



Stories to Inspire

உம் உததை உரைவூட்டும் பதிவுகள்



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உர் ஸ்தொத் உரைவூட்டும் பதிவுகள்

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EDITORIAL

In 2011, the United Nations Volunteers Programme (UNV), the Ministry of Social Services, the National Steering Committee on Volunteering and News 1st embarked through the National Volunteer Awards (V-Awards) on a journey to recognise and appreciate those who serve in silence in their communities. It was a sincere effort to say ‘thank you’ to individuals who had selflessly contributed to the Sri Lankan society.

The second edition of V-Awards in 2013 continued in the same vein, honouring and saluting individuals who had made extraordinary contributions to society, and identifying role models who can inspire a nation to volunteer for social causes.

Continuing this tradition of bringing to light inspiring acts of volunteerism, V-Awards 2015 looks to recognise, honour and inspire, individuals that have selflessly served the people of Sri Lanka.

The third edition of ‘Stories to Inspire’ reflects the efforts and achievements of the ten impartially selected V-Awards 2015 finalists. In this edition as in the preceding publications, you will find stories of individuals that have devoted their lives in the service of others, founded and pursued in the spirit of volunteerism.

Their work has empowered communities, united villages for a common cause, instilled hope and inspiration in both young and old, and renewed the spirit of humanity. Their stories of courage, perseverance and success have inspired us, and we hope that reading through their journey will rekindle the spirit of volunteerism in each and every one of you.

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The National Steering Committee on Volunteering merits special thanks for its leadership throughout the process of V-Awards 2015. In that context, we would like to thank the co-chairs; Prof. Siri Hettige, Senior Professor, Department of Sociology, University of Colombo, and Mr M. Ramamoorthy, Director – Planning, Ministry of Social Empowerment and Welfare as well as the other members, Mr Joern Sorensen, Resident Representative a.i., United Nations Development Programme (UNDP) Sri Lanka, Mr Chaminda Pathiraja, Senior Assistant Secretary, Ministry of Disaster Management, Mr Sunil Karunaratne, Deputy Director – Development, National Youth Services Council, Mr Chevaan Daniel, Group Director, The Capital Maharaja Organization Limited, Mr Chaminda Rajakaruna, Executive Director, Sarvodaya Shramadana Movement of Sri Lanka, Ms Ruvanthi Sivapragasam, In-Country Manager, Australian Volunteers for International Development and Ms Ayoni Waniganayake, Senior Assistant Secretary General, Ceylon Chamber of Commerce, Dr M. T. M. Mahees, Senior Student Counsellor, University of Colombo and Mr Fadhil Bakeer Markar, Communications Analyst, UNDP Sri Lanka.

We would also like to specially thank, the Judges of V-Awards; Dr Vinya Ariyaratne, General Secretary, Sarvodaya Shramadana Movement of Sri Lanka, Deshabandu Ms Jezima Ismail, Human Rights Activist and Educationist, Ms Malkanthi Wickramasinghe, Advisor, Office for National Unity and Reconciliation, Dr M. Karunanithy, Professor, Department of Social Science Education, University of Colombo, Ms Ambika Satkunanathan, Commissioner, Human Rights Commission of Sri Lanka for their valuable time and insight in shortlisting and ranking the finalists for this year. Mr W. U. L. Chandradasa, Senior Advisor, Ministry of Disaster Management and Mr Adhil Bakeer Markar, Director, National Youth Services Council for their valuable technical input on disaster risk reduction and youth.

A further special thanks goes to the V-Awards Production team for their support in documenting the work of the finalists.

We also greatly appreciate the excellent work done by the evaluators, who meticulously read through every application, and the creative and editorial teams who have narrated the journeys of each of the finalists portrayed in this publication.

The team is also grateful to Commercial Credit and Ceylinco VIP for their active contribution towards volunteerism in Sri Lanka.

Finally, we thank the United Nations Volunteers' V-Force for their dedication and enduring spirit of volunteerism throughout the completion of this publication.



Over the years, United Nations Volunteers (UNV) and the United Nations Development Programme (UNDP) in Sri Lanka have created a number of innovative joint advocacy and outreach initiatives. One of the most significant is the V-Awards which recognizes individuals making an extraordinary and selfless contribution to society at large.

The recently launched Sustainable Development Goals will drive development priorities for the next fifteen years and the contributions of volunteers will be vital to their success. By recognizing and honouring these extraordinary individuals who serve society quietly, the V-Awards hope to inspire many more to volunteer and to help create a more peaceful and a sustainable future.

My best wishes for a successful event.

Helen Clark
UNDP Administrator



Volunteerism is deeply rooted in traditional beliefs and community practices in Sri Lanka, and it has brought communities together to help peace and development processes. Volunteers can play a vital role in achieving the new set of Global Goals by strengthening people's ownership of the development agenda through enhanced civic engagement and enabling environments for citizen action.

The idea of V-Awards is to recognise and honour these selfless individuals and to inspire more to volunteer for the betterment of their communities. The United Nations Volunteers (UNV) programme is extremely proud to join hands yet again with our partners to continue this tradition of appreciating these silent heroes.

Richard Dictus
UNV Executive Coordinator

V-AWARDS 2015

V-Awards is a project initiated in 2011 marking the 10th anniversary of the International Year of Volunteers. The concept behind this project is to recognise individuals who make extraordinary and selfless contributions to society at large and reward the most outstanding volunteers at national level. The United Nations Volunteers Programme (UNV) together with News 1st and in collaboration with the Ministry of Social Empowerment and Welfare, Ministry of Disaster Management, United Nations Development Programme (UNDP) and the National Steering Committee on Volunteering have organized this initiative to provide volunteers across Sri Lanka a platform to share their stories, showcasing volunteerism. Over 600 nominations were received from around the country, shortlisted and scrutinised by an esteemed panel of judges who have selected ten deserving volunteers as the finalists. The awards ceremony recognises the “Volunteer of the Year 2015” and the “Youth Volunteer of the Year 2015”. A special award on “Volunteering for Disaster Risk Reduction” will be awarded as part of the advocacy campaign to integrate volunteerism to strengthen community resilience for disaster and response.



Ministry of Social Empowerment and Welfare

The Ministry of Social Empowerment and Welfare in Sri Lanka envisions a caring and rights based society. Its Mission is to make the disadvantaged partners in national development by providing a conducive environment and opportunities through policy initiatives in social welfare and social development. MoSEW is committed to securing a pleasant society for the disadvantaged, a better environment for senior citizens and a society that treats all differently abled persons as respected citizens without discrimination.

www.socialemwelfare.gov.lk



Ministry of Disaster Management

The Ministry of Disaster Management in Sri Lanka envisions a safer Sri Lanka. Its Mission is to facilitate harmony and the prosperity and dignity of human life through effective prevention and mitigation of natural and man-made disasters. MoDM is committed to creating and facilitating the enabling environment for a multi-hazard, multi-sector, multi-agency partnership oriented disaster management programme, using risk knowledge as the base, in line with global conventions and frameworks.

www.disastermin.gov.lk



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Resilient nations.*

United Nations Development Programme

Since 1967, UNDP has been working in Sri Lanka with the overarching goal to empower and improve the lives of people. Working closely with the Government, the civil society and the private sector as a development partner, UNDP's work spans across poverty reduction, democratic governance, crisis prevention and recovery, and environmental sustainability. UNDP is proud to have worked with the people of Sri Lanka for nearly five decades, and is now focused on helping the country achieve sustainable human development through the Global Goals.

www.lk.undp.org



United Nations Volunteers

The United Nations Volunteer Programme (UNV) contributes to peace and development through volunteerism worldwide. We work with partners to integrate highly qualified, highly motivated and well supported UN Volunteers into development programming and promote the value and global recognition of volunteerism. Volunteerism strengthens social cohesion and trust by promoting individual and collective action, leading to sustainable development for people by people.

www.unv.lk.org



News 1st

News1st is Sri Lanka's premiere news organization. Headquartered in Colombo, the organization reaches every nook and cranny of Sri Lanka while at the same time also providing comprehensive reports on global events. Since its inception News 1st has fearlessly ventured into new fields in journalism leading other media organizations in the country. News1st caters to audiences in the three most widely used languages in Sri Lanka, English, Sinhala and Tamil and reaches out to millions of Sri Lankans, through eight electronic media channels.

www.newsfirst.lk



V-AWARDS 2011

The first edition of V-Awards was held in 2011. The V-Awards secretariat received over 450 applications from Sri Lankan citizens who had nominated individuals that they believed had significantly contributed to positive change in their communities. Out of the fifteen finalists, six were commended for their exemplary service to the people of Sri Lanka and one awarded as Volunteer of the Year 2011.





ANURADHA NILUPUL
COLOMBO

“Giving our knowledge to
others is also volunteerism”



ANURADHA NILUPUL

A printer by profession, Nilupul grew up in the fishing village of Dalthara, bordering the Bolgoda Lake. As a child he would walk around the lake with his friends, fishing for prawns with self-made hooks. With the open economy coming into place in the late 70s, the area surrounding the lake turned into a tourist hotspot. Investors began constructing hotels and guest houses which affected the livelihood of fishermen around the lake and threatened the eco system.

Nilupul began by advocating for the protection of the area surrounding the lake by petitioning companies to stop annexing land from the lake. Realising that a collective voice will create a greater impact, Nilupul set up the 'Dalthara Parisarikiyo' (Dalthara Environmentalists) which included residents from the village.

The organisation took up the massive task of creating a platform for discussion, bringing together the different parties to resolve and protect the Bolgoda ecosystem. As President of the organisation, Nilupul worked tirelessly to draw the attention of authorities to the destruction taking place in the area. He gathered data on the impact of the construction work along the river, and shared numerous avenues that could reverse this trend.

However these suggestions did not yield results as the authorities continued to turn a blind eye on the destruction. As a last resort, they decided to take legal action against a group of companies operating on the banks of the lake. Despite being subject to intimidation and threats, Nilupul and the members of his organisation continued their struggle.

These persistent efforts culminated in a judgement from the Supreme Court urging all local authorities and enterprises to abide by environment protection laws. Such efforts also stand testimony to the heights that a community can reach if they work together towards one common goal. The residents of Dalthara are proud of what they have achieved and in particular of the strength and resolve of Nilupul.

Yet, Nilupul's work hasn't stopped completely. Using art to take his message further, he initiated an art exhibition with the participation of school children to raise awareness among the next generation of leaders.

In an age where our eco systems are increasingly threatened by rapid development, Nilupul is committed to preserving what is left of them for the future generations. His efforts have not only brought about awareness but also policy changes which are fundamental to the protection of the environment.

අනුරාධ නිලපුල්

වෘත්තියෙන් මුද්‍රණකරුවකු වූ නිලපුල්, බොල්ගොඩ ජලාශයට මායිම්ව දැල්තර ධීවර ගම්මානයෙහි හැදී වැඩුණේය. කුඩා දරුවකු ලෙස, යහළුවන් සමඟ ඔවුන් විසින් සදා ගත් බිලිපිති මඟින් ඉස්සන් ඇල්ලීමට ඔහු පුරුදු වී සිටියේය, 70 දශකයේ දී හඳුන්වාදෙනු ලබූ විවෘත ආර්ථිකයන් සමඟ මෙම ප්‍රදේශය සංචාරක කේන්ද්‍රයක් බවට පත් විය. ආයෝජකයින් හෝටල් සහ ආපන ශාලා ඉදි කිරීමට පටන් ගැනීමත් සමඟම ධීවරයින්ගේ ජීවිකාව අඩපණ වූවා පමණක් නොව, එහි පරිසර පද්ධතිය ද දැඩි අවධානමට ලක් විය.

ඔහු මෙම ප්‍රදේශය ආරක්ෂා කිරීම සඳහා බොල්ගොඩ ජලාශයට මායිම්ව තිබෙන භූමි අලලා කෙරෙන ඉදි කිරීම් වලට අදාළ ආයතනවලට එරෙහිව හඬ නැගුවේය. දැල්තර ප්‍රදේශයේ පුද්ගලයන් ද මේ සඳහා උනන්දු කරවූ ඔහු, ‘දැල්තර පාරිසරිකයෝ’ පදනම පිහිටුවීමට මූලික විය.

මෙම සංවිධානය විවිධ ස්තර නියෝජනය කරන විවිධ පුද්ගලයින් සහභාගී කර ගනිමින් බොල්ගොඩ ජලාශය ආශ්‍රිත පරිසර පද්ධතිය රැක ගැනීම වෙනුවෙන් කතිකාවක් සංවිධානය කළේය. සංගමයේ සභාපති ලෙස නිලපුල් මහතා, සිදු වන විනයාශය වලක්වා ගැනීම සඳහා වගකිව යුතු නිලධාරීන්ගේ අවධානය ලබා ගැනීමට වෙහෙස මහන්සි වී ක්‍රියා කළේය. තවද බොල්ගොඩ ජලාශය ආශ්‍රිතව සිදු වන ඉදිකිරීම්හි අයුතු බලපෑම් සම්බන්ධ තොරතුරු එක් රැස් කිරීමට ඔහු කටයුතු කළේය.

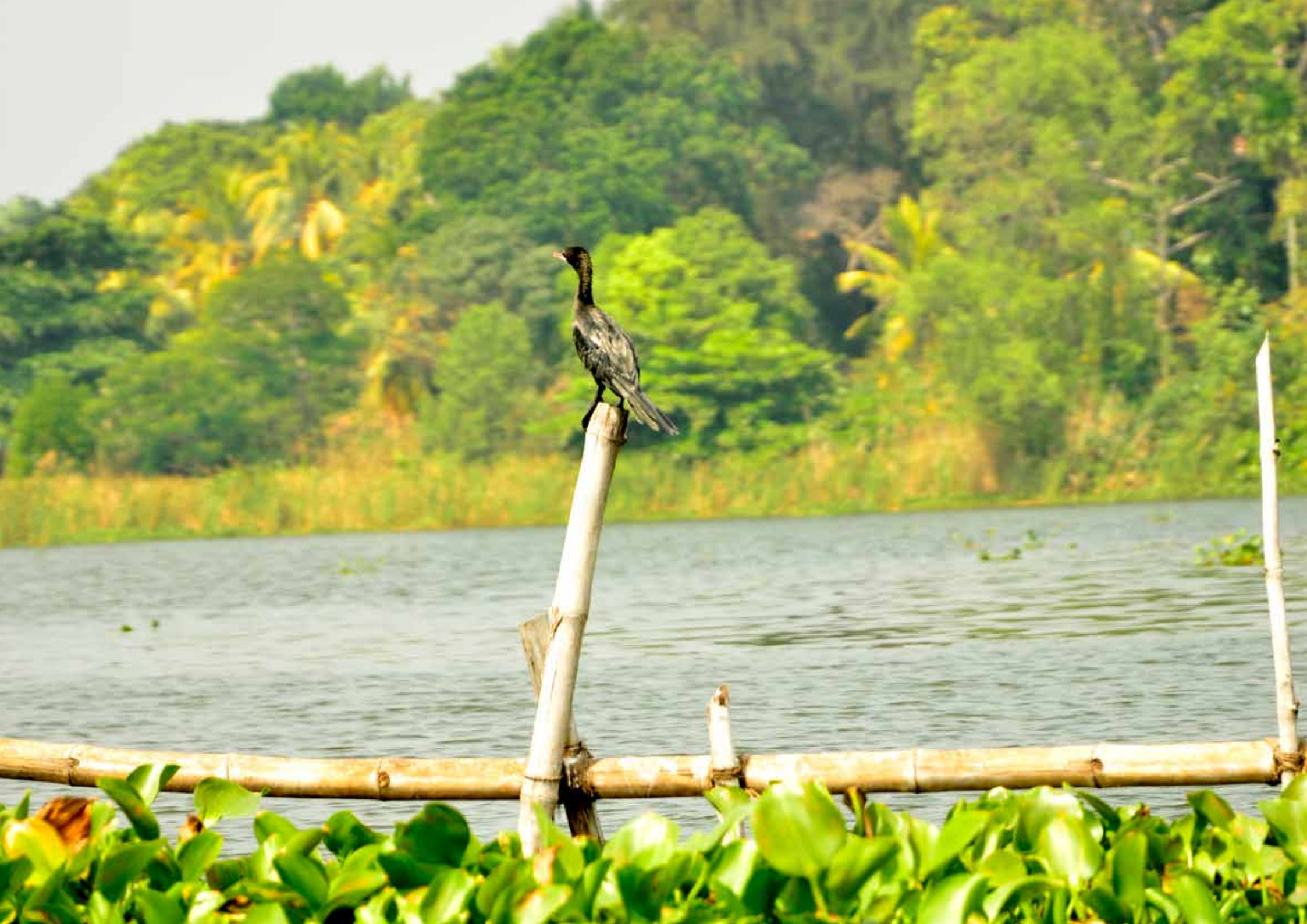
කෙසේ වෙතත් වග කිව යුතු නිලධාරීන් මෙම සම්බන්ධයෙන් නිසි පියවර ගන්නා බවක් පෙනෙන්නට නොතිබිණි. මෙහි ප්‍රතිඵලයක් ලෙස බොල්ගොඩ ජලාශය ආශ්‍රිතව සිදු කෙරෙන ඉදි කිරීම්වලට අදාළ ආයතනයන්ට එරෙහිව ක්‍රියා කිරීමට නීතිමය පියවර ගැනීමට දැල්තර පාරිසරිකයෝ කටයුතු කළහ. තර්ජනයන්ට හා අභියෝගයන්ට නොබියව මුහුණ දෙමින් නිලපුල් සහ ඔහුගේ සංගමයේ සාමාජිකයෝ බොල්ගොඩ පාරිසරික පද්ධතිය අනාගත පරපුරට රැක ගැනීමේ අරගලයට සහභාගී වූහ.

