

# VISAKHA VIDYALAYA OLD GIRLS' ASSOCIATION



**LIGHT UP  
THE WORLD  
WITH YOUR  
LAMP**



## RISING WITH RESILIENCE

Sri Lanka is known as the pearl of the Indian ocean. For centuries, this island nation was known for its natural beauty, friendly people and tropical climate with dazzling coastline. The rich culture with religion and ethnic diversity created a peaceful and serene environment in the community of this tiny island nation. The nation has faced many challenges during its history of over 2000 years. Foreign invasions, droughts, plague and natural disasters have hindered the progress of the country for many decades. Yet the people in the country always faced these challenges strongly with the fearless courage and commitment to protect mother Sri Lanka and her people.

Today, Sri Lanka is facing one of the most challenging times in its history. The current economic crisis has led to endless queues, shortages and inflation in each and every sector including logistics and food supply. The situation has pressured the community to the limits. Specially the disturbance caused to continuous education of school children since the covid outbreak will have unforeseen repercussions in the future.

However, challenging periods compel people to find more creative ways to solve problems in society. While everyone is feeling hopeless and frustrated, Sri Lanka needs leaders and people to show the path to find light during this dark period. Therefore, we as Visakhians have a responsibility to establish hope and positivity while finding solutions to problems in individual capacity as well as a group of strong women who face challenges without complaints.

As mothers, sisters and daughters it is our duty to remind everyone that we can rise from these challenges with the resilience inherited through generations and make this country the beautiful pearl it is meant to be.

*Nilakshi Tennakoon  
Janani Sapukotana*



## GIFT OF LIFE

"Give the Gift of Life", the blood donation program, organized by the Religious Subcommittee was successfully concluded on the 05th March 2022 at the Apeksha Hospital Maharagama. This campaign enabled the donation of 91 pints of blood to the Regional Blood Centre at the Apeksha Hospital. The VVOGA extends its heartfelt gratitude to the many donors who heeded our call and participated in this meritorious event. Thank you for your 'Gift of Life'!



## MENSTRUAL AND REPRODUCTIVE HYGIENE WORKSHOP

A workshop on menstrual and reproductive health was conducted for all hostellers on 9th March 2022 with the help of medical officers from Medical Sub Committee. The 72 resident hostellers were divided into 3 groups according to their age and each group was delivered a scientific lecture. This was followed by a small group discussion. Refreshments were provided by well-wishers.

## SCHOLARSHIP PROGRAMME

VVOGA Scholarship Programme is continuing to assist our students. Each year approximately 50 students are sponsored through donations of Past Visakhians. In 2022, we added 47 students to the on-going programme.

Donors who are interested to contribute, please contact Melanie Chandrasekara 077-2648210

## PULIMOOD MEMORIAL ORATION

The 31st Susan George Pulimood Memorial Oration scheduled to be held in July has been postponed to 31st August 2022 due to the prevailing fuel crisis. The Oration titled "The magical world of connectivity" will be delivered by Prof. Dileeka Subasinghe Dias, Professor of Electronics and Telecommunication Engineering, University of Moratuwa.



## FELICITATION OF MRS. SANDAMALI AVIRUPPOLA

The Visakha Vidyalaya Old Girls' Association hosted a formal luncheon to felicitate Mrs. Sandamali Aviruppola, Principal of Visakha Vidyalaya from January 2009 to November 2021, on 06th March 2022 at the Shangri-La Ballroom Colombo. The felicitation ceremony was attended by the present Principal Mrs. Manomi Seneviratne, past Principals Mrs. M N Edussuriya and Mrs. R M L Jayasekera, past and present Deputy Principals and members of the VVOGA.

Sheshadri Kottearachchi welcomed the gathering. A short documentary highlighting school's achievements during Mrs. Aviruppola's tenure was screened. While Tharushi Jayaratne delivered a speech reminiscing on her student days at Visakha, Eranthi Premaratne looked back upon VVOGA's strong relationship and successful collaboration with the former principal which enabled Visakha to achieve new heights.

Mrs. Aviruppola in her address thanked everyone for the support she received during her years at Visakha and shared some of her experiences. She appreciated the dedication and commitment of the VVOGA facilitating many activities in the school. She was presented with a token of appreciation by the VVOGA for her dedicated service of almost 13 years as the Principal of Visakha Vidyalaya.

The past Visakhian Menaka de Fonseka Sahabandu, accompanied by her Philharmonic Players entertained the gathering with a repertoire of classical and popular music. The Joint Secretary of the VVOGA, Sujeenie Gunasekera proposed the Vote of Thanks concluding the proceedings of the day. It was indeed a memorable day for all.





## BEACH CLEAN-UP

Social Activities Subcommittee organized a Beach Clean-up event which was successfully held on 27th of March 2022 at Dehiwala - Mount Lavinia Beach from 6.30am onwards covering 2.5 kilometers.

