



Leo Prasangi Samarasinghe

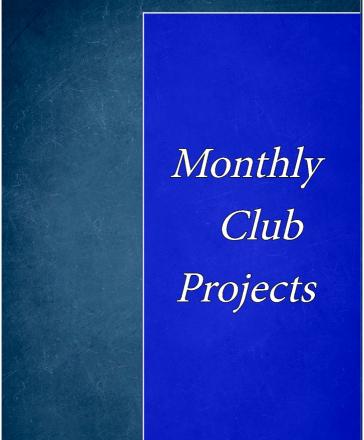
If there's anything in the world that does not change, that would be "The Change".

Leo Club of Sabaragamuwa University was one of those changes that happened last year in the history of the mother Sabaragamuwa University. The re-activation paved the way for many successful milestones to be achieved as undergraduates. Sabra Leos were always extraordinary and STEER was a definite attempt of showing their different approaches to the leoism... It was more than a newsletter, a knowledge hub, an awareness tool, a talent corner and above all, it was our success!

Being into the second year, I'm more than delighted to see the second volume of STEER with a different theme which will be more and more insightful this year! Penning to the third edition, I wish all the best to Chief Editor Shashini Bulumulla and her amazing team to create more inspiring content to serve the youth with knowledge. Keep reading guys, this is more than an ordinary newsletter!

> Leo Prasangi Samarasinghe Immediate Past President (2020/21) Leo Club of Sabaragamuwa University of Sri Lanka

C Monthly Club Projects Talk with Isuru 02. N 03. October Cartoon T 04. Puzzle Joy E 05. Monthly Articles N 06. Editorial Note 07. **Editorial Panel**





Diriya



ue to Covid 19 pandemic, the whole nation is struggling to come back to the normal day-to-day routine. Usual life has become a question. So that it is a must that we will have to live with this pandemic for a considerable period. The situation of the country is becoming worst day by day. On one hand, people are striving to protect themselves from the virus and on the other hand, their lives are becoming a question. Lockdowns and economic recession have already led to a major loss of income among the working poor. Consequently, vulnerable communities have been pushed towards poverty and hunger becoming helpless and some of them are particularly in a situation where they cannot satisfy their essential needs daily. Hence, this current sensitive and emotional instance made us draw attention to this project called "Diriya". Therefore, our primary focus of this project was to make a significant effort to assist those people who are encountering severe financial hardships at the moment by providing a dry food pack. This distinct project came under a few project categories namely Hunger, Poverty & Better Life and Responsible Consumption & Waste Management.











If we specifically take consideration into the way how we planned out the process of implementation of this project, a Google form was initially shared to collect data about needy people from areas where Leo members reside. Thereafter, we were able to recognize 32 beneficiary families and in alignment, that we did a background check of such families to collect details concerning their current status. Those identified beneficiary families resided in different areas across the country covering Colombo, Kalutara, Ratnapura, Galle, Matara, Hambanthota, Badulla, and Kagalle. Our major aim was to lend our helping hand towards them by distributing a dry food pack to make them fulfill their necessities for a certain period. Most importantly, each food pack contained daily essentials including rice, dhal, family noodles pack, tuna, soya meat, salt, potato, onion, cooking oil, tea and flour where the value of one pack was valued at approximately Rs. 3500.00 and also medicines were valued about Rs. 4000.00. We wanted even to make the public aware of this tremendous contribution to collect the required funds to be spent on purchasing identified essential stuff. Hence, we shared a



Guan

sufficient financial resources. At the same time, we got assistance through donations and sponsorships as well. After arranging all the essential stuff in a box wrapped with nice paper, we started distributing dry food packages to the beneficiary families commencing from 11th October 2021 to 13th October 2021 by having an enormous enthusiasm from Leo members. Finally, with great satisfaction, we ended the project successfully on 13th October 2021. Particularly, we didn't forget to thank our sponsors and donors. We prepared a special post which was posted on social media as well to express our heartfelt gratitude towards the immense support rendered by them. We believe that this project could be concerned as one of the remarkable projects greatly accomplished by Sabra Leos in serving the community for the Leostic year 2021/22.

