still do, just as I am still there for them. When you have that kind of support, it becomes much easier to balance everything: your job, your studies, club work and the problems that come with it.



I believe in being adaptable in every situation. As a university-based community service club, we work with different people who have their own personal lives and university commitments. I understand that challenges can arise at any time, so I try to understand each situation and adjust my plans when necessary. At the same time, I always keep our main goals in mind. I believe a good leader should have a clear vision for the future while also paying attention to small details and fulfilling responsibilities properly.



THEN VS NOW



Leo Lion Darshika Prabhashwara

Leo Pasan Amarakoon

5. Darshika, having experienced both the Vice President and President roles, what lessons from your journey would you like to share with Leo Pasan and future leaders of UoM Leos?



Pasan, as Vice President, you have one full year to prepare for the role of President. First, get to know who you really are. Work on developing yourself and find the leadership style that truly suits you. Once you do that, you will be ready to lead a great year as President. Even now, as Leo Lion Darshika, you will always have my support, just like a brother. So, let's make the Leo journey ahead a beautiful one, together.

6. Pasan, as the current Vice President, what are your priorities for this Leoistic Year and how do you hope to contribute to the club's future growth?



I believe a true leader is someone who helps others become leaders too. My main goal is to support and empower our board, keep everyone united, listen to their ideas and learn from each other along the way. For me, leadership is not about individual success but about growing together as a team. I want us to build stronger bonds, support one another and create beautiful memories that we can look back on with happiness. Most importantly, I hope we can carry the legacy of UoM Leos forward and leave something meaningful for the members who come after us.



Japan Turned the Ruins of War into a New Future

In 1945, Japan came out of the Second World War facing serious destruction and economic difficulties. Many industries had been affected, infrastructure had been damaged and the country faced the difficult task of rebuilding. However, this difficult beginning became the starting point of one of the most remarkable stories of recovery and development. Japan's transformation did not happen overnight. It was built through continuous effort, determination and a clear vision for the future.

1945	1950	1964
The end of the war and the start of rebuilding	The Korean War begins and orders boost industry	The Tokaido Shinkansen opens and Tokyo hosts the Olympic Games

After the war, Japan focused on rebuilding its industries, infrastructure and education system. The country understood that rebuilding was not only about repairing buildings and factories. It was also about developing the people who would shape its future. Education and skills have become important parts of this process. With limited natural resources, Japan placed great value on knowledge, technology and the abilities of its people.

The Korean War, which began in 1950, also gave Japan an unexpected opportunity to support its economic recovery. Japanese industries received orders for supplies and repairs, which increased production and helped businesses grow. This contributed to the rapid economic growth that Japan experienced in the following years.

As its economy grew, Japan began to focus strongly on quality and efficiency. Industries worked to improve their production methods, reduce waste and produce better products. Instead of being satisfied with what they had already achieved, they continued to look for ways to improve. This culture of continuous improvement helped Japanese products become well known around the world for their quality and reliability.

By the 1960s, Japan had become a rapidly growing industrial nation. The opening of the Tokaido Shinkansen in 1964 and the Tokyo Olympic Games held in the same year became important symbols of the country's recovery and progress. A nation that had faced huge difficulties only two decades earlier was now showing the world its growing strength in technology and industry.

THE SPARK FOR CHANGE

What makes Japan's story truly inspiring is not only its economic growth or technological achievements. It is the attitude of its people. They faced difficult circumstances, learned from their experiences and continued working towards improvement. Education, discipline, skills, innovation and teamwork all played a part in building a stronger future. Japan's journey reminds us that difficult circumstances do not have to decide our future. When a country has determination, knowledge and people willing to work towards a common goal, even a difficult situation can become an opportunity for growth. The same lesson can be applied to our own lives. We may not always have perfect conditions, but we can choose to learn, improve and move forward. From the ruins of war, Japan stood up through knowledge, hard work and innovation. Its journey reminds us that a spark for change can begin even in the most difficult circumstances. What matters is not only where we begin, but what we choose to build from there.

THE OFFICIAL NEWSLETTER Leo Club of University of Moratuwa

MY LEO EXPERIENCE

My Leo journey began in the Leoistic Year 2025/26 as a Prospect of Leo Club of University of Moratuwa. At the beginning, I never imagined how much this journey would contribute to my personal growth or how many valuable experiences, friendships and memories I would gain along the way. What started as a new experience gradually became a meaningful part of my university life.

Throughout my journey, I have had the opportunity to participate in different projects, accept new responsibilities and face various challenges. Currently, I serve as the Assistant Treasurer of Leo Club of University of Moratuwa for the Leoistic Year 2026/27. Honestly, this was a little surprising to me because I had never served as a project treasurer on any of my previous projects. It was an unexpected opportunity that encouraged me to step outside my comfort zone and take on a new challenge. What made this journey even more special was having my closest people beside me, encouraging and supporting me throughout the process.

My Leo journey has given me countless memories that I will always cherish. One of my first major experiences was Project Sustania Phase 1, where I had the opportunity to serve as the project chairman. Through this initiative, we donated a water purification filter to support schoolchildren in Polonnaruwa. It was a special experience for me because I could contribute to something meaningful while learning how to lead a team and manage responsibilities.
Another unforgettable experience was Tharka '26. In 2019, during my school days, I had the opportunity to participate in the Tharka debating tournament as a member of my school's senior debating team. After several years, getting the opportunity to be part of the organizing committee of Tharka '26 brought back those memories and gave me a new perspective on the event. It was a special feeling to return to something connected to my school life, this time with a different role and new responsibilities.

Throughout my Leo journey, seeing the happy faces of schoolchildren, community members and others we achieved through our projects made me realise how meaningful our efforts can be. These moments helped me understand that even a small contribution can bring happiness to someone's life.