ඔහුගේ මෙම උත්සාහයන්හි ප්‍රතිඵලයක් ලෙස දේශීය නිලධාරීන්ට සහ ව්‍යවසායකයින්ට ඉදි කිරීම් සිදු කිරීමේදී පාරිසරික සංරක්ෂණ නීතීන්ට අනුකූලව සිදු කරන මෙන් ශ්‍රේෂ්ඨාධිකරණය නියෝග කරන ලදී. මෙය දැල්තර ජනතාව ලබා ගත් විශාල ජයග්‍රහණයකි.

නිලපුල් මහතා අද වන විටත් බොල්ගොඩ පාරිසරික පද්ධතිය ආරක්ෂා කිරීමේ දැවැන්ත කාර්යයභාරයෙහි අවංකව සහ දැඩි කැපවීමකින් කටයුතු කරනු ලබයි. එමෙන්ම කලාව උපයෝගී කර ගැනීමෙන් මෙම පාරිසරික විනයාශය වලක්වා ගැනීමට ඔහු වෙහෙසෙයි. එහි ප්‍රතිඵලයක් ලෙස පාසල් ළමුන්ගේ සහභාගීත්වයන් විතු ප්‍රදර්ශනයක් පවත්වනු ලැබිණි.

වර්තමානයේ ලංකාව තුළ සිදුවන සීඝ්‍ර සංවර්ධනය, පාරිසරික පද්ධතීන් දැඩි තර්ජනයට ලක් කර ඇත. මෙවන් යුගයක එය මතු පරපුරට රැක ගැනීම සඳහා නිලපුල් මහතා ගන්නා උත්සාහය ඇති මහත්ය. ඔහු තම ප්‍රජාව මේ සඳහා සහභාගී කර ගැනීමට වෙහෙසෙන අතර, එමඟින් ප්‍රතිපත්තිමය වෙනසක් කිරීමට තවදුරටත් බලාපොරොත්තු වේ.





அனூராத நிலுபுல்

இன்று எமது சூழல் அமைப்பு, அபிவிருத்தித் திட்டங்களினால் பாதிக்கப்படும் அபாயத்திற்கு உள்ளாகியுள்ளது. நிலுபுல் பெர்னாண்டோ சூழலை பாதுகாத்து எமது எதிர்கால சந்ததியினருக்கு வழங்க வேண்டும் எனும் கொள்கையில் மிகவும் உறுதியாக கொண்டுள்ள ஒருவர்.

நிலுபுல், டல்தர (Dalthara) எனும் பிரதேசத்தில் வசிப்பவர். இது பொல்கொட (Bolgoda) ஆற்றுக்கு அருகாமையில் அமைந்துள்ளது. இன்று உல்லாச பிரயாணிகளின் வருகை மற்றும் புதுக் கட்டட கட்டுமான வேலைகள் போன்றவை சுற்று சூழலை மிகவும் மாசுபடுத்தியுள்ளது. “பொல்கொட” சூழல் அமைப்பு மிகவும் பாதிப்புக்குள்ளாகியுள்ளது.

இதைத் தடுப்பதற்காக “டல்தர சுற்று சூழல் ஆய்வாளர்” எனும் நிறுவனத்தை ஆரம்பித்துள்ளார்.இந்த நிறுவனம் சுற்று சூழலை பாதுகாக்கும் நோக்கை அடிப்படையாக கொண்டுள்ளது.

இந் நிறுவனத்தின் தலைவரான நிலுபுல், தனது இடைவிடா முயற்சியினால் அதிகாரிகளின் கவனத்திற்கு சூழல் மாசடையும் அபாயத்தை பற்றி அறிவிக்கக் கூடியதாக இருந்தது. இதற்கு தேவையான தகவல்களைப் பெற்று, பொல்கொட ஆற்றுக்கு அருகாமையில் உள்ள கட்டுமான வேலைகளைப் பற்றியும், எவ்வாறு சூழல் பாதுகாப்பை கருத்தில் கொண்டு அவற்றை மாற்றி அமைக்கலாம் என்று ஆலோசனை கூறி மாவட்ட செயலாளரை அறிவுறுத்துகின்றார்.

இந்த முயற்சிகளின் உச்ச கட்டமாக, உயர் நீதிமன்றம் ஓர் ஆணையை பிறப்பித்துள்ளது. இதன்படி உள்ளூர் அதிகார சபை, மற்றும் நிறுவனங்கள் சூழல் பாதுகாப்பு விதிகளை அனுசரித்து நடக்க வேண்டும் என்பதே அந்தத் தீர்ப்பு.

இம் முயற்சியானது, எவ்வாறு ஒரு சமூகம் ஒன்று சேர்ந்து ஓர் இலக்குக்காக உழைத்தால் அதை இலகுவாக அடையலாம் என்பதை நிலுபுல் மூலம் இச்சமூகம் உணர்த்தியுள்ளது. இன்று டல்தர பகுதியில் வசிக்கும் மக்கள் தமக்கு கிடைத்த வெற்றியையும், நிலுபுல் ஆற்றிய பங்கினையும் பெருமையுடன் நினைவு கூருகின்றனர்.

அத்துடன் நின்று விடாமல் நிலுபுல் இன்று கவனயீர்ப்பு போராட்டம் ஒன்றை ஆரம்பித்துள்ளார். பாடசாலை மாணவர்களின் உதவியுடன் சித்திரங்களை வரைந்து எதிர்கால சந்ததியினருக்கு அறிவூட்டும் வகையில் தனது செய்தியை மற்றவர்களுக்கு அறிவிக்கின்றார்.



DANESH MADURANGA
POLONNARUWA

*“Nothing else gives me the satisfaction that I
gain through helping people”*



DANESH MADURANGA

Social media is not only changing the way we communicate, but it is also a powerful tool that can foster social change and help those in need. A software engineer by profession, Danesh uses social media to raise awareness about those in need and bring about positive social change. Through his organisation Samaja Sathkara.lk, Danesh raises funds on social media for projects that uplift the lives of people in rural areas.

A typical day in the life of Danesh involves visiting a town that lacks resources and facilities, walking from home to home, speaking with villagers and identifying those who need help. Taking pictures of the villages he visits, Danesh shares them on Facebook, calling out for those who would like to help. During these visits, he also provides school supplies for children, dry rations for families or nutrition supplies for expectant mothers. With the contributions received through social media, Danesh and his team of volunteers at Samaja Sathkara.lk have been able to build permanent housing and sanitation facilities for extremely vulnerable families in many villages.

Danesh also carries out long-term scholarship programmes for school children to support the study of Information Technology. In addition, Samaja Sathkara.lk supports people with physical disabilities by providing artificial limbs, wheelchairs and crutches in order to ensure that they are able to carry on with their daily lives.

Travelling over 1800 km a week to different cities and villages, Danesh has touched the lives of over 15,000 people through these projects. Devoting six days a week for voluntary activities, he has continued similar projects over the past five years. As a result, there are a growing number of followers for his organisation on social media, and it has also created a greater awareness about the work that he carries out.

Passionate and determined to create a better society, Danesh has overcome countless challenges and obstacles along the way. Samaja Sathkara.lk not only raises awareness about the lives of those who battle poverty on a daily basis, but also goes the extra mile to uplift them. By using social media to empower those in need, Danesh has set an example for youth of the country by indicating that modern communication tools can be used to make a better society.

බිෂේෂ ව්‍යුරංග

සමාජ වෙබ් අඩවි සන්නිවේදනය උදෙසා පමණක් නොව, සමාජයේ වෙනසක් ඇති කිරීමට උපයෝගී කර ගත හැක. වෘත්තියෙන් මෘදුකාංග ඉංජිනේරුවරයෙකු වූ ධනේෂ් සමාජ ජාලා වෙබ් අඩවි යොදා ගනිමින් සමාජය තුළ ධනාත්මක වෙනසක් සිදු කිරීමට වෙනස මහන්සි වී කටයුතු කරයි. මේ සඳහා මොහු විසින් සමාජ සත්කාර.lk (Samaja Sathkara.lk) පදනම පිහිටුවනු ලැබීය. මෙය සමාජ ජාලා උපකාරී කර ගනිමින් මිනිසුන්ගේ ජීවිත නගා සිටුවීම සඳහා නිර්මාණය කරන ලදී.

අඩු පහසුකම් සහිත ගමකට ගොස්, ගෙයින් ගෙට යමින් ගැමියන් සමඟ කතාබහ කොට ඔවුන්ගේ අවශ්‍යතා හඳුනා ගැනීම ධනේෂ්ගේ දින වර්ෂාවේ එක් අංගයකි. මෙම චාරිකාවන්හි දී ඔහු ලබා ගත් ඡායාරූප ඔහුගේ ෆේස්බුක් (facebook) වෙබ් අඩවියට මුදා හැරේ. මෙය ධනේෂ් ගේ සමාජ සේවාවන් සඳහා අනුග්‍රාකත්වය දැක්වීමට කැමති පිරිස් සඳහා කදිම අවස්ථාවකි. තව ද, මොහු පාසල් ළමුන් සඳහා පාසල් පොත් ද අඩු ආදායම්ලාභී පවුල් සඳහා වියළි අහාර හා ගර්භණී මාතාවන් හට අවශ්‍ය පෝෂණ අතිරේක ලබා දීම ද සිදු කරයි. විවිධ පරිත්‍යාගශීලීන් විසින් දෙනු ලබන අනුග්‍රහයෙන් ධනේෂ් සහ ඔහුගේ කණ්ඩායමට විවිධ ගම්මානයන් හි වෙසෙන අන්ත දුගී පවුල් සඳහා ස්ථිර නිවාස සහ සනිපාරක්ෂක පහසුකම් ලබා දීමට අවස්ථාව සලසා දී ඇත.

තොරතුරු තාක්ෂණය ඉගෙනීමට උනන්දුවක් දක්වන ළමුන් සඳහා දිගුකාලීන ශිෂ්‍යත්ව ලබා දීමට ධනේෂ් කටයුතු කරයි. මෙම පදනමෙහි තවත් එක් සත්කාරයක් වනුයේ ශාරීරික ආබාධයන්ගෙන් යුත් පුද්ගලයින්ට දෛනික කටයුතු පහසුවෙන් කරගැනීම සඳහා උපකාරී කිරීමයි. ඒ වෙනුවෙන් කෘතීම පාද, රෝද පුටු සහ අත්වාරු මොවුන් සඳහා ලබා දුන් උපකරණ වේ.

සතියට කිලෝමීටර 1800ක් වැනි දුරක් ගමන්කොට උපකාර අවශ්‍ය මිනිසුන් සොයා යන ධනේෂ් ඔහුගේ මෙහෙයුම්වලින් 15,000කට අධික පිරිසකට උදව් උපකාර කර ඇත. සතියේ දවස් 6ක්ම මෙම මෙහෙයුමට කැපවූ ධනේෂ් අවුරුදු 5ක් පුරාවටම මෙම සේවයේ ස්වේච්ඡාවෙන් නියැලී සිටියි. එම නිසාවෙන්ම සමාජ වෙබ් අඩවිවල ඔහු ඉතාමත් කීර්තියට පත් වූ පුද්ගලයෙකු බවට පත් වී අවසන්ය.

යහපත් සමාජයක් බිහි කිරීමට ඔහු තුළ වූ ආශාව සහ අධීෂ්ඨානශීලීභාවය ධනේෂ්ට එල්ල වූ අභියෝගයන්ට හා බාධකයන්ට නොබියව මුහුණ දීමට උපකාරී විය. මෙම පදනම හුදෙක්ම දරිද්‍රතාවයෙන් පීඩා විඳින මිනිසුන්ගේ ජීවිත පිළිබඳ සමාජය දැනුවත් කරනවා පමණක් නොව ඔවුන්ගේ ජීවිත නගා සිටුවීමට ද යෝධ ශක්තියක් වේ. සමාජ වෙබ් අඩවි උපයෝගී කර ගනිමින් සමාජ සේවාවන්හි නිරත වන ධනේෂ් නූතන තාක්ෂණය කෙතරම් දුරට යහපත් සමාජයක් බිහි කිරීමට යොදා ගත හැකි ද යන්න මොනවට පැහැදිලි කරයි.





தனேஷ் மதுரங்க

சமூக ஊடகம் (Social Media) நாம் தொடர்பு கொள்ளும் முறைகளை மாற்றும் ஒரு சக்திவாய்ந்த சாதனம் மட்டுமன்றி சமூக மாற்றத்தை ஏற்படுத்தக் கூடிய ஒரு கருவி ஆகும்.

மென்பொருள் பொறியியலில் அதி உயர் சித்தி பெற்ற தனேஷ் மதுரங்க (Danesh Maduranga) புதிய கண்டுபிடிப்புகளைப் பாவித்து சமுதாயத்தில் நற்சிந்தனை சமூக மாற்றங்களை ஏற்படுத்தக்கூடிய செயல் திட்டமான “சமாஜ சத்கார.lk” (Samaja Sathkara.lk) ஓர் பிணையம் சார்ந்த சமூக ஊடகம், மக்களின் வாழ்க்கை தரத்தை முன்னேற்றுவதே அதன் தலையான கடமை.

டனேஷின் வேலைத்திட்டம், வளம் குன்றிய, வசதிகள் குறைந்த பிரதேசங்களில் வாழும் மக்களை சென்று தரிசித்து அவர்களது தகவல்களை “முகநூல்” (Facebook)இல் பொது மக்களுடன் பகிர்ந்து, அதன் மூலம் கிடைக்கும் உதவிகளைக் கொண்டு அப்பிரதேச மக்களின் தேவைகளைப் பூர்த்தி செய்வது முக்கிய அம்சம். இது மட்டுமன்றி தான் சந்திக்கும் மக்களுக்கு தேவையான உலர் உணவுகள், பாடசாலை மாணவர்களுக்கு பாடசாலை உபகரணங்கள், கர்ப்பிணித் தாய்மாருக்கு சத்துணவு வழங்கல் என்று எத்தனையோ விதமான வசதிகளை தனேஷ் செய்து வருகின்றார். சமூக ஊடகங்கள் மூலம் பெற்றுக்கொண்ட உதவிகளைக் கொண்டு கிராமங்களில் வீடுகள் கட்டி கொடுத்து, அப்பிரதேசத்திற்கு நல்ல சுகாதார வசதிகளையும் செய்து கொடுத்துள்ளார்.

அத்தோடு மட்டுமன்றி, தனேஷ் கல்வி அறிவு ஓர் மனிதனுக்கு நல்லதொரு எதிர்கால முதலீடு என்ற நல்ல உயர் கொள்கையைக் கொண்டவர். சிறந்த மாணவர்களைத் தேர்ந்தெடுத்து அவர்களுக்கு பண உதவி வழங்கி தகவல் தொழிநுட்பத் துறையில் விசேட தேர்ச்சி பெற உதவி செய்கின்றார். உடல் ஊனமுற்றவர்களுக்கு தேவையான சக்கர நாற்காலிகள், செயற்கை கால்கள், ஊன்று கோல்கள் போன்றவற்றை வழங்குவதும் “சமாஜ சத்கார.lk” செயல்திட்டத்தின் முக்கிய அம்சமாகும்.

மிகவும் ஆற்றல் மிக்க இந்த இளைஞன் எம் இளம் சமுதாயத்திற்கு ஓர் எடுத்துக்காட்டு மட்டுமன்றி, ஓர் மனிதன் எவ்வாறு தான் செய்யும் சிறு உதவிகள் மூலம் ஓர் சமுதாயத்தில் ஒரு பெரும் மாற்றத்தையே உருவாக்க முடியும் என்பதற்கு ஓர் எடுத்துக்காட்டு - தனேஷ் மதுரங்க



**GANESWARAN
VELAUTHAM**
KANDY

“ I’m a businessman but I don’t get excited when I make money. I get excited when these children are able to do things on their own, that makes me happier in life ”



GANESWARAN VELAUTHAM

Children with special needs are those who may have learning disabilities, cognitive impairment, terminal illnesses or developmental delays that affect the natural growth of a child.

Little Shivan was born as a premature baby with autism, cerebral palsy and was visually impaired. As parents, it was bound to be a lifelong challenge for Ganesh and his wife as they were not prepared for the difficulties they would face raising a child with special needs. Yet, it was this challenge that inspired Ganesh to set up the Shivan Foundation to help others who were raising children with special needs.

A London-based entrepreneur, Ganesh decided to return to Sri Lanka to set up the foundation. The construction of the first facility for Shivan Foundation began in 2011 in Kandy and the Centre was opened to the public in 2013. Located in the town of Teldeniya, the Centre now offers permanent accommodation for about 70 children, and provides professional care, along with Ayurveda treatment and learning. The Centre provides Siddha Ayurveda treatment including the 'Panchakarma' such as 'Shirodhara', 'Shirovasthi', and 'Kativasthi'. In addition to these treatments children are also provided with music therapy, hydrotherapy and physiotherapy.

From its humble beginnings, the foundation has expanded over the years and now includes seven similar centres in Jaffna, Kilinochchi, Mullaitivu, Oruthota, Panwila, Trincomalee and Ukuwela. Ganesh has managed to secure the voluntary services of doctors who travel all the way from Jaffna every two weeks to prescribe treatment for children who visit the Centre. Teachers and volunteers who assist at the Centre come from different backgrounds and represent all ethnicities.

Together, these centres have treated over 500 children with special needs irrespective of their religion, ethnicity or background. In addition to providing treatment free of charge for low income families, Ganesh also provides them with an additional allowance.

While the Foundation is funded with the support of many well-wishers, Ganesh generously allocates a large sum of his own income for the maintenance of the Centre. There are countless testimonies of children being sent abroad for surgeries funded by the Foundation.