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planning to do an entertainment session to decrease the stress level and also to provide a joyful moment for the people who stay at home. Importantly, we aimed to create a platform for the talented graduates and undergraduates of every faculty in the university to perform their skills by appreciating their talent as a volunteer organization. As a result of the dedication of all the club members, we were able to organize a wonderful night called "Sabra Rhythm 2021". In the real sense of the word, it was an entertainment program because it was a blend of dancing items, singing items, dramas, mimed plays, and live sessions. Therefore, it not only provided an opportunity for the audience to watch but also the audience actively participated with us by putting sticker comments and messages. We mainly conducted this program through a zoom meeting but we shared the live session on Facebook as well. We were able to bring Sabra stars to the virtual sky including Nuwanga Samarasinghe, Madhubhashana, Kalana Greesha Udayangani, Madhuka Wijesinghe and Sonal Premalal. They did a tremendous job by coloring the night as guest singers. They are contestants of popular TV programs like Sirasa Voice Sri Lanka, Derana Dream Star/ Little Star. As well through this session, we got a chance to find some hidden stars. 180+ participants were engaged for more than three hours showed us how successful our night was. Hence, we are proud to say that we brought up all proud Sabra diamonds to rock our night and completed the project successfully with more compliments.

fter conducting different sessions we were

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Talk
with

Isuru



e are pleased to bring forth the second chapter of the entrepreneurial from our October edition of the STEER magazine to encourage young entrepreneurs in our university and the community. As our second young entrepreneur, introducing we are Nishadi Nimesha, who is a third-year Business Management undergraduate of Sabaragamuwa University of Sri Lanka. She is the owner of a unique customized handcrafting business called "Uni Creations.lk", which she is currently operating through both Physical and Virtual platforms. As Ms. Nishadi has taken a unique turn in her business model, we interviewed her to talk about this novel change in her business with an insight into her life as an entrepreneur, what it has been like working in the small business sector, and finally any advice she has for other budding young entrepreneurs.

How did you initially start the business and how did you get the idea to state your entrepreneurial business?

I have already understood that I have the eye and the skills to do creative decorations and handcrafts from my childhood days, so I started doing handcrafts as a hobby from the beginning and in my school days I did start doing handcrafts and decorations like greeting cards, invitation and small decors for my friends and sometimes for requests, but I didn't start this as a business until I was in the University. I initially started this business as a handcraft business without many promotions and creating crafts, decors only for requests. But later I discovered the trend of string arts through the internet and with that I started extending my business majorly in that aspect further while keeping my focus mainly on the local market two years ago.

What are the resources you had to start your entrepreneurial journey or the business?

When I initially started the business I didn't have any financial capability. So I had to ask for money from my mom for the initial orders. This business area specifically doesn't have any significant equipment or so other than a hammer, therefore when I got money from orders I regularly collect some money and bought needed materials like wooden planks, wool, and nails in significant bulks. Like that, I have needed materials for my business for a significant time without repeatedly having to search for materials for each order.

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How did you manage your time to do all these things, like to have time for family, time for your business, and also if possible to have a "me time"?

Time is a very crucial factor for any business. Usually, I stop taking orders during exam periods or when I have a significant amount of assignments in line. Since we are undergraduates we need to manage our time through our studies and business, it's a given. And nowadays with the work from home and e-learning, managing the time for studies, business, and family has become significantly easier and comfortable. And now as a better solution for any further issues that could arise especially in academic periods, I'm encouraging my customers to always place their order seven days before the day the product is needed. Even though I'm not a very well successful entrepreneur, for now, I'm in a significant position to manage everything as I'm trying to be the best every day with the time I have in my hand.

What kind of greatest fears did you have when starting your entrepreneurial business, how had you overcome them?

When starting my handcraft business and turning it into a string art the main factor or the fear that





concerns me is, there are lots of people who are doing the same business and there are few significant famous major players in the market. So 1 have justifiable fears about whether 1 will be successful in this business, will I have customers, will I be able to compete with all these players in the market, and establish my business so on and so forth. But as time goes by with promotions, collaborations with other businesses on social media platforms and giveaways like events I was able to publicize my business, pages, and establish a certain name in the industry.

What is the main fact that motivates you to build and continue your business every day?

The main reason or a factor that motivates me to start and carry on my business activities is my interest in the handicraft area from a young age. Other than that as undergraduates, we all prefer if we have money in hand, because when we have something to buy whether it's an item that we see online or for our studies I can't always go for my parents. So I can say to fulfilling my own needs and wants without relying on my parents also motivate me to





startup my business.

