

STEER

GUIDE FOR THE BETTERMENT

NOVEMBER
EDITION
2021

“There can be no keener revelation of a society’s soul than the way in which it treats its children”
-Nelson Mandela-

LEAD
WITHOUT
TITLE

NOVEMBER

05 : World Tsunami Awareness Day

14 : World Diabetes Day

20 : World Children's Day



Leo Fathima Shamra

With the passion to take up every challenge
With the motive of spreading positivity
With the willingness to serve the mother earth
A bunch of student's get-together as Leos
We are proud to say that we are Sabra Leos, yes we are

Each and every effort we take
We are with the motive of serving people, at first
We are with the motive of serving our fellow colleagues, then
We are with the motive of taking our club one step forward, afterwards
Last but not the least we are proud to say that we are Sabra Leos

Here we are with the effort of spreading the knowledge
As we know that knowledge is power
And we all need that power in this world
Congratulating whole team involved in this effort
I am ending with a heartfelt gratitude for the opportunity given.

Leo Fathima Shamra
Secretary (2021/2022)

Leo Club of Sabaragamuwa University of Sri Lanka

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HAND TO THRIVE

-Career Development for Exceptional Growth-

There is a saying as “Invest in your professional development. Specialize... and team up with colleagues who have different strengths by a famous learning experience designer”. With the inspiration of all these facts, we intended to organize a professional development program to groom our Leo members and university undergraduates to prepare them as abled graduates when stepping into the industry, which will be conducted over 04 months from November 2021 to March 2022. And for the ease of all the participants we planned to conduct 02 sessions per month, and then 08 sessions throughout the course period. Firstly, we shared a Google Form among the club members to gather information about the resource persons that they well know and the requirements expected from the graduates

when entering into the corporate sector. Based on the requirements and the responses from the Google Form, we prepared and lined up the session content and the program. Resource persons were contacted based on the area of focus of each session with the help of our Leo advisor and the contacts of fellow Leo members. Afterwards, we shared a registration link among the Leos and non-Leos for the registration before starting this program. Sessions will be conducted for the 2nd and 4th week of each month and we planned to schedule a specific time and date. After conducting all eight sessions throughout four-month, the improvement of the participants will be evaluated through 4 main assessments. Out of these, two assessments will be self-assessments and the rest will be peer assessments. All these assessments consist of activities that are based on every session. And these self and peer assessments were planned to conduct in a disorderly manner on the first two weeks of each month following two assessments per month within a period of two months from March to April. Each participant registered to the program will be closely monitored by keeping records of learning and progress. Also, participants who will score more than 90% of attendance throughout the program will be awarded a valuable certificate for successful course completion. The project intends to improve the professional skills of our members and undergraduates of our university to mold themselves into well-round undergraduates. And the ultimate objective of organizing this professional development program is to groom our Leo members and university undergraduates to prepare them as abled graduates when stepping into the corporate world.





Talk
with
Isuru



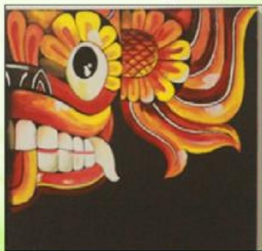
We are pleased to present the third chapter of the entrepreneurial article series of STEER 2021/22. Like every edition, the STEER November edition also brings a valuable opportunity to a young entrepreneur in our university. As our third young entrepreneur, we are pleased to introduce Mr. Pubudu Madushanka, who is a final year Marketing Management undergraduate of the Sabaragamuwa University of Sri Lanka. He is the owner of “EAMERS” and “Methsaara art and crafts” businesses. As a talented person, Mr. Pubudu has taken a unique turn in his business model, we interviewed him to talk about these novel changes in his business with an insight into his life as an entrepreneur, what it has been like working in the small business sector, and finally any advice he has for other budding young entrepreneurs. Let's start...