The Leo movement has taught me many valuable lessons. I have learned the importance of serving others, making decisions, handling different situations and accepting responsibilities. It has also helped me understand how to work with different people, face challenges and learn from my mistakes. Most importantly, I have realised that leadership is not only about guiding others but also about learning, supporting one another and growing together.
Balancing university academics with Leo activities has sometimes been challenging. Managing different responsibilities has taught me to prioritize tasks, work with others and remain committed to what I undertake. Taking on unfamiliar responsibilities has also encouraged me to become more confident and willing to learn. These experiences have helped me understand that personal growth begins when we are willing to step beyond our comfort zones.

For me, one of the proudest things is simply being a UoM Leo. When I look back at this journey, I feel proud of all the achievements, recognitions, projects, friendships and countless memories we have created together. Being recognized as the Most Outstanding New Leo of Leoistic Year 2025/26 and being named Leo of the Month in the month of December are some of the moments that have made me especially happy.
However, beyond these recognitions, what makes me truly proud is being part of a community that has given me opportunities to gain experience, serve others and create meaningful memories. Looking back at how I started as a Prospect and thinking about everything I have experienced since then fills me with a special sense of pride and gratitude. For me, being a UoM Leo is not just about the awards or positions I have achieved; it is about the journey, the people who stood beside me and the happiness we have shared with others.

My message to every Leo and future members is to embrace every opportunity, participate wholeheartedly and never hesitate to accept new challenges. You may join the movement without knowing how much it will change you, but every project, friendship and experience can teach you something valuable. Enjoy the journey, serve with dedication and create memories that you will be proud to look back on. For me, being a Leo is not just about the achievements we collect; it is about the person we become, the lives we touch and the memories we create throughout the journey.



Leo Rachith Insuka
Club Assistant Treasurer
Leo Club of University of Moratuwa

LOOK BACK



As Leo Club of University of Moratuwa continues to celebrate its proud legacy, "Look Back" shines a light on the inspiring individuals whose dedication has shaped the club's journey. In this October issue, we are honoured to feature Leo Lion Shehan Akmeemana, who served as Club Vice President in Leoistic Year 2015/16 and Club President in Leoistic Year 2016/17. His Lions journey in service began with Lions Club of Dehiwala North and continued through his memorable years with UoM Leos. Today, he remains closely connected to the club, serving as the Club Advisor of Leo Club of University of Moratuwa for the Leoistic Year 2026/27. Reflecting on his journey, he shares cherished memories, lasting friendships, leadership experiences and valuable lessons that continue to make his Leo journey special.





If someone asks, what are my memories that I cherish a lot, an extensive portion of that is related to Leo. Leo is not always about serving others or not even one's self-development. It is a journey of making beautiful memories and gathering exciting experiences. That is why I am still attached to this movement, although in a different manner.

My time with Leo Club of University of Moratuwa plays a huge role during my university years and even a few years after. It was medicine that kept me going amidst the hectic academics. Travelling to every corner of the island to participate in projects, meeting new people and enjoying the company of good friends added colours to my life. The most memorable thing about Leo Club of University of Moratuwa is the wonderful people I met in the club. Even after so many years of our time in university we still have our friendships and even have our bond with the club.

As I believe the defining moment for me with the club is appointment to the leadership of the club. Starting as a prospect, then becoming a member and then becoming the president I felt really honoured to lead this wonderful club. Any success I achieved during that year is all due to the support and commitment from my members.

One thing I always believed was we should not be limited to the club itself. It is true that what we do is remarkable, but we need to take it out to the district level and multiple level. So, I tried to do many projects with other Leo clubs in our district and in multiple. We as a club participated in many outside projects and contributed to many district projects. I am really happy to see now the club has gone further and maintains good connection with the other clubs and the district.

Finally thank you Leos of Leo Club of University of Moratuwa for inviting me to be a part of your newsletter. It feels great to go back through the memories and share something with you.

SmartCare - UoM

Bringing Artificial Intelligence into Heart Monitoring

Technology is changing the way we approach healthcare, creating new possibilities for monitoring health and identifying potential problems earlier. At the University of Moratuwa, a team of five undergraduate students has saken a step in this direction with SmartCare, an innovative heart-monitoring system that combines artificial intelligence with wearable technology.

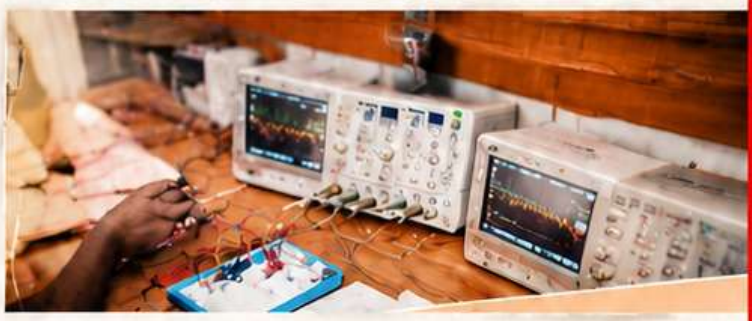
At the centre of SmartCare is its ability to monitor the heart's electrical activity and analyse the collected data using artificial intelligence. The system uses electrocardiogram (ECG) signals to examine patterns in heart activity, while a machine-learning model based on Long Short-Term Memory (LSTM) networks helps identify potentially abnormal patterns. By combining wearable technology with intelligent data analysis, the system explores new ways to make heart monitoring more effective and accessible.

SmartCare is more than just a wearable device. Its mobile application and web-based dashboard connect the monitoring system with a digital platform through which relevant information can be viewed and followed up. Cloud-based data management also supports the handling of collected information, bringing the different components together in one integrated system.





Developed by students from the Department of Electronic and Telecommunication Engineering, SmartCare brings together wearable ECG hardware, AI-based analysis, a mobile application and a web-based dashboard for doctors. The project earned national recognition by becoming the champion in the open category at SLIoT 2025, held at the University of Moratuwa on 27th April 2025.



