

STORIES TO INSPIRE

உரைக்கப் படுகின்ற

உணர்வுகளும் பதிவுகள்

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V AWARDS 2013

"SHINING A LIGHT ON THOSE WHO SERVE IN SILENCE"

www.vawards.lk

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Published by: United Nations Volunteers, Sri Lanka.

Cover design: Abdul Basith

Printed by: Karunaratne & Sons (Pvt) Ltd.

Available online at <http://www.unvlk.org>
To order a copy, please email info@unvlk.org

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ISBN 978-955-48-9800-4

Editorial

In 2011, the United Nations Volunteers, 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.

Including also the newly established National Volunteer Secretariat at the Ministry of Social Services, V Awards 2013 continues in the same vein, honouring and saluting individuals who make extraordinary contributions to society, and identifying role models who can inspire a nation to volunteer for social causes.

“Stories to Inspire” reflects the efforts and achievements of the twelve impartially selected V Awards 2013 finalists. In this edition as in the preceding publication, you will find individual stories of struggles and accomplishments, founded and pursued in the spirit of volunteerism, each equally compelling and strongly woven into the tapestry of success.

Achieving human dignity and social justice is about treading the path of empowering people, helping them to realize their untapped potential. The stories of these finalists echo the successes as well as the challenges faced in providing individuals and communities with a perspective, a better future they can look forward to.

This is our humble attempt at bringing their journey, selflessly serving the people of Sri Lanka, regardless of religion, ethnicity, gender or age, to light; their quest to create a society where justice, compassion, human dignity and peace prevail.

We hope that their stories will rekindle the spirit of volunteerism in every one of you and inspire you to help and build a society that cares for others.

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Acknowledgements

This publication would not have been possible without the voluntary assistance and support received from a range of individuals and organizations. We take this opportunity to thank them for their valuable contribution.

The National Steering Committee on Volunteering merits special thanks for its leadership throughout the process of V Awards 2013. In that context, we would like to thank the co-chairs; Prof. Siri Hettige, Senior Professor, Department of Sociology, University of Colombo, and Mr. Kirby De Lanerolle, Advisor to the Ministry of Social Services as well as the other members, Ms Razina Bilgrami, Country Director a.i., United Nations Development Programme (UNDP) Sri Lanka, Mr. Rashitha Delapola, International Affairs Coordinator and Dr. Chula Senaratne, Consultant International Affairs and the National Youth Services Council, Mr. Chevaan Daniel, Group Director, The Capital Maharaja Organization Limited, Mr. M.F.S. Muheed, Special Commissioner, Sri Lanka Scouts Association, Mr. Chaminda Rajakaruna, Director Partner Coordination, Sarvodaya Shramadana Movement of Sri Lanka and Ms Ayoni Waniganayake, Senior Assistant Secretary General, Ceylon Chamber of Commerce.

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, Prof. Somasundaram Sandrasegaram, Former Dean of the Faculty of Education at the University of Colombo, Ms Emelda Sukumar, Secretary, Ministry of Social Services for their valuable time and insight in shortlisting and ranking the finalists for this year. Mr. Sarath Abayawardana, Programme Director Coordinating Secretariat for Science, Technology and Innovation, Ms Beth Crawford, Representative, Food and Agriculture Organization Sri Lanka, Dr. Ananda Mallawatantri, Assistant Country Director, Environmental Sustainability and Disaster Resilience – UNDP Sri Lanka and Dr. Herath Manthrithilake, Head, Sri Lanka Programme, International Water Management Institute.

We would moreover like to express our gratitude to the Hon. Felix Perera, Minister of Social Services, and the staff at the National Volunteer Secretariat for their continued support and to Mr. Fadhil Bakeer Markar for his unwavering engagement with V Awards.

A further special thanks goes to Mr. Shameer Rasooldeen and his team at News1st, as well as Mr. Didula Bogahakumbura and the V Awards Production team for their support in providing the videos to gain first hand insight into the work of the finalists.

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

Our special thanks to Ms Eshani Ruwanpura, Ms Malkanthi Wickramasinghe, and Mr. Abdul Najeem, for their exceptional contribution in language editing for the narratives.

The team is also grateful to Brandix, Ceylinco VIP, Commercial Credit, Standard Chartered Bank, and UNDP 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.

“I am proud of the tremendous contribution of volunteers to the work of UNDP, and inspired by their dedication and commitment. UNDP recognizes the important role of volunteerism in global peace and sustainable human development. It is also a powerful tool for maximizing the potential of youth.”

Helen Clark

UNDP Administrator

“Every year on 5 December, International Volunteer Day, the world celebrates one of the most basic expressions of solidarity and societal cohesion, volunteerism. Often arising out of long-established traditions of sharing and reciprocal exchanges, volunteerism is a universal phenomenon that transcends boundaries, religions and culture divides. On this Day, and every day, I encourage everyone from around the world to get involved and volunteer for the betterment of their communities.”

Richard Dictus

Executive Coordinator of the United Nations Volunteers programme

V Awards 2013

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 recognize 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 together with News 1st and in collaboration with the Ministry of Social Services' National Volunteer Secretariat 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. The awards ceremony recognizes the "Volunteer of the Year 2013" and the "Youth Volunteer of the Year 2013". A special trophy on "Volunteering for Water" will be awarded to commemorate 2013 as the International Year of Water Cooperation.



Ministry of Social Services

The Ministry of Social Services 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. MoSS 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.

<http://www.socialwelfare.gov.lk/>



United Nations Volunteers

The United Nations Volunteer programme is the UN organization that contributes to peace and development through volunteerism worldwide. Volunteerism is a powerful means of engaging people in tackling development challenges, and it can transform the pace and nature of development. Volunteerism benefits both society at large and the individual volunteer by strengthening trust, solidarity and reciprocity among citizens, and by purposefully creating opportunities for participation.

<http://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.

<http://www.newsfirst.lk/>

Looking Back - V Awards 2011





ANANDA GURUGE

"It is the one in pain who can see the pain in the other. The step that I've taken, it is to be taken by anybody who sees the pain. Then the one small step of mine will make a huge leap. My ultimate wish is that all the small steps I've taken become a huge leap."



Born in a small village in Hikkaduwa, being the only hearing impaired person in his surroundings, Ananda Guruge's humble beginnings did not prevent him from dreaming big. His education, ability to communicate through sign language and the stable socio-economic background he came from, spared him from the social injustice endured by similar individuals from lesser privileged backgrounds. This prejudice against persons with hearing impairments motivated him to step up and take action.

Ananda's day started early and ended close to midnight. He rode his bicycle for miles, around the district of Galle, through isolated villages, searching for hearing-impaired persons. For some of them, he was not only the first similarly impaired person who had visited them, but also the first person who symbolized that a life of dignity, without being subject to discrimination, was a possibility.

Hearing about the ill-treatment of children with hearing impairment, he raised awareness amongst his fellow villagers that these children too deserved a good education. He encouraged

parents to send them to school at the Rohana Special School in Matara, where he currently serves as the President of the alumni society.

In 1995, he established the first organization for people with hearing impairment in the district of Galle. It was later extended to Matara and Hambantota, bringing together people with hearing impairment from the south under one umbrella organization called the Southern Province Deaf Association (SPDA). The organization became an active home to all members, as Ananda became a father to the children he had supported, teaching them Sri Lankan Sign Language, educating and instilling them with confidence and social skills.

In 2004, he watched the Tsunami destroy his small Association building to its foundation with all his personal belongings and life's work. However, the waves did not wash away his determination. He began the painstaking task of finding support to rebuild his organization.

Assistance was to come in 2006, when a French non-profit organization named Secours Populaire

built a complete home, work training centre and a sales shop for his Association.

Today, the SPDA is home to thousands of people with hearing impairment of all ages and provides a space for them to discuss their day-to-day problems, from finding suitable employment to fulfilling the basic needs of their families.

Ananda did not limit his mission to the boundaries of his locality. He is currently working on a project to build relationships with similar organizations around the country. Part of his efforts include a collaboration with the American Society in Colombo to bring a group of youth with hearing impairment from the North to Galle for a three-day workshop to encourage interaction between youth from different parts of Sri Lanka.

The road that Ananda takes in the pursuit of this just cause is by no means an easy one. He has shone light where previously there was darkness. This is a man who drew inspiration solely from the happiness of being able to make a difference.

Galle | Disability Relief



නික්කඩුව ප්‍රදේශයේ කුඩා ගමක ඉපදුණු ආනන්ද ගුරුගේ එම වටපිටාවේ සිටි එකම ශ්‍රවණාබාධිත ළමයා වුවද එය ඔහු දිගු ගමනක් පිළිබඳ සිහින දැකීමට බාධාවක් වූයේ නැත. ඔහුගේ අධ්‍යාපනය, සංඥා භාෂාව ආධාරයෙන් අදහස් හුවමාරු කර ගැනීමේ හැකියාව, ශක්තිමත් සමාජ ආර්ථික පසුබිම තුළින් අත්තිකාරම නොවූ ඔහු ශ්‍රවණ හැකියාව අඩු අයට සිදුවන සමාජ අසාධාරණය හා අඩු සැලකිල්ල අවබෝධ කර ගත්තේය. එලෙසම ඒ සඳහා යම් යම් ක්‍රියාමාර්ග වෙනුවෙන් පියවර ගැනීමට ඔහු ඉටා ගත්තේය.

පාන්දර්ශනම උදාවන ආනන්දගේ දවස අවසන් වන්නේ මැදියම් රැය ආසන්නයේ ය. ඔහු ගාල්ල දිස්ත්‍රික්කය පුරා තම බයිසිකලය පැද ගොස් නොයෙකුත් දුෂ්කර ගම්මාන හරහා ගමන් කර ශ්‍රවණ හැකියාව දුර්වල පුද්ගලයන් සොයා ගත්තේය. ඇතැම් අයට දිවියේ ප්‍රථම වතාවට හමුවූ ශ්‍රවණාබාධිත පුද්ගලයා ඔහු වූවා මෙන්ම තම ආබාධිත බව ගෞරවාන්විත දිවියක් ගෙවීමට බාධාවක් නොවන බව පසක් කල පළමු මිනිසාද විය.

ශ්‍රවණාබාධිත පුද්ගලයන් සඳහා සිදුවන අසාධාරණකම් පිළිබඳව ඔහු ගමේ අනෙකුත් පුද්ගලයන් දැනුවත් කිරීමට කටයුතු කළේ එම හැකියාව නොමැති දරුවන්ට හොඳ අධ්‍යාපනයක අවශ්‍යතාව අවධාරණය කරමිනි. ඔහු එම දෙමාපියන්, තම දුවා දරුවන්ව මාතර පිහිටි රෝහණ විශේෂ පාසැල වෙත යොමු කිරීමට උනන්දු කළේය. එම විද්‍යාලයේ ආදි ශිෂ්‍ය සංගමයේ වර්තමාන සභාපතිවරයා වන්නේද ඔහුය.

1995 දී ඔහු විසින් ශ්‍රවණාබාධිතයන්ගේ ගාල්ල දිස්ත්‍රික්

ප්‍රථම සංවිධානය ආරම්භ කළේය. පසුව එය මාතර හා හම්බන්තොට දිස්ත්‍රික්ක දක්වා ව්‍යාප්ත කළේය. ශ්‍රවණාබාධිතයන් සියලු දෙනා එකම සෞඛ්‍ය ස්ථානට ගෙන එමින් දකුණු පළාත් ශ්‍රවණාබාධිතයන්ගේ සංගමය ඔහු පිහිට විය. මෙම සංවිධානය සියලු සාමාජිකයන්ගේ ක්‍රියාකාරී නිවස බවට පරිවර්ථනය විය. එම නිවසේ පියා බවට ආනන්ද පරිවර්තනය වූයේ ඔහු සොයාගත් එම ළමුන්ට සෞඛ්‍ය ලබා දෙමින්ය. ඔහු ඔවුන්ට සංඥා භාෂාව උගන්වමින් අධ්‍යාපනය තුළින් ඔවුන්ගේ හැකියාවන් වර්ධනය කළේ සමාජශීලී වීමට අවශ්‍ය ආත්ම විශ්වාසය ගොඩනැගීමට ද සහය වෙමිනි.

2004 දී ඔහු ජීවිත කාලයේ දී ආශාවෙන් ගොඩනැගූ සංගම් ගොඩනැගිල්ල සුනාමි වාසනයෙන් විනාශ වී එහි සියලු සම්පත් විනාශ වී ගියේ ඔහුගේ ඇස් ඉදිරිපිට දිවිය. එහෙත් ඔහුගේ අධිෂ්ඨානය හා බලාපොරොත්තු ඉන් හානියට පත් වූයේ නැත. ඇති වූ තත්වයෙන් සංවිධානය නැවත ගොඩනැගීමේ ක්‍රියාමාර්ගවලට ඔහු වහා අවතීර්ණය විය. 2006 දී, ඔහුගේ බලාපොරොත්තු වලට නව ජීවයක් එක් කරමින්, ප්‍රංශ ජාතික ලාභ නොලබන සංවිධානයක් වූ “සෙකූර්) පොපියුලෑර්” (Secours Populaire) මගින් ඔහුට අත හිත ලබා දුන්නේ සම්පූර්ණ නිවහනක්, පුහුණු මධ්‍යස්ථානයක් මෙන්ම අලෙවි සැලක් ද තනා දෙමිනි.

අද දකුණු පළාත් ශ්‍රවණාබාධිතයන්ගේ සංගමය විවිධ වයස් මට්ටම්වල දහස් ගණනක් වූ ශ්‍රවණාබාධිතයන්ගේ නිවහන බවට පත්ව ඇත. එය දිනපතා ඔවුන්ගේ එදිනෙදා ගැටළු සාකච්ඡා කරන තැනක් මෙන්ම ඔවුන්ට කළ හැකි සුදුසු රැකියා මාර්ග සොයා දෙමින් ඔවුන්ගේ පවුල්වල අදායම්

සඳහා ශක්තියක් සැපයීමේ කරතව්‍යයද සිදු කරයි.

ආනන්ද ශ්‍රවණාබාධිත යන වදනේ ආයතනගත භාවිතයට එරෙහිව සටන් කලේ එම වදන “ඇසීමේ රෝගයකින් පෙළෙන” යන අදහස ලබාදෙන හෙයිනි. ඒ වෙනුවට ඔහුගේ සංගමය “බිහිරි ජනතා” යනුවෙන් නම් කරන ලද්දේ එහි අදහස “ශ්‍රවණ හැකියාව අඩු ජනතාව” ලෙස සැලකිය හැකි බැවිනි. ඔහු ප්‍රජා නායකයන් සමඟත්, පොලිසිය, ව්‍යාපාරිකයන්, අධ්‍යාපනවරුන් සහ වෙනත් නිලධාරීන් සමඟ විවිධ ක්‍රියාකාරකම්වල යෙදෙමින් තම සංගමයේ සාමාජිකයන්ට සමාජයේ අනෙක් අයන් සමඟ ක්‍රියාකාරීවීමේ පසුබිම ගොඩනංවා දුන්නේය.

ආනන්ද සිය සේවාව තම පළාතට පමණක් සීමා නොකොට අද වන විට ඔහු දිවයින පුරා ඇති මෙවැනි සංවිධාන සමඟ සම්බන්ධතා ඇති කර ගැනීමේ ව්‍යාපෘතියක් දියත් කර තිබේ. මෙහි එක් පියවරක් ලෙස කොළඹ ඇමරිකානු සංගමය සමඟ දියත් කළ ව්‍යාපෘතියක් යටතේ උතුරේ ශ්‍රවණාබාධිත පුද්ගලයන් කණ්ඩායමක් ගාල්ල ප්‍රදේශයට පැමිණ දින තුනක වැඩමුළුවට සහභාගි වීමේ වැඩසටහනක් සංවිධානය කෙරේ.

ආනන්ද තෝගාගත් මෙම මාර්ගය ලෙහෙසි පහසු මගක් නොවේ. නිහඬව අත්තිකාරමේ සිටි බොහෝ අයට ඔහු ආලෝකයක් ලබා දී ඇත. ඔහුගේ අප්‍රතිභත වෛරය හා පූර්ණ කැපවීම පැසසුමට ලක්කළ යුතුය. ඔහු අද වන විට ශ්‍රවණාබාධිතයන්ගේ යාවජීව භාරකරුවා වී ඇත.

ஹிக்கடுவ என்த் சிறிய கிராமத்தில், தனது சூழலில் ஒரே ஒரு செவிப்புல குறைபாடுடையவாக பிறந்த ஆனந்த குருகேயின் தாய் மிகத்தாழ்மையான ஆரம்பமானது பெரிய விடயங்கன்மையுடையதொடர்பான அவரது கனவுகளுக்கு ஒருபோதும் தொடர்பாக இருக்கவில்லை. அவருடைய கல்வி அவர் சைகை மொழியில் உரையாடும் ஆற்றல், அவரது நிலையான சமூக பொருளாதார பின்புலம் போன்றவை அவரை தனிமைப்படுத்தினாலும், சமூகத்தில் மிகப்பின்தக்கிய நிலையில் செவிப்புல குறையாடுடையவர்களாக உள்ளவர்களுக்கு இமைக்கப்படும் சமூக அநிதிகள் தொடர்பாக அவரது பார்வையை மறைக்கவில்லை. இதனால் இது தொடர்பாக நடவடிக்கைகளை மேற்கொள்ள அவர் தூண்டப்பட்டார்.

ஆனந்தவினது நாட்கள் மிக அதிகாலையில் ஆரம்பித்தன. நடுஇரவை அண்மித்ததாக முடிவடைந்தது. செவிப்புல குறைபாடுடைய நபர்களை தேடி பல்வேறு கிராமங்களுடாக காலி மாவட்டம் முழுவதும் பல மைல் தூரம் தனது துவிச்சக்கர வண்டியில் பயணித்தார். அவர்களுள் பலருக்கு அவர்களை வந்து சந்தித்த தங்களை ஒத்த செவிப்புல குறைபாடுடைய முதலாவது நபராக மாத்திரமல்லாமல், எந்தவித பாடுபாடுமின்றி உரிய மரியாதையுடனான வாழ்க்கை வாழமுடியும் என்பதை எடுத்துக்காட்டும் முதலாவது உதாரணமாகவும் அவர் இருந்தார்.

செவிப்புல குறையாடுடைய பிள்ளைகள் தவறாக கையாளப்படுவதை அறிந்து தனது சக கிராமமக்கள் மத்தியில் இப்பிள்ளைகள் சிறந்த கல்வியை பெறுவதற்கு அருகதைத் துடையவர்கள் என்ற விழிப்புணர்வை ஏற்படுத்தினார். தான் தற்போது பழைய மாணவர் சங்கத்தின் தலைவராக செயல்பாட்டில் மாத்திரையிலுள்ள ரோகன் விசேட பாடசாலைக்கு அப்பிள்ளைகளை அனுப்புமாறு பெற்றோர்களை ஊக்குவித்தார்.