As per you what are the qualities of a good entrepreneur?

According to my point of view, to be a good entrepreneur people need positive thinking and risk-taking ability first of all when doing their business. Other than that as entrepreneurs who are undergraduates we need the ability to manage our stress and the multitasking talents. Also in the aspect of handcraft, the major qualities needed are creativity and patients as per my understanding.

How did you define success? How long do you think it takes you to find success?

People usually tend to think success is earning more profits and having more customers. And I believe profit is not the success factor, if you provide a good quality product and then make your customers happy and satisfied then that is the true success of the business, I think I have achieved that with my creations.

What is the uniqueness of your business?

The uniqueness of my business is, at first like every other business that is doing handcrafts and string arts I just created general items. But after that, I tried to recreate the pictures and photography my customers are sending me as in recreating their memories again with string

arts. Now almost all my business activities are based on this kind of customized product so I can say bringing back the real-life movements of my customers through my crafts is the uniqueness of my business.

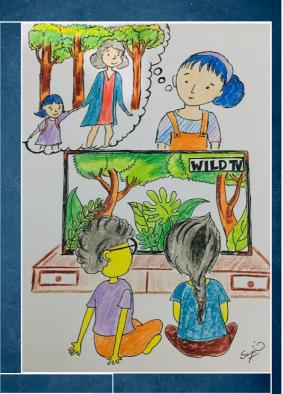
What kind of advice you can give to other budding entrepreneurs, who are a start-up or currently building their business and for the undergraduates who are dreaming to become an entrepreneur and start their own business? The advice I have to give them is first of all you have to "believe in yourself and what you are doing" otherwise there is no point in starting a business just to shut it down when something happens. We have to be patient as startups and budding entrepreneurs to make our business successful and start making plans and strategies to establish it in the market and make a name for ourselves. Always be confident in your ability and what you are doing that will eventually bring you to success.

As Sabra Leos, we would like to extend our heartfelt wishes in her future endeavors. You can reach Ms. Nishadi through her Facebook and Instagram pages directly.

FB: @Uni Creations.lk Instagram: unicreations.lk

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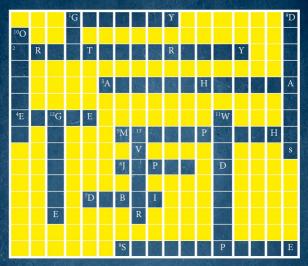
OCTOBER CARTOON



-Leo Sajini Satharasingha-

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Puzzle Joy



Across

- 1 --- Adolf Hitler died in
- 2 --- A digital currency that can be used to buy goods and services which uses online Ledger and secure online transactions
- 3 --- The first kingdom of Sri Lanka
- 4 --- Par three rarities
- 5 --- A famous landmark in Peru
- 6 --- Which country is also known as the Land of the Rising Sun?
- 7 --- Where will be the biggest airport in the world in 2025? (With more than 150 million Passengers)
- 8 --- The author of Merchant of Venice

Down

- 1 --- The special incentive arrangement for ustainable development and good governance which has given by European Commission for developing countries
- 9 --- Major variant of COVID-19
- 10 --- In which month the world disaster day stands for
- 11 --- System that ended its extended support in 2019
- 12 --- What sort of animal is Gerald, the laughingstock of the jungle dance?
- 13 --- Film set on Pandora

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Answers of Puzzle in September Edition

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Across

- 1.---This person won Sri Lanka's first-ever gold medal in Paralympic Games history
- 2.---It has cities, but no houses. It has mountains, but no trees. It has water, but no fish. What is it?
- 3.—The bird which has most powerful vision in the world
- 5.---The featured flower for the Western province in Sri Lanka $\,$
- 6.---Preserved ancient Roman city in Campania, Italy
- 9 .--- Inventor of Radium
- 12.--- Largest automobile company in india
- 14.---The largest and deepest of the world ocean basins
- 15 .-- Women's history month
- 16 .-- A nocturnal bird
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Down

- 3.---The rulers named Pharaoh belongs to
- 4.---The newly appointed Indian cultural ambassador from Sri Lanka
- 7.---An adjective which gives the meaning of inaccuracy?
- 8.---What English word retains the same pronunciation, even after you take away four of its five letters?
- 10.---The largest city on a global level
- 11 .-- International sports festival
- 13 .-- Disease originated in Wuhan city of China

STEER will be continuing for the Leostic year 2021/22 particularly addressing International Days that have been declared in the United Nations (UN) calendar. UN designates special days each with a topic to make aware of the certain instance of such special days action on the issues. These special days offer many opportunities to organize activities related to a specific theme.