The main objective of this project was to clean the trash and debris from the coastal area and to create awareness among the VVOGA membership on safeguarding the Coastline and Ocean Eco system. The beach stretch from Baracuda Restaurant Dehiwala to Catamaran Beach Restaurant, Mount Lavinia was cleaned. The event was patronized by more than 150 enthusiastic past Visakhians of different age groups and Environmental Activists. This was one of the main CSR projects organized under the "Go Green" initiative implemented by the VVOGA.





## AVURUDU POLA – 2022

The popular Visakha Avurudu Pola was successfully held on 2nd of April 2022, from 9.00 am to 5.00 pm at the school premises after a lapse of several years. The Chief guest, a distinguished past Visakhian Mrs. Shashi Kandambi - Deputy General Manager of Sampath Bank, shared her own experiences organizing fund raisers for the school in previous years. The Principal Mrs. Manomi Senevirathne, Past Principals, Executive committee members of the VVOGA graced the opening ceremony.

A wide range of stalls with food, beverages, apparels, garments, stationary, traditional amenities and Avurudu related items were available at the Pola. The Pola was attended by many thousand enthusiastic crowd. We were happy to see so many past and present students, teachers and public participation at this event.

Vendors appreciated the VVOGA for giving them this opportunity during difficult times in order for them to use our platform to sell their products. We had to close the Pola at 5.00pm due to the sudden imposition of a police curfew.



## HOSTEL AVURUDU ULELA

An Avurudu Ulela was held in the hostel premises in accordance with the current safety guidelines on 3rd April 2022.

The hostellers had fun competing in the Avurudu games including “Kotta Pora”, “Lime & Spoon Race”, “Bursting Balloons” etc. The winners were given gifts. A customary Avurudu table was arranged. The event was followed by a singing session.



## CARING FOR THE HEALTH AND WELLBEING OF OUR STUDENTS

The annual Sports medical screening was held on 08th June 2022 for children participating in competitive sports. Basic medical screening and fitness assessment were done and medical certificates were issued. All athletes had the opportunity to join in the interactive sessions in small groups with a nutrition specialist, enabling them to improve the nutritional habits and practices related to the physical training sessions and competitions targeting optimum performances.

Sports Subcommittee started an online Zumba project to improve physical fitness among young Visakhians aged 14 - 17 years as a promotional program. Ms. Shamika Rajapaksha, a professional Zumba instructor was selected as the coach. This was started on 18th June 2022 and scheduled to carryout 2 sessions per week over period of 12 weeks. We hope the students will realize the benefits of this program and be motivated to leading a more healthy and active life through this program at a time where most of our children are confined to their homes due to the current fuel crisis and closure of schools due to the pandemic.



## MENTORSHIP PROGRAMME FOR THE SENIOR PERFECTS GUILD

The Education Sub-committee launched the mentorship programme for the Senior Perfects guild of 2022. The introductory programme was conducted on the 25th June 2022 in the Jeremias Dias Hall with the participation of several former Head Prefects.



This programme is expected to offer comprehensive leadership skills development with the objective of empowering the prefects to become confident young women and leaders of society.



## ANNUAL MEDICAL CAMP

The Annual Medical camp for the past and present teachers of our Alma Mater is a much-anticipated event of our Association. This year's medical camp was held on Sunday the 19th June from 7.00 am at the school premises. Past Visakhian, Prof. Surangi Yasawardene, former Dean of the Faculty of Medical Sciences University of Sri Jayewardenepura graced the opening ceremony as the Chief Guest. Organized by the Medical Sub-committee, the medical camp offered a spectrum of diagnostic and curative



services. This included consultations of more than 40 consultants from different specialties. The array of diagnostic services offered at the camp varied from laboratory tests, ultrasound scans, 2D echo cardiograms to cancer screening.

In spite of the ongoing fuel crisis we were happy to welcome more than 230 participants and appreciate the services of our medical specialists and members who made this event a success.



## ESALA POYA PROGRAMME

The annual Esala Poya programme, facilitated by the Religious Subcommittee, as a regular calendar activity was held on 13th July 2022 at the Visakha Bo Maluwa. As the participants had to be limited due to the fuel issue, the event was live-streamed on YouTube and Facebook to facilitate the participation of Visakhians from around the globe.



## CONGRATULATIONS!

Ms. Viveka Siriwardena, Additional Solicitor General was appointed as President's Counsel. Viveka is a senior legal counsel practicing in the Supreme Court of Sri Lanka with 26 years of experience in the Official Bar. She joined the Attorney General's Department in 1995 as a State Counsel, and was promoted to Senior State Counsel in 2004. She was appointed a Deputy Solicitor General in 2014 and a Senior Deputy Solicitor General in 2020. Viveka has appeared in the original and appellate courts in civil and criminal litigation. Viveka was the Head Prefect of Visakha Vidyalaya, Colombo in 1988 and was awarded the 'Best All-Round Student' Shield.



At the commemoration of International Women's Day 2022 conducted by Swadeshiya Sevaya Broadcasting Cooperation, Emeritus Professor E.R.H Sujatha Silva Ediriweera was recognized for her academic achievements and service rendered to the field of Ayurveda. She was appointed as a Professor in Ayurveda at Institute of Indigenous Medicine, University of Colombo in 2009. She is the first Sri Lankan lady Professor in the field of Ayurveda. She has published over 250 abstracts and research papers for which she has received awards of excellence from the University of Colombo.