1995ஆம் ஆண்டில் காலி மாவட்டத்தில் செவிப்புல

குறையாடுடையவர்களுக்கான முதலாவது நிறுவனத்தை இவர் தோற்றுவித்தார். இது பின்னர், மாத்தறை மற்றும் ஹம்பந்தோட்டை மாவட்டங்களுக்கும் விரிவுபடுத்தப்பட்டு தென்மாகாணத்தில் உள்ள செவீப்புல குறையாடுடையவர்களை ஒரு குடையின் கீழ் ஒன்றுசேர்த்து தென் மாகாண செவீப்புல குறையாடுடையவர்களின் சங்கமாக உருவாக்கப்பட்டது. இந்நிறுவனம் அதன் அங்கத்தவர்கள் சகலருக்கும் ஒரு சிறந்த இல்லமாக மாறியதுடன், தான் கண்டுபிடித்த பிள்ளைகளின் பந்தையாக மாறிய ஆனந்த, அவர்களுக்கு இலங்கைப் பிள்ளைகளின் சைகை மொழியை கற்பிப்பவராகவும் சமூக வாழ்க்கைத்திறன்கலை கற்பிப்பவராகவும் அத்துடன் அவர்கள் மனங்களில் நம்பிக்கையை ஊட்டுவவராகவும் இருந்தார்.

2004ஆம் ஆண்டில் ஏற்பட்ட கனாமி பேரழிவு காரணமாக தான் உருவாக்கிய சிறிய சங்கத்தின் கட்டிடம் அதன் அடித்தளத்துடன் அவர் வாழ்நாள்பூராக சேர்த்து வைத்த அவரது பொருட்களுடன் அழிந்துகொண்டு போவதை கண்கடாக கண்டார். எனினும் அக்கடல்கைகள் அவரது திடகாத்திரத்தை ஒருபோதும் கழுவிச்செல்லவில்லை. அவர் அழிந்த தன் நிறுவனத்தைப் மீழ்க்கட்டியெழுப்ப மிகவும் மும்முரமாக இயங்கினார். உதவிகள் 2006ஆம் ஆண்டில் வந்தன. “செகோரஸ் பொபுலஸ்” என்ற பிரான்ஸ் நாட்டின் இலாபமீட்டல் இன்றி இயங்கும் நிறுவனம் ஒன்று, முழுமையாக அவரது வீட்டையும், நிறுவனத்தையும், விற்பனை நிலையத்தையும் நிறுமாணித்துக் கொடுத்தது.

இன்று தென் மாகாண செவிப்புல குறைபாடுடையோர்களின் சங்கமானது பல ஆயிரக்கணக்கான, சகல வயதெல்லைக்குரியதுமான செவிப்புல குறைபாடுடையவர்களுக்கான இல்லமாக திகழ்வதுடன், அவர்கள் தினம்தோறும் முகம்கொள்ளும் பிரச்சினைகளை பேசித்தீர்ப்பதற்கான இடமாகவும், அவர்களின் குடும்பங்களின் தேவைகளை பூர்த்திசெய்வதற்காக தகுதியான தொழில்களை

பெற்றுக்கொள்ளும் இடமாகவும் திகழ்கின்றது.

காது கோத நோயாளிகள் என்ற பெயரை பயன்படுத்துவதற்கெதிராக ஆனந்த தீவிரமாக செயற்பட்டார். அவர் தனது நிறுவனத்தை செவிப்புல குறைபாடுடையவர்களின் இடமாக பெயரிட்டார். அத்துடன் சமூக தலைவர்களுடனும், போலீஸ் மற்றும் வியாபார நிறுவனங்களின் இயக்குனர்களுடனும் ஏனைய அலுவலர்களுடனும் சேர்ந்து செயற்பட்டு, அவர்களுக்கு தனது சேவையை வெளிப்படுத்தி, தென் மாகாண செவிப்புல குறைபாடுடையோர்களின் சங்க அங்கத்தவர்களுக்கும் ஏனைய சமூகத்தினருக்கும் இடையில் ஓர் இணைப்புப் பாலமாக செயற்பட்டார்.

ஆனந்தவினுடைய நடவடிக்கைகள் அவருடைய இடத்திற்கு மாத்திரம் மட்டுப்படுத்தப்படவில்லை. அவர் தற்போழுது தனது நிறுவனத்தை ஒத்ததாக இந்த நாட்டில் இயங்கும் ஏனைய நிறுவனங்களுடன் உறவை ஏற்படுத்தும் ஓர் திட்டத்தில் செயற்பட்டுக்கொண்டிருக்கின்றார். அவருடைய முயற்சிகள் வாகுமப்பிலுள்ள அமெரிக்க சோசைட்டியுடன் இணைந்து கொடுக்கின்ற செவிலியல் குறைபாடுடைய இளைஞர்களின் குழு ஒன்றை காலிக்கு அழைத்து வந்து முன்று நாட்களுக்கு செயற்பட்டறை ஒன்றை நடத்தி தொடர்பாடலுக்கு வசதி ஏற்படுத்துவதையும் உள்ளடக்கியதாக உள்ளது.

ஆனந்த அவர்கள் ஏற்றுக்கொண்டுள்ள இந்த பயன்மிக்க பயணம் எவ்வகையிலும் இலகுவானதல்ல. முன்னர் இருளடைந்து மௌனமாக இருந்த இடத்தில் இவர் விளக்கேற்பியுள்ளார். மாற்றத்தை ஏற்படுத்துவதன் மூலம் அடைபட்ட சந்தேசத்தைக் கொண்டு தூண்டப்பட்டு மனிதனாக இவர் விளங்குகின்றார். செவிப்புல குறைபாட்டையவர்களின் பாதுகாப்புத் தேவதையாகவும் இவர் இருக்கின்றார்.

နာမည်မှ ရွက်စေ့





ARALIYA ABEYSEKARA

"We are all human. We cannot abandon anyone for any reason from this society. With guidance, they all can live a proper life."

A student of Visakha Vidyalaya, Araliya excelled at sports and extra-curricular activities. Her journey as a volunteer began during her early teenage years, with the work she put in to support those affected by the Asian Tsunami in 2004 standing testimony to her efforts.

Driven by the passion to volunteer, not just to help the helpless but also to raise awareness in society by empowering people with mental health and psychosocial difficulties, Araliya Abeysekara has become a beacon of light to the National Institute of Mental Health (NIMH).

NIMH's overarching vision is to put patients first and Araliya lives this vision in her daily life. She practices the simple act of treating residents with respect, love and kindness but most importantly she does not treat patients as persons with mental illness but rather as people who are active contributors to society. In doing so Araliya not only helps the residents cope with their illness but enables them to recover and rehabilitate so that they may live regular, productive lives in society.

Her personality and exuberance has given the employees at NIMH a sense of belonging and they now take pride in the work they do. An undergraduate in Psychology, Araliya generously imparts her theoretical knowledge to staff thus enabling them to discharge their tasks more effectively.

The Forensic Unit of NIMH deals with persons who have committed a crime and while most people want to stay far away from this unit, Araliya asked to work with persons who are in this unit. She wanted to prove that empathy and compassion can make any person's life easy and pleasant. By working with these persons and trying to rehabilitate them, she is helping them overcome their traumas while ensuring the long term safety of society.

Her empathy for fellow human beings has driven her to strive to change the common stereotypes people have of those experiencing mental health difficulties. Through her compassion and selfless efforts, Araliya has managed to show that people

with mental health difficulties have rights like everyone else that they need love and affection. Most importantly she has raised awareness that anyone can experience mental health difficulties.

Colombo | Mental Health



මානසික සෞඛ්‍ය පිළිබඳ ජාතික ආයතනයට ආලෝකයක් වූ අරලියා අබේසේකර ස්වේච්ඡා සේවය සඳහා වූ මහත් ආශාවකින් හා කැපවීමකින් කටයුතු කරන්නියකි ඇගේ එම කැපවීම අසරණයන්ට පිහිටවීමෙන් සීමා නොවී මානසික රෝගීන් හා ඔවුන් ගේ සුභසාධනය පිළිබඳ සමාජයේ දැනුවත්බව වැඩිදියුණු කිරීම දක්වා විහිදී යයි.

කොළඹ විශාලා විද්‍යාලයීය ආදි ශිෂ්‍යාවක වූ අරලියා විෂය බාහිර ක්‍රියාකාරකම් මෙන්ම ක්‍රීඩා කටයුතු වලදී ද අතිදක්ෂ ශිෂ්‍යාවක වූවාය. 2004 සුනාමි ව්‍යසනයේදී, විපතට පත්වූවන් සඳහා ඇ විසින් කරනු ලැබූ සේවය නව යොවුන් විශේෂ සිටම ස්වේච්ඡා සේවය කෙරෙහි ඇ තුල වූ කැපවීමට සාක්ෂි දරයි.

මානසික සෞඛ්‍ය පිළිබඳ ජාතික ආයතනයෙහි පරමාර්ථය වන රෝගීන් ප්‍රමුඛ කොට සැලකීම අරලියාගේ දිවියෙහි ද දැක්මයි. නේවාසිකයින්ට ආදරය, කරුණාව මෙන්ම ගෞරවයෙන් සළකන අරලියා මානසික රෝගීන්, රෝගීන් ලෙස නොව සමාජයේ කොටස්කරුවන් ලෙස සලකා කටයුතු කරයි එය ඔවුන්ට සුව වීමට උපකාරී වනවා මෙන්ම නැවත සමාජයට එක්වී ප්‍රකෘතිමත් දිවියක් ගත කිරීමට හේතු වේ.

ඇයගේ පොරුෂය ආයතනයේ සේවකයින් තුළ ආත්මාභිමතයක් ඇති කිරීමට සමත්ව ඇත. මනෝවිද්‍යාව පිළිබඳ උපාධි අපේක්ෂිතාවක වන අරලියා. සේවකයින් ගේ රාජකාරි වඩාත් ඵලදායී අයුරින් ඉටුකිරීමට කාර්ය මණ්ඩලයට උපකාරී වෙමින් තම න්‍යායික දැනුම නොමසුරුව ඔවුන් වෙත ලබාදෙයි.

වෝහාර ඒකකය කටයුතු කරනු ලබන්නේ අපරාධයක් සිදු කර ඇත. තැනැත්තන් සම්බන්ධයෙන් බැවින් බොහෝ අය ඉන් ඇත්ව කටයුතු කිරීමට පෙළඹෙද්දී, අරලියා ස්වේච්ඡාවෙන් ඒ සඳහා ඉදිරිපත් වීම ප්‍රශංසනීයයි. සංවේදීතාව සහකම්පනය සහ දයානුකම්පාව තුළින් මිනිසුන්ගේ ජීවිත සැහල්ලු සහ ප්‍රසන්න බවට පත්වනවාලිය හැකිබව ඇ ඉන් පසක් කොට දැක්වූ පණිවිඩයයි. මෙම තැනැත්තන් සමඟ කටයුතු කරමින් සහ ඔවුන් තුළ වූ කම්පනයන්ගෙන් මිදීමට අරලියා ඔවුන් හට සහය වන්නේ සමාජයේ දිගුකාලීන සුරක්ෂිත බව තහවුරු කරමිනි.

සහාද මිනිසුන් පිළිබඳ ඇය තුළ වූ සංවේදිතාව මානසික ආබාධ සහිත පුද්ගලයන් පිළිබඳ සමාජය තුළ වූ සම්ප්‍රදායික අදහස් වෙනස් කිරීමේ ප්‍රයත්නයක යෙදීමට ඇය පොළඹවත් ලදී. වෙනත් ඕනෑම අයෙකුට මෙන් ආදරය හා අනුකම්පාව පිළිබඳ හිමිකමක් මානසික රෝගීන්ටද ඇති බව විශ්වාස කරන අරලියා ඕනෑම පුද්ගලයකු මානසික පීඩාවන්ට ගොදුරු විය හැකිය යන කරුණ, සමාජයට අවබෝධ කරදීමට උත්සුක වෙයි.

தன்னார்வ தொண்டானது உதவியற்றவர்களுக்கு உதவி வழங்குவது மாத்திரமன்றிஇ அவர்களை வலுவாக்குவதன் மூலம் சமூகத்தில் விழிப்புணர்வை ஏற்படுத்துவதுமாகும். தேசிய மனநிலை சுகாதார நிறுவனத்தின் ஒளிக்கீற்றாக அரலிய அபேசேகர திகழ்கின்றார். அவருடைய பதினமவயதில் அவரின் தன்னார்வ பயணம் ஆரம்பமானது. 2004ஆம் ஆண்டு சனாமி பேரழிவில் பாதிக்கப்பட்ட இலங்கையர்களை அவர்களின் அழிவுகளிலிருந்து மீளவைக்க அவர் மேற்கொண்ட முயற்சிகள் ஓர் முன்னுதாரணமாகும்.

தேசிய மனநிலை சுகாதார நிறுவனத்தின் நோக்கங்களில் ஒன்று நோயாளிகளை முன்னிலைப்படுத்தியதாக அமைந்துள்ளது. அரலிய தனது தினசரி வாழ்வில் இந்நோக்கத்துடனேயே வாழ்கின்றார். அவர் வதிவிட நோயாளிகளை மரியாதையுடனும், அன்புடனும், மென்மையாகவும் பராமரிக்கும் நடவடிக்கைகளை கைக்கொள்வதுடன், நோயாளிகளை மனநிலை பாதிக்கப்பட்டவர்களாக பராமரிக்காமல், அவர்களை சமூகத்திற்கு பங்களிப்பு செய்பவர்களாக நோக்குகின்றார். இதன்மூலம் வதிவிட நோயாளர்களை, அவர்களின் நோயுடன் ஒத்துப்போகும் நிலையை உருவாக்குவது மாத்திரமல்லாமல், அவர்கள் நோயிலிருந்து மீளவும், புனர்வாழ்வு பெறவும், அதன்மூலம் சமூகத்தில் முறையான, பிரயோசனமான வாழ்க்கையை வாழ்வதற்கும் அவர் உதவுகின்றார்.

அவருடைய ஆளுமையின் மூலம் அவர் தேசிய மனநிலை சுகாதார நிலையத்தின் ஊழியர்கள் மத்தியில் ஓர் புத்துணர்வை ஏற்படுத்தியுள்ளார். அவர்கள் தற்பொழுது தாம் செய்யும்

வேலை தொடர்பில் பெருமிதம் அடைகின்றனர். உளவியல் தொடர்பான பட்டப்படிப்பை மேற்கொள்ளும் அரலிய, தனது அறிவை ஏனைய பணியாளர்களுக்கும் வழங்கி, அவர்கள் மிகச்சிறப்பான முறையில் தமது சேவைகளை வழங்க உதவியாக இருக்கின்றார்.

தடவியல் பிரிவு குற்றமிழைத்தோர் தொடர்பாக இயங்குகின்ற நிலையில், அதிகமானோர் இப்பிரிவில் சேவையாற்றுவதற்கு தயக்கம் காட்டுகின்ற நிலையில், இத்தகைய நபர்களுடன் வேலைசெய்யுமாறு அரவிய வேண்டிக்கொண்டார். பச்சாதாபத்துடனும் இரக்கத்துடனும் அணுகும்போது எந்தஒரு நபருடைய வாழ்வு இலகுவானதாகவும், மகிழ்ச்சியானதாகவும் மாற்றமடையும் என்பதை நிரூபிக்க அவர் விரும்பினார். அத்தகைய நபர்களுடன் சேர்ந்து இயங்கி, அவர்களை புனர்நிர்மாணம் செய்ய முயற்சிக்கும் போது நீண்டகால சமூக பாதுகாப்பை உறுதிப்படுத்துவதுடன், அவர்களுடைய கஷ்டங்களில் இருந்தும் அவர்கள் மீள்வதற்கு அவர் உதவியாக இருக்கின்றார்.

அவருடைய மனிதநேய நடவடிக்கைகள், மனநிலை பாதிக்கப்பட்டவர்கள் தொடர்பாக பொதுவான, ஒரேவிதமான நடவடிக்கைகளில் மாற்றத்தை ஏற்படுத்தத் தூண்டின. அவருடைய கருணாமிது தன்னலமற்ற முயற்சிகள் மூலம் ஏனைய மனிதர்களைப்போல இம்மனிதர்களுக்கும் உரிமைகள் உண்டு என்பதனையும், அவர்களுக்கும் அன்பும் ஆதரவும் தேவை என்பதனையும் மக்களுக்கு எடுத்துக்காட்டுகின்றது. அத்துடன் மிக முக்கியமாக, இது எவருக்கும் ஏற்படக்கூடிய

விடயம் என்பதையும் அதிகமானோர் விளங்கிக்கொள்ளக்கூடிய நிலையையும் ஏற்படுத்தியுள்ளது. இதன்மூலம் மனநிலை நோயுள்ள நபர்கள் பற்றிய அபிப்பிராயங்களையும் நடவடிக்கைகளையும் மக்கள் மாற்றிக்கொள்ளும் ஒரு மாற்றத்தை ஏற்படுத்திய நபராக இவர் திகழ்கின்றார்.

අරලියා අබ්බේසේකර



அரலிய அபேசேகர





DR. ARIYASENA GAMAGE

"I went among people, I lived with people, I loved them and I started to build from what they knew and what they had. That's what I did."

A child from the remote landscapes of Mapalagama, Hiniduma in the District of Galle, Ariyasena Udalamatta Gamage attended Christchurch College in Baddegama for his primary and secondary education. Living away from home, Ariyasena was under the care of his school teacher L.K.S. Gunasiri. A social worker himself, Gunasiri, guided and inspired young Ariyasena to not only excel in his studies but also to engage in social work, which earned him the award for the best all-rounder prize in both primary and intermediate sections in school. This was the foundation that led Ariyasena to become the doctor he is today.

His passion for public medical health brought Ariyasena to the Colombo Medical Faculty, where he was nurtured by two renowned personalities in Sri Lanka; Prof. Nandadasa Kodagoda and Prof. Carlo Fonseka.

In 1980, Ariyasena took up his appointment as the Medical Officer for the Mawanella area, where he went on to become the Regional Medical Officer and played a major role in implementing key initiatives such as the World Health Organization's

Programme on Primary Health Conservation under the Health Services for all campaign in the year 2000. Under his guidance and efforts Mawanella became the first area to conduct this programme.

Achieving a significant milestone in his life, Ariyasena began his own private medical facility in Mawanella and in 1997 at his own expense he set up a branch of the Sri Lanka Sumithrayo Organization that works on suicide prevention at this facility. Ariyasena himself is one of the volunteer counsellors' who devotes his time and expertise to offer this service.

Combining his medical knowledge with his passion for social work Ariyasena played an active role in the "Lion District 306-C" volunteer movement from 2000. In addition to fulfilling his duties at the Mawanella Lions Club, he was also the National Coordinator for the Lion's Diabetic Awareness Campaign for eight years from 2001.

He joined the management of the **Anomadassi Elders' Home** in Mawanella in 1987 and to date has provided free medical services to its

residents. Despite his countless engagements in Mawanella, Ariyasena did not forget his roots. Since 1997, he has been conducting medical camps at his hometown and contributed to the renovation of the Malamure School to provide a better education for children from poor families. He also set up a scholarship programme for 15 children from both Mawanella and Mapalagama.

The year 2004 was a challenging one for Ariyasena. The major flood that swept through the district of Galle required him to travel to the severely affected areas of Mapalagama, Udugoda and Deniyaya to provide people with food and attend to their medical needs. Additionally, in the immediate aftermath of the devastating Tsunami in December that year, Ariyasena was one of the few who voluntarily travelled to the worst affected areas of Ampara, Akkaraipattu, Kalmunai, Trincomalee, Galle and Hambantota providing medical assistance at a time it was needed most.