International Days selected for October,
Teachers are the Heart of Education
(วุฒิชาชาตงฝ พรุวิต ทุษธอิชน์)

Valuing Teachers (ดุธะอิธะฮ ชุดผจุ)

Suicide Prevention (කියදිවි තනාගැනීම් වැළැක්වීම)

Problems Faced by Rural Women in Sri Lanka (ශී ලාංකීය ගුාමීය කාත්තාවත් මුහුණ දෙන ගැටලු)

Uplifting Rural Women's Livelihood (ญาอื่น สารสลาวิฮอส์ ชีวิธอสระวน สหาร์ผริวิฮ)

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- Leo K.W.A. Sandamali -

TEACHERS ARE THE HEART OF EDUCATION

Engineers make bridges, Artists make paintings, Scientists make rockets, but,

Teachers make all of them:



s we all know, knowledge and education are the basis for everything that can be accomplished in life. Giving education means inspiring someone's mind, not just filling their heads. Teachers provide the power of education to the youth and give them the possibility to create a better future for themselves. They not only simplify the complex and abstract concepts but also the problems arise in student's life by exposing topics that they might not have come into contact with. They expand on the interests of the students and push their students to do better. Teachers know when to push students and when to give a gentle nudge towards the right direction. Further, they know when to let students figure it out on their own but they won't let any student give up. Teachers are playing many roles in their careers. The main duty of a teacher is to impart knowledge. and that comes from teaching. All other roles of a teacher start from that, because if a teacher fails in carrying out his/her primary responsibility to impart knowledge, then it might be difficult to have any other form of influence on the child. Teachers don't see themselves as role models but the truth is they may be the role model of students. Students spend a number of times with the teachers each day or week will make teachers influence students. The teachers can make this influence positively or negatively for 17 STEER | OCTOBER EDITON

the students. Being a teacher goes beyond just teaching, it is about grooming the child. Teachers don't only impart knowledge to their students: they help with character building as well. Both students and teachers spend much time together. So, the teachers may become external parents. Teachers can be a mentor to help the students moving towards the right direction. In this role, the teachers can encourage students to be the best and be a source of inspiration and advice. The teachers' role in the classroom, society, and the world has taken a different turn from what it was back in the day. Teachers have a specific curriculum to follow and instructions on how to go about teaching the curriculum. In today's world, the teachers' role has gone beyond teaching. Their role now involves counseling students, mentoring students, and teaching them how to use and apply knowledge in their lives. Teachers are currently looking for ways to influence students in wholly different ways and inspire them to be more and do more. We all are here because of teachers. A famous American philosopher Sidney Hooks has said about teachers like this "Everyone who remembers his education remembers teachers, not methods or techniques. "The teachers are the heart of education"

> - Leo Heshan Dinuka Rangana -Director in Finance

रिष्टि का प्रश

මහද කැටපත් පවුර් වූ යැද ඔබ වීය පුන්හිඳ වැල් ගොනන්නට දෙව්ලොව්න් 2122විණි තත්පෘර වයන්නෙකු වීණාවක තත් වර්වදින්නා ලෙන් each was Sherz **අධ**නාවනය නම් වූ ගංතීර්ය <u>ත</u>ර්ණයට හබලක් වූයේ ඔබයි.... නැඟ වූ දන්කම් බොඳ වූ නිහිනයක් <u>නොකොට</u> यर्राजिबद्ध राजिन्छरी එළි දක්වන්නට වා යව්බල කළේ ඔබගි. <u>बराबमाणारीमाः याद्वीम दुर्म स्टारम</u> බබේ ගුණ දැවඳ වා හදින් <u>නොවැ</u>කේ දිව් ඇති තුරා.... රුවන් වන් වූ ඔබේ ඔවදන් දිව් වගෝ පුණු බවට මුදු කරනා බව **සා**වන වෙම් ගුර්ද මව් වියාණෙනි.... **පුව**නර්ගි නමදින්න ඔබ **ප**ා යුග වගේ දිවි තිබෙනා තුරාවට....