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

Since I was a child, I love to do paintings and drawings. My parents and my teachers have understood that I have a talent. But I had no idea about what should I do and where should I go. Hence, I was continuing painting as a hobby. But one day one of my friends has identified my talents and he introduced me to a non-government organization called Srawodaya, that organization provides support for entrepreneurs in the country. After seeing my drawings and paintings they were agreed to invest in me to develop what I was doing as a small business. With the support of that investment, I thought to start a small business as part-time work. Now I'm continuing my business as a small-scale business. Under the names of “Methsaara arts and crafts,” I'm doing drawings, paintings and handicrafts. Also, under the name of “EAMERS,” I started a woodburning art business. I initially started these small businesses and at the beginning, I only focused on the consumers in my WhatsApp contact list. Because I thought that targeting a small group of customers is a good start for a small business like this. Then I started updating my WhatsApp status with flyers of drawings, painting and woodburning arts flyers with a price description.

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

When I started the business the only thing that I had was my skills and talent. Also, I have some equipment to make woodburning arts and the



rest of the equipment and other things were brought by me. To purchase a woodburning machine, I received money from that NGO, the Sarvodaya organization. Then I combined my talent with the investment.

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”?

The main point of my time management is, if I focus on something, I can't go away from what I'm doing until it gets finished. So, I keep continuing what I love to do. And also, my family is always there for me. My parents support me. Hence, I have no pressure from



my home. I think time is not a barrier if I do what I love to do. But as an undergraduate, I refuse to take orders when I'm in exam period because at that time I focus on my studies. Also, I try to provide customer requirements on time. Then I work for that. Keeping a target is the best way to manage time because within that time you try to achieve that target then the time you have already allocated will be enough.

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

I had some ideas for developing this business but when I'm doing a degree, I do have not



enough time to build this as a largescale business. When I'm doing this as a part-time job with managing my time my supply is less than the target audience's demand. Then I had a fear about my customers will be moved to another person. As I told you before first, I targeted the people who are in my WhatsApp group. But sometimes they have not accepted my prices. So, I had issues with money because I brought some machines from the money I received from the orders. Also, hand woodburning is a time-consuming process. So, most of the time I use machines to manage the time and match demand with supply. I believe negotiating with customers is a good way to keep customers with me. Hence, I talk with customers and negotiate the prices.





What is the main fact that motivates you to build and continue your business every day?
My biggest dream was to start my own business. I targeted to start it after my degree but before that, I started it. So, I think that is too early to start the business. Because I had less time and experience in doing business. Other than doing woodburning I did some part-time jobs as well. My main motivator is me. Because always I encourage myself to succeed. When I start the business two of my university friends were joined me. Their support and contribution made my path so strong. Also, my parents encouraged me to do novel things in my business.

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

According to my point of view, a good entrepreneur should think out of the box, he/she has to find new ideas and opportunities with their skills, they have to never give up, have dreams and targets, and they should have the courage to achieve that goal.

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

Not as an entrepreneur but as a person I think success is the final point of our targeted plan. If I achieve my dream then I become a success. It also depends on the person and their targets. We can't forecast the time and things let's see... the time will provide the answer for this question.

What is the uniqueness of your business?

The uniqueness of my business is, I can make designs, paintings, drawing and woodboring

what customers expect from me. I can customize the orders as they wish. If it is a drawing, painting, or woodburning from the packaging it will be unique for the customers. Here I try to provide what exactly a customer requires from me. It can be the color, sizes of the drawing, wordings, etc. also being unique creates an extra value for me.

Finally, we are at the end of this awesome discussion. 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 businesses?

These are not my words but I follow this. "Think big, believe big, dream big, act big and the result will be big". This is the only rule I follow in my entrepreneurial career. If you want to do something you can't do it at once.



First, think who you want to be, then believe you are the strongest person and you can do this, then start as you can, then things will be changed what you want.

You can reach Mr. Pubudu through his Facebook page directly.

FB: Pubudu Madhushanka

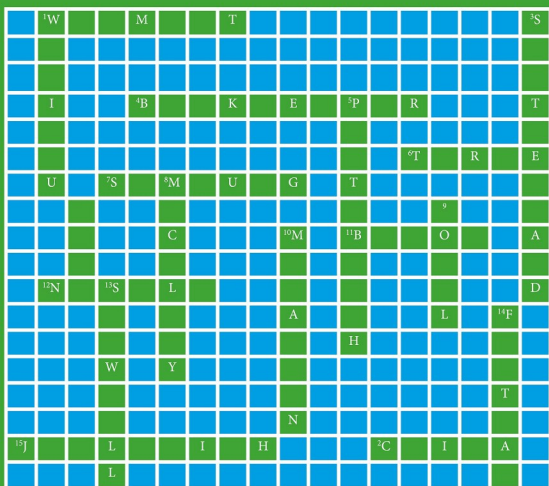
I would like to convey my heartfelt gratitude to Mr. Pubudu for this interesting discussion with me. As Sabra Leos, we wish you Good luck in your future. Thank You.