This empathetic hardworking and creative individual, regardless of his humble beginnings, has provided exemplary voluntary services to countless people and is an inspiration to all.

Kandy | Medical Relief



ගාල්ල දිස්ත්‍රික්කයේ හිනිදුම ප්‍රදේශයේ සුන්දර වටපිටාවක් සහිත ගම්මානයක් වූ මාපලගමින් බිහි වූ ආර්යසේන උඩලමන්ත ගමගේ බද්දේගම කිස්තුදේව විද්‍යාලයෙන් සිංහල ප්‍රාථමික හා ද්විතීක අධ්‍යාපනය ලබාගත්තේ ය. නිවසින් බැහැරව ලැබූ එම අධ්‍යාපනයේ දී ඔහුගේ භාරකාරයා වූයේ තම පාසැල් ගුරුවරයකු වූ එල්.කේ.එස්. ගුණසිරි මහතායි. එතුමා සමාජ සේවකයකු, කවීකයකු වාගේම උගත් පුද්ගලයකු හෙයින් ගුණසිරි මහතාගේ මගපෙන්වීම හා පෙළඹවීම මත ආර්යසේන ද ඔහුගේ අධ්‍යාපනය පමණක් නොව සමාජ සේවා කටයුතුවල ද නියැලී එමගින් පාසැලේ ප්‍රාථමික හා ද්විතීයික ශේණිවල දී සියලු අංශවල දක්ෂතම සිසුවාට හිමි ත්‍යාග ලබාගත්තේය. මෙය ආර්යසේනගේ වෛද්‍ය මෙන්ම සමාජීය දිවියේ අධිකාලම විය.

මහජන සෞඛ්‍ය පිළිබඳ වූ ඔහුගේ කැමැත්ත මත මහජන වෛද්‍ය හා සෞඛ්‍ය අංශය සඳහා කොළඹ විශ්වවිද්‍යාල යේ වෛද්‍ය පීඨයට පිවිසි ඔහු මහාචාර්ය නන්දදාස කෝදාගෙඩි සහ මහාචාර්ය කාර්(ර්)ලෝ ෆොන්සේකා වැනි විද්වතුන් යටතේ ශිල්ප හදාරුවේය.

වර්ෂ 1980 දී ආරියසේන ඔහුගේ ප්‍රථම රාජකාරී ධූරය ලෙස මාවනැල්ල ප්‍රදේශයේ වෛද්‍ය නිලධාරීවරයා ලෙස පත්වීම් ලද්දේය. පසුව ප්‍රාදේශීය වෛද්‍ය නිලධාරී ලෙස ද කැපීපෙනෙන වැඩසටහන් රාශියක් ඔහුගේ මූලිකත්වයෙන් ක්‍රියාත්මක විය. ඒ අතර ලෝක සෞඛ්‍ය සංවිධානයේ ප්‍රාථමික සෞඛ්‍ය සංරක්ෂණ වැඩසටහන ඔහුගේ මෙහෙයවීම මත මූලිකව ක්‍රියාත්මක කරන ලද්දේ මාවනැල්ල ප්‍රදේශය තුළයි ඒ "වසර 2000 සැමට සුවසෙන" යන තේමාව පෙරදැරි කර ගනිමිනි.

ඔහුගේ දිවි මගේ සුවිශේෂී සනිටිස්ථානයක් ලෙස, තමාගේම පෞද්ගලික වෛද්‍ය සේවාවක් 1995 දී ඔහු මාවනැල්ලේදී ආරම්භ කළේය. 1997දී සිය පෞද්ගලික ධනය වියදම් කරමින් ශ්‍රී ලංකා සුවිශ්‍රයෝශාධාවක් ආරම්භ කළේ සියදිවි නසා ගැනීම් වළක්වා ගැනීම අරමුණු කර ගනිමිනි. ආර්යසේන ඔහුගේ කාලය, ධනය වැය කරමින් ස්වේච්ඡාවෙන් සිදු කළ මෙම සේවය වචනයෙන් විස්තර කළ නොහැකි ඉතා මහඟු සමාජ මෙහෙවරක් විය.

ඔහුගේ වෛද්‍ය දැනුම හා සමාජ සේවය සඳහා වූ සුවිශේෂී කැමැත්ත මත සිංහ දිස්ත්‍රික් 306 සමඟ වසර 2000 සිට ස්වේච්ඡා සේවාවන් ක්‍රියාත්මක කර ඇත. එලෙසම ඔහු මාවනැල්ල සිංහ සමාජයේ සභාපති මෙන්ම ලේකම් ලෙස ද කටයුතු කරන අතර 2001 සිට වසර අටක් යනතුරුම දියවැඩියාව පිළිබඳ දැනුවත් කිරීමේ ජාතික වැඩසටහනේ සම්බන්ධීකාරක තනතුර හෙබවීය.

ඔහු 1987 සිට අද දක්වාම “අනෝමදස්සී” වැඩිහිටි නිවාසයේ පරිපාලනයට සම්බන්ධ වී සිටින අතර එහි නේවාසිකයින්ට නොමිලේ වෛද්‍ය ප්‍රතිකාර සේවාව ලබා දෙයි. මෙලෙස අනුපමේය සේවාවක් මාවතැල්ල ප්‍රදේශයට සිදු කළද සිය උපන්ගම අමතක නොකල ඔහු 1997දී සිය වෛද්‍ය කදවුරු තම උපන් ගම හා නගරය කේන්ද්‍ර කොටගෙන සිදු කරයි. එලෙසම තම උපන් ප්‍රදේශයේ පිහිටි මලාමුරේ විද්‍යාලය තම ධන පරිත්‍යාගයෙන් අලුත්වැඩියා කරදුන්නේ දුප්පත් දුරුවා දරුවන්ගේ අධ්‍යයන අවශ්‍යතා වෙනුවෙනි. තවද ඔහු විසින් ශිෂ්‍යත්ව 15 ක් සංවිධානය කොට මාවතැල්ල හා මාපලගම ප්‍රදේශයන්හි සිසු දරුවන්ට ලබාදෙන ලදී.

2004 වසර ඔහුට අභියෝගාත්මක වසරක් වූයේ ශ්‍රී විශාල ගංවතුරකින් ආපදාවට පත් වූ ගාල්ල දිස්ත්‍රික්කයේ තම ගම් ප්‍රදේශය වූ මාපලගම, උඩුගම, දෙතියාය වැනි ප්‍රදේශවල අවතැන් වූ ජනයාට ආහාර, වෙනත් පහසුකම් හා වෛද්‍ය ප්‍රතිකාර සපයන ලදී. තවද, එම වසර අවසානයේ දී සූනාමි ව්‍යසනයෙන් පීඩාවට පත් වූ අම්පාරු අක්කරෙයිපත්තුව, කල්මුනේ, ත්‍රිකුණාමලය, ගාල්ල සහ හම්බන්තොට ආදී ප්‍රදේශවලට ස්වේච්ඡාවෙන් ගොස් එම ප්‍රදේශවලට අනාවශ්‍ය වූ වෛද්‍ය කදවුරු පැවැත්වීමේ ලා පුරෝගාමීව කටයුතු කළේය.

එලෙසම ජනතාව අතර සෞඛ්‍ය දැනුම හා සෞඛ්‍ය පුරුදු වර්ධනය කර ගැනීම සඳහා විවිධ මට්ටමේ වෛද්‍ය දැනුම සහිත රුපවාහිනී වැඩසටහන් හා සාකච්ඡා පැවැත්වීම ණ සෞඛ්‍ය හා පෝෂණය පිළිබඳ පොත්පත් ද වෛද්‍ය විද්‍යාත්මක ලිපි ලිවීමෙන් ද විවිධ සඟරා හා පුවත්පත් සඳහා නිර්මාණශීලී දායකත්වයන් නොමිලයේම ලබා දීමද මොහු විසින් සිදු කරනු ලබයි.

මෙම සුවිශේෂී අයිෂ්ඨානශීලී හා නිර්මාණාත්මක මිනිසා තම ගමන් මගේ අසමසම ගෞරවනීය සේවාවන් රාශියක් විශාල පිරිසකට ලබා දී කළ ස්වේච්ඡා සේවාව බොහෝ දෙනාගේ මවිතයට මෙන්ම ගෞරවයට ද පාත්‍ර වී ඇත.

காலி மாவட்டத்தில் ஹரிதும் பகுதியில் பின்தங்கிய கிராமமான மாபலகம் எனும் அழகிய கிராமியச் சூழலில் உருவான சிறுவன் ஆரியசேன உதலமத்த கமகே தனது ஆரம்ப, இடைநிலைக் கல்வியை பத்தேகம் கிரித்துடாவே வித்தியாலயத்தில் பெற்றுக்கொண்டார். வீட்டுக்கு வெளியே இருந்து கல்வி கற்ற காரணத்தினால் தனது பாடசாலை ஆசிரியர் எல்.கே.எஸ். குணசிரி என்பவரின் பராமரிப்பில் ஆரியசேன வளர்ந்தார். சமூக சேவையாளராகவும், பேச்சாளராகவும், கல்விமானாகவும் இருந்த குணசிரி, ஆரியசேன என்ற இளைஞரை கல்வி நடவடிக்கைகளில் மேலோங்குவதில் மாத்திரமன்றி சமூக சேவையிலும் ஈடுபாடு காட்டுவதற்கு வழிகாட்டி வளர்த்தெடுத்ததன் காரணமாக ஆரியசேன தனது ஆரம்பநிலைக் கல்வியிலும், இடைநிலைப் பிரிவிலும் பாடசாலையின் சகல துறையிலும் சிறந்த மாணவன் என்ற பரிசை பெற்றுக்கொண்டார். இன்று ஆரியசேன ஒரு வைத்தியராக உருவாகுவதற்கு இதுவே அடித்தளமாக அமைந்தது.

பொதுமக்களின் மருத்துவ சுகாதாரத்தில் இருந்த அக்கறை காரணமாக ஆரியசேன கொழும்பு பல்கலைக்கழகத்தின் மருத்துவ பீடத்தில் அனுமதி பெற்று அங்கு பேராசிரியர் நந்தசா ச கோதாகொட மற்றும் பேராசிரியர் கார்லோ பொன்சேகர போன்ற புகழ்பெற்ற பேராசிரியர்களின் வழிகாட்டலில் வளர்த்தெடுக்கப்பட்டார்.

1980ஆம் ஆண்டில் மாவனெல்லை பிரதேசத்தில் மருத்துவ அதிகாரியாக நியமனம் பெற்ற ஆரியசேன அவர்கள், அங்கு குடும்ப பிராந்திய வைத்திய அதிகாரியாக உயர்வடைந்து 2000ம் ஆண்டில் சகலருக்கும் சுகாதார சேவைகள் என்ற உலக சுகாதார நிறுவனத்தின் அடிப்படை சுகாதார பராமரிப்புத் திட்டத்தை அமுல்படுத்துவதில் முக்கிய பங்காற்றினார். அவருடைய வழிகாட்டலினாலும், ஆற்றலினாலும் இத்திட்டத்தை அமுல்படுத்தும் முதலாவது இடமாக மாவனெல்லை இருந்தது. தனது வாழ்வில் முக்கிய மைல்கற்களை அடைந்த ஆரியசேன

அவர்கள், 1995ஆம் ஆண்டில் மாவனெல்லையில் தனது சொந்த தனியார் மருத்துவ நிலையத்தை ஆரம்பித்தார். 1997ஆம் ஆண்டில் தனது சொந்த செலவில்இ தற்கொலை முயற்சிகளை தடுக்கும் வகையில் “சிறி லங்கா சுமீத்ரயோ” நிறுவனத்தின் கிளையொன்றை தனது வைத்திய நிலையத்தில் எந்தாபித்தார். இந்நிலையத்தில் இலவச ஆலோசனை வழங்கும் ஒரு தன்னார்வ ஆலோசனை வழங்குபவராக தனது நேரத்தையும் அனுபவத்தையும் ஆரியசேன பயன்படுத்தினார் என்பது மிகையான கூற்றல்ல.

மருத்துவ அறிவுடன் சேர்த்து சமூக சேவையில் உள்ள தனது ஈடுபாட்டை சிறந்த முறையில் இ 2000ஆம் ஆண்டிலிருந்து வயன்ஸ் கழகம் 306ஊ என்ற தன்னார்வ அமைப்புடன் இணைந்து திறமையாக வெளிப்படுத்தினார். மாவனெல்லை வயன்ஸ் கழகத்தின் தலைவராகவும், செயலாளராகவும் பணியாற்றியதுடன் 2001ஆம் ஆண்டிலிருந்து வயன்ஸ் கழகம் மேற்கொண்ட நீர்மூல நோய் பற்றிய விழிப்புணர்வு செயற்திட்டத்தின் தேசிய ஒருங்கிணைப்பாளராக 8 வருடங்கள் கடமையாற்றினார்.

1987ஆம் ஆண்டில் மாவனெல்லையில் உள்ள "அநேமதசி முதியோர் இல்லத்தின்" நிர்வாகத்தில் இணைந்துகொண்ட இவர் இன்றுவரை இவ் இல்லத்தில் தங்கி உள்ளவர்களின் மருத்துவ சேவைகளை இலவசமாக மேற்கொண்டு வருகின்றார். மாவனெல்லையில் தனது எண்ணெய்க்காத வேலைப்பளுவிற்கு மத்தியிலும் தனது ஆரம்ப கிராமத்தை ஆரியசேன மறந்துவிடவில்லை. 1997ஆம் ஆண்டிலிருந்து தான் பிறந்த ஊரில் மருத்துவ முகாம்களை தொடராக நடத்தி வருவதால் மலமுறை பாடசாலையில் கல்வியிலும் வயிதா குடும்பங்களின் நிர்வாகத்தின் கல்விமேம்பாட்டிற்காக அப்பாடசாலையின் புனர்நிர்மாணத்திற்கு பெரும் பங்களிப்புச் செய்தார். அத்துடன் மாவனெல்லையிலும், மாபலகமையில் இருந்தும் 15 பிள்ளைகளை தெரிவு செய்து அவர்களுக்கு

புலமைப்பரிசு வழங்கும் திட்டமொன்றையும் ஏற்பாடு செய்தார்.

2004ஆம் ஆண்டானது ஆரியசேன அவர்களுக்கு ஓர் சவாலாக அமைந்தது. காலி மாவட்டத்தில் ஏற்பட்ட பெரிய வெள்ளப்பெருக்கின் காரணமாக மோசமாக பாதிக்கப்பட்ட மாபலகம், உடுகொட, தெனியாய போன்ற கிராமப் பகுதி மக்களுக்கு உணவு மற்றும் வைத்திய தேவைகளை கவனிப்பதற்காக இப்பகுதிகளுக்கு அவர் பயணம் செய்யவேண்டிய தேவை ஏற்பட்டது. இதே வருடத்தில் இறுதிப்பகுதியில் ஏற்பட்ட சனாமி பேரழிவின் காரணமாக அம்பாறை, அக்கரைபற்று, திருகோணமலை, காலி, ஹம்பாந்தோட்டை போன்ற மிகவும் பாதிக்கப்பட்ட பிரதேசங்களுக்கு வைத்திய சேவை அத்தியாவசியமாக இருந்த நேரத்தில் அப்பகுதிகளுக்குத் தன்னார்வத்துடன் பயணம் செய்த வைத்தியர்களுள் ஒருவராக ஆரியசேன திகழ்கின்றார். சிறந்த சுகாதார பழக்கவழக்கங்களை மக்கள் மத்தியில் ஏற்படுத்தும் ஒரு செயற்பாடாக தேசிய தொலைக்காட்சிகளில் பல வைத்திய கலந்துரையாடல்களில் பங்குபற்றி தனது அறிவை மற்றவர்களுடன் பரிமாறிக்கொள்ளும் வைத்தியர் ஆரியசேன அவர்கள், சுகாதாரம் மற்றும் போஷாக்கு தொடர்பாக பல புத்தகங்களை எழுதியுள்ளதடன், பல மருத்துவ கட்டுரைகளை புத்திரிகைகளுக்கும் சஞ்சிகைகளுக்கும் எழுதியுள்ளார். இவை யாவற்றையும் தன்னார்வ அடிப்படையில் இவர் மேற்கொண்டு வருகிறார்.

இத்தகைய கடின உழைப்பும் ஆக்கத்திறனும் கொண்ட நயராக திகழும் வைத்தியர் ஆரியசேன, எண்ணிக்கையற்ற மக்களுக்கு மிகச்சிறந்த முறையிலான தன்னார்வீதியான சேவையை வழங்கிவருவது, எல்லோருக்கும் ஓர் எடுத்துக்காட்டாகக் கொள்ளலாம்.

වෛද්‍ය ආරියසේන ගමගේ



ஆரியசேன கமகே

The United Nations Development Programme (UNDP) is the development arm of the United Nations. UNDP partners with people at all levels of society to help build nations that can withstand crisis, and drive and sustain the kind of growth that improves the quality of life for everyone. On the ground in 177 countries and territories, UNDP's focus is on helping countries build and share solutions to the challenges of poverty reduction and the Millennium Development Goals (MDGs), democratic governance, crisis prevention and recovery, and environment, energy and sustainable development.

In Sri Lanka, UNDP works with national partners to help achieve inclusive and sustainable human development and lasting peace. It addresses regional disparities by strengthening local economies and governance systems to deliver social services in an equitable manner. UNDP supports disadvantaged communities to access justice systems, while also strengthening social integration. It also works to protect the environment and develop national capacities to respond to disasters and mitigate the risks they pose. UNDP has been working with and for the people of Sri Lanka for more than six decades.

UNDP recognizes the importance of volunteerism as a powerful tool for social cohesion. By encouraging and supporting volunteer programmes and activities, UNDP aims to mark the significance of the core values of volunteerism and its impact on development. UNDP also supports volunteerism through initiatives such as integrating volunteer efforts to achieve the Millennium Development Goals, to define the post 2015 development agenda and, by recognizing the need to engage youth to boost development. This year, UNDP is joining the #GivingTuesday campaign for the first time, adding a global dimension to this powerful day of volunteerism and philanthropy.



*Empowered lives.
Resilient nations.*





KAMANI DE SILVA

"I dedicated myself to give life to them. Healing the sick, the pained and the helpless is the sole objective of my life."

According to Buddhist philosophy '*Arogya parama labha*' - Health is the greatest gift of all, however this gift is not so easy to come by. Nevertheless, nurse Hettihewage Donika Kamani Aseka De Silva, is an exemplary person who has devoted her life to bringing this gift to as many people as possible.

Kamani gained her primary education at Mahamaya College Kandy and later joined the Kandy Nursing School where her temperament and dedication made her an outstanding nursing officer. After serving at the Burns and Plastic Surgery Unit of the Colombo National Hospital for four years, Kamani returned to her hometown to take her place in the same unit (ward 21) at the General (Teaching) Hospital Kandy in 1994, where she served for the next seven years. Kamani went beyond her call of duty to find and fulfill the necessary physical resources that were lacking in this ward.

In 2001 Kamani took up an internal transfer to ward 49 of the Cancer Unit. Seeing the devastating condition of the ward, together with the help of her friends at the Mahamaya College Past Pupils'

Association, she gathered the necessary funds to renovate the physical and sanitary facilities of the ward, thereby making it possible to deliver a more efficient service to the patients.