-Leo Hirushi Dilhari-

Suicide Prevention



- Leo Sandunika Tharushi -

"Creating Hope Through Action"

From the first breath
We run in an endless hustle,
To chase the essence of life
There will be times,
Which will make you sad
Everything that happens,
Couldn't make you glad

Depression, Stress, Pain, Hopeless..... Your mind will scream The dare is, To hold everything with a smile

Once in a while, you may feel No any choices than eternal pause, After a fierce battle Across your heart & brain

From then on,
Place your hand over your heart
You'll sense the aspiration of the soul.....

All fingers aren't equal But, all are useful Same like people; aren't equal But, everyone is valuable

Let's rise together
To be a life rescuer
Because his or her story
Isn't yet over.....





-Leo Mekhala Amarasinghe-Director in Media

You should run, but not to the end....

You're the one
Who saw that gun
It's not a fun
Then you should run

But not to the end You like to tend Think to offend Then you will mend



If you die, they will win
Because of them why do sin?
Everyone has that dustbin
But you should clean your shitty bin

Though your end but the story not finish They may laugh and you'll be rubbish Do not let it give you punish The remedy is there so find and polish.

Sorry will knock you keep it shut Walk to someone who you trust Search the key and clean your dust You will win so let your gut

- Leo Navoda Ellawala -21 steer | october editon

PROBLEMS FACED BY RURAL WOMEN IN SRI LANKA

The word "women" defines a lot of things. As we all know, women play a major part of the role in society. They always sacrifice their own lives for the well-being of their family members. When we are talking about women, sometimes we feel that they are the people who suffer a lot in many situations. Especially women who in urban or suburban areas such as poverty, lack of infrastructure and transportation, employment-related issues, crime and violence, etc. Poverty is the major condition when the people experience scarcity of resources that are important and need to sustain the living conditions appropriately. Unfortunately, rural women are facing numerous problems due to poverty. Sometimes we have seen that they are trying to engage with some entrepreneurial activities. However, they are fighting financial issues. So the lack of economic activities illustrates that there are no social services in rural areas. They have to depend on others to earn something for their families. Especially, they depend on their husband's income. At the same time, unemployment means that when people do not have any job or work to survive in society. Most of the time, rural women are engaging in agricultural activities. When they are engaging with these agricultural activities, they have to face some barriers due to unsuitable political decisions.

Not only that factor, in rural villages, but it is also unfortunate that a lot of women & girls are experiencing criminal and violent acts. Under this, we can get a clear understanding of verbal abuse, physical abuse, sexual harassment, neglect and discriminatory treatment. Usually, we can hear such cases through media channels. Another thing is rural women experience poorer health consequences and minimum access to health care. We cannot see good health care facilities in most of the rural areas. Sometimes we have seen that they were unable to protect even their lives. At the family level, women are doing a heavy workload under any circumstances. Since they are in a rural village, they do not have a proper idea about other social levels and activities of the country. As Sri Lankans, this is a very good point to rethink about our contribution to the development of this society. We should always be a person who understands the value of every human. As Sri Lankan people, our focus should be to prevent these kinds of problems for the betterment of every human. For that, all parties should pay their attention and should take the right decisions to the point.

- Leo Nilushika Sandeepani -

UPLIFTING RURAL WOMEN'S LIVELIHOOD

ural women around the world are instrumental in poverty reduction sustainable development communities and households through a myriad of livelihood strategies. Women make significant contributions to rural economies in developing nations by working as farm laborers on their farms or as wage laborers on other people's farms, producing for their use, selling, or both. Although their duties vary greatly between areas, they manage complicated families and are involved in numerous livelihood strategies. Women's involvement in agriculture includes animal raising, food processing and preparation, firewood and water gathering for family use, and home upkeep. These activities are not counted as "economically active employment" in national accounts, but they are critical to the well-being of their household. Though these livelihood activities require women to work for long hours, women's efforts are negatively affected by socio-economic inequalities and marginalization.



According to the ILO (The International Labour Organization), rural women account for one-quarter of the world's population. Women also make up 41% of the world's agricultural labor force, a figure that climbs to 49% in low-income nations. More than 60% of working women in several South-East Asian and Sub-Saharan African nations are employed in agriculture. Women in the rural economy work as subsistence farmers, small-scale producers, own-account workers, and in plantations and agro-industries in large numbers, but they also work in education, tourism, and domestic labor.