What makes SmartCare particularly interesting is the way it brings several areas of technology together to address a real-world heatlhcare need. Electronic engineering makes it possible to collect heart signals, artificial intelligence helps analyse the data and software development connects everything into a single platform. This combination reflects how different engineering disciplines can work together to turn an idea into a practical technological solution.

The Department of Electronic and Telecommunication Engineering provides an important foundation for exploring innovations of this nature through its laboratory facilities and technical resources. Technologies for measuring physiological signals, including electrocardiography (ECG), electrooculography (EOG) and electromyography (EMG), are the development and study of study of systems that monitor electrical activity in the human body. The department's digital and analogue laboratories also provide an environment for students to explore electronic circuit design, signal processing and biomedical instrumentation components. Together, these resources support practical learning components. Together, helping students connect theoretical knowledge with the development of innovative technological solutions.

While further clinical validation and regulatory approval would be needed before SmartCare could be used as a medical diagnostic device, the project demonstrates how the combination of engineering expertise, laboratory facilities and emerging technologies can open new possibilities in healthcare.

FUTURE READY
LIFELONG LEARNING

The world is changing rapidly with new technologies, evolving industries and changing workplace expectations shaping our future. Skills that are valuable today may need to be updated tomorrow. Lifelong learning helps us stay adaptable, develop new abilities and prepare for future opportunities.



Lifelong learning is the continuous process of gaining knowledge, developing skills and improving ourselves at every stage of life. It goes beyond formal education and university degrees. It includes learning through work experience, online courses, reading, workshops, conversations and everyday challenges.

For university students preparing to enter the professional world, developing this habit can create valuable opportunities and build a strong foundation for future careers. Learning does not end when we graduate; instead, graduation marks the beginning of a new journey filed with opportunities to explore, grow and discover new possibilities.





However, artificial intelligence and automation are transforming workplaces. Contionously updating our knowledge helps us adapt to these changes and remain competitive. Beyond technical skills, communication, creativity, teamwork and problem-solving are equally important for professional growth.

Learning does not always require expensive courses or hours of study. Small, consistent efforts can make a big difference. To develop a lifelong learning habit, set clear goals by identifying the skills you want to improve and dedicate a little time each day to learning. Take advantage of free online courses, educational videos, articles and webinars to expand your knowledge.

Apply what you learn through university projects, volunteering and internships to gain practical experience. Seeking feedback from lecturers, mentors and professionals, learn from mistakes and treat challenges as opportunities for improvement. Most importantly, stay curious, explore new ideas and keep up with developments in your field.

Lifelong learning is about taking responsibility for your own growth. Your degree provides a foundation, but your willingness to keep learning helps you adapt, discover opportunities and progress throughout your career.

LEO OF THE MONTH

1. How would you like to describe yourself?



I would describe myself as a friendly person who loves being outdoors and trying new things. Growing up, I was mostly focused on academics. Until Grade 9, I studied at a small school where there weren't many opportunities for extracurricular activities or sports. Although I always wanted to take part in team activities, I never really had the chance. That made me determined to make the most of those opportunities when I entered university. Now, I truly enjoy meeting new people, making friends and being part of activities where we can work together and make a positive difference in society.

2. What are your thoughts on being recognized as the "Leo of the Month" for October?



I feel honestly happy and grateful to be recognized as the Leo of the Month. When I first joined the club, all I wanted was to take part in good projects and contribute in whatever way I could. I never expected this recognition, so it means a lot to me. It feels wonderful to know that the efforts we put behind the scenes are appreciated. This recognition gives me extra energy and encourages me to give even more effort to the projects ahead.

3. What motivated you to become a part of the Leo club?



I was drawn to Leo Club of University of Moratuwa because of the meaningful projects it organizes. I have always wanted to give back to society and do something that can make a difference in people's lives. At the same time, I enjoy being outdoors, getting involved in hands-on experience and working together with others. When I saw the kind of projects the club was carrying out, I felt that it was a place where I could turn those interests into something meaningful. It gave me the opportunity to do what I enjoy while contributing to a good cause.



Pavani Jayasinghe
Prospect
Leo Club of University of Moratuwa

LEO OF THE MONTH

4. Can you share your journey with Leo Club of University of Moratuwa so far?



My journey began with my first project, "WAVEZ'26," where I joined as an organizing committee member for a beach cleanup at Wellawatte, organized in collaboration with AIESEC from the University of Kelaniya. After that, I took on the role of Treasurer for the first phase of "Mathin Nidahas Diviyak." Through that project, I got involved in organizing drug awareness sessions, managing budgets and securing funds. Now, I am serving as the Chairperson for its second phase, which has given me a new set of responsibilities and experiences. Looking back, each step has taught me something valuable and helped me become more confident in taking on new challenges.

5. Is there a specific project you have enjoyed working on the most? Can you share some memorable experiences from it?



Although I enjoyed being part of every project, "Mathin Nidahas Diviyak - Phase 2" held a special place in my heart because I had the opportunity to serve as its Chairperson. Taking on this responsibility was a wonderful learning experience, and it felt meaningful to be part of something that could help others. We worked on securing funds to donate water filters and a wheelchair to a rehabilitation centre in Unawatuna on 23rd October. We also organized a musical programme at the centre and a handbill distribution in Galle. There was a lot of planning and effort behind these activities, but knowing that our work could make a difference made the whole experience worthwhile. It was a rewarding experience to see everything come together and create a meaningful experience for the people we hoped to help.

6. Are there any moments or experiences in the club that hold a special place in your heart?



One of the things I cherish most about the club is the powerful sense of brotherhood among its members. From the very beginning, I felt that there was no gap between seniors and juniors or even between active Leos and prospects like me. Everyone was so welcoming and approachable, which made it easy to feel like I belonged. Whether we are planning a project, working together to overcome challenges or simply spending time chatting with one another, that warmth is always there. It is this feeling of belonging and the way everyone supports each other that makes the Leo family so special to me.