Ganesh stands as a man of courage who not only challenged his destiny but also the destiny of many others. Finding strength and inspiration in the challenge that came his way, his initiative continues to touch the lives of countless children with special needs who often lack specialised care.

ගෞරවයට වේලායැදවීම

විශේෂ අවස්ථා සහිත දරුවන් යනු, ඉගැනීමේ අක්‍රමිකතා, ප්‍රජානන අක්‍රමිකතා, සුව කළ නොහැකි රෝගයන් හෝ අඩු වර්ධන වේගයන් යන සාමාන්‍ය දරුවකුගේ වර්ධනයට බාධා වන රෝග ලක්ෂණ පෙන්වන දරුවන් පිරිසකි.

නොමේරූ දරුවකු ලෙස ඔටිසම්, මස්තිෂ්ක ආසාදනය හා අන්ධභාවය ද සහිතව මෙලොවට බිහි වූ ශිවන් පුතු රැක බලා ගැනීම ගනේස් සහ ඔහුගේ බිරිඳට මහත් අභියෝගයක් විය. ශිවන් පුතු දිනෙන් දින වැඩෙත්ම විශේෂ අවශ්‍යතා සහිත දරුවකු රැක බලා ගැනීමේ දී මවුපියන් ලෙස ගනේස්ට සහ ඔහුගේ බිරිඳට බොහෝ බාධක සහ අභියෝගවලට මුහුණ පෑමට සිදු විය. තම පුතුගේ මෙම රෝගී තත්ත්වය, ගනේස් මහතාට ශිවන් පදනම නිර්මාණය කිරීමට බලපෑ මූලික කාරණාව විය. මෙම පදනම විශේෂ අවශ්‍යතා සහිත දරුවන් රැක බලා ගන්නා පුද්ගලයන්ට මහත් උපකාරයක් වේ.

ලන්ඩන් නුවර ව්‍යවසායකයෙකු ලෙස සේවය කළ ගනේස්, ඉන් අනතුරුව ලංකාවට පැමිණ පදනම පිහිටුවා ගැනීමට තීරණය කළේය. මෙම ආයතනය ඉදිකිරීමේ පළමු පියවර 2011 වර්ෂයේ දී මහනුවර තෙල්දෙණිය නගරයේ දී සිදු වූ අතර 2013 වන විට මෙය මහජනතාව සඳහා විවෘත විය. වර්තමානයේ මෙම ආයතනය ළමුන් 70 දෙනෙකුගේ ස්ථිර නිවහන බවට පත් වී ඇති අතර ළමුන් සඳහා මෙමගින් වෘත්තීමය රැකවරණය ලබා දේ. මෙම පදනම නේවාසික ළමුන් සඳහා ආයුර්වේද ප්‍රතිකාර සහ අධ්‍යාපන පහසුකම් ලබා දේ. මෙම ආයතනය ‘ශිරෝධාර’, ‘ශිරෝවස්ථි’ සහ ‘කට්ටස්ථි’ යනාදී පංච කථිම යොදා ගනිමින් සිද්ධ ආයුර්වේද ප්‍රතිකර්ම ද ලබා දෙන අතර තව ද, මෙම පදනම යටතේ ක්‍රියාත්මක වන විශේෂ අවශ්‍යතා සහිත ළමුන් සඳහා වන පාසල ඔවුන්ගේ සාමාන්‍ය ප්‍රතිකාරවලට අමතරව ශබ්දවිකිත්සාව, ජලවිකිත්සාව සහ භෞතවිකිත්සාව යනාදී පහසුකම් ලබා දේ.

අද වන විට මෙහි ශාඛා යාපනය, මුලතිව්, ත්‍රිකුණාමලය, උකුවෙල, පන්විල සහ ඔරුතොට යන ප්‍රදේශයන් පුරා විහිදී ඇත. දෙසතියකට වරක් යාපනයේ සිට ස්වේච්ඡාවෙන් පැමිණෙන වෛද්‍යවරුන් මධ්‍යස්ථානයට පැමිණෙන ළමුන් සඳහා අවශ්‍ය ප්‍රතිකාර සපයා දේ. තවද මෙම මධ්‍යස්ථානයට විවිධ ආගම් මෙන්ම විවිධ පසුබිම් නියෝජනය කරන ශුරුවරුන් සහ ස්වේච්ඡා සේවකයින්ගේ උපකාරය ද නොඅඩුව ලැබේ.

මෙම ආයතනය කිසිදු ජාති ආගම් හේදයකින් තොරව විශේෂ අවශ්‍යතා සහිත ළමුන් 500කට වැඩි ප්‍රමාණයකට උපකාර කර ඇත. අඩු ආදායම්ලාභී පවුල්වල විශේෂ අවශ්‍යතා සහිත දරුවන් සඳහා නොමිලේ ප්‍රතිකාර ලබා දීමෙන් නොනැවතෙන ඔහු ඔවුන් සඳහා අමතර දීමනාවක් ලබා දීමට කටයුතු කරයි.

ගනේස් තම ආදායමෙන් වැඩි කොටසක් මෙම පදනමේ වැඩ කටයුතු සඳහා යොදවනවා මෙන්ම විවිධ අනුග්‍රාහකයින්ගේ දායකත්වය ද මේ සඳහා නොමසුරුව ලැබේ. මෙම පදනමේ මග පෙන්වීම සහ රැකවරණය යටතේ අද වන විට විවිධ ශල්‍යකර්ම සඳහා විදේශගත වූ ළමුන් ගණන අපමණය.

ගනේස් ඔහුගේ මෙන්ම අනෙකුත් මිනිසුන්ගේ දෛවය ද අභියෝගයට ලක් කළ මිනිසෙකි. ඔහුගේ අප්‍රතිහත උත්සහය සහ නොසැලෙන අඛණ්ඩානන්‍ය විශේෂ අවශ්‍යතා සහිත ළමුන්ගේ අනාගතයට නව බලාපොරොත්තුවක් එක් කිරීමට සමත් විය.





கணேஸ்வரன் வேலாயுதம்

குழந்தை ஷிவன் (Shivan) பிறக்கும் போது ஓர் வளர்ச்சி குறைந்த குழந்தையாக பிறந்தார். கணேஸ்வரன் வேலாயுத்திற்கும் அவர் மனைவிக்கும் இது ஒரு புது அனுபவமாக இருந்தது மட்டுமன்றி இது இவர்கள் வாழ்க்கையில் ஒரு திருப்பு முனையாகவும் இருந்தது. ஆனால் அவர்கள் இதை ஒரு சவாலாக ஏற்று மற்றைய ஊனமுற்ற குழந்தைகளுக்கு உதவும் “ஷிவா பவுண்டேஷன்” (Shiva Foundation) எனும் ஒரு ஸ்தாபனத்தை உருவாக்கினார்.

இங்கிலாந்தை வதிவிடமாக கொண்ட தொழிலதிபரான கணேஸ்வரன் இலங்கைக்கு திரும்பி தன் முதல் ஷிவா பவுண்டேஷனை கண்டியில் தெல்தெனிய எனும் இடத்தில் ஆரம்பித்தார். இங்கு 70 சிறுவர்களுக்கு நிரந்தர வசதியுடன் கூடிய ஆயுர்வேத மருத்துவ வசதிகள், கல்வி கற்கும் வசதிகளும் செய்து கொடுக்கப்பட்டுள்ளது. சிறப்பு தேவைகள் கொண்ட இச் சிறுவர்களுக்கு தேவையான எல்லா சிகிச்சைகளும் வழங்கப்படுகின்றது.

இன்று இவ் இல்லம் 7 மாவட்டங்களில் கிளைகளை ஆரம்பித்துள்ளது. யாழ்ப்பாணம், கிளிநொச்சி, முல்லைத்தீவு, திருகோணமலை, உக்வெல, பன்வில், ஒருதொட்ட பிரதேசங்களில் உண்டு. இங்கே இன மத வேறுபாடு இன்றி எல்லா சிறுவருக்கும் வேண்டிய சகல தேவைகளையும் கணேஸ்வரன் வழங்குகின்றார்.

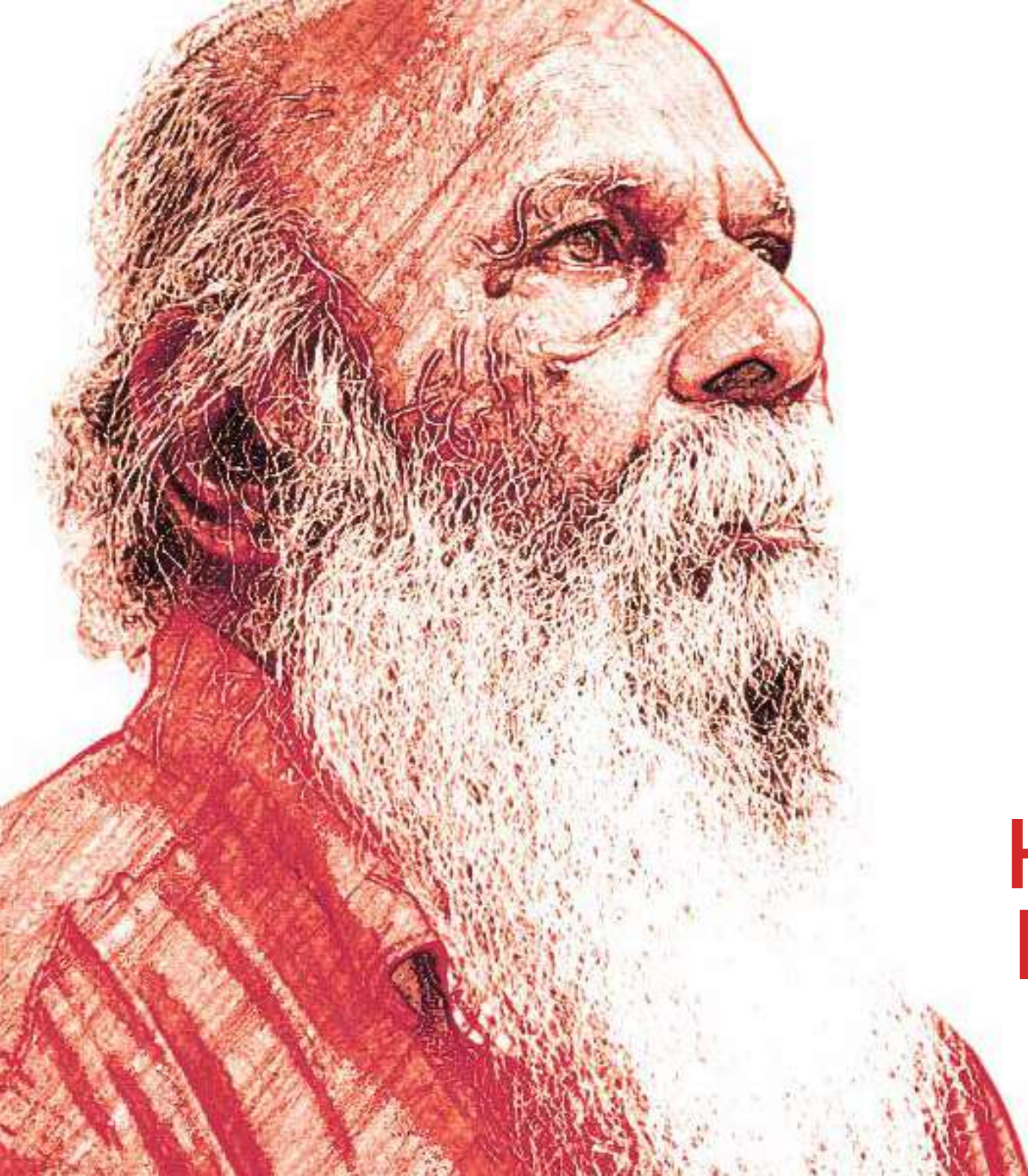
எத்தனையோ நலன் விரும்பிகளின் உதவிகள் இருந்த போதிலும், கணேஸ்வரன் தன் முழு மூலதனத்தையும் கொண்டு இவ் இல்லங்களை நடத்துகிறார். இன்று 500க்கும் மேற்பட்ட குழந்தைகள் மருத்துவ தேவைகளுக்காக வெளிநாடு சென்று அறுவை சிகிச்சை மற்றும் வேறு மருத்துவ உதவிகளைப் பெற கணேஸ்வரன் உதவி வழங்குகின்றார்.

கணேஸ்வரன் இன்று நம் சமுதாயத்தில் காணும் மிகவும் தைரியமான ஒரு உதாரணமாக திகழ்கின்றார். அவர் தன் விதியை சவாலாக எடுத்தது மட்டுமன்றி, மற்றைய குழந்தைகளின் விதியை கூட மாற்றி அமைத்து இன்று எத்தனையோ குழந்தைகளுக்கு ஒரு மறுவாழ்வு கொடுத்து அவர்களது வாழ்க்கைப் பயணத்தையும் அத்துடன் தன் வாழ்க்கைப் பயணத்தையும் ஓர் அர்த்தமுள்ளதாக்கியுள்ளார்.

V-AWARDS 2013

The second edition of V-Awards was held on 6 December 2013. The V-Awards Secretariat received over 300 nominations and twelve volunteers were selected as finalists and their work was celebrated in a two-hour live television event. The second edition featured three awards: "Volunteer of the Year", "Youth Volunteer of the Year" and a special award on "Volunteering for Water" to celebrate the International Year of Water Cooperation.





HETTIARACHIGE
DON CHANDRASIRI
RATNAPURA

“My intention is to make this community
one family, where they help each other out, to
solve problems and move forward”



HETTIARACHCHIGE DON CHANDRASIRI

Volunteerism is deep-rooted in Sri Lankan culture. Community-based organisations are formed in villages to address issues within the community. These societies are often driven by a leader in the village, elected by the people. Chandrasiri is one such individual.

He began volunteering in his village in Pohorabawa as far back as 1961. Inspired by his father who was also a community volunteer, Chandrasiri was elected President of the village society by the people at a young age. Since then he has been elected repeatedly and continues to lead the organisation in his village today.

Chandrasiri spearheads work in many fields including education, community development and rural development. When the school in the village was on the verge of being closed down, he took the initiative to refurbish it by providing financial aid. As the government established a weaving mill in the land donated by Chandrasiri, many of the unemployed youth in the community found meaningful employment. Further, he persuaded his father to donate land to establish the cooperative society building which has benefitted the villagers for decades.

Many young girls and boys have been empowered and equipped with additional skills owing to an IT education programme initiated by Chandrasiri. He has also supported the paving of roads within the village which has greatly improved access around the village. He continues to assist children from low income families with scholarships for education and provides financial aid to expectant mothers who are unable to support themselves.

Chandrasiri has been a leader for the people of his village in many ways. He has been the strength and encouragement behind civil activism. Under his leadership and guidance, and through the collective efforts of the villagers they were able to prevent the Iron Wood (Naa) tree from being destroyed in the Parakaduwa area. It was later declared as a protected tree. He formed the Young and Rural Citizen Coexistence Collective of Pohorabawa which has flourished into a successful group of community members that support the development of the village.

As a community leader, Chandrasiri has shown the world the true spirit of volunteerism. He is a role model in the village that everyone looks up to. Selfless and committed, he remains invested in the endeavour of serving humanity.

හෙට්ටිආරච්චිගේ දොන් චන්ද්‍රසිරි

ස්වේච්ඡා සේවය ශ්‍රී ලාංකික සංස්කෘතියේ මුල් බැසගත් සංකල්පයකි. සමාජයේ ගැටළු විසඳීම සඳහා ප්‍රජා මූලික සංවිධාන පිහිටුවනු ලැබේ. බොහෝ විට මෙම ප්‍රජාවන් ගම්වාසීන් විසින් පත් කර ගනු ලැබූ නායකයෙකු යටතේ ක්‍රියා කරයි. චන්ද්‍රසිරි යනු එවන් එක් පුද්ගලයෙකි.

පොහොරබැව ගමෙහි ඔහු ස්වේච්ඡා සේවය ආරම්භ කරනු ලබන්නේ 1961 වැනි අත අතියේ දීය. ස්වේච්ඡා සේවකයෙකු වූ ඔහුගේ පියාගේ අභිපාදේ ගමන් කරන චන්ද්‍රසිරි, තරුණ විදේදීම ප්‍රජා සංගමයේ සභාපතිවරයා ලෙසට තේරී පත් විය. එතැන් සිට නැවත නැවතත් තේරී පත් වූ ඔහු අද වන විටත් සංගමයේ නායකත්වය හොබවයි.

අධ්‍යාපනය, ප්‍රජා සංවර්ධනය හා ග්‍රාමීය සංවර්ධනය වැනි විවිධ ක්ෂේත්‍ර පෙරමුණු කොටගෙන මොහු කටයුතු කරයි. ගමේ පාසල වැසි යාමට ආසන්නව තිබිය දී මූල්‍යමය ආධාර ලබා දී එය නැවත පණ ගන්වන්නට ඔහු කටයුතු කළේය. රජය මගින් චන්ද්‍රසිරි මහතා විසින් පරිත්‍යාග කරන ලද ඉඩමේ පිහිටුවනු ලැබූ රෙදි මෝල විරැකියාවෙන් පෙළුණු තරුණයන් බොහොමයකට රැකියා අවස්ථා ලබා දෙයි. සමූපකාර සමිති ගොඩනැගිල්ලක් ඉදි කිරීම සඳහා ඉඩමක් පරිත්‍යාග කිරීමට ඔහු විසින් ඔහුගේ පියාව පොළඹවනු ලැබීය.