However, women in rural areas face barriers to economic participation due to lower educational levels, inability to reach urban factories, a lack of appropriate technologies, unequal access to productive resources and services, insufficient or inaccessible infrastructure, limited access to credit, health care, and education, global food and economic crises, and climate change. Other issues that



women confront in the rural economy include a lack of knowledge about work possibilities, chances for training and education, as well as limited access to the property. lands, and financial and non-financial services. Much of this can be attributed to gender inequality and prejudice, social norms on the role of women in the family. Rural women's contributions are distinctive as laborers, entrepreneurs, and keepers of traditional knowledge, particularly in the context of natural resource management, agriculture, and forestry, all of which are essential to climate mitigation and adaptation. Traditional knowledge also fosters innovation in the rural economy, improving resilience and creating green job possibilities. A just transition to environmentally sustainable economies and societies for all (particularly in these sectors) creates significant opportunities to increase women's participation in decisionmaking at all levels, secure sustainable livelihoods, improve working conditions, and advance the traditional and local knowledge required for strong climate action. Promoting and ensuring gender equality, as well as empowering rural women through 24 STEER | OCTOBER EDITON

decent work and productive employment, not only contributes to inclusive sustainable growth, but economic improves effectiveness of poverty reduction food security. and change mitigation and adaptation efforts. As responsible Leos, we can admit that women's economic empowerment increasing women's access to opportunities and which include properties, assets and financial services, Decent Work Agenda prioritizes employment promotion, job creation through employment policies and skills, and enterprise growth. The ILO works to guarantee gender equality and to avoid the maintenance of cycles of gender discrimination in which impoverished and uneducated women are forced to work in lower-paying, less-skilled, and more precarious jobs. This involves guaranteeing rural women's access training and skills, self-employment start-up subsidies and financial services, assistance for the formation of cooperatives, and decent job opportunities in employmentinfrastructure development intensive projects. Simultaneously, enabling access



to technology and simultaneously, offering access to technical and vocational training in non-traditional sectors helps to increase women's access to rural labs and markets while preventing segregation. As a large number of rural women work as sole proprietors and face challenges in increasing productivity, the ILO's Women's Entrepreneurship Development WED) program and the Small Enterprise Programme's Start and Improve Your Business (SIYB) offer tailored approaches to assisting women entrepreneurs in establishing and growing their businesses. TREE (Training for Rural Economic Empowerment) is an ILO community-based training program that is now being implemented in Asia and Africa. It fosters income creation and job possibilities for underprivileged women and men by teaching those skills and information that they can apply in their communities like Sri Lanka. Aside from that, we may hold women empowerment seminars inspire rural women and teach them how to establish and run their own companies. We may conduct training programs with organizations such as small and medium-sized business development groups, and we can assist them in contacting merchants such as (Laksala) 25 STEER | OCTOBER EDITON



or reaching out to markets (even domestic or global). We can give financial assistance for the acquisition of equipment and raw materials required to run a business. In addition, we may have a motivational session to persuade them on the importance of owning their own business and how to best spend their time. And, most importantly, any effort that allows them to realize their full potential will not only empower women but also will help drive the socioeconomic progress of communities.

- Leo N.Y.S. De Silva -Sustainable Development Officer

Editorial Note



Chief Editor Leo Shashini Bulumulla

Hello Everyone,

We are proud to present the 3rd edition of the club newsletter "STEER 2021/22". As the Chief Editor of the Leo Club of Sabaragamuwa University of Sri Lanka, it is an immense pleasure to express my thoughts as words within the pages. Like previously, this edition is also a collection of articles of talented and skillfulleos. As a team every month, we are able to contribute to the success of our club through the monthly newsletter. I'm happy to say, that the effort of team STEER always tries to bring a marvelous experience to the readers. The year theme of STEER 2021/22 mainly focuses on International days that have been designated in the United Nations calendar. The special days give opportunities to aware the public and solve issues related to those themes in an effective manner. As leos, we address some particular issues to a considerable depth. However, this would be an invaluable opportunity for club members to show and improve their skills because STEER has been an exceptional and extensive space for our young leos of the university to open up themselves through their creativity and emerging novel thinking patterns ultimately to make a substantial impact. Particularly, I would like to convey my gratitude to the all-hidden heroes who are not mentioned by name but dedicated to making STEER a reality. Enjoy reading. Your comments and suggestions will be highly appreciated.

Thank You!

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