NOVEMBER CARTOON



-Leo Sajini Satharasingha-

PUZZLE JOY

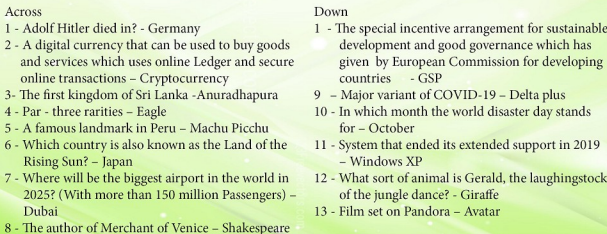


Across

1. The largest retail store in the world
2. Which country is the most tourist popular destination in Asia
4. What English word has three consecutive double letters
6. How many hearts does an Octopus have
7. What is the name of the biggest technology company in South Korea
11. In which Spanish city is the "La Tomatina" feast held, during which the famous fight Takes place
12. Most popular dairy brand in the world
15. What type of creature is a Pacific Sea Wasp

Down

1. Number one T20 bowler in current rankings
3. Which country is known as the "Playground of Europe"
5. Which city is known as the "City of Bridges"
8. What is the study of mushrooms called
9. What gets wet while drying
10. What is the old name for the snickers bar before it changed in 1990
13. It is a ball that does not bounce. What is it
14. The oldest coding



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 November,
Memories of Tsunami - The big wave
(සුනාමියේ මතක සටහන්)

Recovery of Sri Lanka after Tsunami
(සුනාමියෙන් පසු ශ්‍රී ලංකාව)

Let's Take the Control of Diabetes Now
(දියවැඩියාව පාලනය කරමු)

Developing a Better Future for Every Child
(සෑම දරුවෙකුටම යහපත් අනාගතයක් ගොඩනැගීම)

Let's Stop Violence against Children
(ළමා හිංසනයට එරෙහි වෙමු)

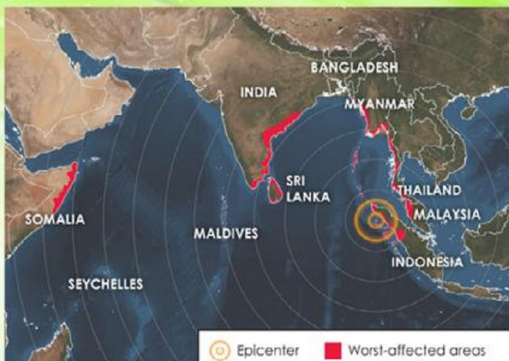
Why were you so cruel?

We loved her,
We enjoyed ourselves with her,
We shared our grief with her,
We wrote poems for her,
But,
Someone has engrossed her with frightful thoughts,
For the wrong done by one;
She took revenge on all...
Without giving a couple of minutes,
In a second,
She changed The Pearl of the Indian Ocean...
She was a dreadful catastrophe...

Dear sea,
Why were you so cruel?

- Leo Hirushi Dilhari -

On 04/12/2004.....



After the wonderful Christmas, the full moon poya day dawned and the day began peacefully. On that day, people were going about their daily activities as usual. But at around 8 am a magnitude 9.1 to 9.3 earthquake shook the seabed north of the Indonesian island of Sumatra, between the Burmese plate and the Indian plate. The quake caused the sea to shake violently and created huge waves. At the same time, the tide in the coastal areas began to recede. This incident is very unfamiliar because it is something that even the coastal people who have always lived with the sea have never seen. Large crowds of coastal people gathered to watch the event, and some went fishing in the coastal waters, as they had never experienced such an experience before. It took a moment! Between 9.25 am. and 9.30 am, huge waves began to pound the coastal areas of Sri Lanka. The lives of the unprepared Sri Lankans changed in a matter of minutes. About 30,000 lives were lost in the waves. The incident, which also affected Southeast Asia, claimed a total of more than 230,000 lives. This is the worst natural disaster in the 21st century. Therefore, December 26 is an unforgettable day not only for Sri Lanka but for the whole world. Hence, on this 17th anniversary, we extend our condolences to all those who lost their lives in the tsunami disaster.