චන්ද්‍රසිරි විසින් හඳුන්වා දෙනු ලැබූ තොරතුරු තාක්ෂණ අධ්‍යාපන වැඩසටහන තරුණ තරුණියන්ගේ හැකියාවන් වර්ධනයට මහත් රුකුලක් විය. ගම්මානය පුරා ගමන් කිරීමේ පහසුව සැලසීම සඳහා මාර්ග සංවර්ධනය කෙරෙහි ද ඔහුගේ අවධානය යොමු විය. අඩු ආදායම් ලාභි පවුල්වල දුරුවන්ට ශිෂ්‍යත්ව ලබා දී ඔවුන්ගේ අධ්‍යාපනය දිරි ගැන්වීමත්, ගැබ්ණි මාතවන් හට මූල්‍ය ආධාර ලබා දීමත් ඔහුගේ සේවාවේ තවත් පැතිකඩක් වේ.

නොයෙක් ආකාරයෙන් ගම්මානයට නායකත්වය සපයන ඔහු විවිධ සිවිල් කටයුතුවල දී ශක්තිය හා දිරිය සපයන්නා විය. ඔහුගේ නායකත්වය හා මෙහෙයවීම යටතේ ගම්වාසීන්ගේ සාමූහික ප්‍රයත්නයේ ප්‍රතිඵලයක් ලෙස, පරකඩුව ප්‍රදේශයේ නා ගස විනාශ කිරීම වැළැක්වීම හැකි විය. පසුව එය ආරක්ෂිත ගසක් ලෙස නම් කරන ලදි. ඔහු විසින් පොහොරබැව ප්‍රදේශයේ ‘තරුණ සහ ග්‍රාමීය මිනිසුන්ගේ සහජීවනය’ පිහිටුවනු ලැබීය. මෙය ගම්මානයෙහි සංවර්ධය සඳහා උපයෝගී විය.

ප්‍රජා නායකයෙකු ලෙස චන්ද්‍රසිරි මහතා ස්වේච්ඡා සේවාවේ සැබෑ අරුත ලොවට පෙන්වා දී ඇත්තේ ගම්මානයටම ආදර්ශයක් වෙමිනි. මනුෂ්‍යත්වය වෙනුවෙන් කටයුතු කිරීමට ඔහු තවදුරටත් පරාර්ථකාමීව හා කැපවීමෙන් බැඳී සිටියි.





ஹெட்டியாரச்சி டான் சந்திரசிறி

இலங்கை கலாச்சாரத்தில் தன்னார்வ செயலானது ஆழமாக பதிந்துள்ளது. கிராமவாசிகள் தாங்களாகவே முன்வந்து பிரச்சினைகள் தீர்ப்பதற்கான அமைப்புகளை ஆரம்பித்துள்ளனர். இக்கிராமங்களில் உள்ள ஒருவர் முன்வந்தே இவ்வமைப்புகளை நடாத்துகின்றனர். சந்திரசிறி அத்தகைய ஓர் மனிதராவார்.

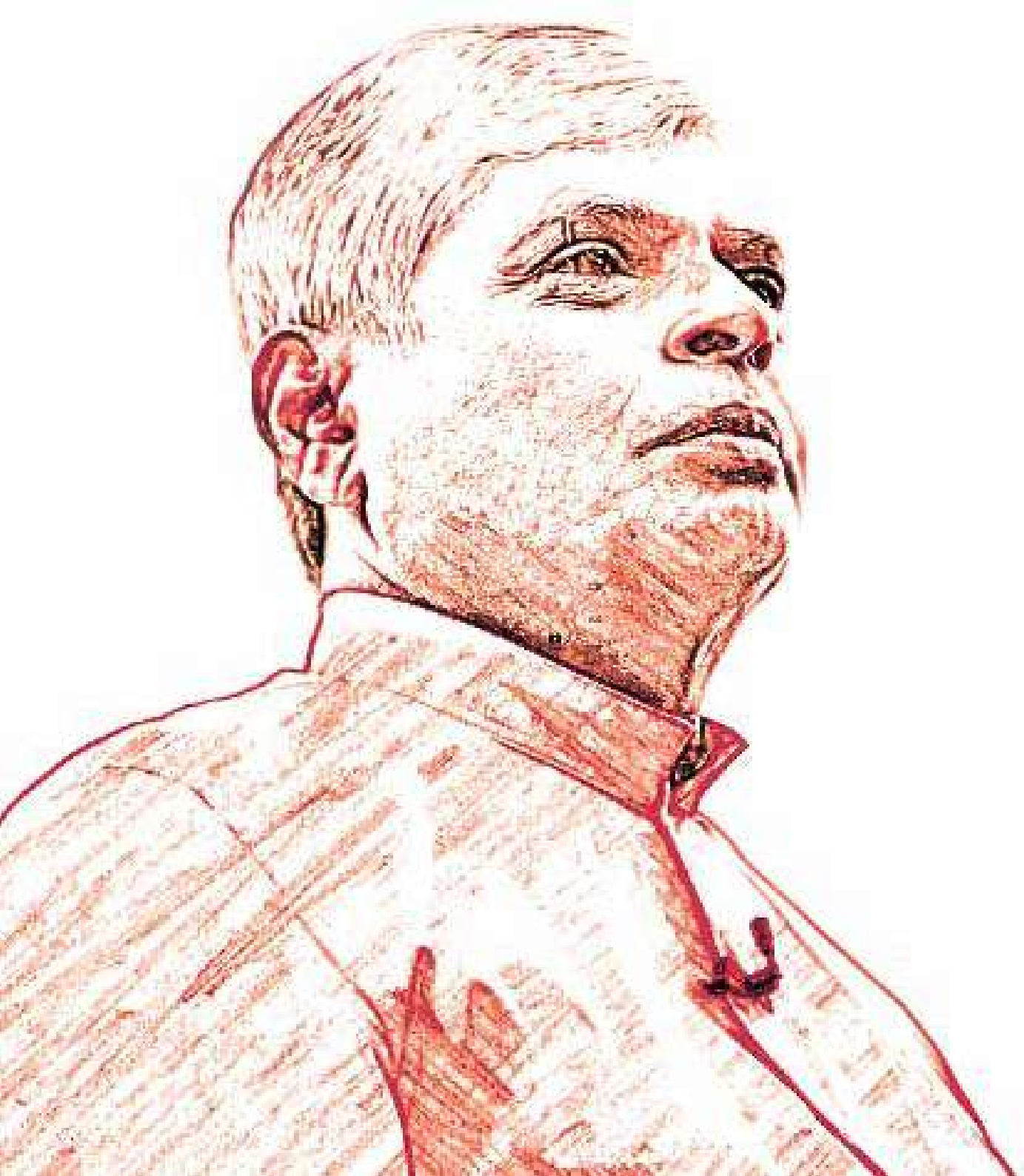
தன்னார்வலரான தனது தந்தையின் செயற்பாடுகளினால் ஈர்க்கப்பட்ட இவர் 1961ஆம் ஆண்டு தொடக்கம் பொஹோரவெவ எனும் கிராமத்தில் தன்னார்வலராக மக்களுக்கு சேவையாற்றி வருகின்றார். சிறு வயதிலேயே கிராம நலன்புரி சங்கத்தின் தலைவராக கிராம மக்களால் தெரிவுசெய்யப்பட்டு இன்றுவரை அப்பதவியில் கிராம மக்களால் கிராமத்தை வழிநடாத்த அமர்த்தப்பட்டுள்ளார்.

கல்வி, சமூக மேம்பாடு, கிராம வளர்ச்சி என்ற பல செயற்பாடுகளை இவர் முன்னெடுத்து நடாத்துகின்றார். இவர் கொடுத்த பண உதவியின் காரணமாக, மூடப்படவிருந்த அக்கிராமப் பாடசாலை புதுப்பிக்கப்பட்டு இன்றுவரை கல்வி நடவடிக்கைகள் மேற்கொள்ளப்படுகின்றன. இவர் வழங்கிய பூமிப்பிரதேசத்தில் அரசாங்கம் கட்டிய நெசவு ஆலையினால் அப்பிரதேசத்திலுள்ள வேலையில்லா இளைஞர்களுக்கு வேலைவாய்ப்புக்களும் கிடைத்தது. இதுமட்டுமில்லாமல் தனது தந்தையை அக்கிராம கூட்டுறவு சங்கத்தை அமைப்பதற்கு பூமிப்பிரதேசத்தை நன்கொடையாக வழங்க வற்புறுத்தினார்.

வறிய குடும்பங்களிலிருந்து வரும் மாணவர்களுக்கு புலமைப்பரிசில்கள் வழங்குவதோடு, வசதியற்ற கர்ப்பிணிகளுக்கு பணஉதவியும் வழங்குகின்றார். அத்தோடு, இளம் சமுதாயத்துக்கு தகவல் தொழில்நுட்ப அறிவையும், மேலதிக திறன்களை வளர்ப்பதற்கும் ஒரு தகவல் தொழில்நுட்ப கல்வி திட்டத்தை ஆரம்பித்தார்.

பல வழிகளிலும் சந்திரசிறி, தன் கிராம மக்களுக்கு ஓர் தலைவராவார். சமூக செயற்பாடுகளில் இவர் ஓர் தூணாக உள்ளார். இவரின் தலைமையில் முழு கிராமமும் சேர்ந்து குரல் கொடுத்ததாலேயே பாரகடுவ பிரதேசத்தில் உள்ள நாகமரம் வெட்டி சாய்க்கப்படுவது தடுக்கப்பட்டதுடன் பின் அம்மரம் ஓர் பாதுகாக்கப்பட்ட மரமாக அறிவிக்கப்பட்டது. மேலும் இவரே பொஹோரவெவ இளைஞர் மற்றும் கிராம மக்கள் சகவாழ்வு சங்கத்தை உருவாக்கினார்.

ஓர் சமுதாயத் தலைவராக சந்திரசிறி அவர்கள் தன்னார்வ செயற்பாட்டின் உண்மை தன்மையை உலகறியச்செய்துள்ளார். அவரின் கிராமத்தில் அவர் ஒரு எடுத்துக்காட்டாக உள்ளதுடன், ஓர் தலைவராகவும் அங்கீகாரம் பெற்றுள்ளார். பெரும் ஈடுபாடு கொண்டவரும் தன்னலம் அற்றவருமான இவர், மேலும் சமுதாயத்திற்கு பணிபுரிய வேண்டும் என்பதில் உறுதியுடனுள்ளார்.



**REV. FR HYACINTH
THISERA**
PUTTALAM

“ I relish the silent service I can do to helping
these families overcome the hardship they go
through on a daily basis ”



REV. FR HYACINTH THISERA

Born to a family of fisher folk, Fr Thisera grew up along the western coast of the country. Growing up as a child, he witnessed first-hand the effects of alcohol and substance abuse in the community. A large number of victims were breadwinners of their families. Each day was a struggle for these families and a threat to the future generations.

Having completed his education at the seminary, Fr Thisera committed himself to changing the lives of those affected by alcohol and substance abuse. He began weekly peer group meetings on abstinence that bring together adults and youth who are struggling to overcome substance use, and their families. The meetings provide the much-needed refuge for individuals to speak up. It is also a space where they receive encouragement and support. Fr Thisera also directs victims and their families towards counselling and medical support and continues to monitor their progress to reduce the risk of relapsing.

In a community where victims and families of substance abuse are severely shunned and marginalised, Fr Thisera gave them hope, a chance to rebuild their lives and to restore their dignity. Due to his relentless efforts, many individuals, who were previously substance users, have been able to rebuild their families, excel at their workplace and lead successful lives. They are also able to inspire other substance users to breakaway from addiction.

Most importantly, these peer groups have created a positive social trend that accepts and respects people who have recovered from substance abuse and focus on creating a substance-free society.

Over one hundred adults and youth across the areas of Wennapuwa, Chilaw, Negombo and Kalpitiya have been able to overcome substance addiction through the selfless service of Fr Thisera.

While supporting victims of substance abuse has been an integral part of Fr Thisera's work, there are countless other initiatives that he has pioneered in the community, including raising funds to build houses for low income families, providing free medicine to the needy and building water supplies that have created access to clean water to over a thousand families.

Fr Thisera's passion and commitment to make a difference in society remain as steadfast as the faith he proclaims. In communities that have complex social challenges, he has united people for a common cause. Selfless and inspiring, Fr Thisera remains a role model in the community that he serves.

හයසිත්ත නිසේරා පියතුමා

ධීවර පවුලකට උපන් නිසේරා පියතුමා ලංකාවේ බටහිර වෙරළ තීරයේ තම ළමා කාලය ගත කළේය. එතුමා කුඩා දරුවකු ලෙසම, මත්ද්‍රව්‍ය සහ මත් කුඩුවල සමාජයීය බලපෑම සියැසිත්ම දැක ගත්තේය. බොහෝ විට පවුල්වල ගෘහ මූලිකයන් මෙයට ප්‍රධාන ලෙස ගොදුරු වන්නේය. මෙය පවුල් සංස්ථාව තුළ විවිධ ගැටළු නිර්මාණයට හේතු වනවා මෙන්ම අනාගත පරපුර සඳහා මහත් තර්ජනයක් විය.

සෙමිනරි අධ්‍යාපනය නිම කිරීමෙන් අනතුරුව නිසේරා පියතුමා මත්ද්‍රව්‍ය හා මත්කුඩු හේතුවෙන් පීඩිත විනාශ කරගත් මිනිසුන්ගේ පීඩිත වෙනස් කිරීමට කැපවීමෙන් කටයුතු කළේය. මොහු මත්කුඩු භාවිතයෙන් දුරස් වීමට වෙර දරන වැඩිහිටියන් හා තරුණයන් සඳහා මිතුරු කණ්ඩායම් සාකච්ඡා ආරම්භ කළේය. මෙමඟින් පීඩාවට පත් වූවන්ට තම අදහස් ප්‍රකාශ කිරීමට කදිම අවස්ථාවක් උදා විය. තව ද ඔවුන්ව දිරි ගැන්වීමට සහ ඔවුන්ට අවශ්‍ය සහයෝගය ලබා දීම ද මෙම සාකච්ඡා මගින් සිදු වේ. නිසේරා පියතුමා පීඩාවට පත් වූවන්ට සහ ඔවුන්ගේ පවුල් සඳහා උපදේශන සහ වෛද්‍ය සේවාවන් සපයන අතර ඉන් නොනැවති ඔවුන්ගේ ප්‍රගතිය ද අධීක්ෂණය කරනු ලබයි.

මත්කුඩු භාවිත කරන්නන් සහ ඔවුන්ගේ පවුල් සෑම විටම සමාජයේ පිළිකුලට ලක් වෙති. බොහෝ අවස්ථාවල දී ඔවුන් සමාජය විසින් කොන් කරනු ලැබේ. මෙබඳු වාතාවරණයක නිසේරා පියතුමා මොවුන්ට නව බලාපොරොත්තු ලබා දෙමින් තම පීඩිත නැවත නගා සිටුවීමට සහ පිරිහී ගිය ආත්මගරුත්වය නැවත ලබා දීමටත් කැපවීමෙන් කටයුතු කරනු ලබයි. පියතුමාගේ මනා කැපවීම තුළින් පවුල් සංස්ථාව තුළ මෙන්ම රැකියා ස්ථාන තුළ ද මොවුන්ගේ යහපත් හැසිරීම මනාවට පෙන්නුම් කරයි. එසේම මෙම පුද්ගලයින් විසින් මත්ද්‍රව්‍ය භාවිතයට ඇඬිබැහි වූ අනෙකුත් පුද්ගලයන් ද මත්ද්‍රව්‍ය භාවිතයෙන් දුරස් කිරීමට උත්සහ කෙරෙනු ලැබේ.

මිතුරු කණ්ඩායම් සාකච්ඡා, මත්ද්‍රව්‍ය භාවිතය අත් හළ පුද්ගලයින් කිසිදු වෙනසකින් තොරව නැවත සමාජයට පිළිගැනීමට සහ ඔවුන්ගේ ආත්ම විශ්වාසය ගොඩ නැංවීමට මහඟු ලෙස උපකාරී වේ. මෙහි ප්‍රධාන අරමුණ වන්නේ මත්ද්‍රව්‍යවලින් තොර සමාජයක් බිහි කිරීමයි.

නිසේරා පියතුමාගේ දැඩි කැපවීම සහ අධීෂ්ඨානශීලිභාවය නිසා වෙන්නප්පුව, හලාවත, මීගමුව සහ කල්පිටිය යන ප්‍රදේශයන්හි වෙසෙන 100කට අධික වැඩිහිටියන් සහ තරුණයන් මත්ද්‍රව්‍ය වලින් මුදවා ගැනීමට උපකාරී වී ඇත.

පුද්ගලයින් මත්ද්‍රව්‍ය භාවිතයෙන් දුරස් කිරීමට තැත් කරනවා පමණක් නොව, නිසේරා පියතුමා අඩු ආදායම් ලාභී පවුල් සඳහා නිවාස ඉදි කිරීමට ද විපතට පත් වූවන් සඳහා අවශ්‍ය වෛද්‍ය සේවාවන් ලබා දීමට ද දහසක් පවුල් සඳහා පිරිසිදු ජලය ලබා ගැනීම වෙනුවෙන් ජල සැපයුම් මාර්ග සකස් කිරීමට ද ප්‍රමුඛත්වය ගෙන කටයුතු කර ඇත.

නිසේරා පියතුමා තුළ පවතින ආශාව සහ කැපවීම සමාජයේ වෙනසක් ඇති කිරීමට ඔහු තුළ ඇති දැඩි විශ්වාසය මනාව පෙන්නුම් කරයි. සංකීර්ණ සමාජ අභියෝග පවතින යුගයක මිනිසුන් පොදු අරමුණක් වෙනුවෙන් එක් රැස් කිරීමට ඔහු ගත් උත්සාහය ප්‍රශංසනීයය. ඔහු තම සමාජයට අගනා ආදර්ශයකි.