## OBITUARIES

### PAST VISAKHIANS



Ms. Lakshmi Indirani  
Abayadeera  
(nee Senaratna)



Ms. Oshadie  
Kuruppu

May you attain the Supreme Bliss of Nibbana!

## JANITORIAL FUND

The Janitorial Fund has been initiated after an overall comprehensive inspection of all washrooms of school premises. The school is in dire need of proper quality janitorial service in order to maintain the hygienic standards for school girls. This task requires continuous funds to maintain the high quality and uninterrupted services and therefore the VVOGA opened the Janitorial Fund to support this cause. Hence your continuous support towards this fund will help us to maintain hygienic standards in the school.

Contributions can be made through VVOGA Portal/ VVOGA Treasurer's Office. For Further information please contact Pabalu 077 071 7160 or Samadhi 071 688 0258



# VISAKHA VIDYALAYA OLD GIRLS' ASSOCIATION NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given of The Annual General Meeting of the Visakha Vidyalaya Old Girls' Association will be held at **9.30 am, Sunday 11th day of September 2022** at the Jeremias Dias Hall, Visakha Vidyalaya, 133 Vajira Road Colombo 05, for the purpose of electing new members for the Executive Committee 2022/2023 & to adopt resolutions as necessary.

Nominations in the relevant format need to be completed & sent by Registered Post to reach the Secretariat or handed over to the Secretariat (at above address) latest by **Monday 15th day of August 2022 by 12 noon**.

Nominations will be displayed at the OGA Secretariat from **22nd day of August 2022, 8:30 am to the 29th day of August 2022 ,3:00 pm**. If any, objections will be entertained until 3.00 pm, **29th day of August 2022**.

On the **11th day of September 2022**, Voting will be open from **10:30 am to 12:00 pm** at the school premises.

## 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 and adoption of the Annual Report of the Joint Secretaries
- 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) Reading of the Resolutions where due notice has been given and voting on Resolutions
- 13) Vote of Thanks.
- 14) School song

## FILLING UP VACANCIES FOR THE EXECUTIVE COMMITTEE 2022/2023

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) only.

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  |

Nominations are called for all age categories for the Executive Committee (30 members), namely

- |                              |              |
|------------------------------|--------------|
| 1) 60 years & above          | 2 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              | 1 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 2022, shall be eligible for election to the Executive Committee.
2. Any member of the Association who has been a member of the Executive Committee for not less than two (02) years prior to the election and who is deemed to be a person of high integrity, is efficient and has the experience and ability to work under pressure shall be eligible to be elected as an Office Bearer of the Association.

## Non-Eligibility

1. No member whose daughter's Application is to be submitted for admission to Grade 1 of Visakha Vidyalaya for 2022 & 2023, 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 maybe 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. Nominations need to be completed and sent by Registered Post to reach the Secretariat or handed over to the Secretariat latest by 15th day of August 2022 by 12 noon. (Secretariat will be open from 7.30 am to 1.30 pm on weekdays)

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

Chamindi Ekanayake & Sujeenie Gunasekara  
Jt.Secretaries.



# VVOGA NOMINATION FORM

## ELECTION OF MEMBERS TO THE EXECUTIVE COMMITTEE

### -2022/2023

#### 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 Seconder & 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

## SAVE PAPERS, SAVE TREES

**TO ALL VVOGA MEMBERS WHO HAVE SUBSCRIBED FOR  
POSTAL NEWSLETTERS**

As a Go Green initiative we are trying to convert many of the members to e-newsletter option in order to reduce the paper usage.

If you wish to change your preference to e-newsletters, please mention your name and OGA number & send an email to [membership@vvoga.lk](mailto:membership@vvoga.lk)

New Members Subcommittee 2021/2022



## AN APPEAL TO OUR MEMBERS

Due to the pandemic, we have not been able to have our major fund-raising activities and we need funds as the projects are ongoing. It is necessary for us to raise funds and we appeal to members to contribute to the projects listed below. Your generous donations can be made through VVOGA Portal/ VVOGA Treasurer's Office/ by cheque.

### ENGLISH EDUCATION FUND

We are in need of finances to continue the English medium of studies and the connected activities which are funded by the VVOGA. We appeal to you to make a generous donation towards the English Education Fund. For further information please contact Anushi 077 769 8233 or Akila 077 266 8614

### HOSTEL MEAL FUND

The aim of this fund is to provide a nutritious meal to our hostellers during this economically challenging period as we want to make sure they have a healthy balanced diet while residing at the hostel. We hope you could help them by making a contribution. For Further information please contact Ravibindu 071 211 1480 or Ayendra 077 480 6056



Registered at the Department of Posts of Sri Lanka  
Under No.: QD/News/57/2022  
Visakha Vidyalaya Old Girls' Association  
133, Vajira Road, Colombo 5.