-Leo Pasan Samadhi-
Ass. Director in Marketing



සුනාමියේ තවමුත්

ගණගෙන ගොස් වහා මුහුදේ
මතකයන් මගෙ විවිතේ
වසර ගණනක් පිරණමුත් අද
හිඩස තෑ තව පිරවුණේ
අම්මා අප්පච්චි ඩිනේ තනියෙන්
ගෙවනවාදෝ විවිතේ
පුංචි පුතු අද ලොකු තරණයෙක්
බලන්නට ඩිනවද අතේ
පෙම් කලා මං හිල මුහුදට
බොහෝ කලකට පෙර දිනේ
ක්රෝධයයි සිත පුරා අතේතේ
නුඹට දැන් මගේ විවිතේ
තෙත් යොමන් හැමදාම සයුරේ
කදුලු පුරවත් මා තෙතේ
සොයනවා මගෙ විවිතේ
සොයනවා මගෙ විවිතේ

- පියුම් රංජනා -





Let's take the control of diabetes now

Diabetes is among the four leading Non-Communicable Diseases (NCDs) that affect morbidity, mortality, and disability in the world. It is a long-term illness that inhibits the body's ability to convert food into energy. Diabetes-related elevated blood sugar can harm nerves, eyes, kidneys, and other organs if left untreated. According to the International Diabetes Federation (IDF), there are currently 415 million adults with diabetes, with that figure expected to increase to 642 million by 2040.

Obesity, being 45 or older, having a parent or sibling with diabetes, being physically inactive, having had gestational diabetes, prediabetes, high blood pressure, high cholesterol, or high triglycerides, and so on are all factors that can cause diabetes to rise.

Changing the lifestyle could be a big step toward diabetes prevention and it's never too late to start. Prevention of type 2 diabetes is a globally recognized health care priority. Actions you can take to manage diabetes are

1. Acquire knowledge of diabetes. Diabetes can come in a variety of forms.

- Autoimmune diabetes, also known as type 1 diabetes, is a disorder in which the body attacks itself. Insulin-producing cells in the pancreas are attacked and destroyed by the immune system.

- Type 2 diabetes develops when your body gets resistant to insulin, causing blood sugar levels to rise.

- Prediabetes is defined as a blood sugar level that is greater than usual but not high enough to be diagnosed with type 2 diabetes.

- Gestational diabetes is a condition in which a woman's blood sugar levels are abnormally high while she is pregnant. This kind of diabetes is caused by placental-produced insulin-blocking substances.

2. Learn the ABCs of Diabetes-The A1C test yielded a grade of A. A1C is a blood test that determines your three-month average blood sugar level. The letter B represents blood pressure. Cholesterol is a kind of fat found

3. Learn about how to deal with diabetes. Choose low-calorie, low-saturated-fat, low-trans-fat, low-sugar, low-salt meals and consume them in moderation. Be active, Every day you'll know what to do. -take diabetic and other health-related medications even if you're feeling OK, and talk to your healthcare staff about it. If you have any questions regarding your diabetes, go to your doctor. Diabetes will not put your life in jeopardy if you take care of them and follow their instructions. Don't Let Diabetes Control Your Life. Let's control diabetes and make the world a healthier place.

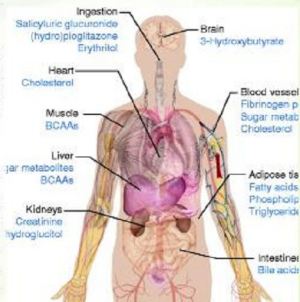
-Leo Deshika Maduwanthi -
Ass. Director in Member Relations

Know Your **ABC**s to Prevent Diabetes Complications

A1c LESS THAN **7%**

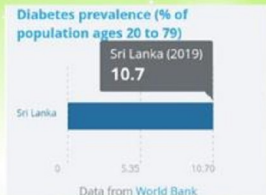
Blood Pressure LESS THAN **140/90** MMHG

