

VISAKHA VIDYALAYA OLD GIRLS' ASSOCIATION



LIGHT UP THE WORLD WITH YOUR LAMP



WHEN THE WORLD CAME TO A STANDSTILL

2020 dawned with much anticipation but was taken on a roller coaster ride with a pandemic that hit the whole world. With a fully enforced lockdown life came to a standstill, giving us different things to ponder on from what our usual routine was. Families, generally latched on to a fast paced, time table which allowed no time to stop and think, were forced to take stock of everything they did.

Our daily routine changed over-night, with the whole family restricted to the home. But how many of us benefited from the situation? We were given a break from our normal routine, we were allowed an opportunity to take stock of our lives, rearrange what we did, shed what ever we were doing that didn't add value.

Spending time with your own family members, some realized that they had become strangers due to limited engagement. The pause allowed them to recreate new experiences and understanding. Children, whose schedules never had

any breathing space, managed to enjoy basic things in life. All of us were reintroduced to values, such as caring, sharing, and giving.

Of course uncertainty was prevalent, and still continues. We are dealing with an unknown enemy which can create damage. Looking at what is happening around the world, we should consider our country fortunate to have curtailed the impact. It didn't come easy - careful planning, exceptional execution and relentless commitment of the front-liners, saved us. Many of us were in the front-line and have been responsible for protecting our people. Those of us who received the benefit gained because of the discipline we had to follow guidelines.

Let's hope the lessons learned through the COVID-19 pandemic was not just an incident but a life-changing milestone. There is a possibility of a repeat, and it is our behaviour that will decide how we come out of it.

We have been placed on earth for a reason, that reason should be a value addition not a deterioration. Check what we can do today to make a better tomorrow, given the lessons we were taught through this period. We have only this moment, nothing else is a promise. Live this moment, make a lasting impact.

Stay Safe.

*Tusitha Kumarakulasingam
Gaveshika Abeyratne*



THE ORIGINAL BNS SHOW

The musical event featuring Bathiya, Santhush, Ashanthi, Umara & Randhir, backed by 'Infinity' was held on the 16th of February 2020 at the BMICH to a full house. The event was organized by the Fund Raising Sub-committee of the VVOGA in aid of uplifting the standard of infrastructure of Visakha Vidyalaya, with a special focus on sports infrastructure.



NEW SCHOOL ENTRANTS

The first day at school is a memorable milestone for anyone. The young Visakhians, who will shoulder the future walked into school with dreams and expectations. They were greeted and embraced into a culture that nurtures and supports.



BODHI POOJA TO CELEBRATE THE 103RD BIRTHDAY OF VISAKHA VIDYALAYA

Organized by the VVOGA, a Bodhi Pooja was held on the 16th of January 2020 at the Visakha Bo Maluwa with the participation of past & present Principals, teachers, students & old girls.

Vajiraramadhikari Ven Kamburugamuwe Mahanaga Thero conducted the Bodhi Pooja & invoked blessings upon the school, its past & present Principals, teachers & students.



VISAKHA VIDYALAYA ANNUAL INTER HOUSE SPORTS MEET 2020

The Annual Inter-house Upper School Sports Meet of Visakha Vidyalaya was held on the 3rd of February 2020 at the St. Peter's College Grounds. The Secretary of the Ministry of Defence, Major General Kamal Gunaratne WWV, RWP, RSP, USP. was the Chief Guest while Ms Achini Ratnasiri, a Visakhian and former National Champion in Badminton attended the event as the Guest of Honour. Dawes House scoring a total of 426 points secured 1st place while Pulimood House with 402 points and Weerasooriya House with 385 points followed with 2nd & 3rd places at the Annual Inter-house Sports Meet 2020.



VISAKHA VIDYALAYA PRIMARY SPORTS MEET 2020

The Primary Sports Meet of Visakha Vidyalaya was held on the 28th of February 2020 at the school grounds.