அருட்தந்தை ஹயாசிந்த் திஸ்செரா

தனது சிறுவயதிலிருந்தே இலங்கையின் மேற்கு கடற்கரை பகுதியில் வாழ்ந்து வந்த அருட்தந்தை ஹயாசிந்த் அவர்கள் மீனவக் குடும்பத்தில் பிறந்தவராவார். சிறுவயதிலிருந்தே மது மற்றும் போதைப்பொருள் பாவனையின் விளைவுகளைக்கண்ட இவர், அவ்விளைவுகள் எவ்வாறு அப்பிரதேச குடும்பங்களையும் அப்பிரதேசத்தின் எதிர்கால சந்ததியினரையும் பாதிக்கின்றன என்பதைக் கண்டார்.

குருமடத்தில் தனது கல்வியை கற்று முடித்த அவர் மது மற்றும் போதைப்பொருள் பாவனையினால் பாதிக்கப்பட்ட மக்களின் வாழ்வில் ஓர் மாற்றத்தை ஏற்படுத்த தன்னை அர்ப்பணித்துக்கொண்டார். பாதிப்புக்குள்ளாகி வாழ்க்கையில் தத்தளித்துக்கொண்டிருக்கும் இளைஞர்கள், பெரியவர்கள் மற்றும் அவர்களின் குடும்பத்தினருக்கும் வாரம்தோறும் தோழர் குழு (abstinence peer group) கூட்டங்கள் நடாத்தி வந்தார். இக்கூட்டங்கள் இவர்களுக்கு மிகவும் பயனுள்ளதாக அமைந்தது மட்டுமின்றி இப்பிரச்சினையை எதிர்க்கொள்ள ஓர் தூண்டுதலாகவும் இருந்தது. மேலும் அருட்தந்தை திஸ்செரா அவர்கள், இதனால் பாதிக்கப்பட்டவர்கள் உளவளத்துணை பெறுவதற்கும், சிகிச்சை பெறுவதற்கும் வழியமைப்பதுடன் அவர்கள் மீண்டும் இச்செயல்களில் ஈடுபடாமல் இருப்பதற்கு அவர்களை கண்காணித்தும் வருகிறார்.

மது மற்றும் போதைப்பொருட்களுக்கு அடிமையானவர்கள் மற்றும் அவர்களது குடும்பங்கள் சமூகத்தினால் ஓரங்கட்டப்படும் இக்காலத்தில், அருட்தந்தை திஸ்செரா அவர்கள் ஓர் ஒளியாக இருந்தது மட்டுமில்லாமல், அவர்களது வாழ்க்கையைக் கட்டியெழுப்புவதற்கும் இடைவிடா முயற்சியில் ஈடுபட்டார். அருட்தந்தை திஸ்செரா அவர்களின் இச்செயல்களினால் முன்பு மது மற்றும் போதைப்பொருட்களுக்கு அடிமையானவர்கள் இப்போது அவர்களது தொழிந்துறையில் திறமைசாலிகளாக இருப்பதுடன் வெற்றிகரமான வாழ்க்கையை கொண்டுசெல்கின்றனர்.

மிக முக்கியமாக, இத் தோழர் குழுக்கள், சமூகத்தினர் மத்தியில் இத்தகைய போதைப்பொருள் பாவனையிலிருந்து விடுபட்டவர்கள் பற்றிய நல்லெண்ணத்தையும், கௌரவத்தையும், ஏற்படுத்தியுள்ளதுடன் ஒரு போதைவஸ்து அற்ற சமூகத்தை உருவாக்குவதிலும் கவனம் செலுத்துகின்றன.

அருட்தந்தை திஸ்சேரா அவர்களின் தன்னலமற்ற சேவையினால் வென்னப்புவை, சிலாபம், நீர்கொழும்பு, கற்பிட்டி போன்ற பிரதேசங்களில் வாழும் நுற்றுக்கணக்கான இளைஞர்கள் மற்றும் பெரியவர்கள் இப்பழக்கவழக்க அடிமைத்தனத்திலிருந்து விடுபட்டுள்ளனர்.

போதைப்பொருள் மற்றும் மது பாவனைக்குள்ளானவர்களுக்கு உதவும் அதே நேரம், அருட்தந்தை திஸ்சேரா அவர்கள், சமூகத்தில் குறைந்த வருமானமுள்ள குடும்பங்களுக்கு வீடு கட்டிக்கொடுத்தல், இலவச மருத்துவச்சேவை மற்றும் ஆயிரத்திற்கும் மேற்பட்ட நபர்கள் பலனடையக்கூடிய நீர்ப்பாசன திட்டங்கள் மேற்கொள்ளல் போன்ற மேலும் பல செயற்திட்டங்கள் செய்துள்ளார்.

சிக்கலான சமூக சவால்கள் காணப்படும் இக்காலத்தில் பொது நலனிற்காக மக்களை ஒன்றிணைத்து சமூகத்தில் ஓர் மாற்றத்தை உருவாக்க அருட்தந்தை திஸ்சேரா அவர்கள் மேற்கொள்ளும் நடவடிக்கைகள் அவரது உறுதியான நம்பிக்கையை எடுத்துக்காட்டுவதுடன் அவர், சேவை புரியும் சமூகத்தில் ஓர் முன்னுதாரணமாகவும் உள்ளார்.



KASUN JAYATHUNGA
MATARA

“The greatest gift you can give to
your fellow society is volunteerism”



KASUN JAYATHUNGA

Born with a hearing impairment, Kasun faced tremendous hardships as a child. With support from his family and friends, he learnt to read and write in Sinhala and English which enabled him not only to converse fluently in sign language and lip read but also to excel in his studies.

In spite of the support Kasun received, he remained aware of the challenges that young children with hearing impairments face on a daily basis and was determined to do what he could to help them.

In 2009, Kasun attended the ‘Duskin Leadership Training for Person with Disabilities’ in Japan which equipped him with new skills in technology, leadership and project management. His ability to converse in foreign sign languages such as Japanese allowed him to communicate and network with deaf communities abroad. Through such experiences he was able to obtain assistance for volunteering endeavours in Sri Lanka.

Kasun founded the “Sumaga Ruhunu Circle of Deaf” in 2012, and has worked diligently to empower others like him through the organisation. He has distributed hearing aid and volunteered as a teacher at the Rohana Special School in Matara. In 2013, he teamed up with Marks and Spencer to provide vocational training for young people with hearing impairments. As a result of this initiative 125 youth have been trained and 88 of them have been employed in reputed companies.

In 2013, Kasun embarked on a journey to empower those with hearing impairments to visualise what they couldn’t hear. He set up ‘Ahanna’ (listen), a production house which initially began recording religious sermons into sign language videos. Moving from audio to text, the production house converted Sinhala text books used by children from grades 1-5 into sign language videos. These videos are being distributed free of charge.

Kasun’s effort to bridge the gap between the hearing and deaf community was made fruitful by his invention ‘Sithengi’ – an Automatic Sign Language Translator. This revolutionary invention allows sign language gestures to be translated into alphabets. Kasun was recognised for these initiatives when he was awarded the first place in the fields of ‘Teaching Aid’ and ‘Making Disable Independent’ at the ‘Sahasak Numavum’ National Inventions Exhibition in 2012 and 2014.

In a society where those with disabilities are marginalised, Kasun has found the passion and drive to make a difference. His work spans across the country touching the lives of hundreds, from children in Jaffna to the youth in Matara.

Drawing satisfaction solely from the need to serve humanity, Kasun has provided individuals with hearing impairment an opportunity to lead a normal life within the community. Above all, he has empowered them with respect and dignity.

කපුන් ජයතුංග

ශ්‍රවණාබාධිතව උපන් කපුන් සිය ළමා කාලයේ බොහෝ දුක් කම්කටොලුවලට මුහුණ දුන් අයෙකි. තම පවුලේ අය සහ මිතුරන්ගේ උපකාර ඇතිව සිංහල සහ ඉංග්‍රීසි භාෂාවෙන් ලිවීමේ සහ කියවීමේ හැකියාව ලබා ගත් අතර ඒ මගින් ඉතා වතුර ලෙස සංඥා භාෂාවෙන් සංවාදයේ යෙදීමටත්, තොල් පාඨනය කිරීමටත් පමණක් නොව ඉගෙනීමේ කටයුතු ද ඉතා උසස් ලෙස සිදු කිරීමට ඔහුට හැකි විය.

කපුන්ට ලැබුණු උපකාර මධ්‍යයේ, ඔහු ශ්‍රවණාබාධිත ළමුන්ට ඵදිනෙදා කටයුතු කර ගැනීමේදී ඇති වන ගැටළු සහ දුෂ්කරතා පිළිබඳව මහා අවබෝධයකින් පසු වූ අතර ඔවුන්ට උපකාර කිරීමට අධිෂ්ඨානශීලී විය.

2009 වර්ෂයේ දී ජපානයේ පැවති ‘අබාධිත පුද්ගලයන් සඳහා වූ ඩස්කින් නායකත්ව පුහුණුව’ ට මොහු සහභාගි වූ අතර නව තාක්ෂණික කුසලතා, නායකත්ව සහ ව්‍යාපෘති කළමනාකරණය යන අංශයන් ප්‍රගුණ කිරීමට අවස්ථාව ලැබුණි.

ජපන් වැනි විදේශ සංඥා භාෂාවන් හැසිරවීමට ඔහුට නිබු භැකියාව උපයෝගී කරගෙන විදේශ ශ්‍රවණාබාධිත පුද්ගලයන් සමඟ සංවාදයේ යෙදීමෙන් සහ සම්බන්ධ වීමෙන් ශ්‍රී ලංකාවේ ස්වේච්ඡා සේවයට උපකාර ලබා ගැනීමට ඔහුට හැකි විය.

2012 වර්ෂයේ දී කපුන් ‘සුමග රුහුණු ශ්‍රවණ උග්‍රතා සංසදය’ (Sumaga Ruhunu Circle of Deaf) ස්ථාපිත කිරීමෙන් ඔහු වැනි අනෙකුත් ශ්‍රවණාබාධිතයන්ට උපකාර කොට බල ගැන්වීමට අවස්ථාවක් ලැබුණි. ඔහු ශ්‍රවණාබාධ රෝගීන් දුන් අතර මාතර රෝහණ විශේෂ විද්‍යාලයේ ස්වේච්ඡා සේවයේ ද නිරත විය. 2013 වර්ෂයේදී ශ්‍රවණාබාධිතයන් සඳහා වූ වෘත්තීය පුහුණු වැඩසටහනට මාර්ක්ස් ඇන්ඩ් ස්පෙන්සර් (Marks and Spencer) සමගින් එක් විය. මෙමගින් තරුණයන් 125 දෙනෙකු පුහුණුව ලැබූ අතර 88 දෙනෙකුට පිළිගත් ආයතනවල රැකියා අවස්ථා ලබා ගැනීමට හැකි විය.

2013 වර්ෂයේ දී ඔහු විසින් ‘අභ්‍යන්ත’ නිෂ්පාදන ආයතනය ස්ථාපිත කරමින් මූලික පියවර ලෙස ආගමික දේශනයක් සංඥා භාෂාවට පරිවර්තනය කිරීම සිදු විය. ඔහු තවදුරටත් 1-5 ශ්‍රේණිවල ළමුන් සඳහා වූ සිංහල පෙළපොත් සංඥා භාෂාවට පරිවර්තනය කොට ඒවා නොමිලේ බෙදා දෙන ලදී.

‘සිතැති’ ස්වයංක්‍රීය සංඥා භාෂා පරිවර්තනය යොදා ගැනීමෙන් ඔහු විසින් බිහිරි හා බිහිරි නොවන පුද්ගලයන් අතර පරතරය අවම කිරීමට කටයුතු කළේය. මෙහි ප්‍රධාන අරමුණ වන්නේ සංඥා භාෂාවේ සංඥා, අක්ෂරවලට පරිවර්තනය කිරීමයි. මෙම සේවාවන් අගයමින් ඔහුට 'Teaching Aid' සහ 'Making Disabled Independent' යන් හි දී පළමු ස්ථානය 2012 සහ 2014 වර්ෂයන්හි ‘සහසක් නිමැවුම්’ ජාතික නව නිපැයුම් ප්‍රදර්ශනයේදී හිමි විය.

අද සමාජයේ ආබාධිත පුද්ගලයන් ඉදිරියට පැමිණෙන කාලයක වෙනසක් ඇති කිරීමට කපුන් තුළ බලවත් අභාවක් ඇති විය. ඔහුගේ මෙම කාර්යයන් දෙවුන්දර තුඩුවේ සිට යාපනය දක්වා සියළුම ශ්‍රවණාබාධිත පුද්ගලයන් සඳහා ව්‍යාප්ත විය. උපතින් ආබාධිත වුවත් ස්වකීය අධිෂ්ඨානය සහ කැපවීම තුළින් තමාගේ ජීවිතය ජය ගනිමින් තමා වැනි තව බොහෝ දෙනාගේ ජීවිත සුවපත් කිරීමට ඔහු ගත් සියළු උත්සාහයන් ඉතා ප්‍රශංසනීයය. මනුෂ්‍යත්වය වෙනුවෙන් සේවය කිරීමෙන් තෘප්තියක් ලබන කපුන්, ශ්‍රවණාබාධ සහිත පුද්ගලයින්ට තම සමාජය තුළ සාමාන්‍ය ජීවිත රටාවක් ගෙන යෑමට අවස්ථාව ලබා දී ඇත.





கசன் ஜயதுங்க

செவிப்புலன் குறைபாடுடன் பிறந்த கசன், சிறுவயதில் பல துயரங்களை எதிர்நோக்கினார். கசன், தன் குடும்பம் மற்றும் நண்பர்களின் உதவியுடன் ஆங்கிலம் மற்றும் சிங்கள மொழிகளை எழுதவும் படிக்கவும் கற்றுக்கொண்டதுடன் சைகை மொழியில் சரளமாக பேசவும் கற்றுக்கொண்டு, உதடுகளை வாசிக்கும் திறனையும் கற்றுக்கொண்டு தனது கல்வி நடவடிக்கைகளில் வெற்றிகண்டார்.

தனக்கு எவ்வளவு உதவி கிடைத்தபோதிலும், செவிப்புலன் குறைபாடு இருந்த மற்ற சிறுவர்கள் அன்றாட வாழ்க்கையில் எதிர்நோக்கும் சவால்களை பற்றி கசன் நன்கு அறிந்ததுடன் அவர்களுக்கு ஏதேனும் உதவி புரிய வேண்டும் என்பதில் குறியாக இருந்தார்.

இது இவ்வாறிருக்க, 2009ஆம் ஆண்டில் ஐப்பான் நாட்டிலுள்ள “டஸ்கின் குறைபாடுள்ளவர்களுக்கான தலைமைத்துவ பயிற்சி நிலையத்தில்” (Duskin Leadership Training for Person with Disabilities) சேர்ந்ததுடன் அங்கு தலைமைத்துவம், தொழில்நுட்பம், திட்ட மேலாண்மை போன்ற திறன்களை பெற்றுக்கொண்டார். இதேவேலை ஐப்பான் போன்ற வேறு மொழிகளின் சைகை மொழியில் உறவாட முடிந்தமையினால் அவருக்கு வேறு நாடுகளிலுள்ள செவிப்புலன் குறைபாடுடைய மக்களுடன் தொடர்புகள் ஏற்படுத்தி இலங்கையில் அவரின் தன்னார்வ செயற்பாடுகளுக்கு உதவிகளை பெற்றுக்கொண்டார்.

2012ஆம் ஆண்டு “சுமக ருஹனு செவிப்புலன் குறைபாடுடையவர்களுக்கான சங்கத்தை” (Sumaga Ruhunu Circle of Deaf) நிறுவி, அவரை போன்று இருக்கும் மற்றவர்களுக்கு உதவியும் ஊக்கமும் அளித்தார். மாத்தரை ரோகன விசேட பாடசாலையில் தன்னார்வ ஆசிரியராக பணிபுரிந்ததுடன் அங்கு செவித்துணைக் கருவிகளையும் பகிர்ந்தளித்தார். 2013ஆம் ஆண்டில் “மார்க்ஸ் அண்ட் ஸ்பென்சர்” நிறுவனத்துடன் இணைந்து, செவிப்புலன் குறைபாடுடைய இளைஞர்களுக்கு தொழிற்பயிற்சி வழங்கினார். இத்திட்டத்தினூடாக 125 இளைஞர்கள் பயிற்சி பெற்றதுடன் அவர்களில் 88 இளைஞர்கள் இலங்கையிலுள்ள பிரபல நிறுவனங்களில் சேவையுரிகின்றனர்.

செவிப்புலன் குறைபாடுடையவர்களுக்கு கேற்க முடியாதவற்றை காட்சிப்படுத்த ஓர் புதிய முயற்சியில் 2013ஆம் ஆண்டில் இறங்கினார் கசன். இதற்கமைய “அஹன்ன” (கேளு) எனும் உருவாக்க நிலையம் ஒன்ற ஆரம்பித்து, முதலில் சமய வழிபாட்டு சொற்பொழிவுகளை சைகை மொழி காணொளிகளாக உருவாக்கினார். ஒலியிலிருந்து எழுத்துக்கு மாறிய இவர்கள், 1 முதல் 5ஆம் வகுப்பு சிங்கள பாடப்புத்தகங்களை காணொளிகளாக மாற்றி அவற்றை இலவசமாக பகிர்ந்தளித்தார்.