Cholesterol Levels for LDL LESS THAN **100** MG/DL



Let's Take the Control of Diabetes Now

Diabetes Mellitus, commonly known as diabetes is a growing health problem. A large number of people fall victim to this disease on daily basis. Also, young people and children are increasingly susceptible to this disease. According to the World Health Organization (WTO), there are 422 million diabetics worldwide. Among these, the organization said that nearly 1.5 million die annually. But the unfortunate thing about this story is that a large percentage of those deaths are from low-income countries like ours. According to the World Bank report on Sri Lanka in 2019, 10.7% of the people between ages 20 – 79 suffer from diabetes, which is more than 2 million



people in the country. This is a very dangerous situation. That's why we take action to prevent or control diabetes. Basic factors such as weight, inactivity, family history, abnormal cholesterol, and high blood pressure are associated with an increased risk of developing prediabetes. Symptoms of diabetes include increased thirst, urination, fatigue, bacterial and fungal infections, delayed wounds healings, numbness of the hands and feet, and blurred vision. Source: (2021). Worldbank.org.

What are the solutions to prevent or control diabetes?

Maintain a proper weight, the BMI value should be needed to keep between 28-25.

- It is important to do Aerobic Exercises, Resistance Exercises or a combination of both to reduce the weight. Adjusting the diet plan to curb diabetes, because the body is more and more exposed to diabetes because of the careless eating habits of the people.
- Then try following the Diabetes Plate Method (Eating Well | ADA. (n.d.). www.diabetes.org. Retrieved November 14, 2021). This diet plan should include 50% of vegetables, 25% of protein foods, and 25% whole grain and fiber foods as a percentage.
- Adding low Glycemic Index (GI) value assigned foods to the diet; those slowly increase in blood glucose level.

ACCESS TO THE DIABETES CARE is the theme of World Diabetes Day 2021. Therefore to bring about a meaningful change in preventing and controlling diabetes; access to insulin, access to oral medicines, access to self-monitoring, access to education and psychological support, access to healthy food, and a safe place to exercise all are recognized as fundamental components of diabetes care and prevention in this year (Key messages | World Diabetes Day. Retrieved November 14, 2021).

-Leo K.A.U NILANK-

Let's Take the Control of Diabetes Now



If you have a good lifestyle, you can control diabetes. I mean when you have diabetes you must control it and if you haven't diabetes you can protect yourself from it. How? You can do physical activities daily so it improves insulin sensitivity, as well as your body, work with better. It helps to stabilize your blood sugar levels. Always use stairs instead of an elevator, you can do walking or jogging. The important thing is when you do your exercises, it lowers your blood sugar so you must talk with your doctor and monthly check your blood sugar level and adjust your medicine or insulin dose. Try to fill your meal with non-starchy vegetables (Cucumber, salad, carrot, beans, citrus fruits, nuts). And you get only 03 meals a day and aim to add the same amount of carbs at each meal. Are you stressed? You have the probability to a diabetes patient because stress is a major part of diabetes. It increases your blood sugar. When you are under stress, try to make changes like doing some exercise, spending time with friends,

meditating, replace negative thoughts with positive ones. Smoking and using alcohol as a habit will lead you to have a higher chance to be a diabetes patient. Drinking alcohol can drop your blood sugar to a dangerous level. So you can also sip more slowly or switch to water or another calorie-free drink.

If you are a diabetes patient, you must take your blood sugar reports correctly because it shows what happened? What affects? to your blood sugar level. If you make some notes about your illnesses, stress, physical activities, food, meal, insulin dose, blood sugar level you can get some knowledge and can see your blood sugar level patterns. You must get at least 7 hours of sleep each night. It helps to balance your blood sugar. Some patients said that they have high blood sugar levels in the morning. So that, patients can do; get their dinner earlier in the evening, after dinner they can do some activities like walking, getting their medicine and insulin dose correctly, eating breakfast and eating a snack with some carbohydrates and protein before sleep.

It is never too late to start these habits and make a few changes in your lifestyle, it may help you avoid the major health complications of diabetes in the future.