7. How has being part of this club influenced or changed your life?



Being part of the Leo family has helped me grow in ways I didn't fully expect when I first joined. Taking on responsibilities such as managing the budget for the first phase of "Mathin Nidahas Diviyak" and chairing the second phase has taught me a lot about leadership, financial management and working with different people. There have been challenges along the way, but each experience has helped me learn how to handle pressure and coordinate things more effectively. Most importantly, these opportunities have helped me believe in my own abilities and become more confident in taking on responsibilities.

LEO OF THE MONTH

8. How do you successfully balance your academic work with your responsibilities in the club?



Now, balancing academics and Leo activities has been quite manageable. We are in Term 1, and the academic workload isn't too heavy, with most of our work focused on projects. The busier academic period is expected to begin when Semester 2 starts in January, so I have had a relaxed period to get involved in club activities. When things get busier, I believe good time management will be important. What makes it easier is knowing that I am not alone in handling responsibilities. The seniors are always approachable when I need guidance and we support one another by sharing the workload, especially when deadlines become challenging. That teamwork makes balancing both much easier.

9. What goals do you have as a member of the Leo club for the future?



Looking ahead, I hope to take on greater responsibilities and continue learning through every opportunity the club gives me. I would love to step into a core leadership role in the future, where I can help guide the club's vision, support fellow members and contribute to the community on a larger scale. More than anything, I want to keep growing alongside my fellow Leos and make the most of the journey we share.

10. Is there a message or advice you would like to share with the readers?



If there is one thing I would encourage you to do, it is to step out of your comfort zone and give yourself the chance to experience something new. University life is about so much more than academics. It is also a time to discover your interests, meet different people and develop skills that you may never have known you had. Through Leo, you get the opportunity to build friendships, take on new challenges and be part of projects that bring happiness to others. I warmly invite you to join our Leo family, make wonderful memories and discover the joy of doing something meaningful together. Sometimes, all it takes is one small step to begin a journey that gives you so much more than you expected.

සුව දිවියකට මඟ



ඔබ දන්නවාද?

සෑම කාන්තාවන් විසිදෙනෙකුගෙන් එක් අයෙකුටම පියයුරු පිළිකා පිරිමි පාර්ශ්වයටත් යම් අවදානමක්!

සෞඛ්‍යය සම්බන්ධයෙන් අපට ඇති වටිනාම ආරක්ෂාව වන්නේ දැනුම්වත්භාවයයි. සෑම වසරකම ඔක්තෝබර් මාසය පියයුරු පිළිකා පිළිබඳ දැනුම්වත් කිරීමේ මාසය ලෙස නම් කර ඇත. වර්තමාන සමාජයේ සිටින සෑම කාන්තාවන් විසිදෙනෙකුගෙන්ම එක් අයෙකු පියයුරු පිළිකාවට ගොදුරු විය හැකි බව ලෝක සෞඛ්‍ය සංවිධානයේ නවතම දත්ත වාර්තා පෙන්වා දෙන අතර පිරිමි පාර්ශ්වය සඳහාද යම් අවදානමක් පවතී.

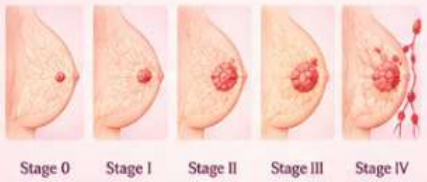


පියයුරු පිළිකාව යනු කුමක්ද?

අපගේ ශරීරයේ සෛල පාලනයකින් යුතුව බෙදෙමින් පවතින නමුත් DNA වල සිදුවන විකෘති හේතුවෙන් පියයුරු පටකවල සෛල පාලනයකින් තොරව වේගයෙන් බෙදීමට පටන් ගනී. මෙසේ අසාමාන්‍ය ලෙස වර්ධනය වන සෛල එකතු වීමෙන් ගෙඩියක් (Tumor) සාදයි. පියයුරු පිළිකාව ප්‍රධාන වශයෙන් ආරම්භ වන්නේ කිරි ගෙන යන නාලවල සහ කිරි නිපදවන ග්‍රන්ථිවලය.

පියයුරු පිළිකාව කොපමණ විශාලද සහ ශරීරයේ වෙනත් ස්ථානවලට පැතිරී තිබේද යන්න මත මෙය අවධි 4ක් දක්වා වර්ග කරයි.

අවධි 4
(Stage 0 – IV)



- Stage 0 - ඉතා මුල් අවධිය

පිළිකා සෛල පියයුරු නාලිකාවල හෝ කිරි නිපදවන ග්‍රන්ථි තුළ පමණක් පැතිර තිබිය හැකිය.

- Stage I - මුල් අවධිය

පිළිකාව කුඩා වන අතර පියයුරෙන් පිටතට විශාල ලෙස පැතිරී නොමැත.

- Stage II - මධ්‍යම අවධිය

මුල් අවධියට වඩා පිළිකාව විශාල වන අතර අසළ ඇති වසා ගැටිති කිහිපයකට පැතිර තිබිය හැකිය. නමුත් දුරස්ථ අවයව වෙත මෙම අවස්ථාවේදී පැතිර නොයයි.

- Stage III - දේශීයව වැඩි දියුණු වූ අවධිය

පිළිකාව පියයුර සහ අසළ පටක හෝ වසා ගැටිතිවලට වැඩියෙන් පැතිර ගොස් තිබිය හැකිය.

- Stage IV - පැතිරුණු අවධිය

පිළිකා සෛල පියයුර සහ අසළ වසා ගැටිතිවලින් ඔබ්බට ශරීරයේ වෙනත් අවයවවලටද පැතිර ගොස් ඇත.