“சிதங்கி” எனும் தன்னிச்சையாக இயங்கும் சைகை மொழி மொழிபெயர்ப்பு கருவியை உருவாக்கிய கசன், செவிப்புலன் குறைபாடுடையவர்கள் மற்றும் சாதாரண மக்களிடையே இருந்து இடைவெளியை குறைத்தார். இவ்வுருவாக்கமானது சைகை மொழியில் செய்யும் சைகைகளை எழுத்துகளாக மாற்றும். இதேவேளை, இதுபோன்ற கண்டுபிடிப்புகளுக்கு “சஹசக் நிமவம்” (Sahasak Numavum) எனும் தேசிய புதிய உருவாக்கங்கள் கண்காட்சியில் 2012 மற்றும் 2014ஆம் ஆண்டில் கசன் “கற்பித்தல் உதவி உபகரணங்கள்” மற்றும் “மாற்றுத்திறனாளிகள் பிறர் உதவியின்றி வாழ உதவல்” எனும் பிரிவுகளில் முதலிடம் பெற்றார்.

மாற்றுத்திறனாளிகளுக்கு பெரிதாக அங்கீகாரம் கிடைக்காத இக்காலத்தில், மாற்றம் ஒன்றை கொண்டுவர கசனுக்கு பெரும் ஆர்வம் உள்ளது. யாழ்பாணத்திலுள்ள சிறுவர்கள் முதல் மாத்தறையிலுள்ள இளைஞர் வரை இவரின் பணிகள் உதவியுள்ளன. மனிதனுக்கு சேவை புரியவேண்டும் எனும் ஒரே நோக்குடன் இயங்கும் கசன் செவிப்புலன் குறைபாட்டுடன் வாழ்பவர்களுக்கு ஓர் சாதாரண வாழ்க்கையை கொண்டுசெல்ல வழிவகுத்துள்ளார்.



**KUMARINI
WICKRAMASURIYA**
HAMBANTOTA

“Volunteers are the most wonderful people in the world, Volunteering is a great way to spend your life and it's much more than what money can do”



KUMARINI WICKRAMASURIYA

'Navajeeva' means giving 'new life', and for Kumarini the Centre she set up 29 years ago has given her and many others a new lease of life. Her husband, a doctor by profession, was passionate about helping those with disabilities. However his untimely death, was a major setback in Kumarini's life.

Supported by her family and friends, Kumarini started off the Navajeevana Rehabilitation Centre in Tangalle with three volunteers, opening the doors of her home to children and adults with mental and physical disabilities. She found it difficult to identify people with mental and physical disabilities, while the lack of trained therapists created a vacuum in providing a sustainable system for regular care.

Instead of bringing down therapists from Colombo, Kumarini believed that investing in the people of the area would sustain this initiative in the long run. With the help of other villagers who supported the activities of the centre, Kumarini selected a few youth in the area and equipped them with the necessary skills and training to serve those who walk in through the doors of the centre.

Through her tireless efforts and hard work Kumarini received sufficient donors and funds to the Centre allowing it to build its own prosthetics and orthotics workshop and a fully equipped physiotherapy and audiology testing facilities. Its highly trained staff and availability of facilities makes the Centre a one-stop resource centre for people with disabilities. Further, the Centre trained rehabilitees to work in their workshops and employed them as staff.

While the Centre grew in size and strengthened its impact, Kumarini soon realised that rehabilitation was the first of many hurdles faced by children with various physical, neurological and developmental disabilities. As they require special learning facilities, these children were unable to attend mainstream schools which was an impediment to their education.

To address this gap, the Centre established two special education classes. Today, there are four special education schools supported by the Centre, which are located in different parts of the province. Specially trained teachers work in these schools and provide a holistic basic education that includes not only academics but aesthetics as well. Children attending these schools are later integrated into the mainstream schools in the area.

The dedicated staff at the Centre have helped to uplift the lives of over 42,000 individuals with disabilities. In addition, the Centre has provided employment opportunities to over 50 people from the area, while Kumarini has also inspired over 700 youth in the community to volunteer to help those in need. Not only is Kumarini a spirited volunteer, her commitment to serve the community is remarkable.

කුමරණි වික්‍රමසූරිය

‘නැණපීච’ යනු ‘නව පීචය’ යි. දැනට වසර 29කට පෙර පිහිටුවනු ලැබූ මධ්‍යස්ථානය කුමරණි සහ නවත් බොහෝ දෙනෙකුට ලබා දුන්නේ එවන් නව පීචයකි. වෘත්තියෙන් වෛද්‍යවරයෙකු වූ ඇයගේ සැමියා ආබාධිත පුද්ගලයන් හට උපකාර කිරීමට බොහෝ සෙයින් කැපවූවෙකි. නමුත් ඔහුගේ අකල් මරණය කුමරණිව පසු බැමට ලක් කළේය.

ඇගේ පවුලේ සහ යහළුවන්ගේ සහයෝගය ද ඇතිව ස්වේච්ඡා සේවකයින් තිදෙනෙකු සමග කුමරණි තංගල්ල ප්‍රදේශයේ නැණපීච පුනරුත්ථාපන මධ්‍යස්ථානය පිහිටු වූවය. මෙම මධ්‍යස්ථානය පිහිටු වනු ලැබුවේ මානසික සහ ශාරීරික දුර්වලතාවලින් පෙළෙන දරුවන් සහ වැඩිහිටියන් හට උපකාර කිරීමටය. එවන් පුද්ගලයන් සොයා යෑම බරැරැම් කාර්යයක් වූ අතර පුහුණු විකිත්සකවරුන් නොමති වීම දිගු කාලීන රෝග ප්‍රතිකාර කිරීම්වල දී මහත් ගැටළුවක් විය.

කොළඹින් විකිත්සකවරුන් ගෙන්වනවාට වඩා එම ප්‍රදේශයේම පුද්ගලයින් පුහුණු කරවීම මෙම ක්‍රියාවලියේ දිගුකාලීන පැවැත්මට රුකුලක් වනු ඇතැයි කුමරණිගේ විශ්වාසය විය. මෙම මධ්‍යස්ථානයට සහයෝගය දක්වන අනෙකුත් ගම්වාසීන්ගේ උපකාරය ද ඇතිව, කුමරණි යෞවනයන් කිහිපදෙනෙකු තෝරාගෙන ඔවුන්ට අවශ්‍ය පුහුණුව සහ දැනුම ලබා දුන්නාය. මෙලෙස ඔවුන්ට සූදානම් කරනු ලැබුවේ එම මධ්‍යස්ථානයේ පිහිටි පතා පැමිණෙන්නන් හට උපකාර කිරීමටය.

කුමරණිගේ කැපවීම සහ උත්සාහය නිසාවෙන් බොහෝ පරිත්‍යාග හා අරමුදල් මධ්‍යස්ථානයට ලැබීම හේතු කොටගෙන කෘතීම අත් පා නිපදවීම මෙන්ම භෞතවිකිත්සා හා ශ්‍රවණාබාධිත පුද්ගලයන් සඳහා අවශ්‍ය පහසුකම් මධ්‍යස්ථානය තුළ පිහිටු වීමට හැකියාව ලැබිණි. මෙම පහසුකම් සහ පුහුණු සේවක කණ්ඩායම නිසා එහි උපකාර පතා පැමිණෙන පුද්ගලයන්ගේ සියළු අවශ්‍යතා එකම ස්ථානයකින් ලබා දීම මහත් උපකාරයක් විය. මෙම මධ්‍යස්ථානයෙන් පුනරුත්ථානය වන්නන් වැඩමුළුවලට සහභාගී කර ගනිමින් පසුව ඔවුන් එහි සේවක මණ්ඩලයට බඳවා ගනු ලැබේ.

මෙලෙස මධ්‍යස්ථානය දියුණු වන අතරතුර කුමරණිට අවබෝධ වූයේ විවිධ ආබාධවලින් පෙළෙන දරුවන් මුහුණ දෙන අභියෝගවලින් පළමු වැන්න පුනරුත්ථාපනය බවයි. විශේෂ පහසුකම් අවශ්‍ය වන මෙම දරුවන්ට සාමාන්‍ය පාසල්වලට ඇතුළු වීමේ හැකියාව නොහැකි බැවින්, එය මෙම දරුවන්ට අධ්‍යාපනය ලබා ගැනීමට බාධාවක් විය.

මෙම ගැටළුව නිරාකරණය කිරීමට මධ්‍යස්ථානය විසින් විශේෂ පන්ති දෙකක් පිහිටු වනු ලැබිණි. අද වන විට මධ්‍යස්ථානයේ උපකාරයන් සහිත විශේෂ අධ්‍යාපන පාසල් හතරක් පළාතේ විවිධ ස්ථානවල පිහිටුවා ඇත. විශේෂ පුහුණුවක් ලැබූ ගුරුවරුන් මෙම පාසල්වල දී ශාස්ත්‍රීය පමණක් නොව සෞන්දර්යාත්මක අධ්‍යාපනය ඇතුළුව පරිපූර්ණ මූලික අධ්‍යාපනයක් එම දරුවන්ට ලබා දෙති. මෙම පාසල්වල අධ්‍යාපනය ලබන ළමුන් පසුකාලීනව ප්‍රදේශයේ අනෙකුත් පාසල්වලට ඇතුළු කරනු ලැබේ.

මහත් කැපවීමෙන් කටයුතු කරන මෙම මධ්‍යස්ථානයේ සේවක මණ්ඩලය ආබාධිත පුද්ගලයින් 42,000කගේ ජීවිතවලට නව පීචයක් ලබා දී ඇත. කුමරණි ධෛර්යය සම්පන්න ස්වේච්ඡා සේවිකාවක් පමණක් නොව සමාජය වෙනුවෙන් සේවය කිරීමට ඇති ඇගේ කැපවීම බොහෝ ප්‍රශංසනීයය. මෙම මධ්‍යස්ථානය ප්‍රදේශයේ 50 දෙනෙකුට වැඩි සංඛ්‍යාවකට රැකියා අවස්ථා ලබා දී ඇති අතර විශේෂ අවශ්‍යතා ඇති පුද්ගලයන්ට ස්වේච්ඡාවෙන් උපකාර කිරීමට යෞවනයන් 700කට වැඩි පිරිසක් පොළඹවා ඇත.





குமரிணி விக்ரமதூரிய

சிங்கள மொழியில் “நவஜீவ” என்பதன் கருத்து “புதிய வாழ்க்கை” என்பதாகும். இதுபோன்றே 29 ஆண்டுகளுக்கு முன்னர் குமரிணி அவர்கள் ஆரம்பித்த நவஜீவ நிறுவனமானது பலருக்கு வாழ்க்கையில் மற்றுமொரு சந்தர்ப்பத்தை கொடுத்துள்ளது. வைத்தியரான குமரிணியின் கணவர், மாற்றுத்திறனாளிகளுக்கு உதவ மிகவும் ஆர்வமாக இருந்தார். எனினும் அவரது திடீர் மரணம் குமரிணிக்கு ஓர் பின்னடைவாக இருந்தது

குடும்பம் மற்றும் நண்பர்களின் உதவியோடு தங்கல்லையில் மூன்று தன்னார்வலர்களோடு “நவஜீவன புனர்வாழ்வு மையத்தை” ஆரம்பித்த குமரிணி, மனவளர்ச்சி குறைபாடுடைய மற்றும் உடல் ஊனமுற்ற சிறியவர்கள் மற்றும் பெரியவர்களுக்கு அதன் கதவுகளைத் திறந்தார். எனினும், இவ்வாறானவர்களைத் தேடிச் செல்வதில் சிரமத்தை எதிர்கொண்ட இவர், சரிவர பயிற்சி பெற்ற மருத்துவர்களின் குறைபாட்டினாலும் இவ் நோயாளிகளை சரிவர கவனிப்பதற்கு முடியாமல் போனது.

இருந்தபோதிலும், கொழும்பிலிருந்து மருத்துவர்களை அழைத்து வருவதைவிட, அப்பிரதேசத்திலிருந்து சிலரை பயிற்றுவிப்பது நாளைவில் பயன்தரும் என நம்பினார். இதனடிப்படையில், கிராம மக்களின் உதவியுடன், கிராமத்திலிருந்து சில இளைஞர்களை தேர்ந்தெடுத்து, அவர்களுக்கு நவஜீவன மையத்திற்கு வரும் நோயாளிகளை கவனிப்பதற்கு தேவையான சகல திறன்களையும் பயிற்சிகளையும் வழங்கினார்.

குமரிணியின் விடாமுயற்சியினாலும், கடும் உழைப்பினாலும் நவஜீவன மையத்திற்கு உடற்பயிற்சிச் சிகிச்சை மற்றும் கேள் உணர்வு இயல் சோதனை வசதிகள், செயற்கை உடலுறுப்புகள் தயாரிக்கும் தொழிற்சாலை போன்ற வசதிகள் நன்கொடையாளர்களின் இதவிகளால் ஆரம்பிக்கப்பட்டுள்ளன. மேலும், இந்நிலையத்தில் புனர்வாழ்வு பெரும் நபர்கள் இத்தொழிற்சாலைகளில் சேவையும் புரிகின்றனர்.

நவஜீவன மையம் வளர்த்துவரும் போது, உடல், நரம்பியல் மற்றும் வளர்ச்சி குறைபாடுகள் உடைய சிறுவர்கள் புனர்வாழ்வு பெறுவது முதற்கட்டமே என்பதை அறிந்தார். விசேட தேவைகளுடைய இச்சிறுவர்கள் சாதாரண பாடசாலைகளுக்கு செல்வதனால் அவர்களின் கல்வி நடவடிக்கைகள் பாதிப்படைகின்றது என்பதை உணர்ந்தார்.

இச்சவாலை எதிர்கொள்ள, நவஜீவன மையம், இரு விசேட கல்வி வகுப்புகளை ஆரம்பித்தது. இன்று நவஜீவன மையத்தின் உதவியுடன் நான்கு விசேட கல்வி பாடசாலைகள் மாகாணம் முழுவதும் இயங்குகின்றன. விசேடமாக பயிற்றுவிக்கப்பட்ட ஆசிரியர்கள் இப்பாடசாலைகளில் சேவைபுரிவதுடன், மாணவர்களுக்கு கல்வி மட்டுமல்லாமல் பாடத்திட்டம் சாரா கல்வியும் கற்பிக்கப்படுகின்றது. இப்பாடசாலைகளுக்கு வரும் மாணவர்கள் பிற்காலத்தில் சாதாரண பாடசாலைகளில் சேர்க்கப்படுகின்றனர்.

அர்பணிப்புடன் சேவைபுரியும் நவஜீவன நிலையத்தின் ஊழியர்கள், இதுவரை 42000 இற்கும் மேற்பட்ட விசேட தேவையுடையவர்களுக்கு உதவியுள்ளனர். சமூகத்திற்கு சேவையும் அர்பணிப்பு மட்டுமல்லாமல் குமரிணி ஓர் எழுச்சி மிக்க தன்னார்வராவார். நவஜீவன மையம் அப்பிரதேசத்திலுள்ள 50 மேற்பட்ட நபர்களுக்கு வேலைவைப்புகள் ஏற்படுத்தியுள்ளதோடு, 700 மேற்பட்ட இளைஞர்களை தன்னார்வ பணிகளுக்கு ஊக்குவித்தும் உள்ளார்.

NATIONAL STEERING COMMITTEE ON VOLUNTEERING

The National Steering Committee on Volunteering (NSC-V) is the formal body that provides leadership and coordination at national level for volunteerism. The NSC-V serves as a valuable platform to bring together stakeholders from different sectors with an active interest in volunteerism. The main objective of the committee is to facilitate joint collaboration for the inclusion and promotion of volunteerism. NSC-V is also responsible for guiding the process of V-Awards, and is actively engaged in the longlisting of nominations process.



Ministry of Social Empowerment and Welfare



Ministry of Disaster Management



The Ceylon Chamber of Commerce



Social Policy Analysis Research Centre



Australian Volunteers for International Development



National Youth Services Council



News 1st



Sarvodaya



United Nations Development Programme



United Nations Volunteers



LORRAINE YU
COLOMBO

“ I always tell young people nothing is impossible, whether it be volunteer work or in your careers if you put your heart and soul to it you can achieve anything ”



LORRAINE YU

Dementia is a collective term used to describe over a hundred physical brain disorders, and one of the most common types of dementia is Alzheimer's disease. The lack of awareness and understanding amongst persons living with dementia and their families is an issue that needs to be addressed in Sri Lanka.

In 1999, Lorraine embarked on a long and challenging journey to raise awareness and combat the stigma associated with Alzheimer's disease. Having experienced the effects of the disease by caring for a family member, Lorraine put her heart and soul into being a full-time volunteer, to educate people about the disease and assist those who suffer from it.

Along with her then husband, Lorraine went on to establish the Lanka Alzheimer's Foundation (LAF). Initially caring for guests at their own residence, she worked painstakingly to raise funds for a permanent Centre. For a period of two to three months a year, Lorraine and her volunteers would stand outside supermarkets and other popular locations, raising awareness and inviting generous donors to support their cause.

Throughout all these efforts, her main goal was to create greater awareness among people about Alzheimer's. Ten years since the initiation of the foundation, her commitment and hard work culminated in the establishment of the LAF Service and Information Centre on World Alzheimer's Day 21 September 2011.

The Centre offers a variety of services ranging from creating awareness and eradicating stigma, providing memory screening assessments, caregiver support groups, an activity centre providing therapeutic activities for persons living with dementia and respite for the carer as well.

Lorraine pays great attention when gathering her volunteers who can dedicate their time for work at the Foundation and runs the Centre as a professional entity, recording every donation received. She is conscious of the fact that LAF is accountable to their well-wishers and donors.

Families of the visitors value the direct effect that Lorraine and her team have on their well-being. The activities and interactions that LAF provides keep guests occupied and content, and in some instances contributes to stalling the progress of the disease.