-Leo W.A. Dananji Dilhara-



සැම දරුවෙකුටම යහපත් අනාගතයක් ගොඩනැගීම



අධ්‍යාපනය අපේ මුළු ජීවිත කාලය පුරාම සිදු වන්නා වූ ක්‍රියාවලියක්. දරුවෙකු ලෙස, ළමයෙකු ලෙස සහ යෞවනයෙකු ලෙස අප ලබා ගන්නා වූ අධ්‍යාපනය ඉතාමත් වැදගත්. මන්ද යත් ළමයෙක් වගකීම් සහගත පුරවසිකු සහ වැඩිහිටියෙකු ලෙස ස්වකීය අනන්‍යතාවය ගොඩ නඟා ගනුයේ මෙම කාල සීමාව තුළයි. මිනිසා උත්පත්තියෙන් කවර සංස්කෘතියක ට අයත් වුවත් වැඩිහිටියෙකු ලෙස ඔහුගේ හෝ ඇගේ හඳුවනෙහි තෙත් බව සහ දැඩි බව අතර වෙනස තීරණය කරන්නා වූ සාධකය වනුයේ එම පුද්ගලයාගේ අධ්‍යාපනයයි. එනම් අධ්‍යාපනය යනු හුදෙක් වෘත්තිකයෙකු බිහි කිරීමෙන් ඔබ්බට ගිය මානුෂීය වෘත්තිකයෙකු බිහි කිරීමේ ක්‍රියාවලියයි.

එබැවින් (UNESCO) සංවිධානය අධ්‍යාපනය යනු සෑම ලෝවැසියෙකුම නිසි ප්‍රමිතියකින් යුතුව අතිවරයෙන් සපුරා ගත යුතු මූලික මිනිස් අයිතිවාසිකමක් ලෙස විශ්වාස කරයි. එම නිසාම වසර (2030) වනවිට නිරසාර සංවර්ධිත ලොවක් ගොඩ නඟා ගැනීම සඳහා වන UNESCO ගමන් මග තුළ සිව්වන අරමුණ අධ්‍යාපනයෙහි ගුණාත්මක භාවය වෙනුවෙන් වෙන් කර ඇත.

ශ්‍රී ලංකාව ඇත අතීතයේ පටන් ම විධිමත් අධ්‍යාපනය ක්‍රමවේදයක් සහිත රටක් ලෙස සැලකිය හැක. ඓතිහාසික මූලාශ්‍රයන්ට අනුව ශ්‍රී ලාංකික අධ්‍යාපනයේ ඉතිහාස කතාව වසර (2300) කටත් වඩා පැරණි වේ. නමුත් මෙම ඉතිහාස කතාන්දරය තුළ පුරවැසියන් ලෙස අප ලද ඉහළ ම ජයග්‍රහණය වනුයේ නිදහස් අධ්‍යාපනය සඳහා වන අයිතියයි. එවකට අධ්‍යාපන ඇමති ලෙස කටයුතු කළ අති ගරු කන්නන්ගර මැතිතුමන් ප්‍රමුඛ විද්වත් කමිටුවක් මගින් (1945) වර්ෂයේදී මෙම වරප්‍රසාදය ශ්‍රී ලාංකික පුරවැසියන් වෙත දායාද කෙරුණි. නමුත් අද වන විට මෙම මහඟු දායදයේ ගුණාත්මක භාවය සාකච්ඡා කළ යුතු කරුණක් බවට පත් වීම සැබවින්ම ගෞරවනීය තත්ත්වයකි. ශ්‍රී ලංකා මහ බැංකු මූලාශ්‍රයන් ට අනුව මෙරට ඉහළම සේවා වියුක්තී අනුපාතය වාර්තා වනුයේ අ.පො.ස. උසස් පෙළ හෝ ඉන් ඉහළ අධ්‍යාපන මට්ටමක් ඇති කරුණ ප්‍රජාව තුළිනි. පොලිස් වාර්තාවන්ට අනුව වැඩි වශයෙන්