Working at the cancer ward was not just another job for Kamani. She dedicated her time to listen to the stories of each and every patient. She was moved by their lack of bare necessities and the cost of healthcare that made life a bitter one for them and their families. In 2004 Kamani dedicated a month's salary and established the ***Cancer Suwa Sahana Fund***, which, to this day, helps patients with their medical needs. Believing in a holistic approach to the treatment of cancer, Kamani was keen to provide patients with counseling to lead a happier life.

The fund also contributed to the wellbeing of medical staff by providing them with protective gear that shields them from exposure to radiation emanating from treatments and to minimize the effect of radiation she also established a roster that allowed nurses to work in turns. She provided tokens of appreciation through the fund for staff members in recognition of their commitment.

Having worked ten long years in the cancer ward, Kamani herself was not spared by this illness. In 2009 after witnessing a few cancer like symptoms, she had to transfer to her current position as the Infection Control Nursing Officer. Here too she has been meticulous in providing good care for her patients, demonstrating excellent knowledge and competence in advanced nursing practices.

It was in honour of her outstanding voluntary service that she was presented with the Rotary International District 3220 ***Exemplary Public Service Award*** in 2004 by the Rotary Club of Kandy and the titular honour ***Purna Chandra Aloka Seva Virajitha*** from the Kandurata Cultural and Arts Society in 2010.

Despite the many accolades presented to her, Kamani remains humble, selfless and dedicated to the voluntary work that she truly believes in. Her tireless efforts to build a better and more comfortable environment for cancer patients and her genuine concern for the wellbeing of them and her fellow colleagues, makes her a true role model; not just as a nursing officer but more so as a human being.

Kandy | Healthcare





GUNARATH BANDA

“Example is better than precept, so I made my conduct an example. I changed many things everybody thought impossible to change, and I did it through a collective effort.”

Like for many people, school was the learning ground that nurtured the young R.M.G. Banda to become the leader he is today. Sensitive to the needs of the people, Banda later proceeded to use his skills to help the needy. His social services are not limited to a particular field, but spreads to wherever his help is needed.

After leaving school in 1983, Banda retraced his steps back to his hometown, the small village of Polpithigama Galketiya in the Kurunegala District. On his arrival, he assumed the leadership of youth in the village by establishing the Youth Society registered under the National Youth Services Council (NYSC). Restoring the village tank was the initial project of this Society and the stepping-stone for Banda’s voluntary activities. With the aim of bringing about a social, economic and cultural revival in the Kurunegala District, Banda expanded his volunteering efforts throughout the Yapahuwa electorate. The Youth Leadership Training Programmes implemented through NYSC, in collaboration with the Sri Lanka Foundation, is one example that depicts Banda’s commitment and dedication towards empowering youth.

After moving to the Mahaweli Scheme in 1988, he initiated the first Farmers’ Society and the Welfare Society of the area. As the President of the Farmers’ Society he looked into the difficulties faced by the farming community and strove to find solutions for them. As a result he was able to form a Seed Paddy Society in the Mahaweli ‘C’ Region and later initiate programmes to exchange seed paddy among farmers from Galle, Ratnapura and Anuradhapura districts.

Banda also worked hard towards moderating the clashes between humans and animals when he became the first President of the Conservation Management Project created in relation to the Wasgamuwa National Park.

With the aim of bringing foreign exchange to farmers and improving their economy, Banda voluntarily extended his support to commence an Aquatic Society to export ornamental fish and to give an incentive to the farmers to join Aquatic Farming.

In 2008 he joined the Lakkima Newspaper as the regional reporter for the Dimbulagala area

and utilized this opportunity to improve the living standards of people by highlighting their issues and needs. The removal of the waste pit in Manampitiya, Gallella is one such highly commendable achievement.

Banda’s voluntary services always focused on providing relief and happiness for those who are in need and he has made a valuable contribution in facilitating the development of society and its people.

Polonnaruwa | Rural Development



පාසලෙන් ලද නායකත්ව අත්දැකීම් සමාජයට පිවිසීමක් සමග පීඩාවට පත් ජනයාට සහන සැලසීම සදහා ප්‍රයෝජනයට ගැනීමට ආර්.එම්.ජී. බණ්ඩා නොපසුබට විය. ඔහුගේ එවන් වසර ගණනක සමාජ සේවය එක් ක්ෂේත්‍රයකට පමණක් සීමා නොවීය.

1983 වසරේදී පාසලෙන් සමුගත් බණ්ඩා මහතා සිය උපන් ගම වන පොල්පිතිගම ගල්කැටියාගම ගමේ තරුණ පිරිසට නායකත්වය දෙමින් යොවන සමාජයක් පිහිටුවා ජාතික තරුණ සේවා සභාවේ ලියාපදිංචි කෙළේය. ගමේ වැව පිළිසකර කිරීමෙන් ඇරඹීමේ සංවිධානයේ ප්‍රජා සන්කාර වැඩසටහන් යාපහුව මැතිවරණ කොට්ඨාශය පුරා ව්‍යාප්ත කිරීමට ඔහු පුරෝගාමී වුවා මෙන්ම කුරුණෑගල දිස්ත්‍රික්කය පුරා සමාජ, ආර්ථික, සංස්කෘතික ප්‍රබෝධයක් ඇති කිරීමට ඔහු පුළුල් දායකත්වයක් දැක්වූවේය. ශ්‍රී ලංකා පදනම් ආයතනය සමග ජාතික තරුණ සේවා ව්‍යාපාරය මගින් ක්‍රියාත්මක කළ නායකත්ව පුහුණු වැඩසටහන, ලංකාවේ තරුණ ප්‍රජාව නගා සිටුවීම උදෙසා බණ්ඩා මහතා සිය කාලය, ශ්‍රමය හා ධනය උපරිමයෙන් කැප කළ එක් අවස්ථාවක් පමණි.

1988 වසරේදී මහවැලි ව්‍යාපාරයේ පදිංචියට පැමිණීමත් සමඟ එහි මුල්ම ගොවි සංවිධානය හා සුභ සාධක සමිතිය පිහිටුවීමට මුලිකත්වය ගත්තේද බණ්ඩා මහතාය. ගොවි සංවිධානයේ සභාපති ලෙස ගොවීන් මුහුණ පෑ ගැටළු හදුනා ගත් බණ්ඩා මහතා එම ගැටළු වලට පිළියම් සෙවීමට කටයුතු කෙළේය. තවද මහවැලි සි කලාපයේ බිජු වී සංගමය ආරම්භ කරමින් ගාල්ල, රත්නපුර, අනුරාධපුර යන දිස්ත්‍රික්ක වල ගොවීන් හා එක්ව බිජු වී හුවමාරු

එදිසටහන් ක්‍රියාවට නැංවූයේය.

වස්ගමුව ජාතික වනෝද්‍යානය සම්බන්ධයෙන් දියත් කළ රක්ෂිත කළමනාකරණ ව්‍යාපෘතියේ ප්‍රථම සභාපති ධුරය දරමින් අලි මිනිස් ගැටුම අවම කිරීමට ද ඔහු ක්‍රියාකාරී ලෙස සම්බන්ධ විය. තවද, ගොවීන් අතරට හා රටට විදේශ විනිමය ගෙන ඒමේ අභියෝගයෙන් “ජල ජීවි සංගමය” පිහිටුවා විසිතුරු මසුන් අපනයනය කිරීම හා මත්ස්‍ය වගාවට ගොවීන් පෙළඹවීම ඔහුගේ ස්වේච්ඡා සේවයේ වැදගත් සංධිස්ථානයකි.

ඉන් නොනැවතුනු ඔහු 2008 වසරේ සිට වසර 05 ක් පුරා ලක්බිම පුවත්පතේ දිඹුලාගල වාථ්තාකරු ලෙස කටයුතු කරමින් ප්‍රදේශයේ ජන ජීවිතය යහපත් කිරීමේ අරමුණින් සිය පැන මෙහෙයවයි. මනම්පිටිය ගල්ලැල්ල කුණු වල ඉවත් කිරීමට ගෙන ගිය සටන ඒ අතරින් විශේෂය.

සමාජයේ පීඩාවට පත් ජනයාට සතුට කැන්දා ගෙන ඒම අරමුණු කරගත් බණ්ඩා මහතාගේ ස්වේච්ඡා සේවය මේ දක්වා සමාජ ප්‍රමමනයට ඉමහත් දායකත්වයක් දක්වා ඇත.

பாடசாலையில் கிடைத்த கல்வி இளம் குரைத் பண்டாவை ஒரு சிறந்த தலைவனாக்க உதவியது. தனது மக்களின் தேவைகளை நன்கு உணர்ந்த பண்டா தனது ஆற்றல்களை பயன்படுத்தி ஏழைகளுக்கு உதவி செய்தார். அவரது சமூக சேவைகள் ஒரு குறிப்பிட்ட வரையறைக்குள் மட்டுப்படுத்தப்படாமல் உதவி தேவைப்பட்ட அனைத்து இடத்திற்கும் வழங்கப்பட்டது.

1983இல் பாடசாலையை விட்டு வெளியேறிய பண்டா குருநாகலை மாவட்டத்திலிருந்து தனது ஊரான பொலபிடிமலை கல்கெடியாகமவிற்கு திரும்பினார். அங்கே அவர் தேசிய இளைஞர் சேவைகள் சங்கத்தினுடாக தனது கிராமத்தில் ஓய்வூதிய வாங்கி இளைஞருக்கு தலைமைத்துவம் கொடுத்தார். கிராமத்துக்கு குளத்தை மீளமைப்பது இந்த சங்கத்தின் முதல்தர நடவடிக்கையாகவும் பண்டாவின் தன்னார்வ செயற்பாடுகளுக்கு முதல் படியாகவும் அமைந்தது. குருநாகலை மாவட்டத்தின் சமூக, பொருளாதார, கலாசார இ மறுமலர்ச்சியை நோக்கமாகக் கொண்ட பண்டா யாப்பாபுவயில் தொகுதி முழுவதும் சமூக பணிகளை செய்துதான், ஸ்ரீ லங்கா பெளட்டேஷேனுடன் இணைந்து, மாவட்ட இளைஞர்களின் அபிவிருத்திக்காக இளைஞர் தலைமைத்துவ பயிற்சி முகாம்களை நடாத்தியமை பண்டாவின் சிறந்த சேவைகளின் ஓர் உதாரணமாகும்.

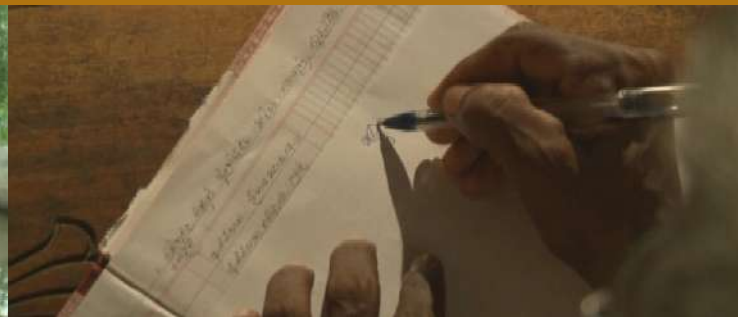
1988இல் மகாவலி திட்டத்திற்கு சென்று அவர் அப்பிரதேசத்தின் விவசாயிகள் சமூகத்தையும் நலன்புரி சமூகத்தையும் கட்டி எழுப்பினர். விவசாயிகள் சமூகத்தின் தலைவராக கடமையாற்றிய பண்டா விவசாயிகள் முகம்கொடுத்ததது பிரச்சினைகளுக்கு தீர்வுகள் வழங்க முற்பட்டார். அவர் மகாவலியில் (சி) பிரிவில் விதை நெல் சங்கம் ஒன்றை தொடங்கி பின்பு காலிடி மாத்தறையி ரத்தினபுரிஇ அனுராதபுர மாவட்டங்களில் விதை நெல் பரிமாற்றம் செய்ய செயற்பாடுகளை ஒழுங்கு படுத்தினார்.

வல்குமுவ தேசிய பூங்காவில் பாதுகாப்பு மேலாண்மை
திட்டத்திற்கு முதல் தலைவராகக் கடமையாற்றிய பண்டா
மனிதருக்கும் விலங்குகளுக்கும் இடையே இடம்பெற்ற
தகராறுகளை தீர்க்க முற்பட்டார்.

விவசாயிகளுக்கும், நாட்டுக்கும் அந்நிய செலவாணியை சட்டிப் பொருளாதாரத்தை மேம்படுத்த உதவியாக நீர்வாழ் சமூகம் என்ற பெயரில் ஓர் அமைப்பை உருவாக்கி, அதன் மூலம் அலங்கார மீன்களை ஏற்றுமதி செய்தார் பண்டா.

2008இல் அவர் லக்ஷ்மி செய்தித்தாளில் திம்புலாகல பிரதேச நிருபராக கடமையாற்றி மக்களின் பிரச்சினைகளை எடுத்துக்காட்டினார். கல்லோல் கிராமத்தின், மன்னம்பிட்டியாவில் இருந்து குப்பைக்கூலத்தை அகற்ற நடவடிக்கைகள் எடுத்தார். சமூகத்தில் வாழ்ந்த ஏழை மக்களின் தேவைகளை பூர்த்தி செய்வதே பணியாவின் நோக்கமாக அமைந்தது. சமூகத்தின் அபிவிருத்திக்கும் மக்களின் நலனிற்கும் அவர் மிகப்பெரிய சேவையை செய்துள்ளார்.

ഗുരുവ് വെളിവാ



குணரத் பண்டா



JANAKI DEVI

"My efforts have always been to give new meanings to a life: To give life to those people with feet without shoes, hands without a pencil and houses without roofs."

Hailing from an affluent business family, Janaki Gunawardene was a successful, innovative and visionary entrepreneur in the corporate sector. A life-changing move to live in the village of Hanwella, where she witnessed poverty, sickness and destitution with her own eyes, inspired her to take up humanitarian work, and decide that making money was not her real goal in life.

Her journey began in 1993, when she founded Business and Professional Women Sri Lanka (BPWSL), a charitable organization affiliated with the International Federation of Business and Professional Women (IFBPW). Since then, she has been committed to uplifting the standards of living for lesser privileged women and children throughout rural Sri Lanka.

A milestone in Janaki's life was the founding of the world's first Global Peace Village, for families displaced by the conflict. In 2000, when BPWSL visited Illukpitiya and the surrounding villages in the Polonnaruwa district, they realized the need for a sustainable project to restore this war-torn community. Despite the lack of funds, Janaki was not deterred.

"Where there is a will, there is a way. Don't postpone for tomorrow what can be done today" says Janaki, and with such a motto, her determination prevailed.

Through an innovative venture in the form of an international pageant, she was able to secure funding for forty houses from forty countries around the world and thus the Global Peace Village was born. Janaki was awarded the President's Certificate of Honour by the IFBPW for her services.

Under Janaki's supervision, small and micro enterprises by women were promoted through seminars, publications, exhibitions and international conferences. BPWSL also organized health camps, book donations to needy children and excursions to rural Sri Lanka to provide essential food items to those in need.

For years, Janaki offered a helping hand through this organization for these projects but in 2009, she found a new mission, where she was able to support a poor child and her family by giving them a new house. Inspired by changing the life

of a family from a lesser privileged background, Janaki decided on kick starting a whole new initiative called: Project Change. Change is a project undertaken by BPWSL, which initially started out to set up the necessary funding and nutritional provisions for rural school children to facilitate a stable education for them.

Janaki is a living example of change in action, whose determination does not allow her to pause. Her latest project is aimed at appointing ambassadors for Change, which will involve the global participation of powerful men and women who are committed to advocate for Change in their respective countries, in order to establish a better future for the human race. Ambassadors from several countries such as Taiwan, Japan, Australia, Singapore and Sri Lanka were appointed at the 20th anniversary celebration of BPWSL.

With all these remarkable efforts at making a difference, Janaki has never stopped to take a breath. Her values and passion have never wavered. Her firm belief that change is not impossible is still steadfast, and through it all, her message is simple.

Colombo | Community Service





Employee Volunteerism

Standard Chartered Bank encourages its employees to volunteer for activities and provides them with three days of volunteering leave to engage in projects of their choice.

Go Forward

The soccer camp is an activity engendered by Standard Chartered Bank's "Go Forward" initiative together with the Liverpool Football Club, whereby the aim is to reach out to 1000 inner-city youth between the ages of 8 to 15 years by the end of 2013. The initiative's objectives are to popularize the game of football, identify potential talent, and to empower/educate youth on financial literacy. The Liverpool Football Club has committed to fly down coaches in October this year for a soccer clinic – an opportunity for the youth to learn, and demonstrate their talent. To date, the initiative has covered 565 youth in Colombo (2012/2013) and 270 in Jaffna (2013).

Seeing is Believing

Seeing is Believing is a global initiative to help tackle avoidable blindness. Standard Chartered Bank raises funding to prevent and treat avoidable blindness, and have helped bring affordable eye-care to some of the poorest communities across the globe. Since the launch in 2003, the initiative has reached over 31 million people. Every dollar raised is matched by Standard Chartered Bank - doubling the impact on the ground. Seeing is Believing is a collaboration between Standard Chartered Bank and the International Agency for Prevention of Blindness (IAPB)





NALAKA PRIYANTHA KUMARA

"Life depends on a drop of water. My effort was to give life to those people by giving a drop of water."

It is those who do not have access to water that understand the value of every drop that goes waste. For Nalaka Priyantha Kumara having to travel several kilometres a day to collect water was a necessity for survival. Together with the rest of the villagers, he would travel on foot, bicycle and three-wheeler to collect water for their daily consumption.

Nalaka is an individual who showed an inclination towards serving others, from his school days. This became the foundation for his voluntary actions, which he was to continue throughout his life. He identified the needs of his people and voluntarily took up the task of providing water for the village, ending the shortage that had existed for four decades.

It is an improbable task to provide water for 300 families within a period of one year. However as the president of the '*Ekamuthu Prajamoola Sanvidhanaya*', Nalaka accepted the challenge and together with his fellow villagers began raising funds to cover the expenses of the project, which amounted to Rs. 11.2 million. He obtained funds worth Rs. 9 million from the Government

and the Uva Provincial Council, while the deficit of Rs. 2.2 million came as contributions from the villagers themselves.

Nalaka executed this project in a manner that requires admiration. He put into action the method of '*shramadana*', and ensured that all villagers participated in the project, putting aside personal disputes and uniting for a worthy cause. This collective effort resulted in the successful completion of excavating the drains and the laying out of water pipes stretching a distance of 13 kilometres. Even though the villagers had pleaded for water, their pleas had fallen on the deaf ears of the authorities. But Nalaka, owing to his personal experience of growing up in the village, made every effort to fulfill the request of the villagers. The project was completed on 25.02.2013 and handed over to the people of the village.

Through this drinking water project, Nalaka was able to introduce new pathways to the people of the village. Prominent among them are opportunities for self-employment, increasing the efficiency of the people's day-to-day lives,

new prospects for home gardening, improving the community's health and sanitation as well as contributing to the increase in the value of houses and the respective lands. These are only a few of the benefits that resulted from Nalaka's voluntary initiative.

Nalaka helped the people of his village to secure one of the most basic human rights. His courage and perseverance deserves recognition, and he will continue to remain an inspiration to us all.