Ms Thiyumi Abeysinghe, Singles Champion of the Open National Women's Tennis Championship of Sri Lanka in 2003 and former Games Captain of Visakha in 2007 was the Chief Guest.



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SRI LANKA SCHOOLS' SWIMMING CHAMPIONSHIPS 2019

The VVOGA Sports Sub-committee arranged a felicitation ceremony on the 3rd of January 2020 to recognize the impressive achievement of the Visakha Vidyalaya swimming team winning the 46th Sri Lanka Schools' Swimming Championships 2019. The Head Coach Julian Bolling and the coaching team along with the past and present teachers-in-charge were garlanded on their arrival at the ceremony. They were presented a plaque each as a token of appreciation for their dedication and commitment to the team. The victorious swimmers themselves were presented with a framed group photograph as a souvenir of their achievement.

The gathering was invited for refreshments after the completion of the formal ceremony. The Principal, Vice Principals, members of the Swimming Advisory Committee, Executive Committee members of the VVOGA and SDS representatives were also present on the occasion.



PENTATHLON SWIMMING CHAMPIONSHIPS 2020



GIRLS' CHAMPIONS - VISAKHA VIDYALAYA

VESAK PROJECT 2020

**COVID -19
SUPPORTING THE
FRONT LINE TO
HELP THE NATION**

**A HEART-FELT THANK YOU
TO OUR FELLOW VISAKHIANS
AND WELL WISHERS!**



(English) 0112 696 677
 (Tamil) 0112 681 809
 (Sinhala) 0112 696 508
 (Director) 0112 696 790
 director@fhb.health.gov.lk
 fhb.director@gmail.com
 fhb.health.gov.lk

පවුල් සෞඛ්‍ය කාර්යාංශය
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 குடும்ப சுகாதார பணிப்பகம்
 கலந்துறை, கிடை மருத்துவ மனையில் அமைக்கப்பட்டது
 Family Health Bureau
 Ministry of Health and Indigenous Medical Services

The Secretary,
 Old Girls' Association,
 Visakha Vidyalaya,
 Colombo.5

Family Health Bureau, the focal point of maternal and child health in Sri Lanka, we extend our sincere gratitude for helping us during this most difficult time with donation of two multi para monitors and a cardiotocography machine . Through you we have been able to successfully implement the maternal care unit for diagnosed mothers, at Colombo East Base Hospital, Mulleriyawa.

Your generosity is very much appreciated.

Dr. Chinthramalee de Silva
 Director Maternal and Child Health
 Family Health Bureau



**THE VVOGA SUCCESSFULLY
COLLECTED RS.1,216,000/-
IN LESS THAN ONE WEEK!**

Due to the prevailing situation in the country, the vesak project for the year 2020 focussed on contributions to the health sector to support the battle against COVID -19.

The generous contributions made by fellow Visakhians & well wishers enabled us to carry out the following donations:

- Two multi-para monitors & a dual channel CTG machine worth Rs.1,076,000/- was handed over to the Director, Family Health Bureau to be installed at the Specialized Maternal Unit, Colombo East Base Hospital for the use of pregnant mothers tested for COVID -19.
- Donated 75 PPE kits & 220 N-95 masks worth Rs.343,850/- to the Base hospital, Homagama, which is functioning as a centre for COVID -19 suspected patients.
- 150 N -95 masks were donated to the Colombo North Teaching Hospital Emergency Treatment Unit.

MEMBERSHIP DAY 2020

A 'Membership Day' was organized for the first time by the New Members Sub-committee of the VVOGA with the collaboration of the Secretariat, Archives Sub-committees and the Treasurer's Office.

Membership Day was held on Saturday, 7th of March 2020 to facilitate Visakhians who found it challenging to visit school for various OGA related activities. On that day arrangements were made for them to join the VVOGA, visit the secretarial office to collect old service letters, souvenirs etc, donate for VVOGA projects and to visit the Archives room. The event was well conducted with over hundred Visakhians joining the VVOGA.