මුල් අවධි තුනෙහිදී පිළිකාව හඳුනා ගැනීමෙන් පසු නිසි ප්‍රතිකාර ලබා දීමෙන් සම්පූර්ණයෙන් සුව කිරීමට හෝ දිගුකාලීනව රෝගයෙන් පීඩා නොවිඳ සිටීමට ඉතා හොඳ අවස්ථාවක් පවතී. Stage II හිදී පිළිකාව වර්ධනය වී තිබුණද ප්‍රතිකාර මඟින් සුව කිරීමට උත්සාහ කළ හැකිය. පැතිරුණු අවස්ථාවේදී සාමාන්‍යයෙන් පිළිකාව සුව කිරීම අරමුණ නොවන අතර ප්‍රතිකාර මඟින් රෝගය පාලනය කිරීමට සහ රෝගය මර්දනය කරමින් ජීවන කාලය වැඩි කරගැනීමට බොහෝවිට වෛද්‍යවරුන් අවධානය යොමු කරනු ලැබේ.

පියයුරු පිළිකා ඇතිවීම කෙරෙහි ප්‍රවේණිගත සහ පරිසර/ජීවන රටා සාධක ප්‍රබල ලෙස බලපායි.



වැඩි අවදානම් තත්ත්ව

- වයස වැඩිවීම
- **BRCA1,BRCA2** වැනි ඇතැම් පාරම්පරික ජාන වෙනස්කම් පැවතීම
- පවුලේ සමීපතමයෙකුට පියයුරු පිළිකා වැළඳී තිබීම
- දිගුකාලීන ඊස්ට්‍රජන් නිරාවරණය වීම
- මද්‍යසාර සහ දුම්වැටි භාවිතය
- අයනීකාරක විකිරණවලට නිරාවරණය වීම

පියයුරු පිළිකාව මුල් අවධිවලදී හඳුනාගෙන නිසි ප්‍රතිකාර ලබාගැනීමෙන් යහපත් ප්‍රතිඵල ලබාගත හැකි බැවින් පූර්ව දැනුම්වත්භාවය මෙහිදී ඉතා වැදගත් වේ.

වෛද්‍ය සායනික උපදෙස් සහ පිළිකා කළමනාකරණය පිළිබඳ ලෝක සෞඛ්‍ය සංවිධානය සහ ශ්‍රී ලංකා ජාතික පිළිකා මර්දන වැඩසටහනේ වෛද්‍ය මාර්ගෝපදේශ පදනම් කරගෙන සුවනාරි සායන වෛද්‍යවරුන් සහ සෞඛ්‍ය වෘත්තිකයන් සඳහා පියයුරු පිළිකා පූර්ව හඳුනාගැනීම, අවදානම තක්සේරු කිරීම යනාදී වැඩසටහන් ක්‍රියාත්මක වේ.

එම උපදෙස් අනුව සෞඛ්‍ය අංශ විසින් රෝගීන්, සාමාන්‍ය අවදානම් සහිත සහ අධි අවදානම් සහිත යනුවෙන් කාණ්ඩ දෙකක් ඔස්සේ ප්‍රධාන වශයෙන් වර්ග කර ප්‍රතිකාර සහ අනෙකුත් කටයුතු සැලසුම් කරනු ලැබේ. මීට අමතරව නිරගත කිරීමේ සහ පරීක්ෂණ මාර්ගෝපදේශ, සායනික පරීක්ෂණයේදී හමුවන රෝග ලක්ෂණ කළමනාකරණය, **Triple Assessment** ප්‍රොටොකෝලය වැනි මාර්ගෝපදේශ ක්‍රමයන් වෛද්‍යවරුන් විසින් අනුගමනය කරනු ලැබේ.

පියයුරු පිළිකා අවදානම වළක්වා ගැනීම සඳහා අපට කළ හැක්කේ කුමක්ද?

- සෞඛ්‍ය සම්පන්න ශරීර බරක් පවත්වා ගැනීම
- නිතිපතා ශාරීරික ක්‍රියාකාරකම්වල නිරත වීම
- සෞඛ්‍ය සම්පන්න ආහාර රටාවක් අනුගමනය කිරීම
- මත්පැන් භාවිතය සීමා කිරීම හෝ වළක්වා ගැනීම
- දුම්කොළ භාවිතයෙන් වැළකීම
- හැකි අවස්ථාවලදී දරුවාට මව්කිරි ලබාදීම
- තම පියයුරු සෞඛ්‍යය පිළිබඳ අවධානයෙන් සිටීම
- හෝමෝන ඖෂධ වෛද්‍ය උපදෙස් මත පමණක් භාවිතා කිරීම

අවදානම් සාධක



අවධානය යොමු කළ යුතු ලක්ෂණ

- අලුතින් ඇතිවන ගැටිත්තක්
- පියයුරේ කොටසක ඝනවීමක්
- පියයුරේ ප්‍රමාණයේ හෝ හැඩයේ වෙනසක්
- සම ඇතුළට ඇදීම හෝ රැළි වැටීම
- තනපුඩුවෙන් අසාමාන්‍ය දියර පිටවීම
- කිහිලි ප්‍රදේශවල ගැටිති හෝ ඉදිමීම්

මෙම ලක්ෂණ පියයුරු පිළිකාවේ අනිවාර්ය ලක්ෂණ නොවුණද මෙවැනි වෙනස්කම් නිරීක්ෂණය වන්නේ නම් වෛද්‍ය උපදෙස් ලබාගැනීම සඳහා යොමුවීම යෝග්‍ය වේ.