Ever present and ready to offer support to anyone who steps into LAF, Lorraine is an inspiration not only to her staff but to everyone who has interacted with her at the Centre.

Lorraine is driven by an unwavering passion and commitment to fulfil a promise she made 16 years ago. Coupled with her vision and devoted spirit to the cause, she has built an institution from the ground up, that has uplifted the lives of those with dementia and their families.

ලොරේන් යු

ඩිමෙන්ෂියා යනු මොළයේ ආබාධයන් සිය ගණනකට වැඩි ප්‍රමාණයක් හැඳින්වීමට යොදා ගන්නා පදයකි. ඇල්සයිමර්ස්, ඩිමෙන්ෂියා රෝගයේ බහුලව දක්නට ලැබිය හැකි එක් රෝගී තත්ත්වයකි. ඩිමෙන්ෂියා වැළඳී ඇති පුද්ගලයන් සහ ඔවුන්ගේ පවුල් ඒ සම්බන්ධයෙන් දක්වන අඩු සැලකිලිමත්භාවය අද වන විට ලංකාවේ දක්නට ලැබෙන ප්‍රධාන ගැටළුවකි.

මෙම රෝගය පිළිබඳව සමාජ කතිකාවක් ඇති කිරීමේ අරමුණින් 1999 දී ලොරේන් තම ගමන ආරම්භ කළාය. ඇයගේ පවුල් සාමාජිකයෙකුට රෝගය වැළඳී තිබූ හෙයින් එමඟින් ලැබූ අත්දැකීම් සමඟ ඇල්සයිමර්ස් රෝගය පිළිබඳව මිනිසුන් දැනුවත් කිරීමටත් රෝගයෙන් පීඩා විඳින්නන්ට අවශ්‍ය උපකාර කිරීමටත් ඇය ස්වේච්ඡාවෙන් තම කාලය සහ ශ්‍රමය කැප කරන්නීය.

තම ස්වාමියාගේ ද සහය ඇතිව ඇය ‘ලංකා ඇල්සයිමර්ස් පදනම’ (Lanka Alzheimer’s Foundation) පිහිටුවන ලදී. මෙම පදනමෙහි මූලික වැඩ කටයුතු තම නිවසේ දී ආරම්භ කළ අතර මේ සඳහා ස්ථිර ගොඩනැගිල්ලක් සාදා ගැනීමට අවශ්‍ය මූල්‍යමය පහසුකම් සොයා ගැනීමට ඇය දැඩිව වෙහෙසුණාය. මෙම කාර්යය සඳහා පරිත්‍යාගයන් ලබා ගැනීමට සෑම අවුරුද්දකම මාස 2-3ක් ලොරේන් සහ ඇගේ ස්වේච්ඡා සේවකයින් සුපිරි වෙළඳසැල් සහ අනෙකුත් ප්‍රධාන ස්ථාන අසල ගැවසෙන්නට වූහ.

ඇල්සයිමර්ස් පදනම පිහිටුවා වසර 10කට පසු මෙම පදනමේ සේවාවන් සහ තොරතුරු මධ්‍යස්ථානය (LAF Service and Information Centre) 2011 සැප්තැම්බර් මස 21 වන දින එනම් ලෝක ඇම්සයිමර්ස් දිනයේ දී ස්ථාපිත කෙරිණි.

මෙම මධ්‍යස්ථානය, ඇල්සයිමර්ස් රෝගය පිළිබඳව සමාජය දැනුවත් කිරීමේ වැඩසටහන් මෙන්ම සමාජය තුළ ඒ පිළිබඳ තිබෙන ආකල්පය වෙනස් කිරීමේ වැඩසටහන් සංවිධානය කරයි. තව ද, මතකය තක්සේරු කිරීමේ වැඩසටහන්, සාත්තු කණ්ඩායම් සහ ඩිමෙන්ෂියා රෝගීන් වෙනුවෙන් විකිත්සක ක්‍රියාකාරකම් කිරීම සඳහා ක්‍රියාකාරකම් මධ්‍යස්ථානයක් පවත්වාගෙන යෑම යනා දී සේවාවන් රාශියක් ඉටු කරනු ලබයි.

ලොරේන් ස්වේච්ඡා සේවකයින් බඳවා ගැනීමේ දී මෙන්ම ආයතනයට ලැබෙන පරිත්‍යාග නිසි ලෙස කළමනාකරණය කිරීමේ දී දැඩි අවධානයක් යොමු කරයි. මෙමගින් ආයතනය වෘත්තීය මට්ටමේ ආයතනයක් ලෙස පවත්වාගෙන යාමට ඇය වෙහෙසෙයි.

ඇල්සයිමර්ස් පදනම විසින් දියත් කරන වැඩසටහන් ආයතනයට පැමිණෙන අමුත්තන් ක්‍රියාකාරකම්වලට සහභාගී කර ගන්නවා මෙන්ම මෙය සමහර අවස්ථාවන්හි දී ඇල්සයිමර් රෝගය ව්‍යාප්තිය අවම කිරීමට ද දායක වී ඇත.

උපකාර බලාපොරොත්තුවෙන් පැමිණෙන සියළු දෙනා උදෙසා නොපැකිළිව තම සේවය සැපයීමට ලොරේන් සහ ඇයගේ ස්වේච්ඡා සේවක කණ්ඩායම වගබලා ගනිති. ඇය තම කාර්යය මණ්ඩලයට පමණක් නොව පදනම සමඟ ගනුදෙනු කරන සියළු දෙනාටම ආදර්ශයකි. වසර 16කට පෙර ඇය තැබූ පොරොන්දුව ලොරේන්ගේ අප්‍රතිහත ධෛර්යය සහ කැපවීමේ ප්‍රතිඵලයක් ලෙස ඩිමෙන්ෂියා රෝගයෙන් පීඩා විඳින මිනිසුන් වෙනුවෙන් ආයතනයක් ගොඩනගා ඔවුන්ගේ ජීවිත සුවපත් කිරීමට දායක වී ඇත.





லோரெய்ன் யு

நூற்றுக்கும் மேற்பட்ட மூளைத் தொழிற்பாடு சார்ந்த கோளாறுகளை பொதுவாக “டிமேன்சியா” (Dementia) என்று கூறப்படும். அவற்றினுள் மிக பொதுவான வகையே ஆல்சைமர் நோயாகும். இலங்கையில் இந்நோய் உள்ளவர்களிடையேயும் அவர்களின் குடும்பத்தினிடையேயும் இந்நோயை பற்றிய விழிப்புணர்வு மற்றும் புரிந்துணர்வு ஏற்படுத்துவது அவசிய தேவையாக உள்ளது.

இதனடிப்படையில், ஆல்சைமர் நோயை பற்றிய விழிப்புணர்வை ஏற்படுத்தவும் சமுதாயத்தினுள் இந்நோயைப்பற்றிய களங்கத்தை இல்லாதொழிக்கவும் 1999ஆம் ஆண்டில் லோரெய்ன் அவர்கள் ஓர் நீண்ட மற்றும் சவால்மிக்க பயணத்தை ஆரம்பித்தார். ஆல்சைமர் நோயுள்ள தனது குடும்ப அங்கத்தவர் ஒருவரை பராமரித்ததால் தான் பெற்ற அனுபவத்தாலும் இந்நோய் ஏற்படுத்தக்கூடிய துன்பங்களை கண்டதாலும் லோரெய்ன் அவர்கள் மக்களை அறிவுபடுத்தவும் நோயுள்ளவர்களுக்கு உதவும் ஓர் முழு நேர தன்னார்வத்தொண்டராக தன்னை அர்பணித்தார்.

“இலங்கை ஆல்சைமர் அறக்கட்டளை” (Lanka Alzheimer’s Foundation) இன்னோக்கத்திற்காக லோரெய்ன் மற்றும் அவரது கணவரால் ஆரம்பிக்கப்பட்டது. ஆரம்பக்காலத்தில் தனது வீட்டில் நோயாளிகளை பராமரித்து வந்த லோரெய்ன் அவர்கள் ஓர் நிரந்தர பராமரிப்பு நிலையத்தை உருவாக்க பெரும் சிரமத்தை எதிர்க்கொண்டார். ஒவ்வொரு ஆண்டும் இரண்டு அல்லது மூன்று மாதங்கள் லோரெய்ன் மற்றும் அவருடன் சேர்ந்த தொண்டர்கள் கடைகள் வெளியே மற்றும் வேறு பிரபல இடங்களில் நின்று ஆல்சைமர் நோய் பற்றிய விழிப்புணர்வை ஏற்படுத்தி நன்கொடையாளர்களுக்கு நன்கொடைகள் வழங்குமாறு அழைப்பு விடுப்பார்கள்.

இவை அனைத்துக்குமிடையில் லோரெய்ன் அவர்களின் பிரதானமான நோக்காக அமைந்தது மக்களிடையே ஆல்சைமர் நோயைப்பற்றிய விழிப்புணர்வை ஏற்படுத்துவதாகும். இந்நிலையில், அறக்கட்டளையை ஆரம்பித்து 10 ஆண்டுகளின் பின்னர் தனது விடாமுயற்சியினால் 2011ஆம் ஆண்டு செப்டெம்பர் மாதம் 21ஆம் திகதி உலக ஆல்சைமர் தினத்தன்று இலங்கை ஆல்சைமர் அறக்கட்டளையின் சேவை மற்றும் தகவல் நிலையம் திறந்துவைக்கப்பட்டது.

விழிப்புணர்வு ஏற்படுத்துதல், ஞாபகத்திறன் கணிப்பீடு, நோயாளிகளை பராமரிப்பாலர்களுக்கு பராமரிப்பாளர் உதவிக்குழு கூட்டங்கள் மற்றும் ஆல்சைமர் உள்ளவர்களுக்கு செயற்பாட்டு மையம் போன்ற வசதிகளும் இன்னும் பல வசதிகளும் இந்நிலையத்தில் உள்ளது.

தனது அறக்கட்டளை அதன் நலன்விரும்பிகளுக்கும் நன்கொடை வழங்குபவர்களுக்கும் பொறுப்பு கூறவேண்டும் என்பதில் திருவாட்டி லோரெய்ன் மிகவும் கவனத்துடனுள்ளார். இதன் காரணமாக, தனது தொண்டர்களை தேர்ந்தெடுக்கும்போது அறக்கட்டளைக்கான அவர்களின் அர்ப்பணிப்புக்கு முக்கியத்துவம் கொடுப்பதுடன், அறக்கட்டளையை ஓர் பொறுப்புள்ள நிறுவனமாக நடாத்தி வருகின்றார்.

அறக்கட்டளைக்கு வருபவர்கள் மற்றும் அவர்களின் குடும்பத்தினர் லோரெய்ன் மற்றும் தொண்டர்கள் காட்டும் அக்கறையை மிகவும் பாராட்டுகிறார்கள். அங்குள்ள செயற்பாடுகள் இந்நோயாளிகளை உயிரூட்டி வருவதுடன் சில நோயாளர்களுக்கு இந்நோய் தாக்கத்தை குறைத்தும் தாமதப்படுத்தியுமுள்ளது.

தனது அறக்கட்டளைக்கு வரும் எவருக்கும் எந்நேரமும் உதவ தயாராக உள்ள லோரெய்ன் அவர்கள், அவரின் தொண்டர்கள், சேவையாளர்களுக்கு மட்டுமின்றி அவருடன் பழகும் எவருக்கும் ஓர் அகத் தூண்டுதலாகவும் அமைந்துள்ளார்.

இச்சேவைக்கு அவரிடமுள்ள தொலைநோக்குப்பார்வை, முன்னோக்கான மனநிலை, 16 வருடங்களுக்கு முன் தான் தன்னர்வாக ஏற்றுக்கொண்ட பொறுப்பு மற்றும் அதனை சரிவரச் செய்யவேண்டும் என்ற உணர்ச்சி ஆகியவையே லோரெய்ன் அவர்களுக்கு டிமேன்சியாவினால் பாதிக்கப்பட்டவர்கள் மற்றும் அவர்களின் குடும்பங்களை செறிவூட்டுவதற்காக நிறுவனத்தை கட்டியெழுப்ப ஊக்குவித்துள்ளது.



NISHADHA HIMANSHI
GALLE

“If you want to be a volunteer, you cannot complain that you don't have time. If you truly believe you want to volunteer, you will always find the time and money”



NISHADHA HIMANSHI

Nishadha is a final year undergraduate of the University of Sabaragamuwa. Specialising in Statistics, her ambition was to become a lecturer. However her life goals were to change with the inception of her organisation - 'Voice for People Community Foundation'.

In 2015, Nishadha set up the foundation among her circle of friends to lend a helping hand to anyone in need. The foundation carries out its work through five broad areas; 'Saviya' (Strength) where children are provided educational opportunities through scholarships to complete their secondary education; 'Helping Hand' which makes donations for orphanages, elders' homes and school libraries; 'Sarasavi-Saviya' (Strength for Higher Education) through which seminars are conducted for advanced level students; 'Gamata Saviya' (Strengthening Villages) looks at uplifting the lives of people by providing health and economic support; and 'Kreedawata Saviya' (Sports Programme) which scouts for talent from the rural schools and provides them with guidance to excel in their chosen sports.

While material support in the form of stationery supplies for children in the rural areas remains a necessity, Nishadha has focused on providing teaching support which is an aspect that is often overlooked. In one of the school's where Nishadha and her team of volunteers work, students of the grade 5 scholarship examination have performed exceptionally well.

Nishadha raises awareness and finds prospective donors for these projects through the Facebook group of the organisation. Updates on the projects and funds are regularly posted on the group which ensures a link between the organisation and its donors and supporters.

In a relatively short period of time, Nishadha and her team have created an impact in the areas that they function. Schools and families in the areas of their work have greatly benefitted from these activities. She has provided the drive and leadership to this passionate and committed group of individuals that are selflessly investing their time and energy to empower and uplift the lives of people across the country.

නිශාධා නිවාසි

සබරගමුව විශ්වවිද්‍යාලයේ සංඛ්‍යාන විශේෂවේදී අවසන් වසර සිසුවියක වන උපාධිය ලබා ඇති නිශාධාගේ අරමුණ වූයේ විශ්වවිද්‍යාල අවාර්යවර්ධක වීමයි. කෙසේ වුවත්, ඇයගේ ජීවිතයේ ඉලක්කයන් ‘Voice for People ප්‍රජා පදනම’ සමඟ වෙනස් විය.

2015 වර්ෂයේදී ඇයගේ යහළුවන් කිහිප දෙනෙකු සමඟ පිහිටුවනු ලැබූ මෙම පදනමෙහි මූලික අරමුණ වූයේ අසරණ මිනිසුන්ට පිහිට වීමයි. මෙම පදනම පුළුල් පරාස 5ක් ඔස්සේ සේවාවන් සපයයි. ‘සවිය’ (ශක්තිය) ඉන් එක් අංගයකි. මෙමගින් ළමුන්ට ද්විතීය අධ්‍යාපනය සම්පූර්ණ කර ගැනීම සඳහා ශිෂ්‍යත්ව පිරිනැමීම සිදු කෙරේ. ‘උපකාර කිරීම’ මගින් ළමා නිවාස, වැඩිහිටි නිවාස සහ පාසල් ප්‍රස්තකාල සඳහා පරිත්‍යග ලබා දේ. ‘සරසවි සවිය’ උසස් පෙළ ළමුන් සඳහා සම්මන්ත්‍රණ පවත්වනු ලැබේ. ‘ගමට සවිය’ තුළින් සෞඛ්‍ය සහ ආර්ථික උපකාර සළසා දෙමින් ග්‍රාමීය ජනතාවගේ ජීවිත නගා සිටුවීමට දායක වේ. ‘ක්‍රීඩාවට සවිය’ (ක්‍රීඩා වැඩසටහන) විවිධ ක්‍රීඩාවන් සඳහා දක්ෂ ළමුන් වෙනුවෙන් ඔවුන්ගේ ක්‍රීඩා කුසලතා වර්ධනයට අවශ්‍ය පහසුකම් ලබා දේ.

ඉගෙන ගැනීමේ පහසුව සඳහා පොත්පත් වැනි භෞතික සම්පත් ග්‍රාමීය පාසල් ළමුන් සඳහා හිඟ වුවද, නිශාධා ප්‍රධාන වශයෙන් මොවුන්ගේ අධ්‍යාපනයට අවශ්‍ය උපකාර ලබා දීම කෙරෙහි අවධානය යොමු කළාය. නිශාධා සහ ඇයගේ ස්වේච්ඡා සේවක කණ්ඩායම ඉගැන්වීම් කටයුතු කළ එක් පාසලක පහ වසර ළමුන් ශිෂ්‍යත්ව විභාගයෙන් ඉහළින් සමත් වී තිබීම ඇ ලැබූ විශාල ජයග්‍රහණයකි.

පදනමට අවශ්‍ය මූල්‍ය අවශ්‍යතා සහ අනුග්‍රාහයක් සොයා ගැනීමට නිශාධා ෆේස්බුක් (facebook) පිටුවක් යොදා ගනියි. ව්‍යාපෘති සහ අරමුදල් සම්බන්ධයෙන් නිරතුරුවම තොරතුරු ෆේස්බුක් පිටුවට ඇතුල් කරන ඇය එමගින් සංවිධානය සහ පරිත්‍යාගශීලීන් අතර සබඳතාවය තවදුරටත් තර කීරීමට කටයුතු කරනු ලබයි.

