



Newsletter

VISAKHA VIDYALAYA OLD GIRLS' ASSOCIATION

133, Vajira Road, Colombo 5. www.visakhav.org

December 2011

Caring for an Aged Society - Our Responsibility

The world population has hit the 7 billion mark and it will continue to grow !

But do you know that the age structure of the world population is shifting from younger to older? In other words this means we are living in a society with older people than the young and the pattern continues!

The situation in Sri Lanka is not much different from any other developing countries and we can see a marked increase in elderly population since 1975. In fact, it has been estimated that the elderly population of Sri Lanka in 2025 will be 20% of the projected population. This is a direct result of the high fertility rate which prevailed in Sri Lanka in the early fifties. It is of interest to note that babies born in this very productive era who are in the 50 to 60 age group today will continue to progress to old age in the coming decades.

A large population of senior citizens is a blessing to a country. They are people with a tremendous amount of experience as they have lived through many changing phases of the world. Their knowledge and the fruits of their experience have to be reaped and put to good use. However, at the same time we should remember that our body's systems become less efficient with time and therefore old age is associated with numerous health problems. However, with recent advancements in medical sciences old aged people now live longer,

healthy and happy. It is amazing to learn some of the marvels that have taken place in the field of medical science in relation to overcoming some problems associated with the old age.

In the past, elders were not considered as a specifically vulnerable group in Sri Lanka. Their numbers were not large enough to warrant the adaptation of special measures for providing medical care, social care etc. for the aged. However it is sad to note that the demand for elders' homes is also increasing rapidly despite the traditional Sri Lankan culture for caring for elders. Are social ethics and values been neglected by our society?

It is primarily the responsibility of the Government in a country to create a supportive environment that enables the advancement of health and well-being into old age.

The total responsibility of caring for the adult population cannot be passed on to the Government alone. It is the responsibility of every sector in society to help the Government in their effort to deal with elderly care. The loving care provided to us by them sometime back should not be forgotten and when the need arises we have to care for them. It will surely bring psychological satisfaction for us and more over for them. After all we have to remind ourselves that caring for the elderly has been a part and parcel of our rich culture!

Ishani Banagala



Executive Committee of VVOGA - 2011/2012

President

Mrs. Sandamali Aviruppala

Vice-Presidents

Ms. Ramani Gomes
Ms. Sharmini de Almeida

Joint Secretaries

Ms. Renuka Dharmadasa
Ms. Darshi Neelawathura Bandara

Treasurer

Ms. Punsirini Malavi

Assistant Treasurer

Ms. Sarala Kodagoda

Staff Member

Ms. Buddini Madawatta

60 years and above

Ms. Srimathi Jayasuriya
Ms. Sita Siriwardena

Above 40 & below 60 years

Ms. Anoma Perera
Ms. Kumari Manel Guruge
Ms. Gowrie Kathriarachchi
Ms. Amali Wijesinghe
Ms. Nishanthi Wimalaratne
Ms. Asha Aparekka
Ms. Visaka Samaraweera
Ms. Manoja Wickramasuriya
Ms. Nipunika Senadeera
Ms. Ranjula Rajapakse

Above 30 & below 40 years

Ms. Ayomi Kaviratne
Ms. Yasoma Weerasekara
Ms. Iresha Senarath
Ms. Tharangani Kulasinghe
Ms. Ishani Banagala
Ms. Shashi Karunaratne
Ms. Nadeeja Wickramarachchi
Ms. Hemali Gunasinghe
Ms. Samanmalie Jayasinghe
Ms. Chami Wickremasinghe

Ms. Arosha Nakandalage
Ms. Sumudu Abegunawardene
Ms. Dilini Nakkawita
Ms. Eranthi Premarathne

30 Years and below

Ms. Amaya Ellawala
Ms. Savanthi Kodagoda
Ms. Shyamalee Perera



Seated: left to right :

Ms. Anoma Perera, Ms. Punsirini Malavi, Ms. Renuka Dharmadasa, Ms. Sharmini de Almeida, Mrs. Sandamali Aviruppala, Ms. Ramani Gomes, Ms. Darshi Neelawathura Bandara, Ms. Srimathi Jayasuriya

Standing left to right :

Ms. Amaya Ellawala, Ms. Asha Aparekka, Ms. Shashi Karunaratne, Ms. Iresha Senarath, Ms. Chami Wickremasinghe, Ms. Arosha Nakandalage, Ms. Dilini Nakkawita, Ms. Visaka Samaraweera, Ms. Ishani Banagala, Ms. Hemali Gunasinghe, Ms. Nishanthi Wimalaratne, Ms. Tharangani Kulasinghe, Ms. Yasoma Weerasekara, Ms. Ayomi Kaviratne, Ms. Kumari Manel Guruge, Ms. Shyamalee Perera, Ms. Samanmalie Jayasinghe, Ms. Sumudu Abegunawardene, Ms. Eranthi Premarathne, Ms. Ranjula Rajapakse, Ms. Gowrie Kathriarachchi, Ms. Nadeeja Wickramarachchi

Absent: Ms. Sita Siriwardena, Ms. Sarala Kodagoda, Ms. Amali Wijesinghe, Ms. Manoja Wickramasuriya, Ms. Nipunika Senadeera, Ms. Savanthi Kodagoda