Badulla | Social Welfare



ඉවතට ගලායන කුඩා දිය බිඳුවක පවා වටිනාකම දැනෙනුයේ ජලය නොමැතිව පීඩා විදින ජනතාවටයි. පාසල් යන අවධියේ සිටම ස්වේච්ඡා කටයුතු සඳහා නැඹුරුවක් පෙන්නුම් කරමින් නාලක ප්‍රියන්ත කුමාර මහතා තම ජීවන ගමන් මගෙහි අත් අයට සේවය කිරීමේ අඩිතාලම සකස් කර ගත්තේය. ගම් වැසියාගේ අවශ්‍යතා මැනවින් හඳුනාගත් මෙම උදාර මිනිසා දශක හතරක් තිස්සේ ගමට මහත් වූ අඩුපාඩුවක් වී තිබූ පානීය ජල ගැටළුව විසඳා දීමට ස්වකාමත්තෙන් ඉදිරිපත් වූයේය.

පවුල් තුන්සියයකට වසරක් වැනි කෙටි කාලයක් තුළ පානීය ජලය ලබාදීම සුළුපටු කාර්යයක් නොවේ. එහෙත් එකමුතු ප්‍රජාමුල සංවිධානයේ සභාපති නාලක මහතා එය සතුව සිටින්න භාරගත්තේ තම සිත තුළ රජයන ස්වේච්ඡා සේවකයා නිසාවෙනි. කි.මී. 13ක දිගින් යුත් ජලනල එලීම සඳහා ඔහු තම අධීක්ෂානශීලීත්වය උපරිමයෙන් යොදා ගනිමින්, අවශ්‍ය කරන්නාවූ සියළුම රාජ්‍ය ආයතන වලින් අනුමැතිය ලබා ගත්තේය. ව්‍යාපෘතිය වෙනුවෙන් වැයවන මිලියන 11.2ක මුදල සඳහා රජයෙන් සහ ඌව පළාත් සභාවෙන් මිලියන 9ක මූල්‍යාධාර ලබාගත් ඔහු ඉතිරි මිලියන 2.2 රැස්කර ගැනීමට සිය ජනයාගේ දායකත්වය ලබාගත්තේය.

එපමණක් නොව, ඔහු ඉතා අපූරු අත්දැකීන් තම ව්‍යාපෘතිය ක්‍රියාවට නැංවූ බව අමතක නොකළ යුතුය. ඒ නාලක මහතා මනා ජීවන දෘෂ්ටියකින් යුතුව ශ්‍රමදාන සංකල්පය ක්‍රියාවට නංවමින්, ජනතාව අතර තිබූ වාද හේද පසෙකලා, ගම්වාසී සියලු දෙනා ඒකරාශී කොටගෙන කානු කපා ජලනල එළීම සාර්ථකව සිදුකල බැවිනි. සිය ජනතාවගේ

අනේක වූ ආයාචන බලධරයන්ගේ අවධානයට ලක්නොවූ තවුළු, එය නාලක මහතාගේ සවනට යොමු වූයේ ඔහුගේ ස්වේච්ඡා සේවයට ඇති මහත් වූ ලැදියාව හේතුවෙනි. 2013.02.25 දින, එම පානිය ජල ව්‍යාපෘතිය ගමට දායාද කළ එච්. එම්. නාලක මුයන්ත මහතා ජාතික වීර නාමාවලියට එක්කල යුතු බව පවසන්නේ ඔහුගේ ස්වේච්ඡා සේවයෙන් ප්‍රතිලාභ ලැබුවෝය.

ගමට පානිය ජලය ලබා දීමට අමතරව මෙම ව්‍යාපෘතිය මගින් නාලක මහතා ගැමි ජනතාවට විවිධ ඉඩ ප්‍රස්ථාන විවෘත කිරීමට සමත් වී තිබේ. ස්වයං රැකියාවලට මඟ පෑදීම, ජනයාගේ ඵදිනෙදා ජීවිත කාර්යක්ෂම කරගැනීමට රුකුලක් වීම, සංවර්ධන ක්‍රියාවලිය වෙනුවෙන් කාලය වෙන්කොට ගැනීමට හැකිවීම, ගෙවතු වගාවට අවස්ථා උදා කරදීම, සැමගේ සෞඛ්‍ය සම්පන්න බව මෙන්ම සනීපාරක්ෂාව ද වැඩිදියුණු කරදීම සහ ගමෙහි නිවෙස්වල සේම ඉඩ කඩම්වල වෙළඳපොළ වටිනාකම ඉහළ නංවාලීම, මෙම ව්‍යාපෘතිය මගින් ඔහු නිරායාසයෙන් අත්කර ගත් මහඟු ප්‍රතිපලයන්ය.

මූලික මිනිස් අයිතිවාසිකමක් රැකගැනීමට සිය ජනයා හට පිහිට වූ නාලක මහතා කවුරුමක් ස්වේච්ඡා සේවාවක් ක්‍රියාවට නංවන්නේ එය තමාගෙන් ඉටුවිය යුතු උසස්ම කාර්යය සේ සලකමිනි.

நீரைப் பெற்றுக்கொள்ள முடியாதவர்களாலேயே வீணாகிச் செல்லும் ஒவ்வொரு துளி நீரின் அருமையையும் உணர்ந்துகொள்ள முடியும். தான் உயிர்வாழ்வுக்கான அத்தியாவசியமான நீரை சேகரித்துக் கொள்வதற்காகப் தினமும் பல கிலோமீட்டர் தூரம் நாலக பிரியந்த குமார பயணம் செய்ய வேண்டியிருந்தது. தினசரி நுகர்வுக்கான நீரை பெற்றுக்கொள்ள முச்சக்கர வண்டியிலும், துவிச்சக்கர வண்டியிலும், கால்நடையாகவும் தன் கிராமத்தவர்களுடன் இணைந்து இவர் பயணம் செய்தார்.

தனது பாடசாலை நாட்களில் இருந்தே மற்றவர்களுக்கு உதவிப் பரியும் விருப்பத்தை கொண்டதொரு நபராக இவர் இருந்தார். இது அவருடைய வாழ்வில் அவர் காட்டும் தன்னார்வ நடவடிக்கைகளுக்கான அடித்தளமாக அமைந்தது. நான்கு தசாப்த காலமாக நிலவி வந்த நீர்ப் பற்றாக்குறைக்கு முடிவாகக் கட்டவேண்டியதன் அவசியத்தை அடையாளம் கண்டு தன்கிராம மக்கள் நீரை பெற்றுக்கொள்வதற்கு வழிவகுப்பதை தனது தன்னார்வத் தொண்டாற்றாலாக எடுத்துக்கொண்டார் நாலக.

ஒரு வருட காலத்திற்குள் 300 குடும்பங்களுக்கு நீர் பெற்றுக் கொள்ள வழியமைப்பது மிகவும் சாத்தியமான விடயம் அல்ல. ஆயினும் தான் தலைமை தாங்கும் “எகமுது பிரஜாமுல சச்விதானய” என்ற அமைப்பின் மூலம் இந்த சவாலை ஏற்றுக்கொண்ட நாலக தன் கிராமத்தவர்களுடன் சேர்ந்து இத்திட்டத்தை நிறைவேற்றத் தேவையான 11.2 மில்லியன் ரூபாய் பணத்தை திரட்டுவதற்கு ஆரம்பித்தார். இதில் அரசாங்கத்திடம் இருந்தும் ஊவா மாகாண சபையிடம் இருந்தும் 9 மில்லியன் ரூபாய்கள் கிடைத்ததுடன் மேலதிகமாக தேவைப்பட்ட 2.2 மில்லியன் ரூபாய்கள் கிராமத்தவர்களின் பங்களிப்பாக கிடைத்தது.

நாலக இத்திட்டத்தை பாராட்டத்தக்க முறையில் நிறைவேற்றினார்

சிரமத்தான முறையில் இத் திட்டம் செயற்படுத்தப்பட்டது. கிராமத்தவர்கள் எல்லோரும் தமக்கிடையிலான தனிப்பட்ட பிரச்சினைகளையும் பிளவுகளையும் ஒதுக்கிவைத்துவிட்டு இந்த பெறுமதி மிக்க நடவடிக்கையில் முழுமையாக பங்கு பற்றினர். 13 கிலோமீட்டர் தூரத்திற்கு குழாய் பதிப்பதற்கும் அதற்கான காண்களை வெட்டுவதற்கும் இந்த கூட்டு முயற்சி வெற்றிகரமாக அமைந்திருந்தது. கிராமிய மக்கள் அதிகாரிகளிடம் பல தடவைகள் நீரை பெற்றுத்தருமாறு விடுத்த கோரிக்கைகள் செவிடன் காதுில் ஊதிய சங்காசாக இருந்த நிலையில் நால்க தான் கிராமத்தில் அனுபவித்த தனது சொந்த அனுபவங்களின் காரணமாக இந்த எண்மையான கோரிக்கை, அதற்கு தேவையான உதவிகளை பெற்றுள்ளது. இத் திட்டம் 25-02-2013 இல் நிறைவு செய்யப்பட்டு கிராம மக்களிடம் கையளிக்கப்பட்டது.

இத்திட்டத்தின் மூலமாக நாலக அவர் கிராமத்திற்கு பல வழிமுறைகளை ஏற்படுத்திக்கொடுத்தார். சுய வேலைவாய்ப்பு யோஜனா தினசரி வேலைகளின் இயக்கு திறனை அதிகரித்தல் வீட்டுத்தோட்டம், சமூக சுகாதாரத்தை மேம்படுத்தல் மற்றும் நில் விலை அதிகரித்தல் ஆகியவை நாலகவின் செயல்பாடுகள். தன்னார்வச் செயல்களில் மக்கள் பெரும் பங்களிப்பும் ஆகும்.

நாலக தனது கிராம மக்களின் அடிப்படைத் தேவைகளில் ஒன்றை பெற்றுக்கொள்ள உதவினார். அவரின் தைரியம் மற்றும் விடாமுயற்ச்சி பாராட்டுக்குரியதாகும்.

නාලක ප්‍රියන්ත කුමාර



நாலக பிரியந்த குமார



SACHINDA DULANJANA

"I dedicated myself to heal the pained and encourage the helpless."

'One only needs a caring heart and a pair of skilled hands to make a difference in the world we live in': Sachinda Dulanjana's motto in life has been this thought and it has taken him on a journey to help so many different groups that needed assistance. For those who believe that humanitarian work entails giving up much time and money, this young man is an example of the exact opposite.

Starting his volunteer work as a part of a scout troop, Sachinda always had the spirit of volunteerism within him. This spirit was given wings at Ananda College, when Sachinda received leadership training and guidance, which helped him take on large scale projects that would benefit many. Working with his Prefect's Guild, Sachinda was instrumental in organizing rural school rehabilitation programmes in some of the most remote parts of the country. His work also took him to war torn areas like Killinochchi where the devastation caused by years of war tugged at the very heartstrings of a young volunteer.

Working on Tsunami rehabilitation projects only served to make Sachinda understand that there was much more to be done. With this in mind he

set up the *Hearts and Hands of Humanity* or the *H3 Foundation* to rally like-minded youth from around the country and in fact from around the world to work together to bring hope to those who had lost so much.

As a mentor and guide, Sachinda's work is extensive to say the least. The *H3 Foundation* has worked with various institutions such as the *Lawris Children's Home* in Maradana, the *Salvation Army Elder's Home* in Rajagiriya, the *Camilla Special Needs School* in Mattegoda, and the *City Home for Elders and Children* in Battaramulla. Sachinda and H3 collect funds and donations, and more importantly give of their time and care to those in these institutions.

The work of H3 does not stop there. Passionate about guiding youth in the correct path, Sachinda has also organized several leadership and awareness programmes on topics such as the value of reading, non-discrimination, peer pressure, drug abuse and other psychological issues that specifically affect the younger generation. Together with organizations such as Sri Lanka Volunteers and the V-Force, Sachinda

helps to mobilize youth from around the country, and provides platforms for youth issues to be discussed and solutions found. A talented writer, Sachinda also uses his words to inspire through his poetry and prose.

Someone once said *'if there is a will there is a way'* and Sachinda is a prime example of that. Either alone or together with his team at H3, he will reach out to meet the needs of anyone and everyone he meets. At the age of 23, this young man is just getting started and yet he has achieved much more than some that have lived for decades more than him. In that sense he is a role model to both young and old.

Colombo | Community Service



ලොවේ වෙනසක් කිරීමට අවැසි වන්නේ දයාබරිත හදවතකුත්, තිපුන දැනකුත් පමණි. සවිත්ද උලාංජනයේ දිවියේ ආදර්ශ වාක්‍යය වූ මෙම සිකුච්ඡේද, අත්වැලක් අවැසි මිනිසුනට අත්වැලක් වීමේ දීර්ඝ ගමනක ඔහුට රැගෙන ගොස් ඇත. මානව හිතවැදි කටයුතු ඔබගේ කාලය සහ ශ්‍රමය අපමණ ලෙස වැය කරන්නේ යැයි සිතන සැමට එය සදොස් කොට පෙන්වූ අනගි ආදර්ශයකි මේ තරුණ මිනිසා.

ස්වේච්ඡා සේවකයකු ලෙස ඔහුගේ දිවිය ඇරඹෙන්නේ බාලදක්ෂ ව්‍යාපාරය තුළිනි. ඔහු තුළ ජීවත් වූ මානවවාදියා ආනන්ද විද්‍යාලයෙන් තවදුරටත් පෝෂණය වූයේ මහා පරිමාණ ව්‍යාපෘති තනිව දියත් කිරීමට තරම් අවසි නායකත්ව පුහුණුව විදුහලෙන් ඔහුට මනාව ලැබුණු නිසාවෙනි. විද්‍යාලයේ ශිෂ්‍ය නායකයකු වූ ඔහු ආනන්ද විද්‍යාලයෙන් ක්‍රියාත්මක කළ ග්‍රාමීය පාසල් ප්‍රතිසංස්කරණ ව්‍යාපෘතියේ වැදගත් භූමිකාවක් ඉටුකළේය. එම ව්‍යාපෘතිය යුද්ධයෙන් විනාශ වූ කිලිනොච්චිය වැනි ප්‍රදේශ වලට ඔහුව රැගෙන යද්දී, මෙම තරුණයාගේ සිතෙහි පැලපදියම් වූ එකම සිතුවිල්ල වූයේ තම හැකි පමණින් එම සියළු දෙනාට අත්වැලක් වීමයි.

සුනාමි ප්‍රතිසංස්කරණ ව්‍යාපෘතිවල සේවය කිරීම තුළින් ඔහු පසක් කරගත්තේ තවදුරටත් පිළිසරණක් නොමැති මිනිසුන් වෙනුවෙන් කල හැකි දේ අපමණ බවයි. එම පෙළඹවීමක් සමඟ ඔහු Hearts and Hands of Humanity නැතිනම් H3 පදනම නමින් සංවිධානයක් අරඹන්නේ එවන් සිතුවම් පැතුම් සහිත තරුණ පිරිස ඔහු හා එක් කොට ගෙන සරණක් අවැසි මිනිසුන් වෙනුවෙන් සරණක් වීමටයි.

H3 පදනම මරදාන ලෝරිස් ළමා නිවාසය, රාජගිරිය ගැලවීමේ හමුදාවේ වැඩිහිටි නිවාසය, මන්නෙගොඩ විශේෂ අවශ්‍යතා පාසල, බත්තරමුල්ල ළමා හා වැඩිහිටි නිවාසය යන ආයතන සමගින් කටයුතු කරයි. සවිත්දගේ මහ පොත්විම යටතේ H3 පදනම මෙම ආයතන සදහා අරමුදල් එකරස් කිරීම, පරිත්‍යාග කටයුතු කිරීම මෙන්ම ඔවුන් සමඟ හැකි පමණින් කාලය ගත කිරීමද සිදු කරයි.

එතැනින් නොනැවතුනු සවිත්දගේ සේවාව තරුණ ප්‍රජාව නිවැරදි මගට යොමු කිරීම වැනි අංශ වලටත් යොමුව ඇත. තරුණ ප්‍රජාව සඳහා කියවීමේ වටිනාකම, චෝකෝට සැලකීම, තරුණ ප්‍රජාවට බලපාන මනෝවිද්‍යාත්මක ගැටළු සහ මත්ද්‍රව්‍ය ගැටළු පිළිබඳ දැනුවත් කිරීමේ වැඩසටහන් සංවිධානය කිරීම සවිත්ද විසින් සිදුකොට ඇත. ශ්‍රී ලංකා ස්වේච්ඡා සංවිධානය සමඟින් ශ්‍රී ලාංකීය තරුණ ප්‍රජාවට තම ගැටළු හඳුනා ගැනීමටත් ඒවාට පිළියම් යෙදීමටත් වේදිකාවක් සකස් කිරීමට ඔහු උත්සුක වී ඇති. දක්ෂ රචකයෙක්ද වන ඔහු ගද්‍ය හා පද්‍ය රචනයෙන් තරුණ පිරිස් දිරි ගැන්වීමට ද කටයුතු කරයි.

හිත ඇත්නම් පහ කුඩාද යන පැරණි කියමන ප්‍රත්‍යක්ෂ කොට පෙන්වූ තරුණ විරුවෙකි සවිත්ද දුලාංජන. අවුරුදු 23ක් වැනි තරුණ අවධියකදී ඔහු ලොා කරගත් දේ අපමණයි. එනයිත්, ඔහු තරුණ මහළු සියළු දෙනාට ආදර්ශයක් බව නොකිවමනාය.

நாம் வாழும் இவ்வுலகில் மாற்றத்தை ஏற்படுத்துவதற்கு ஒருவருக்கு தேவைப்படுவது இதயபூர்வமான அக்கறையும், அதற்குத் தேவையான செயற்திறனுமாகும். சசிந்த துலாஞ்சனாவின் குறிக்கோளும் இதே எண்ணக்கருவை அடிப்படையாக கொண்டதும் அது அவரது பல்வேறு வகையிலும் தேவைகளை நாடி நிற்கும் பல்வேறுபட்ட குழுக்களுக்கும் உதவி புரியும் அவரது பயணத்திற்கு ஆரம்பமாக அமைந்தது. மனிதாபிமான வேலைகளில் ஈடுபாடு காட்டுபவர்கள் தமது நேரத்தையும் பணத்தையும் கையிலும் நிலைமை ஏற்படுவதாக பலர் நம்புகின்ற நிலையில் அதற்கெதிரான கருத்திற்கு உதாரணமாக இருக்கின்றார் இந்நாளைஞர்.

தனது தன்னார்வத் தொண்டர் பணியை தான் இணைந்திருந்த சாரணர் குழுவில் இருந்து ஆரம்பித்த இவருக்குத் தன்னார்வத் தொண்டுப் பணி அவருடன் ஒன்று கலந்ததாக இருந்தது. இவரின் இச்சிந்தனை அவர் ஆனந்தாகக் கல்லூரியில் கற்கையில் பலருக்கும் பயனளிக்கும் நிகழ்ச்சித் திட்டங்களுக்கு தேவையான தலைமைத்துவப் பயிற்சியையும், வழிகாட்டல்களையும் பெற்றுக்கொண்டதன் மூலம் உருவானது. நாட்டின் மிகவும் பின்தங்கிய கிராமிய பாடசாலைகளை புனரமைக்கும் நிகழ்ச்சித் திட்டத்தை தன்ன பாடசாலை மாணவர் குழுவின் மூலம் ஏற்பாடு செய்வதற்கு காரண கருத்தாவாக இருந்தார். இவருடைய வேலைகளின் காரணமாக அவர் யுத்தத்தினால் பாதிக்கப்பட்ட கிளிநொச்சி போன்ற பிரதேசங்களுக்கு சென்றவனையாகப் பலருட்கு கால அசாதாரண சூழ்நிலைகளால் ஏற்பட்டிருந்த அழிவுகள் இந் இளம் தன்னார்வத் தொண்டரின் மனதை உருக்கியது.