පියයුරු පිළිකා සම්බන්ධයෙන් ඔබට සහාය ලබාගත හැකි ස්ථාන

- සුවනාරි සායන
- ජාතික පිළිකා මර්දන වැඩසටහන
- අපේක්ෂා රෝහල (මහරගම) සහ ප්‍රාදේශීය පිළිකා මධ්‍යස්ථාන
- ශ්‍රී ලංකා පිළිකා සංගමය
- ශ්‍රී ලංකා පවුල් සංවිධාන සංගමය

පියයුරු පිළිකාව සම්පූර්ණයෙන් සුව කළ හැකියැයි කිව නොහැකි වුවද එය ගැන දැනුම්වත්භාවයෙන් සිටීම තුළින් මුල් අවධිවලදීම රෝගය හඳුනාගෙන යහපත් ප්‍රතිඵල අත්කරගත හැකිය. මෙවර පියයුරු පිළිකා පිළිබඳ දැනුම්වත් කිරීමේ මාසයේ ලෝක සෞඛ්‍ය සංවිධානයේ තේමාව අනුව පියයුරු පිළිකාවට මුහුණ දෙන සෑම පුද්ගලයෙකුගේම අත්දැකීම වෙනස් වන අතර, සෑම ජීවිතයකටම නිසි අවධානය, සහයෝගය සහ ප්‍රතිකාර හිමිවිය යුතු බව සියලු දෙනාටම මතක් කරදෙයි. පිළිකාව යනු බියවී ජීවත් විය යුතු දෙයක් නොව ඒ සම්බන්ධයෙන් අවධියෙන් ජීවත් විය යුත්තකි. අපි සියලුදෙනාම මේ සම්බන්ධයෙන් දැනුම්වත් වෙමු. අන් අයව දැනුම්වත් කරවමු. සෑම ගැටිත්තක්ම පිළිකාවක් නොවේ. නමුත් සෑම අසාමාන්‍ය වෙනසක්ම නොසලකා හැරීමද සුදුසු නොවේ. එබැවින් අවධියෙන් ජීවත් වෙමු.

"ප්‍රතිකාරයට වඩා වැළැක්වීම යහපත්ය." - බෙන්ජමින් ෆ්‍රෑන්ක්ලින්



The Courage to Lead

Leadership does not always begin with standing in front of a crowd or holding a position of authority. Sometimes, it begins with a simple decision to step forward when something needs to be done. Having the confidence to share an idea, the courage to accept responsibility and the willingness to take initiative are important qualities of a leader. True leadership is not about being fearless but about having the courage to move forward even when we feel uncertain or afraid. Confidence and initiative allow us to turn our ideas into actions and create positive changes around us.

Confidence is not about believing that we can do everything perfectly. It is about trusting ourselves enough to try, learn and improve. Many people hesitate to take the first step because they are afraid of making mistakes, being judged or failing. However, waiting until we feel completely ready can prevent us from discovering our true abilities. Every experience, whether successful or challenging, can help us become more confident. When we learn to accept our mistakes and use them as opportunities to gain experience, we become more willing to face new challenges.

Taking initiative means recognizing what needs to be done and being willing to take the first step without always waiting for someone else to give instructions. It can be as simple as sharing an idea during a meeting, offering help when a task needs to be completed or finding a solution when a problem arises. Small actions like these can make a meaningful difference. Initiative shows responsibility and encourages others to become more active and involved.

For Leos, there are many opportunities to develop these qualities through service. Organizing a project, coordinating a team, communicating with external parties or handling an unexpected challenge may require stepping outside our comfort zones. There may be moments when plans do not work as expected or when we are unsure about what to do next. In such situations, a courageous leader does not simply wait for someone else to take control. Instead, they remain calm, consider the situation and take a responsible step forward. By doing so, they can also encourage others to face challenges with greater confidence.

Leadership also requires the courage to listen, accept different opinions and admit when we do not have all the answers. Taking initiative does not mean trying to control everything. It means being willing to contribute, take responsibility and work together with others towards a common goal. A confident leader understands that asking for help is not a weakness and that strong leadership grows through teamwork, trust and mutual support.

Every Leo has opportunities to lead, whether through a major project or a small everyday action. The courage to speak up, volunteer for responsibility, support a fellow member or suggest a new idea can be the beginning of leadership. These small moments gradually build confidence and help us discover abilities that we may not have recognized before.

The courage to lead is therefore not about being the loudest person in the room or never feeling afraid. It is about believing that our actions can make a difference and having the courage to take the first step. When confidence gives us the strength to believe in ourselves and initiative gives us the courage to act, we become capable of inspiring others and creating meaningful change. Leadership begins when we stop waiting for the perfect moment and choose to step forward with purpose.

LEOS AROUND THE ISLAND

"Leos around the Island" is an article series that celebrates the diversity, leadership and impact of the Leo movement across Sri Lanka. Through inspiring conversations with Leo leaders from different districts, we explore their journeys, signature initiatives and visions for the future, fostering stronger connections and inspiring collaboration among Leo clubs nationwide. In this edition, we are delighted to feature Leo Lion Anushka Liyanage, Immediate Past District President, Leo District 306 D8, who shares his leadership journey, district initiatives and aspirations for the year ahead.

1. Could you briefly introduce yourself and your journey in Leoism?

I am IPDP Leo Lion Anushka Liyanage. I joined Leoism in 2019 through Leo Club of Baddegama. Since then, I've had the privilege of serving as Club President, Zone Director, District Vice President and the inaugural District President of Leo District 306 D8. Today, I serve as the Leo Lion Liaison for the Lions District 306 D8 Cabinet and Head of the Finance Committee of Leo Multiple District 306. Every position has brought a new lesson, but the people and experiences along the way have shaped me the most.

2. What inspired you to take on leadership responsibilities?

My leadership journey began when my club faced a challenging period. I felt that someone needed to step forward, and I decided to take that responsibility. I never imagined how far that first step would take me. Looking back, I realise that sometimes leadership begins not with ambition, but with a willingness to serve when you are needed.

3. What was your vision as the inaugural District President of Leo District 306 D8?

My vision was to build a district where two previously separate district cultures could come together, embrace each other's strengths and grow as one community. We wanted every Leo to feel that they belonged. Seeing our membership grow from 392 to over 650 was encouraging, but more importantly, I hope we helped lay a strong foundation for those who will carry D8 forward.