Conveners of Subcommittees - 2011/2012

Archives

Gowrie Kathriarachchi

Cafeteria

Chami Wickramasinghe

Correspondence

Ayomi Kaviratne

Education

Eranthi Premaratne

Equipment

Iresha Senarath

Foreign Branches

Sashi Karunaratne

Fund Raising

Amaya Ellawala

MO/Sick Room

Hemali Gunasinghe

Newsletter

Ishani Banagala

New Members

Dilini Nakkawita

Religious Activities

Visakha Samaraweera

School Matters

Buddhini Medawatte

Secretariat

Arosha Nakandalage

Social Activities

Savanthi Kodagoda

Website

Tharangani Kulasinghe

Upcoming Events 2011 / 2012

7th January 2012

Fund Raising Project

Staging of two comedies: 'Golubirinda', 'Kandoskiriya' by Namel Weeramuni at The Punchi Theatre, Borella. Tickets will be available at the school gate from the 26th of December.

☎ Amaya Ellawala 0773 864 197

16th January 2012

Alms Giving & Bodhi Puja at VV Bo-maluwa.

☎ Visakha Samaraweera 0718 011 842

25th February 2012

The Members' Day

☎ Savanthi Kodagoda 0776 072 382

25th & 26th March 2012

Founder's Day Pirith & Alms Giving

☎ Visakha Samaraweera 0718 0118 42

7th April 2012

Avurudu Pola

☎ Ramani Gomes 0714 340 046

Ladies!!

It's Happening on
the 8th of September 2012
at the Cinnamon Grand, Colombo.

VISAKHA DINNER DANCE 2012

Special Projects/Activities by VVOGA

English Enhancement Programmes

The English teaching programmes for Primary school students inaugurated in January 2009 by the education subcommittee of the OGA continues successfully to date.

The programme is now further extended to include hostellers up to the O'Level classes'. This English reading and conversation programme for hostellers is currently conducted by past pupil volunteers.

Past Visakhian Doctors' Association

Past Visakhian Doctors' Association was established in August, 2011 with the intention to streamline health activities conducted by the VVOGA. Currently enrolment of the members is being carried out and all doctors who are past pupils of Visakha Vidyalaya are welcome.

☎ Dr Samantha Chandrawansa 0714437621

☎ Dr Sanjeevanie Silva 077378763

visakha.doctors@yahoo.com

Events from the Past

Bathiya & Santhush Concert



This Concert was organized by the fund raising Subcommittee as a major fund raiser for the renovation of the Main Hall. It was held on 9th July, 2011 at the Jeremias Dias Hall.

Susan George Pulimood Memorial Oration



This event was held at the Jeremias Dias Hall, Visakha Vidyalaya on Saturday 23rd July 2011, commemorating Mrs. Susan George Pulimood, who was a Principal of Visakha Vidyalaya. This year the oration was delivered by Prof. Preethi de Silva on "Why Music Matters".

Shramadana to combat Dengue at Visakha Vidyalaya



A shramadana campaign was held at the school premises on 17th September, 2011 to identify possible Dengue breeding sites and clean the school environs. This was conducted in collaboration with multiple sectors, staff of the Colombo Municipal Council, Armed Forces and OGA members.

Children's Day 2011

This day was celebrated on 1st of October 2011 with the Visakha hostellers. This colourful, enjoyable afternoon was filled with items of entertainment by the hostellers and a viewing of a children's movie "Nanny McPhee".

Mrs. Rita Hemapala spoke to the girls on personal hygiene. The young Visakhians were given gifts and treated to a sumptuous dinner at the hostel. The event was organized by the VVOGA.

Donation of Books



Text books required for A/L syllabus in science, commerce, maths and accounts field, worth Rs. 40,000 were bought from the Library Development fund of the VVOGA and donated to the Principal on 2nd August, 2011.



Announcements

The Education Subcommittee is running a scholarship program for deserving students. If you are interested in sponsoring a student please contact :

☎ Eranthi 0773 572 056, Sumudu 0714 949 662

Volunteers are sought to serve in the OGA Secretariat from 7.30 am to 1.30 pm on school days. Those interested please call :

☎ Arosha on 0772 519 975 /arosha.hemali@holcim.com

The OGA needs a volunteer to undertake photocopying duties. This duty will be from 7:30am -1:30pm. The volunteer must be an OGA member.

☎ Arosha on 0772 519 975 /arosha.hemali@holcim.com

Issuing of special letters of acknowledgement for donations of Rs 10,000 & above -

The Executive Committee has decided to discontinue the issue of the above on VVOGA letterheads and instead record these donations in the service letters issued to all old girls at the end of each year. Each monetary donation would however continue to be issued an individual receipt.

The OGA is offering employment to a non-old girl. Members are requested to recommend candidates known to them.

☎ Arosha on 0772519975 /arosha.hemali@holcim.com

The OGA is looking for volunteers to work in the school cafeteria from 8:30 am – 12:30 pm. The volunteer must be an OGA member.

☎ Chami 0776 742 535

The OGA needs part time English teachers to teach in the primary classes. Those interested please call:

☎ Eranthi 0773 572 056, Sumudu 0714 949 662

The OGA is seeking volunteers to conduct public speaking programmes for hostellers. Those interested please call:

☎ Eranthi 0773 572 056, Sumudu 0714 949 662

Old girls who are interested in receiving the Newsletter through e-mail please inform:

☎ Dilini 0714 336 343

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Visakha Vidyalaya Old Girls' Association
133, Vajira Road, Colombo 05.