VVOGA MEMBERSHIP DESK 2019 A/L BATCH SOCIAL GATHERING



In parallel to the social gathering of the 2019 A/L batch, a special programme was conducted by the New Members Sub-committee on the 11th of November 2019 aiming at young Visakhians, leaving school.

They were acquainted with the activities of the VVOGA with special emphasis about its service towards the school with an interactive session, followed by a Membership Drive which was inclusive of obtaining the OGA membership. It was successfully steered with over hundred Visakhians enrolling with the VVOGA on that day.



SCHOOL MEDICAL INSPECTIONS

Nirogee Diviya Programme

School Medical Inspections for Grades 1 to 13 were conducted by the Medical Subcommittee of the VVOGA during the 1st term. Children were screened for BMI, visual, hearing, cardiovascular, respiratory and dental defects and students with such defects were referred for tertiary health care. In addition, a vaccination programme for Grades 6 & 7 was carried out with the assistance of the staff of MOH, Colombo. The summary of medical issues that were identified will be discussed at the 'Nirogee Diviya Programme' to implement necessary action.



SPORTS MEDICINE WORKSHOP

A Sports Medicine Workshop, organized by the Medical Subcommittee of the VVOGA was held on 21st of November 2019. Dr. Chaturanga Ranasinghe, Senior Lecturer in the Department of Allied Sciences of the Faculty of Medicine at the University of Colombo did an interactive practical session on common sports-related injuries and first-aid, which was followed by a lecture on sports-related nutrition, delivered by Dr. Virajini Rathnayake, Medical Officer of Nutrition. 118 students, coaches and teachers in charge of 16 selected sports participated in the workshop.





ARCHIVES DEVELOPMENT PROJECT

Continuous upgrades to the archives ensure the preservation of the historical information related to the school. The following have been undertaken during this period:

- Preservation of the old log books and historical documents of Visakha Vidyalaya.
- Placing a book panel to display the photographs of annual events in the year 2019/2020.
- Collection of historical documents.
- Updating a database for the school archives which can be used by visitors.
- Guided tour of Archives for students.
- Launching the school plaque project to identify the historical landmarks in the school.



WORKSHOP FOR TEACHERS

The VVOGA facilitated the 2nd workshop for the Teachers of Visakha Vidyalaya under the Theme: 'Diversity & Inclusion'.

The event was held on the 2nd of December 2019 at the Hilton Residencies.

Resource persons included Mrs. M.N. Edusuriya, former Principal of Visakha Vidyalaya, Angelica Chandrasekaran, Yoga Practitioner, Sifaan Zavahir, Professional Trainer and Dr. Udena Atygalle, Child & Adolescent Psychiatrist at the Colombo South Teaching Hospital.

An eminent panel of Visakhians shared their experiences in diverse career paths they have chosen to follow. The panel included Jayanthi Dharmasena, Gayani De Alwis, Krishani George, Chammika Rupasinghe, Yasisuri Kiribandara & Lonalie Rodrigo. The panel was moderated by Chathuri Amaradiwakara.



SHINING STARS – VISAKIANS OF YESTERYEAR



Roshanara De Croos

was appointed as the first Chief Executive Officer of the Chartered Financial Analysts' (CFA) Society of Sri Lanka, the local member society of the CFA Institute, the Global Association of Investment Professionals. Roshanara is a fellow member of the Chartered Institute of Management Accountants (UK) and of Chartered Global Management Accountants. She holds an MBA from the Postgraduate Institute of Management at the University of Sri Jayewardenepura. She had been the head of Finance and Administration at well recognized top corporates in Sri Lanka as well as some international non-profit organizations. Roshanara also has experience in working as a Consultant in Performance Management at the Ministry of Public Enterprise Development. From 2011 to date she works as an independent Management Consultant as well as a Senior Management Consultant at the Lanka Consulting Group. Her voluntary work includes serving as a mentor at Educate Lanka Foundation, Inc., sharing her knowledge and experience with university students.