4. What would you consider your flagship initiative during your presidency?

Our most meaningful initiative was bringing together the cultures and communities of the two districts that formed D8. It was never about replacing one identity with another, but about respecting both histories and creating something stronger together. Building that sense of unity was one of the most important contributions we could make as the inaugural council.



Leo Lion Anushka Liyanage
Immediate Past District President
Leo District 306 D8

LEOS AROUND THE ISLAND

5. What was the most rewarding part of your leadership journey?

For me, it was always the people. Seeing the district grow was rewarding, but receiving messages from young Leos sharing their achievements, challenges and personal journeys meant even more. Knowing that someone trusted me enough to share those moments reminded me that leadership is not measured only by what we accomplish, but also by the difference we make in people's lives.

6. What were some of the biggest challenges you faced, and how did you overcome them?

Building a new district meant creating structures while bringing together people with different expectations and experiences. It wasn't always easy, and there were moments when we were misunderstood. We kept moving forward through communication, patience and a shared purpose. I learned that unity doesn't mean everyone thinks alike; it means working together despite our differences.

7. How did you encourage collaboration and participation among members?

I always believed that leadership should begin with setting an example. I tried to work alongside members, listen to their ideas and give them opportunities to take ownership. When people feel heard and valued, they become more willing to contribute. A strong district is never built by one person; it is built by people who believe in a common purpose.

8. What advice would you give to aspiring Leo leaders?

Don't let your ego become bigger than your purpose. Be willing to learn, accept that you won't always be understood, and lead by example. Most importantly, experience people for yourself rather than judging them through what others say. You may not realise it now, but the people and lessons you encounter through Leoism can shape your life in ways you never expected.



PEARL OF HERITAGE

The History Sleeps in the Forest: Ritigala

Hidden among the thick forests of Sri Lanka's North Central Province, Ritigala is a place where history and nature come together beautifully. Far from busy cities and popular tourist attractions, the mountain rises quietly above the surrounding plains. With ancient ruins, stone pathways and meditation caves hidden beneath the forest, Ritigala is one of Sri Lanka's most captivating yet lesser-known heritage sites.

The history of Ritigala stretches back more than two thousand years. Ancient inscriptions found in the area provide evidence that caves at Ritigala were offered to Buddhist monks. Over time, the mountain became an important monastery for forest-dwelling monks who chose a simple and peaceful life away from society.

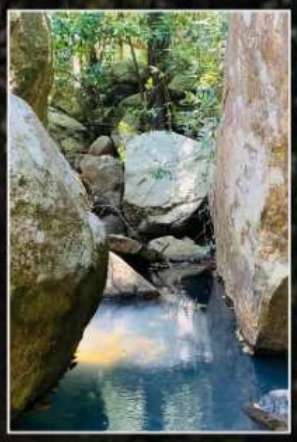
Unlike the grand monasteries and monuments of ancient cities such as Anuradhapura, Ritigala is known for its simplicity. Instead of enormous statues and highly decorated buildings, visitors can find natural caves, stone foundations, reservoirs and ancient pathways surrounded by forest. One of its most remarkable features is the long stone-paved walkway. Large stone slabs were carefully fitted together to create paths through the rocky landscape. Even after centuries of rain and changing weather, parts of these structures can still be seen today, showing the impressive skills of ancient Sri Lankan builders. Along these pathways are also the remains of structures believed to have been used by monks for meditation and their daily activities.

Apart from its recorded history, Ritigala is also connected with legends and stories that have been passed down through generations. One of the best-known is linked to the Ramayana. According to the Ramayana legend, Hanuman travelled to the Himalayas in search of medicinal herbs to save the wounded Lakshmana. Unable to identify the correct herb, he carried a part of the mountain containing the medicinal plants and dropped it in an area of Sri Lanka. Some Sri Lankan folklore connects Ritigala with this legendary journey. However, this story is not part of Ritigala's history confirmed by archaeological evidence. It belongs to folklore and legend. Still, stories like this have added another layer of mystery and fascination to the mountain over generations.

Ritigala is special not only because of its ruins but also because of its natural environment. Rising above the surrounding dry-zone landscape, its higher areas can be cooler and more humid. The thick forest, huge rocks and peaceful surroundings create an atmosphere that feels hugely different from the plains below.

Walking through Ritigala is almost like stepping into another time. Ancient stone pathways disappear between the trees while ruins slowly blend into the surrounding forest. Following the same paths once used by monks gives visitors a glimpse of the quiet and disciplined life they followed, where meditation and simplicity were more important than grand buildings or possessions. Ritigala is more than an archaeological site. It brings together ancient Buddhist heritage, remarkable Sri Lankan craftsmanship and natural beauty, while its legends remain a separate but fascinating part of the stories surrounding the mountain. Its history is supported by archaeological evidence, while its legends belong to the traditions and imagination passed from one generation to another.

Sri Lanka is often called the Pearl of the Indian Ocean, and Ritigala can be considered one of its hidden pearls. Its beauty is not found in towering monuments or golden statues, but in weathered stones beneath giant trees, ancient pathways disappearing into the forest and a history that has survived for centuries. Ritigala is a place where history meets nature, while legend adds a touch of mystery to an already remarkable heritage.







WORDS TO LIVE BY

"Seek first to understand, then to be understood."