சனாமி பேரழிவின் புனரமைப்புத் திட்டங்களில் இயங்கிய போது இன்னும் எவ்வளவோ விடயங்களை செய்ய வேண்டும் என்ற எண்ணம் சசிந்தவுக்கு ஏற்பட்டது. இவ்வெண்ணத்தை அடிப்படையாகக் கொண்டே நாட்டின் சகல பகுதிகளிலும்

மட்டுமல்லாமல் உலகின் பல பாகங்களிலும் தனது சிந்தனையை ஒத்த எண்ணங்களைக் கொண்ட இளைஞர்களை ஒன்று திரட்டி இழப்புகள் பலவற்றை சந்தித்துள்ள மக்களுக்கு மீண்டும் எதிர்காலம் பற்றிய நம்பிக்கையை ஏற்படுத்துவதற்கு எதுவாக இருக்க வேண்டும் என்பதில் ஈடுபட்டிருக்கிறார். ஈ3 பவுண்டேசன் என்னும் நிறுவனத்தை உருவாக்கினார். இந்நிறுவனத்தின் சிந்தனாவாதியாகவும், வழிகாட்டியாகவும் அவரின் நடவடிக்கைகள் விரிவடைந்திருந்தது. இந்நிறுவனம் மருதானையில் உள்ள லோரில் சிறுவர் நிலையம். இராஜகிரியையில் அமைந்துள்ள இரட்சனிய சேனையின் முதியோர் இல்லம், மத்தேகொடையில் உள்ள கமில்லா விசேச தேவையுடையோர் பாடசாலை, பத்தரமுல்லையில் அமைந்துள்ள முதியோர் மற்றும் சிறுவர்களுக்கான சீட்டிஹோம் போன்ற நிறுவனங்களுடன் இணைந்து பணியாற்றியது. சசிந்தவும் அவரது ஈ3 நிறுவனமும் மேற்கூறிய நிறுவனங்களுக்காக நிதி மற்றும் நன்கொடைகளை திரட்டியதுடன் அந்நிறுவனங்களில் உள்ளவர்களின் பராமரிப்பிற்காக தமது நேரங்களையும் செலவிட்டனர்.

அத்துடன் நின்றுவிடாமல் இளைஞர்களை சரியான வழியில் நெறிப்படுத்துவதற்காக வாசிப்பின் முக்கியத்துவம் ஏற்றுத்தாழ்வு, அதீத அழுத்தங்கள் மற்றும் இளைஞர் பரம்பரை எதிர்நோக்கும் உளச்சார்பான பிரச்சினைகள், போதை வஸ்து பாவனையும் துஷ்பிரயோகமும் போன்ற தலைப்புக்களில் பல்வேறு தலைமைத்துவம், விழிப்புணர்வு நிகழ்ச்சித் திட்டங்களையும் ஏற்பாடு செய்தார் சசிந்த. அத்துடன் ஸ்ரீலங்கா, வோலண்டியர்ஸ் மற்றும் வேறு பல நிறுவனங்களுடன் இணைந்து நாடு பூரகவும் உள்ள இளைஞர்களை ஒன்று திரட்டி அவர்கள் எதிர்கொள்ளும் பிரச்சினைகளையும், அதற்கான தீர்வுகளையும் பெற்றுக்கொள்வதற்கு ஏதுவாக நிகழ்ச்சித் திட்டங்களை உருவாக்கினார். ஒரு திறமை மிக்க எழுத்தாளரான சசிந்த தனது கவிதைகள், வசனநடைகள் மூலம் ஊக்கமூட்டும் வகையில் தனது படைப்புகளை கையாளுகின்றார். “ஒருவருக்கு மனோதிடம் இருந்தால்

அவருக்குரிய வழி திறந்திருக்கும்” என்று யாரோ கூறியதற்கு அமைய அதற்கொரு உதாரணமாக சசிந்த விளங்கினார். தான் சந்திக்கும் எந்த ஒரு நயரினதும் அல்லது ஒவ்வொரு நயரினதும் தேவைகளை நிறைவு செய்து கொடுப்பதற்காக அவர் தனியாகவும் தனது ௩3 குழுவினருடன் இணைந்து பணியாற்றுகின்றார். தன்னை விடவும் பல தசாப்தங்கள் உயிர் வாழ்ந்த பலரும் நிறைவேற்றாத சாதனைகளை தனது 23 வயதான இளம் பருவத்தில் இவர் சாதித்துள்ளார். இவ்வகையில் இவர் இளையோருக்கும், முதியோருக்கும் சிறந்த உதாரண புருசராக இருக்கின்றார்.

ဆဗိဏ်ဉ် ဌာနာဏ



சசிந்த துலாஞ்சன



SARATH DE COSTA

"To save our own from the dark and to enlighten their lives is all I expect from my life."

Having spent nearly three decades in Japan, Sarath Wimalasiri de Costa returned to Sri Lanka in 1997. A resident of Colombo, Sarath chose to spend most of his time by the Bolgoda Lake in the Kahapola area. He witnessed first-hand the hardships faced by the people in the area and decided to devote his time and resources to uplift their living conditions.

The people of Kahapola lacked some of the basic comforts most people enjoy in abundance. Sarath initiated a project called ***Anduren Eliyata*** (from Darkness to Light) and assisted 34 low income families in the area to obtain electricity. This project was financed through his own voluntary contributions.

Sarath extended his voluntary services to the differently abled and the elderly in the area. His ***Hisata Sevana, Hithata Nivana*** project supported two families with houses; a visually impaired husband and wife and a poverty stricken family with five children. Coinciding with the Sinhala New Year, Sarath donated gifts and sponsored pilgrimage tours to all members of two elderly associations. These selfless acts of kindness only

reiterate his desire to put a smile on the faces of people.

Celebration of his birthday is just another occasion for Sarath to contribute to the society he has embraced. Trainings, advisory programmes and religious discussions are organized as part of his birthday celebrations to offer guidance for village youth to engage in activities beneficial to themselves and society.

As a devout Buddhist, he sponsors the annual ***Mihindu Maha Perahera*** of Kahapola Sri Sudharmarama Viharaya and provided building material and financial support needed to complete the construction of the Shrine Room of the temple. Sarath also engages in alms giving by organizing the annual '***dansala***' and provides textile material for Buddhist devotees.

Sarath has provided a computer laboratory to the Kahapola Sri Pagnananda Maha Vidyala through the ***Gamata Vishva Denuma*** project. He has helped children outside of the Kahapola area by providing 25 computers to Isipathana College, Colombo and computer facilities for the

Moratuwa Soysapura Library. He has volunteered to provide health facilities for the betterment of the society, by supplying modern equipment to the Intensive Care Unit of the Colombo National Hospital and a theatre bed and other necessary equipment for the Neurosurgical Unit of the hospital.

Sarath takes a personal interest in each of the projects that he undertakes, visiting each and every beneficiary and ensuring that the work carried out benefits the people.

His quest to reduce the gap between the rich and the poor, and to save people from the plight of poverty and hardship, remains steadfast and strong. This unwavering passion of social responsibility is fuelled by a perpetual spirit of volunteerism.

Colombo | Community Service



තමා ලැබූ අත්දැකීම් තුළින් අන් අය හට සෙතක් සැලසීම ඉතා උතුම් ගුණාංගයකි. කොළඹගේ සරත් විමලසිරි ද කොස්තා මහතා හට ද එවැනි සිතැඟියාවක් පහළ වන්නේ ජපානයේ වසර ගණනාවක් ජීවිතය ගෙවා මෙරටට පෙරළා පැමිණි විටදීය. එහිදී තම දිවියේ සැදෑ සමය ගෙවීමට තෝරාගත් කහපොල ප්‍රදේශයේ දුෂ්කර ජීවිත ගත කරන ජනතාවගේ ජීවන ගමන නගා සිටුවීමට අත්වැලක් ලබා දීමට ඔහු තීරණය කළේය.

කහපොල සහ රෙජිඩේල් වත්ත ප්‍රදේශවල දිවි ගෙවන ආර්ථික වශයෙන් අසීරු තත්වයක සිටින පවුල් 34ක් සදහා, ඔහුගේ ධන පරිත්‍යාගයෙන් 2003 වසරේ සිට නොකඩවා විදුලි බලය ලබා දීම ඔහු මේ වෙනුවෙන් ගත් එක් ක්‍රියාමාර්ගයකි. අදුරෙන් එළියට නම් වූ මෙම වැඩසටහන මගින් ඔහු ජන ජීවිත සැබවින්ම ආලෝකමත් කිරීමට සමත් වී ඇත. ඔහු තම ධනය නොමසුරු ලෙස වියදම් කරමින් ප්‍රදේශයේ ඉතා දිළිඳු මෙන්ම දෘශ්‍යාබාධිත යුවලකට අංග සම්පූර්ණ නිවසක් ලබා දීමටත්, දරිද්‍රතාවෙන් පීඩා විදින දරුවන් පස් දෙනෙකුගෙන් යුත් පවුලකට නිවසක් ලබා දීමටත් පරිත්‍යාගශීලී වූයේය. මෙම නිවාස දෙකම තනා දීම, අදියර දෙකකින් සමත්වීන වූ “හිසට සෙවන හිතට නිවන” ප්‍රජා සන්කාර ව්‍යාපෘතියේ කොටසකි.

එම ප්‍රදේශයන්හි ජනයාගේ හිසට වහලක් ලබා දීමට ද ඔවුන්ගේ සිත් සතන් පිනවීමට ද සරත් මහතා කටයුතු කර ඇත. කහපොල සහ රෙජිඩෙල් වත්ත ප්‍රදේශවල පිහිටි ජ්‍යෙෂ්ඨ පුරවැසි සංවිධාන දෙකක සියලුම සාමාජික සාමාජිකාවන් වෙනුවෙන් මෙවර සිංහල අලුත් අවුරුද්ද උදෙසා තිලිණ ලබාදීම මෙන්ම ඔවුනට වන්දනා වාර්තා

සඳහා මූල්‍ය දායකත්වය ලබා දීම ඇසුරෙන් මෙය මැනවින් පෙන්වුම් කෙරේ.

තම ජන්ම දිනය නිමිති කොටගෙන පවා සරත් මහතා සමාජයට යම්කිසි සේවයක් කිරීමට උත්සුක වෙයි. එහි ප්‍රධාන අංගයක් ලෙස තරුණ පරපුර මනින් ඉවත් කිරීම සඳහා පුහුණු උපදේශන සහ දැනුවත් කිරීමේ වැඩසටහන් සංවිධානය කිරීම සහ ධර්ම දේශනා වැඩසටහන් ද පැවැත්වේ. ආගම දහම කෙරෙහි ද මහත් ලැදියාවක් දක්වන මොහු කහපොල ශ්‍රී සද්ධර්මාරාම විහාරයේ වාර්ෂික මිහිදු මහා පෙරහැරට පුර්ණ අනුග්‍රහය ලබාදීමට කටයුතු කරයි. 2006/7 වර්ෂවලදී එම විහාරයේ ඉදිකිරීමට යෙදුනු බුද්ධ මන්දිරයේ ඉදි කිරීම් කටයුතු නිම කිරීම පිණිස ගොඩනැගිලි ද්‍රව්‍ය සහ මූල්‍ය පරිත්‍යාගයන් ලබා දීම මගින් මෙය තවදුරටත් විදහා දැක්වේ. දානමය කටයුතු සඳහා ද සම්බන්ධ වන ඔහු වාර්ෂිකව දන්සැල් පැවැත්වීම සහ ස්වේච්චාවෙන්, උපාසක උපාසිකාවන් හට සිල් රෙදි ලබා දීමටත් උත්සුක වේ.

පිම් ප්‍රදේශවල ළමා පරපුර ද අමතක නොකළ සරත් මහතා ගමට විශ්ව දැනුම් ව්‍යාපෘතිය යටතේ කහපොල ශ්‍රී පඤ්ඤානන්ද මහා විද්‍යාලයට අංග සම්පූර්ණ පරිගණක විද්‍යාගාරයක් තම ධන පරිත්‍යාගයෙන් තනා දුන්නේය. කහපොල ප්‍රදේශයෙන් පිටත සිටින දරුවන්ගේ අභිවෘද්ධිය තකා කටයුතු කරන පුද්ගලයකු ලෙස සරත් මහතා හැඳින්විය හැක්කේ, කොළඹ ඉසිපතන විද්‍යාලයට පරිගණක 25 ක් ලබාදීම සහ මොරටුව සොයිසාපුර පුස්තකාලය සඳහා පරිගණක ලබාදීම නිසාය. මීට අමතරව, මනුෂ්‍යයාගේ ජීවිතයට අත්‍යවශ්‍ය තවත් කරුණක් වන සෞඛ්‍ය වැඩිදියුණු

කිරීමටද ඔහු තම සේවිච්ඡා සේවය තුළින් පෙළඹී ඇත. කොළඹ ජාතික රෝහලේ දැඩි සත්කාර ඒකකයට අති නවීන උපකරණ ලබාදීම සහ එහිම ස්නායු ශල්‍ය වෛද්‍ය ඒකකයට ලොව අති නවීන මෙන්ම ඉතා වටිනා සැත්කම් සදහා භාවිතා කරන ඇදක් සහ අනෙකුත් උපකරණ ලබාදීම ඉහත කී කරුණ මොනවට පිළිඹිබු කරයි.

රට සංවර්ධනය කිරීමේ උදාර මෙහෙවර සඳහා මූලික පියවරක් ලෙස ඇති නැති පරතරය අඩු කිරීම සහ සමාජ අසාධාරණයන්ගෙන් මිත්සුන් මුදවා ගැනීම වෙනුවෙන් තම ශ්‍රමය සහ ධනය කැප කරන සරත් මහතා ප්‍රාදේශීය සංවර්ධනය පදනම් කොටගත් සැබෑ ස්වේච්ඡා සේවකයෙකි.

ஒருவரின் வாழ்க்கையின் சொந்த அனுபவங்களைக் கொண்டு மற்றவர்களுக்காக பணியாற்றுவது பாராட்டத்தக்க விடயமாகும். கொலம்பகே சரத் & கொஸ்தாவம் ஜப்பானில் இருந்து திரும்பிய பிறகு வெளிநாடுகளில் அவர் பெற்ற அனுபவங்களைக் கொண்டு மக்களின் வாழ்க்கை நிலைமையினை உயர்த்த தீர்மானித்தார். கணுபொல பகுதியில் பலத்த கஷ்டங்களுடன் வாழ்ந்து வந்த மக்களின் வாழ்க்கை நிலைமையினை உயர்த்தும் பொருட்டு தனது வாழ்வை அர்ப்பணிக்க தீர்மானித்தார்.

2003 இல் இருந்து குறைந்த வருமானமுடைய 34 வீடுகளுக்கு மின்சார வசதி பெற்றுக்கொடுக்கும் பொருட்டு நிதியுதவி அளித்துள்ளார். "இருசில் இருந்து வெளிச்சத்திற்கு" எனப்பெயரிடப்பட்ட இந்த செயற்பாட்டின் மூலம் பல்வேறு மக்களின் வாழ்வில் அவர் ஒளிபெற்றிருப்பினார். மேலும் அவரது நிதியினை பயன்படுத்தி கண்பார்வைபற்ற கணவன் மனைவிக்கு வீடமைத்துக் கொடுத்ததுடன் இன்னொரு ஐந்து பிள்ளைகள் உள்ள ஒரு வறிய குடும்பத்தின் வீட்டிற்கு கூரை போட்டுக்கொடுத்துள்ளார். இந்த இரண்டு வீடுகளும் "ஹிசுட்டன் செவன ஹிதட்ட நிவன" எனும் கஹபொல மற்றும் ரெஜிடேல் தோட்ட மக்களுக்கான திட்டத்தின் கீழ் நிர்மாணிக்கப்பட்டன. அத்துடன் சரத் அவர்கள் சிங்கன தமிழ் புதுவருடத்தின் போது இரண்டு முதியோர் இல்லங்களுக்கும் நிதியுதவி வழங்குவதுடன் அவர்களது பாதயாத்திரைகளுக்கும் பணரீதியாக உதவுகின்றார். அவரது இந்த செயற்பாடுகள் மக்களின் முகங்களில் புன்னகை தவழக்காரணமாயுள்ளன.

அவரது பிறந்த தினமும் அவர் வாழுகின்ற சமூகத்திற்கு உதவும் மற்றுமொரு நிகழ்வாகும். குறிப்பாக இத்தினத்தில் இளைஞர்களுக்கு மதுவிவல்கு தொடர்பான பயிற்சிகள் ஆலோசனை நிகழ்வுகள் மற்றும் மதப் போதனைகள் என்பன நடாத்தப்படுகின்றன. அத்துடன் ஒரு பௌத்தர் என்ற அடிப்படையில் கஜரெபொல ஸ்ரீ சதர்மாம விகாரையின் வருடாந்த மஹிந்து மகா பெரகராவின் முழுச்சலவினையும் இவர்

ஏற்றுக்கொண்டுள்ளார். அத்துடன் 2006 இல் அவர் சுயமாக முன்வந்த இந்த விகாரையின் "பொத்த மந்திரய"வினைவை நர்மாணிப்பதற்கு கட்டிட மூலப்பொருட்கள் மற்றும் நிதியுதவியுள்ளார். அத்துடன் சரத் வருடாந்தம் தான் வழங்கும் நிகழ்வுகளை ஒழுங்கு செய்வதுடன் பொத்த அடியார்களுக்கு இலவச உடுதுணிகளையும் வழங்கி வருகின்றார்.

அத்துடன் சரத் கஹபொல் ஸ்ரீ பக்னானந்த மகா
வீத்தியாலயத்திற்கு கணனி ஆய்வுகூடமொன்றை அவரது
“கமட் விஷ்ணு தெனும்” திட்டத்தின் கீழ் தனது நிதியினை
கொண்டு நிறுமாணித்து கொடுத்துள்ளார். அது மட்டுமல்லாமல்
கஹபொலவிற்கு வெளிப்பேயும் அவர் பல உதவிகளை
செய்துள்ளார். குறிப்பாக கொழும்பு இசிப்பதான கல்லூரிக்கு
25 கணனிகளையும் மொரட்டுவ சொய்சாபுர நூலகத்திற்கு
கணனி வசதிகளையும் ஏற்படுத்தி கொடுத்துள்ளார். மேலும்
சமூகத்திற்கு தரமான சுகாதார வசதிகளை வழங்கும் நோக்கில்
கொழும்பு தேசிய வைத்திய சாலையின் அவசர கண்காணிப்பு
பிரிவிரு நவீன உபகரணங்களையும் நரம்பியல் சிகிச்சை
பிரிவிற்கு சிகிச்சை கூட கட்டில் மற்றும் உபகரணங்களையும்
அன்பளிப்பு செய்துள்ளார்.