Prof. Hiranya Peiris

was awarded the 'Goran Gustafsson Prize 2020' in Physics for her innovative research on the dynamics of the early universe. The prize is awarded by the Goran Gustafsson Foundation for Natural Sciences and Medical Research annually, for researchers below 45 years upon the recommendation of the Royal Swedish Academy of Sciences. She is a Professor of Physics and Director of the Oskar Klein centre at Stockholm University, and Professor of Astrophysics and Director of the Cosmoparticle Initiative at University College London. Born in Sri Lanka, she was educated at Visakha until her family moved to Manchester when she was 16 years. From early childhood she had a keen interest on the very first moment of the life of the universe and joined the Young Astronomers' Association in Sri Lanka with Sir Authur C. Clarke as its Patron. Prof. Peiris completed her undergraduate studies at the University of Cambridge and obtained her PhD from Princeton University USA. She also received 'The Breakthrough Prize in Fundamental Physics' in 2018 for detailed maps in early universe. Prof. Peiris is also a well-known public educator who feels a strong urge to facilitate public understanding of science and thereby influence policy making decisions in favour of nature and environment.

SHINING STARS VISAKIANS OF TODAY



Sachini Wijewardana

was All Island First in Bioscience Stream at the GCE A/L Examination 2019.

OGA MEMBERSHIP

- Obtain your OGA membership card as shown here by simply filling the application in the OGA office and paying Rs.500 to the Treasurer's Office on a school day.



- The senior Visakhians who could not get the VVOGA membership due to the fact of not having the school leaving certificate can apply with the recommendation of two senior members of the Executive Committee of the VVOGA.
- Please update your contact details using the form in the Visakha Vidyalaya website (www.visakhav.org) and be informed of the upcoming events and news of the VVOGA.
- Please Contact Convener/Co-convener for further details:

Chiranthi - 077 9 108 365

Jayani - 077 5 698 818

MESSAGE FROM THE TREASURER

Unfortunately the COVID-19 pandemic has prevented us from having the usual fundraisers (Avurudu Pola, Dinner Dance) that are held to meet the expenses the VVOGA has committed to. Funds are being collected for the Fund in Support of Student Activities, English Education Fund and the Teacher Motivation Fund. We welcome past pupils to make donations to these funds so as to support the school.

Donations can be made to the VVOGA Treasurer's Office during school hours.

The Centenary Publication is in the final stages of completion and will be available to the membership soon. Pre-publication price at Rs.3500/-, limited to first 200 copies only. Reserve your copy by paying to the Treasurer's Office during school hours.

Pulimood Oration is postponed due to the prevailing situation in the country. The new date will be notified to the membership.

The Annual Medical Camp for Teachers will not be held this year due to the prevailing situation in the country with COVID -19 pandemic. We regret any inconvenience caused.

VISAKHA VIDYALAYA OLD GIRLS' ASSOCIATION ANNUAL GENERAL MEETING 2020

Notice is hereby given of the Annual General Meeting of the Visakha Vidyalaya Old Girls' Association.

Date : Saturday 19th of September 2020

Time : 2.00pm

Venue : Jeremias Dias Hall, Visakha Vidyalaya

Nominations and Resolutions should be sent by Registered Post to reach the Secretariat by Friday 28th August 2020, the latest.

Nominations will be displayed at the OGA Secretariat from 4th September 8.30am to 10th September 4.30pm. If any, objections will be entertained until 10th September 4.30pm.

Voting will be open from 3.00 to 4.00pm.

The Executive Committee reserves the right to change the date of the Annual General Meeting if so required due to the prevailing situation in the country due to the COVID-19 pandemic at the time.

By Order of the Executive Committee | Eranthi Premaratne/Kaushalya Mendis | Joint Secretaries 2019/2020

Visakha Vidyalaya Old Girls' Association, 133, Vajira Road, Colombo 04.