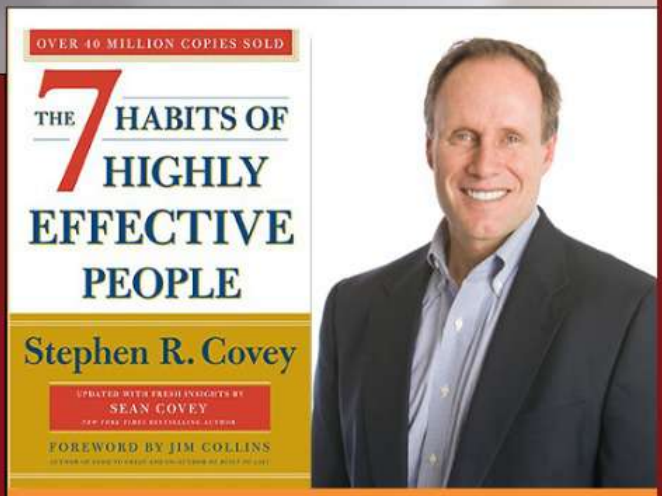
- Stephen R. Covey, The 7 Habits of Highly Effective People



This quote reminds us that effective communication begins with understanding others. In leadership and everyday life, listening to different opinions and perspectives is just as important as expressing our own ideas. When we take the time to understand others, we can build stronger relationships, avoid misunderstandings and work together more effectively.

In The 7 Habits of Highly Effective People, Stephen R. Covey highlights the importance of listening with empathy before trying to make ourselves understood. This habit encourages us to be open-minded, respect different viewpoints and communicate with care. Rather than focusing only on what we want to say, we should first try to understand what others are thinking and feeling.

For young people, these ideas are especially valuable when managing academic responsibilities, developing professional skills or taking on leadership roles. Being proactive, prioritizing important tasks and communicating effectively can help us handle challenges with greater confidence. By practicing empathetic listening and respecting others' opinions, we can become better communicators, stronger team members and more effective leaders.



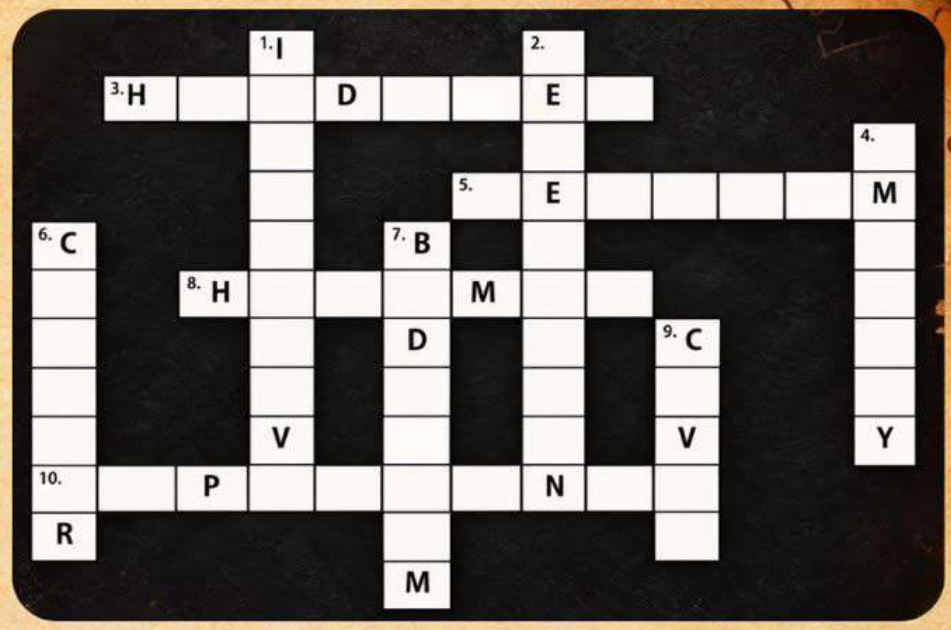
Published in 1989, The 7 Habits of Highly Effective People is a widely recognized personal development book by Stephen R. Covey. The book presents seven habits that guide readers towards personal effectiveness, better relationships and continuous growth. These habits include being proactive, setting clear goals, prioritizing important tasks, seeking mutually beneficial solutions, understanding others, working through cooperation and continuously improving oneself.

Stephen R. Covey was an American author, educator and leadership expert known for his work on personal effectiveness and leadership development. Through The 7 Habits of Highly Effective People, he encouraged readers to focus on principles, responsibility and meaningful personal change. The book continues to inspire people around the world to develop better habits, strengthen their relationships and become more effective leaders.

SOLVE IT

THINK YOU CAN CRACK THE WORD?

The October edition of our puzzle series is here! Think sharp, solve smartly and see if you can find the answers.



ACROSS

3. What is the official transfer of duties between outgoing and incoming officers called?
5. What is the collective identity of Leo members called?
8. Which legendary figure is associated with Ritigala through the Ramayana?
10. What does the letter E in LEO stand for?

DOWN

1. What does acting without waiting for instructions mean?
2. What is the assignment of duties to members called?
4. Understanding another person's feelings.
6. What document officially recognizes a newly established club?
7. Which religion is associated with Ritigala's ancient monastery?
9. Who wrote "The 7 Habits of Highly Effective People"?

Send your answers to our official email: uomleoclub@gmail.com along with your contact details on or before 10th November 2026.
Stay tuned to find out if you're the lucky winner.

CREATIVE PULSE

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Gayasha pathirana
1st Year
Faculty of Business

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"අනේ කොහොමහරි
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ඉංජිනේරු පීඨය

Not an ordinary flower

A little flower
In a little field
with a little kith and a little kin
with a huge Jewel

This little flower isn't ordinary,
She's a Nymph.
If I could be a tear in her embers.
I'll never let myself fall from her eyes,
I can stay there and behold a whole universe
through her eyes, for eternity.
even if I fall from her eyes,
I can slide down along her cheeks,
cheeks that are peaceful than a sunset.
And finally fall to her lips
Lips that sublime like a petal of a Red Rose.

And If the Red sea could be someone's

Janul Amarasingh
1st Year
Faculty of Business

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SIGNING *OFF*

"Don't watch the clock;
do what it does. Keep going."

– Sam Levenson