இவ்வாறான சேவைகளின் மூலம் சரத் செல்வந்தர்களுக்கும் ஏழைகளுக்குமிடையிலான இடைவெளியை குறைப்பதுடன் சமூகத்தில் நிலவும் ஏற்றத்தாழ்வுகளை நீக்கவும் தொண்டராக செயற்படுகின்றார்.

පරත ද කොප්තා



சரத் டி கொஸ்தா



onlinevolunteering.org

The UNV Online Volunteering service connects non-profit development organizations with highly motivated and capable individuals around the globe through the internet. Many non-profit development organizations and United Nations agencies have already recognized the value of online volunteering.

Anyone can volunteer via the Online Volunteering service. All they would need is a computer, an internet facility and skills to offer. Online Volunteers can come from various walks of life, but they have one thing in common – their commitment to making a difference to peace and development.

There are no costs involved as they cooperate across the world, without leaving their own homes. Moreover they not only provide valuable skills and expertise but also a new perspective and innovative ideas from the various backgrounds and cultures they come from.

For more information see <http://www.onlinevolunteering.org>

UNV embraces volunteerism as universal and inclusive, and recognizes volunteerism in its diversity as well as the values that sustain it: free will, commitment, engagement and solidarity.

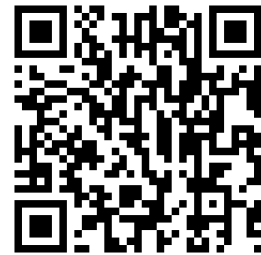
UNV in Sri Lanka, among other activities, promotes the concept of volunteerism by effectively mobilizing and integrating hundreds of full-time volunteers into projects within the country and all over the world.

However, not everybody can or wishes to engage as full-time volunteer over a longer period. Hence, with the intention of encouraging nationals to participate in their country's own development, UNV created the V-Force: a form of community engagement based on a passion for others, bringing together anyone wanting to lend skills, knowledge or time to society, regardless of the amount.

Since its inception in 2011, the V-Force has profoundly integrated its more than 800 members into every project UNV Sri Lanka has been working on, individually or as a part of the UN family.

For more information see <http://www.unv.lk.org/v-force/>





SIKANDER SABEER

"Youth will take up the world tomorrow. Youthfulness, strength and self-confidence are the best resources in a country. So let's begin with the youth, line them up for a change, that's the stepping stone for a better tomorrow."

The links between the health of our environment and socio-economic challenges inspired Sikander Sabeer to act. Today, both locally and internationally, the talk is of climate change and environmental challenges and Sikander really walks the talk. His belief that youth have direct access to all stakeholders of society encouraged him to implement his energetic and fresh ideas at grass root level. Although his initiatives are small, they have a big impact and he has contributed to protecting the environment.

His journey in youth activism started as a volunteer with an unparalleled passion, enthusiasm and commitment, to be an agent of change. He used the British Council programmes as a launch pad to unleash his potential and embrace every opportunity that came his way. In 2011 Sikander became a **Global Changemaker** of the British Council Youth Empowerment Programme, and has served as a Youth Ambassador for Climate Change as well as a youth facilitator for climate sustainability under the British Council International Climate Change Programme since 2010.

Sikander's voluntary development work can be categorized into three avenues, namely; community service and community development; youth empowerment and professional development; climate change and sustainable development.

One of his sustainable, action oriented projects is **"Green Home"**, the vision of reducing the carbon footprint of ten homes by making them resource efficient within a year. He started the five phase project in April 2010. On completion of the first two phases, Sikander received the **United States Federal Assistant Grant Award** to expand his pilot project to a larger scale one that comprised of 20 homes. This was awarded as a result of the impact the project had made. In November 2011 he successfully completed all five phases of the project, resulting in families reducing their waste by 30-40%.

One of Sikander's successful advocacy campaigns is the **'National Road to Rio+20 Campaign Sri Lanka'**, where he served as the founder of the only national level youth mobilization programme towards the historic United Nations Conference

on Sustainable Development/Rio+20 summit. Sikander and his team started a large youth movement towards Sustainable Development in October 2011 under the slogan **"This is the voice of the Sri Lankan Youth and it has to be heard"**. He is one of the co-creators of the **YOUTH is the word** - Guinness World Record, where 1500 Sri Lankan youth stood together to form the largest human mosaic in the world, one of the largest voluntary gatherings to celebrate International Youth Day.

Sikander believes in volunteerism, that it is a new platform for learning; a place to make things better, to make a change, to bring smiles to faces and to meet new people. He further believes that **"to be a volunteer time does not matter; it's all about the passion and desire to give something back"**.

Colombo | Sustainable Development



பரீசரயே யுபபுரீயுதம் னா அப அடி தினயே மூலுன டேன ஸமாப ஈர்பீக அபியேய அநர பவநித ஸுஸமீநந்திய பசுந் கௌபுரீ கிநநீர்ப் ஸீவெலிசு ஸீவெயென் ரீப டாயக வீமப ஓரீபீயன் பூ ஈர்பீரமன் நரூனயெகி. டேனடிசுநக வீபரீயசு அரூபு பாரீசரீக ஁ரூபு டேரீய மென் ம ஁ரீய ஸாகவீசு மீசயே ப்ருபாந நேலாவன் பூ ஁ரூயக கிநநீர்ப் ருந்ஈ டரந்நே ஸீ ஸமீநந்தி வ ஸகூய வ டாயக வீமபி. நரூன ப்ருபாப ஸமாபயே கீயப ஸமீபன் டாயகீந் ப்ருவெலி வீமே னகூயாவன் அரூயி மூலு நுர அரந்நே டூபீ வீரீவாசயகி. ப்ரு வீரீவாசய கீய நவபூ அடிநீ நீலி மரீபமே கிப கூயந்மக கீரீமப மூலு ப்ருவெலிவூ ரூபீய. மூலுநே கீயபர கூபா பூபடி ஓந் ப்ருபாப கீபூ ஸீவெய மந் ய.

நரூன நாயகயகூ ரேச மூலுநே ஁மந ஈாரமீத பூயே ஸீவெலிசு ஸீவெய கெரேகி பூ ஓமநன் ருரேயு஁ய, ருநநீபு வ னா கரூபீம மரீகி. மூலுநே வீதவநாவன் பூரூபரீம ஸடூனா அபீநாலமன் வடயென் மூலு யோரூயந்நே ப்ருநாநா கபூந்கீரயே வூபுசபந்ய. 2011 வரீயயேரீ கிநநீர்ப் ப்ருநாநா கபூந்கீர நரூன ஁ரூயந்ரீமே வூபுசபந்நே "஁ரீய வநஸீகமீகரந்நேகூ" (Global Changemaker) ஁பப பன்பூ அநர, 2010 வசரே கிப ப்ருநாநா கபூந்கீர அந்நரீகாகி காலடிசுநக வீபரீயசு வூபுசபந்ந யபநே, காலடிசுநக ஸமூரூபநாவய பிபூபடி நரூன பநபூகமீ ஸரூசந்நகூ வடயென் டி கபூபூ கர அர.

கிநநீர்புநே ஸீவெலிசுமய ஸ஁ரீபந கபூபூ ப்ருவெல நுநன் மஸீசே வரீந கரூ னக. ப்ருமீ ப்ருப ஸீவா ஸு ப்ருப ஸ஁ரீபநய; நரூன ஁ரூயந்ரீம ஸு வந்நீய ஸ஁ரீபநய; ஸு காலடிசுநக வீபரீயசு ஸு கிரசார ஸ஁ரீபநய

வடயெகி. மூலுநே ஸ஁ரீபந கபூபூ ரூயகீரீயவய ஸு டூபூபன்கீரீம பூரூக கரூயந கீபூ கெரே.

கிரசார ஸ஁ரீபநய பிபூபடி மூலு கூயந்மக கரூ வாபாகிவரீயன் ப்ருகி, காவன் ஸரூகூன அபம கிரமே டூகீமென் ஁ந் "Green Home" வாபாகி. வசரன் நுர கிவாச 10 க காவன் ஸரூகூன அபம நந்நவயப பந்நரமீய் மபூந்நே ஸமீபன் னாவீய வபா காரூகீயம கீரீம ஓந் கீபூபீய. மூலு மெம வாபாகிய அடியர 05 கீந் ஁ந்ந வ 2010 வசரேரீ ஈாரமீத கரூ அநர, ப்ரு ஁ரூபமே ஁கூந்மக ஁வ னேகூவென் டேவந அடியர ஸமீபூரீன கீரீமென் பூபூ மூலுப நம பூரூக வாபாகிய கிவாச 20 கீந் ஁ந் மநாபரீமாந வாபாகியன் டூகீவா வாபீத கீரீமப னகீபீய. மீ ஸடூனா மூலுப ப்ருகீயன் ப்ருபடி ரேபரீ ஸுயு஁கி டீலநா ஸமீமாயய டி கிமீ பீய. ப்ருநேரூ கூபூ கஈர ஈரூயமீ ரூபயந ஸமீபநன் ஁பப பந்நவமீய் கிவாச ஈாபூத கூபூ கஈர ப்ருமாநய 30%-40% ப்ருமாநயகீந் அபம பூயே ப்ரு வாபாகியே கீயபூம அடியரயன் 2011 வசரே நோவூமீபர் மசரீ அபுசன் வீமன் ஸமய.

கிநநீர்புநே ப்ருபூகி டூபூபன்கீரீமே வாபாரயந்நேய் ப்ருகீ வூயே "National Road to Rio+20 Campaign Sri Lanka" கி. கிரசார ஸ஁ரீபநய பிபூபடி "Rio+20" ஸமீமந்நுநய ஸடூனா கூயந்மக பூ ப்ருக பாகித நரூன வூபுசபந்நே ப்ருரமீதகயகூ ரேசடி கிநநீர்ப் னரீயவீய னக."மேய பூரூகித நரூனகீந்நே னகி ப்ருயப ஸபன் டீய ஁பூகி" யந ருரீயேய பாய்ய யபநே 2011 மக்நைர் ஁ரூ மசரீ மூலு ஸு மூலுநே ககீயாயம பீசீய் கிரசார ஸ஁ரீபநய ஸமீநந்தயென் வீலா நரூன வாபாரயன்

அரமந ருரீ. நவடி, மூலு பூநாந்நர நரூன தீயய ஸூரீம ஸடூனா நரூன நரூனயன் 1500க பீரீசன் ஸமம கூயந்மக கரூ "Youth is the Word" நமீ கிநசீ வாரீயாந ரூவ வீலாநம மீகீசீ பூதயய (human mosaic) கிரீமாநய கீரீமே ப்ருபாந ஸவீடியகயென் டி பீய.

ஸீவெலிசு ஸீவெய பிபூபடி டூபீ வீரீவாசயகீந் பூபூபன் கிநநீர்ப் ப்ரு வநயசன் கீபூ கீரீமப, அநாந்நே டீபீய யுபபன் கீரீமப மென்ம நவ மீநூரூ மீநூரீயன் அரீக கரூயகீமப மநா வீரீகாவன் ஁வ பவசா கிரீகி. நவடி மூலு ப்ருந்நவா பீ ஸடூனா ஈாபாவன் ப்ருமநன் ஁வகி. மூலுநே ஸ஁ரீபந ப்ருயந்நயன் நரூன ப்ருபாப பூரூக கௌப கூயந்மக கீரீம நுரீயன் ஸமாபீய ஸ஁ரீபநய டி மூலு பீசீய் நநபூரூ கௌப அர.

கூபூல் ககாதாரத்துக்கும் சமூகப ப்ருபூநாதாரத்திற்கும் இடையிலான ஁பூகூள் எதிர்கௌ்நும் சவால்குளே சிக்கந்நநர் சபீர் அவர்குளே செயற்படத்தூண்டியது. இன்று காலநிலை மாற்றமும் கற்றூச்சகூல் எதிர்கௌ்நும் சவால்கும் தேசிய, சர்வதேச ரீதியான கவனத்தை ஈர்த்துள்ளதுடன் இதில் சிக்கந்நரும் தன் பணியை மேற்கௌ்கின்றார். சமூகத்தின் பங்காளர்களாக இளைஞர்களுக்கு இருக்கும் நேரடியான தொடர்பில் நம்பிக்கை கௌண்ட இவர் தனது புதிய வலுவூட்டும் சிந்தனைகளை அடிமட்டத்தில் செயற்படுத்த ஁ந்சாகப்படுத்தப்பட்டார். இவருடைய முனைப்புக்கள் சிறியதாக இருந்தபோதிலும் அவை ஏற்படுத்தும் பெரிதான தாக்கத்தினால் இவர் தன்னால் முடிந்ததை செய்கின்றார்.

மாற்றத்திற்கான ஓர் முகவராக தனது ஈபூபாட்டினையும், ஆர்வத்தையும், விருப்பத்தையும் கௌண்டு தனது தன்னார்வத்தௌடர் பணியை ஆரம்பித்தார். பிரிட்டிஸ் கௌன்சில் நடத்தும் நிகழ்ச்சிகுளே தனது திறமைகளை வெளிப்படுத்துவதற்கான சந்தர்ப்பமாக பயன்படுத்திக்கௌண்டார். 2011ம் ஆண்டில் பிரிட்டிஸ் கௌன்சிலுடைய இளைஞர் வலுவூட்டும் நிகழ்ச்சி திட்டத்தின் பூகௌ மாற்றத்திற்குரியவராக தெரிவுசெய்யப்பட்டதுடன் காலநிலை மாற்றத்திற்கான இளைஞர் தூதுவராகவும், அத்துடன் காலநிலை நிலைநிறுத்தலுக்கான இளைஞர் வசதி செய்பவராகவும், 2010ம் ஆண்டிலிருந்து பிரிட்டிஸ் கௌன்சில் ஁டைய சர்வதேச காலநிலை மாற்ற நிகழ்ச்சி திட்டத்தில் கடமையாற்றினார் .

சிக்கந்நருடைய தன்னார்வ அபிவிருத்தி நடவடிக்கைகள் மூன்று வகைப்பட்டதாக இருந்தது. சமூக சேவையும், சமூக அபிவிருத்தியும், இளைஞர் வலுவூட்டலும் தௌழில் சார் அபிவிருத்தியும், காலநிலை மாற்றமும் நிலைநிறுத்தத்தக்க அபிவிருத்தியும் என்பனவே அவையாகும். இவருடைய அபிவிருத்தி நடவடிக்கைகள் பரப்புரையையும் விபூகங்களையும் ஁ள்ளடக்கியதாக காணப்படுகின்றது.

இவருடைய "கிரீன் ஹூம்" என்ற திட்டமானது கார்பன் வாயு வெளியேற்றத்தை குறைப்பதை நோக்கமாக கௌண்டு ஓரு வருடகாலத்திற்குள் 10 வீடுகளை அவற்றை சக்திவளப்படுத்தும் அடிப்படையானதாகும். 2010 ஏப்ரல் மாதத்தில் 05 கட்டங்களாக இத் திட்டத்தை தௌடங்கி இரண்டு கட்டங்களின் முடிவில் இத்திட்டம் ஏற்படுத்தும் மிகப்பெரிய தாக்கத்தின் காரணமாக ஐக்கிய அமெரிக்காவினால் வழங்கப்படும் நன்கௌடை ஒன்றை பெற்றுக்கௌண்ட சிக்கந்நர், இத்திட்டத்தை 20 வீடுகளைக் கௌண்ட பெரிய திட்டமாக விரிவு படுத்தினார். 2011 நவம்பரில் இத்திட்டத்தை வெற்றிகரமாக பூர்த்தி செய்து அதன் மூலம் தினம் தினம் சேர்க்கப்படும் குப்பை கூளங்களுக்கு பெறுமதி சேர்க்கும் நிலையை ஁ருவாக்கியதுடன் அதனை இன்னுமௌருவருக்கு பயன்படுத்தத்தக்கதாகவும் மாற்றி அதன் மூலம் 30-40 வீதம் குப்பை கூளங்களை குடும்பங்கள் குறைத்துக் கௌள்வதற்கும் வழி வகுத்தார்.

சிக்கந்நருடைய வெற்றிபெற்ற ஓரு பரிந்துரை பரிச்சார நடவடிக்கை தான் "நெஷனல் ரோட்டு ரியோ +20" (National Road to Rio +20) கெம்பெயின் ஸூலங்கா என்பதாகும். இதில் இவர் தேசிய அளவில் சரித்திரப் பரிசித்தி பெற்ற ஐக்கிய நாடுகள் சபையின் நிலைநிறுத்தத்தக்க அபிவிருத்தி ரியோ +20 (Rio +20) ஁ச்சிமகாநாட்டுக்காக இளைஞர்களை ஒன்று திரட்டும் ஓரு ஆரம்ப கரத்தாவாக கடமையாற்றினார் .இது ஸூலங்கா இளைஞர்களின் குரலாகும் அதனை கேட்க வேண்டும் என்ற இளைஞர் அமைப்பை நிலைநிறுத்தத்தக்க அபிவிருத்தியை நோக்கமாக கௌண்டு 2011 ஓக்டோபரில் சிக்கந்நரும் அவருடைய குழுவினரும் ஆரம்பித்தனர். சர்வதேச இளைஞர் தினத்தை கௌண்டாடுவதற்கான மிகப்பெரிய தன்னார்வ கூட்டமாக 1500 இலங்கை இளைஞர்களை ஒன்றுதிரட்டி மிகப்பெரியதௌ ஁லக கின்னஸ் புத்தகத்தில் பதிவு பெற்ற யூத்(Youth) என்ற நிகழ்ச்சித்திட்டத்தின் இனை ஏற்பாட்டாளராக கடமையாற்றினார்.

சிக்கந்நர் தன்னார்வத் தௌண்டு நடவடிக்கைகளில் நம்பிக்கை கௌண்டவராக அதனை ஓரு அறிவை பெற்றுக்கௌள்ளும் புதிய மேடையாகபும், விடயங்களை சிறந்த முறையில் செயற்படுத்தும் இடமாகவும், மாற்றத்தை ஏற்படுத்துவதாகவும், முகங்களில் புன்னகையை ஁ருவாக்குவதாகவும், புதிய மனிதர்களை சந்திப்பதாகவும் காண்கிறார்.

தன்னார்வத் தௌண்டராக இருப்பதற்கு நேரம் முக்கியமானதல்ல. அதில் ஈடுபாடும், எதையாவது ஓருவருக்கு வழங்கும் விருப்பமுமே முக்கியமானது என்பதை இவர் நம்புகின்றார். தனது அபிவிருத்தி திட்டங்களை இளைஞர்கள் தலைமை ஏற்ற சமூக அபிவிருத்தி நடவடிக்கைகளாக கட்டமைத்து அதன் மூலம் சமூக அபிவிருத்தியை ஁றுதிசெய்ய முடிவும் என எதிர்பார்கின்றார்.

கிநநீர்ப் ஸரீர



சிக்கந்நனர் சபீர்



SRIMAL JANAKA

"This village was secluded from the rest of the world, and I tried to make a bigger world to its kids. My only dream is to see them bloom in a new world of their own."

Hailing from the small rural village of Hingurukaduwa in the district of Monaragala, Janaka Srimal understands better than anyone the myriad of challenges that the poor undergo in his village.