VISAKHA VIDYALAYA OLD GIRLS' ASSOCIATION NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Visakha Vidyalaya Old Girls' Association will be held at 2.00pm, Saturday 19th day of September 2020 at the Jeremias Dias Hall, Visakha Vidyalaya, 133, Vajira Road, Colombo 04, for the purpose of electing new members for the Executive Committee 2020/2021 & to adopt resolutions as necessary.

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

to reach the Secretariat (at above address) by Friday 28th day of August 2020, the latest.

Nominations will be displayed at the OGA Secretariat from 4th September 8.30am to 10th September 4.30pm. If any, objections will be entertained until 10th September 4.30pm. Voting will be open from 3.00 to 4.00pm.

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 Special General Meeting & Matters arising from the minutes.
7. Election of Office Bearers & members of the Executive Committee.
8. Tabling the Secretary's Report.
9. Tabling and adoption of the Statement of Accounts by the Treasurer.
10. Appointment of Auditors.
11. Tabling and adoption of the Statement of Accounts of any Trusts or Affiliations of the Association by invitation.
12. Consideration of Resolutions which are in order; discussion, voting and passing of Resolutions.
13. Vote of Thanks.
14. School Song.

FILLING UP VACANCIES FOR THE EXECUTIVE COMMITTEE 2020/2021

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

Nominations are called for: All Office Bearer Positions, namely:

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

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

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

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

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

ELIGIBILITY

1. Any Past Pupil who has been a member of the Association for a minimum period of Five (05) consecutive years ending on the 31st March 2020, shall be eligible for election to the Executive Committee.
2. Members who have served on the Executive Committee for a period of 2 years or more & are of high integrity & efficiency are eligible for nominations to position of Office Bearer.

NON-ELIGIBILITY

1. No member whose daughter's application is to be submitted for admission to any Grade of Visakha Vidyalaya for 2020 & 2021, shall be eligible for election to the Executive Committee.
2. No member of the Association shall be elected a member of the Executive Committee for more than Three (03) consecutive years.
3. No member who has been elected as an Executive Committee Member or an Office Bearer in a Past Pupils' Association of another school, shall be eligible for election to the Executive Committee of Visakha Vidyalaya for that particular year.
4. No member may be elected an Office Bearer on more than 6 occasions.

Those who qualify to serve in the Executive Committee should send in their nominations in the attached format.

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

Eranthi Premaratne & Kaushalya Mendis
Honorary. Jt. Secretaries.

VVOGA NOMINATION FORM

ELECTION OF MEMBERS TO THE EXECUTIVE COMMITTEE

PROPOSER:

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

For the Office of /as Executive Committee Member for
Category

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

Membership No. of Nominee

.....
Name of Proposer & Membership No.

.....
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:

**PLEASE FORWARD COMPLETED NOMINATION FORM BY REGISTERED POST TO REACH THE
JT. SECRETARIES ON OR BEFORE 3.30PM ON 28th AUGUST 2020.**

BE
kind

to the people who work for you as
helpers - people who work for
you sometimes do not have many
options, we owe it to them to be
kind, and to take care of them.

#Because I said so

Your children's respect
has to be
earned

it cannot be demanded even
though they are your flesh
and blood.

#Because I said so



A large advertisement for Exide batteries. On the left is a red Exide MaxxMF battery with a label showing '48 MONTH WARRANTY'. To the right of the battery, the text 'FULLY LOADED' is written in a stylized font, followed by 'EXIDE' in large, bold, red letters. Below this, there are two black boxes with white text: 'TRUSTED FOREVER' and 'NO 1 BATTERY IN SRI LANKA'. On the far right is the Browns logo, which includes a shield with 'BG' and 'ESTD 1875', and the text 'Browns A Heritage of Trust'.



Registered at the Department of Posts of Sri Lanka
Under No: QD/77/NEWS/2020
Visakha Vidyalyaya Old Girls' Association
133, Vajira Road, Colombo 5.