කුඩා කාල පරිච්ඡේදයක් තුළ නිශාධා සහ ඇගේ කණ්ඩායම සමජයේ යහපත් බලපෑමක් කිරීමට සමත් වී ඇත. බොහෝ පාසල් සහ පවුල් මොවුන්ගේ ව්‍යාපෘති හරහා ප්‍රතිලාභ ලබා ගන්නෝ වෙති. ඇය කැපවීමෙන් සහ උනන්දුවෙන් පරාර්ථකාමීව දිවයිනේ පුරා වෙසෙන මිනිසුන්ගේ ජීවිත යහපත් කිරීම සඳහා වෙහෙසෙන පුද්ගලයන් හට නායකත්වය ලබා දෙයි.





நிஷாதா ஹிமன்ஷி

விரிவுரையாளராகும் லட்சியத்துடன் சபரகுழவை பல்கலைக்கழத்தில் புள்ளியியல் பட்டப்படிப்பை மேற்கொள்ளும் நிஷாதாவின் வாழ்க்கை இலக்குகள், அவர் “மக்களுக்கான குரல் சமூக அறக்கட்டளை” (Voice for People Community Foundation) ஆரம்பித்த பின்னர் மாற்றம் பெற்றது.

“சவிய” (வலிமை) - மாணவர்களுக்கு இரண்டாம் நிலை கல்வி கற்பதற்கு புலமைப்பரிசில்கள், “உதவும் கரங்கள்” (Helping Hand) - அநாதை மற்றும் முதியோர் இல்லங்கள், பாடசாலை நூலகங்களுக்கான நன்கொடைகள், “சரசவி-சவிய” (பல்கலைக்கழக படிப்பிற்கான வலிமை) - உயர்தரம் கற்கும் மாணவர்களுக்கான கருத்தரங்குகள், “கமட சவிய” (கிராமங்களை வலியுட்டுதல்) - சுகாதார மற்றும் பொருளாதார உதவிகளுடன் கிராம மக்களின் வாழ்க்கைத் தரத்தை மேம்படுத்தல் மற்றும் “கரீடாவட சவிய” (விளையாட்டுக்கு வலிமை) - கிராமப்புற பாடசாலைகளிலிருந்து சிறந்த விளையாட்டு வீரர்களை கண்டெடுத்து அவர்களுக்கு வழிகாட்டல் கொடுத்தல் என்ற ஐந்து பகுதிகளில் தேவையுள்ளவர்களுக்கு உதவவே 2015ஆம் ஆண்டில் நிஷாதா நண்பர்களுடன் சேர்ந்து இவ் அறக்கட்டளையை ஆரம்பித்தார்.

இப்பிரதேசங்களில் பாடசாலை பொருட்கள் உதவி தேவை இருந்தபோதிலும், நிஷாதா, அதிகம் கவனிக்கப்படாத கற்பித்தல் உதவியில் பெரும் ஆர்வம் காட்டி வந்தார். நிஷாதா மற்றும் அவரது தன்னார்வ ஊழியர்கள் கற்பிக்கும் ஓர் பாடசாலையில் 5ஆம் தர புலமைப்பரிசில் தேர்வில் மாணவர்கள் சிறந்த பெறுபேறுகளைப் பெற்றுள்ளனர்.

அவரது அறக்கட்டளையின் முகநூல் குழுவினாடாக (Facebook Group) நிஷாதா அவர் செய்யும் பணித்திட்டங்களுக்கான நன்கொடைகளை தேடிக்கொள்வதுடன், அவர் செய்யும் பணிகளைப்பற்றி அடிக்கடி அவரின் முகநூல் குழுவில் தகவல்களை பதிவேற்றம் செய்து நன்கொடையாளர்களையும் ஆதரவாளர்களையும் அறிவூட்டி வருகின்றார்.

நிஷாதா மற்றும் அவரது நண்பர்கள் காலப்பகுதியிலேயே பெரும் தாக்கத்தை உள்ளக்கியுள்ளனர். அர்பணிப்புடனும் உணர்ச்சியுடனும் மக்களின் வாழ்க்கைத்தரத்தை மேம்படுத்த சேவை புரியும் அவரின் தன்னார்வ கொண்டர்களுக்கு நிஷாதா முன்னுதாரணமாகவும் தலைமைத்துவமும் கொடுத்து வருகின்றார்.



**REV. FR PAUL
SATKUNANAYAGAM**
BATTICALOA

“Having gone through my childhood experiences I wanted to see that no one should go through such pain in their life”



REV. FR PAUL SATKUNANAYAGAM

Fr Paul was the youngest in a family of five siblings. A student of St. Michael's College Batticaloa, he was ordained as a priest in 1969. He excelled at sports and academics, and went on to pursue higher studies in career guidance, education and psychology.

The people in the east have constantly endured hardship. They have survived through three decades of military conflict, the Tsunami which destroyed the town's infrastructure and poverty which has affected the wellbeing of the people. Fr Paul served the people of Batticaloa amidst these obstacles through a variety of community related programmes.

A trained counsellor, Fr Paul offers community-based counselling to people of all ages. Setting up a professional counselling centre where 32 skilled counsellors are employed, he believes that dedication and encouragement can help a person overcome their challenges.

Fr Paul has committed himself to providing better surroundings for children and youth. Driven by the need to provide a secure place for children orphaned by war, he established six children's homes; three each for boys and girls. These children are also provided with quality education. As a result, some of the students have won scholarships and entered state schools and universities.

He also set up the 'Butterfly Peace Garden', a counselling centre where children of all ethnicities gather to work on arts and crafts, which impacts their emotional stability and development. He also coordinates the activities at 'Cuckoo's Nest', a residential vocational training centre for both male and female ex-combatants. The Centre offers courses such as sewing and welding, paving the way for these youth to explore new employment opportunities.

'Dream Catcher' is another entity established by Fr Paul that provides training on counselling to teachers and NGO workers. Training is provided by Fr Paul and other skilled international psychotherapists. He personally ensures that the disabled and the widows are included in these activities which leads to their empowerment.

In an effort to effectively reach out to the grassroots level, Fr Paul also organises street dramas that deal with issues such as suicide, alcoholism, child abuse and domestic violence.

Fr Paul has inspired generations to overcome obstacles that have held back their community. His compassion has healed those who have been battered by war and poverty. He has taught, empowered, consoled, and uplifted the lives of the young and old, irrespective of their race or ethnicity, spreading love and the spirit of humanity.

පෝල් සත්කූහභායගම් පියතුමා

පෝල් පියතුමා සාමාජිකයින් 5 දෙනෙකුගෙන් යුත් පවුලේ බාලයා විය. මඩකලපුව ශාන්ත මයිකල් පාසලෙන් අධ්‍යාපනය හැදෑරූ ඔහු 1969 වර්ෂයේ දී පූජකවරයෙකු බවට පත් විය. ක්‍රිඩාවට සහ අධ්‍යාපනයට දස්කම් දැක්වූ පෝල් පියතුමා වෘත්තීය මාර්ගෝපදේශනය, අධ්‍යාපනය සහ මනෝවිද්‍යාව ඔස්සේ උසස් අධ්‍යාපනය හැදෑරීය.

හැගෙනහිර පළාතේ මිනිසුන් බොහෝ දුෂ්කරතාවලට මුහුණ දෙති. දශක තුනක යුද්ධයෙන් හා සුනාමි ව්‍යසනයෙන් පීඩාවට පත් වූ ඔවුහු සෑම විටම දරිතුවා විය හේතුවෙන් දැඩි ජීවිත අරගලයක යෙදී සිටිති. මොවුන්ට උපකාර කිරීමට පෝල් පියතුමා විසින් විවිධ ප්‍රජා මූලික වැඩසටහන් දියත් කරනු ලැබේ.

පුහුණු උපදේශකවරයෙකු ලෙස ඔහු සියළු වයස් කාණ්ඩවල පුද්ගලයන් සඳහා ප්‍රජා මූලික උපදේශන සේවා සපයයි. පුහුණු උපදේශකවරුන් 32000ක් යුතු වෘත්තීය උපදේශන සේවා මධ්‍යස්ථානයක් පිහිටු වීමට කටයුතු කළ ඔහු කැපවීම සහ දිර්ගන්වීම තුළින් මිනිසුන්ට ඕනෑම අභියෝගයක් හෝ ගැටළුවක් ජය ගැනීමට හැකි බව තරයේ විශ්වාස කරයි.

පෝල් පියතුමා ළමුන් සහ තරුණ පරපුර වෙනුවෙන් වඩාත් යහපත් වාතාවරණයක් නිර්මාණය කිරීමට කැපවී සිටියි. යුද්ධයෙන් අවතැන් වූ ළමුන් වෙනුවෙන් ඔහු විසින් ළමා නිවාස 6ක් ඉදිකරන ලදී. මේ අතර ගැහැණු ළමුන් සඳහා ළමා නිවාස 3ක් ද පිරිමි ළමුන් සඳහා නිවාස 3ක් ද වේ. මෙය ඔවුන්ට අධ්‍යාපන කටයුතු ඉදිරියට කරගෙන යෑම සඳහා මහත් උපකාරයක් වේ.

“Butterfly Peace Garden” උපදේශන සේවා මාධ්‍යස්ථානය, ජාති ආගම් හේදයකින් තොරව කලාව තුළින් ළමුන් සඳහා මානසික ඒකාග්‍රතාව දියුණු කිරීම සඳහා පිහිටුවීය. එමෙන්ම එතුමා, යුධ සමයේ හිටපු සෙබළුන් වෙනුවෙන් “Cuckoo’s Nest” නේවාසික වෘත්තීය පුහුණු මධ්‍යස්ථානය පිහිටුවීය. මෙමගින් තරුණ තරුණියන්ට නව රැකියා අවස්ථාවන් විවර කර දීමට විවිධ වෘත්තීය පුහුණු පාඨමාලා දියත් කරයි.

එතුමා විසින් පිහිටවනු ලැබූ “Dream Catcher” ආයතනය මගින්, ගුරුවරුන් සහ රාජ්‍ය නොවන සංවිධාන සේවකයින් සඳහා අවශ්‍ය උපදේශන සේවාවන් පෝල් පියතුමා මෙන්ම ජාත්‍යන්තර මනෝ විකිත්සකවරුන් මගින් සලසා දෙයි. විශේෂ අවශ්‍යතා සහිත පුද්ගලයන් මෙන්ම වැන්දඹුවන් වෙනුවෙන් සහ ඔවුන්ගේ අනාගතය සවිමත් කිරීම සඳහා අවශ්‍ය වෘත්තීමය උපදේශනය මෙම ආයතනය විසින් ඔවුන් වෙත සපයා දෙයි.

අද සමාජය තුළ සිය දිවි නසා ගැනීම, බීමත්කම සහ ළමා අපචාර වැනි දෑ අවම කිරීමේ අරමුණින් පෝල් පියතුමා විදි නාට්‍ය බොහොමයක් ද සංවිධානය කර ඇත.

පෝල් පියතුමා මිනිසුන්ට ජීවන ගැටළුවලට සාර්ථකව මුහුණ දීමට කියා දී ඇත. එමෙන්ම දරිද්‍රතාවයෙන් පෙළෙන සහ යුද්ධයෙන් පීඩාවට පත් වූ බොහෝ පිරිස් එතුමාගේ මග පෙන්වීමෙන් තම ජීවිත සාර්ථක කරගෙන ඇත. එතුමා වෙතට පැමිණෙන සියළු දෙනාට ජාති ආගම් හේදයකින් තොරව එක ලෙස සලකන පෝල් පියතුමා, සැබෑ ලෙසම උත්තරීතර මිනිසෙකි.





அருட்தந்தை போல் சற்குணநாயகம்

இன்று நாம் வாழும் காலகட்டத்தில் மக்கள் தமது அன்றாட வாழ்க்கையில் எத்தனையோ பிரச்சினைகளுக்கு முகம் கொடுக்க வேண்டியுள்ளது. அப்படியான சந்தர்ப்பங்களில், எனது வேதனைகளுக்கு செவி கொடுத்து என்னை ஊக்கப்படுத்தி, எனக்கு ஆறுதல் கொடுக்க ஒரு உற்ற நண்பன் கிடைக்க மாட்டாரா? என்று ஏங்கும் உள்ளங்களுக்கு கிழக்கிலங்கையில் இருந்து கிடைத்த ஓர் அரும் சொத்து, அருட்தந்தை போல் சற்குணநாயகம்.

இவர் உளவியல் பாடநெறியில் உயர் தேர்ச்சி பெற்றவர். இன்று 32 பேர் பணிபுரியும் ஓர் ஆலோசனை மையத்தை (Counseling Centre) நடாத்தி வருகின்றார். அர்ப்பணிப்பும் ஆதரவும் தான் ஒருவரை அன்றாட வாழ்க்கையின் துன்ப துயரங்களில் இருந்து மீட்டு எடுக்க முடியும் எனும் உயர் நம்பிக்கை கொண்டவர் அருட்தந்தை போல்.

இவரது சேவை ஆலோசனை வழங்குவதோடு நின்று விடாமல் சிறுவர்களுக்கும், இளையோருக்கும் வாழ்வதற்கு ஓர் நல்ல சூழலை ஏற்படுத்த வேண்டும் என்பதற்காக போரினால் அநாதை ஆகிய பிள்ளைகளுக்கு 06 அநாதை இல்லங்களை உருவாக்கி உள்ளார். இங்கு இக் குழந்தைகள் வாழ நல்ல இருப்பிடம் மட்டுமன்றி, நல்ல கல்வி அறிவை பெரும் வாய்ப்பையும் ஏற்படுத்தியுள்ளார். இன்று எத்தனையோ பிள்ளைகள் பல்கலைக்கழகம் செல்லும் வாய்ப்பைப் பெற்றுள்ளதுடன், புலமைப் பரிசில்களையும் வென்றுள்ளனர்.

“பட்டேர்ப்பளை பீஸ் காடின்” (Butterfly Peace Garden) இல்லத்தில் இன, மத வேறுபாடு இன்றி எல்லா சிறுவர்களும் ஒன்று சேர்ந்து ஒற்றுமையாக செயலாற்றும் ஒரு சூழலை அருட்தந்தை போல் ஏற்படுத்திக் கொடுத்துள்ளார்.

குக்கூ நெஸ்ட் (Cuckoo Nest) எனும் ஆண், பெண்களுக்கான தொழிற் பயிற்சி மையத்தை அருட்தந்தை போல் அவர்கள் ஏற்படுத்திக் கொடுத்துள்ளார். இங்கு முன்னாள் போராளிகள் பலர் பயற்சி பெறுகின்றனர். இங்கு தையல், வெல்டிங் போன்ற துறைகளில் பயற்சி அளிக்கின்றனர். இதன் மூலம் அவர்கள் நல்ல வேலை வாய்ப்பை பெறக்கூடியதாக இருக்கும்.

ட்ரீம் கச்சர் (Dream Catcher) எனும் பயற்சி நெறி ஆசிரியர்களுக்கும், அரச சார்பற்ற நிறுவன ஊழியர்களுக்கும் பயற்சி வழங்கும் திட்டம். இதை அருட். திரு போல் அவர்கள் வெளிநாட்டு சைக்கோதேரபிஸ்ட் (psychotherapists) இன் உதவியுடன் செயற்படுத்துகின்றார். கிறிஸ்டியன் லைஃப் கொம்யூனிட்டி (Christian Life Community) எனும் ஸ்தாபனத்தை உருவாக்கி அங்கு பிள்ளைகள், விதவைகளுக்கு தொழிநுட்ப துறையில் பயிற்சி வழங்கி இந்த சமுதாயத்தில் அவர்கள் தன்னம்பிக்கையுடன் வாழக்கூடிய சூழலை ஏற்படுத்திக் கொடுத்துள்ளார்.

சமுதாயத்தில் உள்ள எல்லா மக்களுக்கும் செய்திகள் சென்றடையக்கூடிய வகையில் வீதி நாடகங்களை (Street dramas) நடத்தி அதன் மூலம் சமுதாயப் பிரச்சினைகளை, மதுபானப் பழக்கம், சிறுவர் துஷ்பிரயோகம், தற்கொலை போன்ற கருத்துகளை மையமாக வைத்து நாடகங்களை தயாரித்து வீதியில் மேடை ஏற்றி பார்வையாளருக்கு அச் செய்தியை தத்ருபமாக விளக்குவது முக்கிய அம்சம். திருமண பந்தத்தில் பிரிந்து வாழும் தம்பதியரை ஆலோசனை வழங்கி சேர்த்து வைத்தல் போன்ற அரும் பணிகளை அருட்தந்தை போல் ஆற்றி வருகின்றார்.

வெறும் வார்த்தைகளால் மட்டுமன்றி, சொல்லாலும் செயலாலும் சமுதாயத்தில் வாழும் பிள்ளைகள், அநாதை சிறுவர்கள், முன்னாள் போராளிகள், விதவைகள் மற்றும் சமுதாயத்தில் ஒதுக்கப்பட்ட எல்லோருக்கும் ஓர் அரிய தொண்டாற்றி அதன் மூலம் சமுதாயத்தில் ஒரு பெரும் மாற்றத்தை ஏற்படுத்தியுள்ளார் அருட்தந்தை போல்.



V-FORCE

V-Force is an initiative by UNV Sri Lanka that brings together individuals who are passionate about volunteering. Initiated as part of the tenth anniversary of the International Year of Volunteers (IYV+10) celebrations in 2011, V-Force recently achieved the milestone of 5000 active volunteers who render their service for projects carried out by different UN agencies.

V-Force provides a space for interaction between people and UN Agencies, while leveraging the energy of volunteers to achieve the Sustainable Development Goals. It is also a platform through which volunteers can strengthen their skills, gain exposure to the professional world and create networks for future career opportunities.

Since its inception, V-Force volunteers have proudly supported many initiatives, including: the World Conference on Youth, Twinning Schools, V-Awards, International Youth Day, UN Day, OPA Conference.

For more information see www.unv.lk.org/v-force



V-Force

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