Janaka received his primary education at the Hingurukaduwa village school. It was only when he was admitted to Ananda College in Colombo, having passed the grade 5 scholarship examination, that he realized the gap between the urban and rural areas of the country.

Janaka began his professional career as a Cartoonist, and went on to take up employment at the Uva Rural Development Bank. At the bank, he got the opportunity to operate a computer, and he learnt computer studies by reading magazines on information technology. In 1998, when electricity was made available in his village, the first thing Janaka did was to buy a computer, a long awaited dream. It was the first computer in the village of Hingurukaduwa and the children in the village were surprised to see what the machine could do. Janaka taught the children who came to see the computer how to operate it.

Janaka's computer lessons gradually became popular in the village and he subsequently initiated the **Lak Aruna Foundation** in 2002, a computer society registered with the Monaragala Pradeshiya Sabha. Janaka would return home from work and conduct computer lessons to interested children, which, on some days, continued till late in the night.

Witnessing the impact made by the foundation, the Priest of the Buttala Church gifted a computer. This was followed by several donations from well-wishers, including a small house in which the computer centre was set up. The foundation had gradually increased to encompass approximately 100 members. Through its humble beginnings, the computer centre today caters to the needs of at least 40 visitors daily who come to learn the basics of IT. Marking another milestone, in 2004 the **Lak Aruna Foundation** launched its website which features contributions by all members of the foundation. The foundation has diversified its services by conducting English classes for children.

The momentous achievement of the **Lak**

Aruna Foundation was when the students of Hingurukaduwa won the Silver award in the All Island competition for the Young Computer Scientist Award in 2005. The Foundation was also recognized in the 2007 competition while most other awards went to popular schools in Colombo. **Lak Aruna** received further recognition at the **Manthan Awards** in New Delhi as a nominee of the Award Committee for having one of the best IT related projects in rural South Asian villages. The impact of Janaka's work has led to the Hingurukaduwa village being designated an e-village by the Information and Communication Technology Agency.

Janaka has been a huge inspiration to the children of Hingurukaduwa and, to his delight, the oldest member of the foundation is now employed overseas as a software programme developer, while some of the other students are being trained at reputed IT firms in Sri Lanka. Janaka's legacy is one that will remain to inspire generations of students and the society at large.

Monaragala | Social Development





THILAKA DE KRETSER

"They are my children; I became a mother to them, to those who were pleading for life. I waited patiently till they could stand on their own feet. That is the priceless achievement I can ever have in life."



In a society where people with disabilities are considered a burden, Thilaka de Kretser empathized with the difficulties faced by their families and provided residential care giving facilities to support persons with disabilities to heal through the enhancement of their own strengths and abilities.

Along with her husband Dr. Bryan de Kretser, Thilaka started the **Prithipura Infants Home** in 1964, taking charge of two children with disabilities. Nearly 50 years later, **Prithipura Communities** have been home to 250 children, young people and adults with disabilities, most of who have been disowned by their families.

Under the guidance of Thilaka, training and rehabilitation for persons with disabilities is provided at four sites. **Prithipura Infants Home** in Hendala houses 85 children and young adults with severe cognitive and physical disabilities. The **Anandapura Farm** in Negombo which commenced in 1978 is a place where young adults can live and work on the farm, striving towards self-reliance and independence through practical work and skills training. The **Ashokapura**

Farm and **Cotagala Special School** in Mawanella hosts 100 residents and provides study and work opportunities for more abled children and young adults. Handicraft items made by the children at **Cotagala Special School** are sold at the **Prithipura Shop** and in well known retail establishments in Colombo, thereby bringing in a little income for these children. The most recent addition to the **Prithipura Communities** is the independent living centre at Galle, which houses those who have mild disabilities and want to experience life on their own.

Prithipura Communities expect no payment from those who use their services and is reliant on donors and sponsors as well as on their farming activities. Functioning as the Director of **Prithipura Communities**, Thilaka not only provides facilities for persons with disabilities to develop their skills in varied fields such as art, music, dance and handicrafts, but also raises awareness in the society regarding persons with disabilities.

Thilaka never wants **Prithipura Communities** to be perceived as an institution; in fact she wants to see persons with disabilities being supported by

their families and having the opportunity to live independently. However for those who have had no choice, **Prithipura** is undoubtedly their home, and Thilaka and her staff their family. All those who come under their warm wings receive the same unconditional love and care irrespective of their race, religion or gender.

To date, many young adults have left **Prithipura** and started to live independently thanks to the skills and education that **Prithipura** has provided. Thilaka's continued life-time commitment and her motherly love to persons with disabilities has nurtured and enabled these personalities to live a life with dignity and confidence and contribute positively towards the betterment of society.

Gampaha | Disability Relief



ආබාධිත පුද්ගලයන් බරක් ලෙස සළකන සමාජයක, ඔවුන් විශේෂ කොට සළකා, ඔවුන්ගේ පවුල් මුහුන දෙන ගැටළු දෙස සානුකම්පිතව බැලූ තිලකා ද ක්‍රෙස්ටර් ආබාධිත පුද්ගලයන්ට නේවාසික රැකවරණය සපයන්නේ ඔවුන්ගේ ම ශක්තීන් සහ හැකියාවන් නංවාලීම තුළින් යහපත් ජීවිතයක් ළඟා කරගැනීම සඳහා අත්වැලක් වෙමිනි.

සිය සැමියා වන වෛද්‍ය බ්‍රයන් ද ක්‍රෙස්ටර් සමග එක්ව තිලකා 1964 දී ප්‍රීතිපුර ප්‍රදරු නිවාසය ආරම්භ කළේ ආබාධිත දරුවන් දෙදෙනෙකුට රැකවරණය දෙමිනි. අදවන විට, ප්‍රීතිපුර සමාජය ආබාධිත දරුවන්, තරුණයන් සහ වැඩිහිටියන් 250 කට ආසන්න සංඛ්‍යාවකගේ නිවහන බවට පත්වී ඇත්තේ ඔවුන් බොහෝ දෙනෙක් සිය පවුල්වලින් ප්‍රතික්ෂේප වෙද්දීය.

කිලකාගේ මගපෙන්වීම යටතේ ආබාධිත පුද්ගලයින් පුහුණු කිරීම සහ පුනරුත්ථාපනය කිරීම ස්ථාන හතරකදී සිදු කරයි. හැදල පිහිටි ප්‍රීතිපුර ලදරු නිවාස ළමුන් සහ බරපතල මානසික හා ශාරීරික ආබාධ සහිත යෞවනයන් 85 දෙනෙකුට රැකවරණය සපයයි. 1978 දී මීගමුවේ පිහිට වූ ආනන්දපුර ගොවිපළ යෞවනයින්ට ප්‍රායෝගික ක්‍රියාකාරකම් සහ හැකියා පුහුණුව මගින් ආත්ම විශ්වාසයෙන් ස්වාධීනව රැකියාවේ යෙදෙමින් ජීවත්විය හැකි ස්ථානයකි. මාවනැල්ලේ පිහිටි අසෝකපුර ගොවිපළ සහ කොටගල පාසල දරුවන් 100 කට නවාතැන් දෙමින් යම් තරමකට සිය හැකියාවන් දියුණු කර ගත් ළමුන් සහ යෞවනයින් සඳහා අධ්‍යයන කටයුතු කිරීමේ සහ රැකියාවල නියැලීමේ අවස්ථා ලබා දෙයි. කොටගල විශේෂ පාසලේ දරුවන් විසින් නිර්මාණය කරන ලද හස්ත

නිර්මාණ ශ්‍රීතිපුර අලෙවිසැලේදී සහ කොළඹ පිහිටි කුඩා ආයතන කිහිපයක අලෙවි කරනු ලබන අතර එමගින් මෙම දරුවන්ට සුළු ආදායමක් ලැබේ. ශ්‍රීතිපුර සමාජයට මෑතක දී එක් කරන ලද ගාල්ලේ පිහිටි වූ නිදහස් ජීවන මධ්‍යස්ථානය සුළු ආබාධ සහිත වූවන් තමන්ගේ ම ජීවිතයක් ගොඩනගා ගැනීමට අවශ්‍ය දරුවන්ට රැකවරණය සපයයි.

ශ්‍රී ලීපුර සමාජය ඔවුන්ගේ සේවා ලබාගන්නන්ගෙන් ගෙවීමක් අපේක්ෂා නොකරන අතර එහි පැවැත්ම පරිත්‍යාග, අනුග්‍රාහකත්වය සහ ඔවුන්ගේ ගොවිතැන් කටයුතු මත රඳා පවතියි. ශ්‍රී ලීපුර සමාජයේ අධ්‍යක්ෂවරිය වන තිලකා, ආබාධිත දරුවන්ට කලාව, සංගීතය, නර්ථනය සහ හස්ත කර්මාන්ත ආදී විවිධ අංශවලින් සිය හැකියා දියුණු කර ගැනීමට පහසුකම් සළසනවා පමණක් නොව ආබාධිත පුද්ගලයින් සම්බන්ධයෙන් සමාජය දැනුවත් කිරීමට ද කටයුතු කරන්නීය.

ප්‍රීතිපුර සමාජය ‘ආයතනයක්’ ලෙස හැඳින්වීමට මැලිවන තිලකා, සැබැවින් ම අපේක්ෂා කරන්නේ මෙම ආබාධිත පිරිස් සිය පවුල්වල ආධාරය ඇති ව තිදහසේ ජීවත් වනු දැකීමයි. කිසිදු අවස්ථාවක් හෝ විකල්පයක් නොමැතිව එහි පැමිණෙන සියළු දෙනාට ජාති, ආගම් හා ස්ත්‍රී පුරුෂ භේදයකින් තොරව ප්‍රීතිපුරය නිවහනක් වන්නේ තිලකා ඇතුළු කාර්ය මණ්ඩලය සිය පවුල බවට පත් වෙමිනි. අදවන විට බොහෝ යෞවන යෞවනියන් ප්‍රීතිපුරින් ඉවත්ව ගොස් එහිදී ලැබූ අධ්‍යාපනයෙන් ශක්තිමත්ව, ස්වාධීනව තම දිවි පෙවෙත ගත කිරීම ආරම්භ කර තිබීම තිලකාගේ දිවියේ මහඟු ජයග්‍රහණයකි.

உடல் அங்கவீனமான மனிதர்களை ஒரு சமையென கருதும் இன்றைய சமூகத்தில் அவர்களது குடும்பங்கள் எதிர்நோக்கும் பிரச்சினைகள் காரணமாக அவர்களுக்கு தேவையான நலன்களை கவனித்து அவர்கள் தம் சொந்த பலத்தையும் ஆற்றலையும் விருத்தி செய்வதன் மூலம் தம் குறையாடுகளை நிவர்த்தி செய்துகொள்ள வதிவிடப் பராமரிப்பு முறையில் ஆர்வம் காட்டுகின்றார் திலகா டி கிரெட்ஸர்.

தனது கணவரான வைத்தியர் பிரையன் டி கிரெட்ஸ்டுன் இணைந்து 1964இல் இரண்டு மாற்றுத் திறனுடைய சிறுவர்களைப் பொறுப்பெடுத்து “ப்ரீத்திபுர சிறுவர் இல்லம்” ஒன்றை திலகநாட ஆரம்பித்தார். 50 ஆண்டுகளுக்கு பின்னர் இச் சிறுவர் இல்லம் 250 சிறுவர்களைப்படி, இளைஞர்களைப்படி, முதியோர்களைப்படி அவர்களுக்கான விசேட தேவையுடைய குடும்பங்களால் கைவிடப்பட்ட நிலையிலிருந்து பராமரித்து வருகின்றது.

திலகாவுடைய மேற்பார்வையின் கீழ் மாற்றுத்திறனாளிகளுக்கான பயிற்சியும், புணர்வாழ்வும் நான்கு இடங்களில் நடைபெறுகின்றன. ஹெந்தலையில் அமைந்துள்ள பீர்த்திபுர சிறுவர் இல்லம் கடுமையாக உடல், உள நிலை பாதிப்புக்குள்ளான 85 சிறுவர்களையும், இளைஞர்களையும், முதியோரையும் கொண்டுள்ளது. 1978 ல் நீர்கொழுப்பில் ஆரம்பித்த "ஆனந்தபுர பண்ணை" இளைஞர்களுக்கும் முதியோர்களுக்கும் தமது ஆற்றலை விரிவு படுத்திக்கொள்ளும் பயிற்சியுடன், செய்முறை பயிற்சியூடாக சுயமாக தன்னம்பிக்கையுடன் வாழ்ந்து வேலை செய்வதற்கான இடமாக அமைந்துள்ளது.

மாவனல்லையில் உள்ள கொட்டகல் பாடசாலையும், அசோகபுரம் பண்ணையும் போதியளவு உடல் திறனுள்ள சிறுவர்களையும் இளம் பராயத்தினுமான் 100 பேருக்கு தங்குமட வசதியளித்து அவர்களுக்கு கல்வியையும், தொழில் செய்யும் வாய்ப்பையும் வழங்குகின்றது. கொட்டகல் விஜேட பாடசாலையில் இருக்கும் பின்னாளகரினால் உருவாக்கப்படும் கைப்பணிப் பொருட்கள்

பரீட்சைபுரத்தில் உள்ள கடையிலும் மற்றும் கொழும்பிலுள்ள பிரபல விற்பனை நிலையங்களிலும் விற்பனை செய்யப்பட்டு அதன் இலாபம் அச்சிறுவர்களுக்கு கிடைக்கின்றது.

இவ்வகையில் பர்த்திபுர சமுதாயத்தினருக்கு இட மிக அண்மையில் மேலும் ஓர் இடம் அவர்கள் சுதந்திரமாக வாழ்வதற்கு காலியில் உருவாக்கப்பட்டு ஆரம்பிக்கப்பட்டுள்ளது. இங்கு மிகவும் குறைந்ததளவு உடல் குறைபாடு உடையவர்கள் தம் சுய அடிப்படையில் தமது வாழ்வை அறிந்து கொள்வதற்கு இடம் அளிக்கப்பட்டுள்ளது.

பரீத்திபுர சமூகத்தினர் அங்கு வழங்கப்படும் சேவைகளுக்காக எதுவித கொடுப்பனவையும் எதிர்பார்ப்பதில்லை. தமது பண்ணை நடவடிக்கைகளில் பெறப்படும் வருமானத்தையும் இந்நிலையத்திற்கு நன்கொடை வழங்குனர்களையும் உதவி வழங்குபவர்களையுமே அவர்கள் நம்பியுள்ளனர். கைப்பணிப் பொருட்கள், நடனம், இசை, கலை போன்ற துறைகளில் மாற்றுத்திறனாளிகளின் திறன்களை அபிவிருத்தி செய்வதற்கான வசதி வாய்ப்புகளை வழங்கும் திலகா, அத்துடன் நின்றுவிடாத சமூகத்தில் விஷேட தேவையுடைய நபர்கள் தொடர்பான விழிப்புணர்வை ஏற்படுத்தவும் பாடுபடுகின்றார். பரீத்திபுர சமூகத்தினரை ஒரு நிறுவனமாக பார்ப்பதை திலகா ஒரு போதும் விரும்பவில்லை. மாறாக மாற்றுத்திறன் உடையவர்களும் அவர்கள் சுயமாக வாழக்கூடிய சந்தர்ப்பத்தை அவர்களது குடும்பங்கள் அவர்களுக்கு வழங்க வேண்டும் என்றே அவர் எதிர்பார்க்கின்றார். எவ்வாறாயினும் எதுவித மாற்று வழியும் அற்றவர்களுக்கு பரீத்திபுர நிச்சயமாக அவர்கள் வீடாக அமைவதுடன் திலகாவும் அவரது ஊழியர்களும் அவர்களுக்கு குடும்பமாக இருக்கின்றனர். சாதி, மத, பால் வேற்றுமைக்கு அப்பால் எதுவித நிபந்தனையும் அற்ற குறையில் அவர்களுக்கு தேவையான அன்பையும் ஆதரவையும் இங்கு வருபவர்கள் பெற்றுக்கொள்ளக்கூடியதாக உள்ளது.

ப்ரீத்திபுரவில வழுங்கப்பட்ட கல்வியையும், தொழில்சார் அறிவையும் கொண்டு பல இளைஞர்களும் வயது வந்தவர்களும் ப்ரீத்திபுரவில இருந்து வெளியாகி தமது சுய வாழ்க்கையை இன்று ஆரம்பித்துள்ளனர். திலகாவினுடைய தாயன்புடன் கூடிய அவரின் கடமையுணர்ச்சி, விஷேட தேவைகளையுடைய நபர்களை வளர்த்தெடுத்து கௌரவமானதும், தன்னம்பிக்கையுடனும் கூடிய வாழ்க்கை நடாத்தும் நபர்களாக அவர்களை மாற்றியுள்ளதுடன் அவர்களால் சமூகத்தின் மேம்பாட்டிற்கு பங்களிப்பு செய்யக்கூடிய நிலையையும் தோற்றுவித்துள்ளது.

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திலகா டி கிரெட்ஸர்

National Steering Committee on Volunteering

The National Steering Committee on Volunteering (NSC-V) is the formal body that provides leadership and coordination on volunteering at the national level. The principle objective of the NSC-V is to encourage and support national collaboration of differing sectors as well as enhance the knowledge on local concepts of volunteerism and their use based on their specific advantages. In this context, the Committee is responsible for planning, implementation and follow-up on selected activities focusing on recognition, promotion, facilitation and networking.

The Steering Committee serves finally as an invaluable platform to bring together stakeholders from the sub national level as well as the private sector to engage them as important partners.



The Ceylon Chamber of
Commerce



MBC Networks



MTV Channel



Sarvodaya



Sri Lanka Scout Association



National Youth Services
Council



Social Policy Analysis &
Research Centre



*Empowered lives.
Resilient nations.*
United Nations
Development Programme

National Volunteer Secretariat

Volunteerism has a long history in Sri Lanka and the concept of community involvement is well established in all of the main cultures. However, the volunteering that does take place tends to be informal, poorly recognized and not well coordinated. With the highly developed human resource base and inherent culture of volunteering, there is a great opportunity to scale up volunteerism to meet Sri Lanka's post-conflict peace and development needs. The National Volunteer Secretariat (NVS) which is established by the Ministry of Social Services and UNV/UNDP under the Volunteer Orientation and Information Centre (VOICE) project is designed to help overcome these shortcomings.

The role of NVS is to provide a conducive and enabling environment that encourages existing volunteering initiatives to flourish and new ones to become possible. It works towards the strategic deployment of volunteer services and revitalizing the supporting environment for volunteerism in support of Sri Lanka's development needs.

The NVS' strategic areas of engagement are:

Promotion of dialog between all volunteer involving entities to create a common understanding and valuing of volunteerism in Sri Lanka, that will lead to a national volunteer policy framework.

Creation of a database on volunteerism, volunteers and volunteering opportunities.

National recognition and promotion of volunteerism and creation of access to reliable information on its contribution towards development.

Appreciation and support for the diversity of volunteer initiatives and promotion of best practices in volunteering and volunteer management.

For more information see <http://www.unvlk.org>



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ISBN 978-955-48-9800-4

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Publication Supported by:



Ministry of Social Services



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Volunteering for Water Sponsor:



United Nations Volunteers Publication
Printed in Sri Lanka
December 2013