ම සියදිවි නසා ගැනීම සඳහා යොමු වී ඇත්තේ මෙරට තරුණ පරපුරයි. එමෙන්ම එක්සත් ජනපද රාජ්‍ය සංචාරක උපදේශන දෙපාර්තමේන්තුව විසින් (2019) වසරේදී එළි දක්වන ලද ශ්‍රී ලංකාවෙහි අපරාධ හා ආරක්ෂාව පිළිබඳව වූ වාර්තාවට අනුව මෙරට තරුණ කල්ලි මගින් සිදුවන අපරාධ සහ මත් ද්‍රව්‍ය අශ්‍රිත ව සිදු වන අපරාධ ඉහළ ගොස් ඇත.තරුණ සංවර්ධනය සඳහා වන වෘත්තීය උපදේශකයෙකු වන නිශාන්ත මලවිආරච්චි මහතා විසින් තම වාර්තාව ක අදහස් දක්වා ඇති පරිදි මෙරට තරුණ ප්‍රජාව සඳහා ඇති ප්‍රභල ම අභියෝග වනුයේ දුප්පත්කම,විරකියාව, අවස්ථාවන් අහිමි වීම සහ තරුණ නියෝජනය සඳහා අනුබල නොලැබීමයි. අනෙක් අතට මෙම සෑම ගැටලුවක් ම නියෝජනය කරනුයේ ශ්‍රී ලාංකික අධ්‍යාපන ක්‍රමයෙහි පවතින දුර්වලතා නොවේ ද? මේ වනවිට මෙරට අධ්‍යාපනය (COVID-19) ව්‍යවසනය හමුවේ තවත් අර්බුදකාරී ගැටලු රාශියකට මුහුණ දී ඇත. නමුත් ඩිජිටල්කරණය වූ විසි වන සියවස තුළ මාර්ගගත අධ්‍යාපන ක්‍රමයන් හි අවශ්‍යතාවය කල් තියා හඳුනා ගෙන නොතිබීම ම අප ජාතියක් වශයෙන් අධ්‍යාපනයෙහි ගුණාත්මක භාවය තුළ තීරසාර සංවර්ධනය ශාක්ෂාත් කර ගැනීම ට තව බොහෝ දුර යා යුතු බව හඟවනවා නොවේ ද?

- Leo Chandeepra Kasun -
Director in Marketing



LET'S STOP VIOLENCE AGAINST CHILDREN



This is just only one incident that happened during the past years. Today we live in a world where thousands of children experience a great variety of violence daily. Children are the most valuable resource of the world and they are the only greatest hope for the future. Unfortunately, these small flower buds live in an unsecured society where even their basic rights are not ensured. As per the data of the World Health Organization (WHO), it is estimated that globally around one billion aged 2-17 children are subjected to physical, sexual, or emotional violence every past year. Also, the risk for children violence has increased with the Covid-19 pandemic situation which has resulted in a reduction of the resources to control such risks. Hence, this is a very hapless incident in the current world.

“There was a nine years old girl who lived with her mother and step-father in a village. With time her friends and neighbors noted that the girl was not the same as earlier and her behavior has changed. She was not active, did not like to play with other children, and always look frightened to people. Although the neighbors questioned her mother regarding this, she denied having any suspicion regarding the daughter and her husband. However, a friend of this girl noticed some bruises and scars on the child, and then the neighbors had a complaint to the girl's mother regarding this again. Thereafter she has said the real incident to the neighbors and seek the help of police and related authorities to take action against her husband for the child violence. The child has undergone several amounts of violence during the past months. The step-father had daily given sleeping tablets for his wife after spending time with her during the night and then he had gone near the child. He had beaten the child with hands, belt, kicked her, pulled her hair, and emotionally threatened her with a knife by saying that he will kill both the girl and her mother. Then the girl automatically starts wetting her body and bed which makes a great excuse to her step-father to abuse her physically. The girl had to experience a huge pain daily which makes her weak day by day and ultimately her mother, relations, and neighbors took necessary steps regarding that. The girl had to endure numerous physical examinations and get treatments to uplift for both physical and mental health. It has taken about more than six months for her to become back to her normal life.”



At present, children face numerous types of violence namely; maltreatment, bullying, domestic violence, emotional or psychological violence, sexual violence, and youth violence. These types of violence tend to occur in different stages of children's lives and make a huge impact on their lives. The major impacts can be severe injuries, impair brain and nerve development, lead to unintended pregnancies, result in negative coping or health risk behaviors, impact on personality development, influence on the relationship with parents, relations, peers or community, and sometimes even cause death. Correspondingly, we can examine that the deeper the children experience the violence, the more time they take to recover, and sometimes it is unable to see the earlier child even after they are cured. That is a very hazardous situation for themselves as well as for the whole community. Therefore, steps should be taken to minimize or prevent child violence and it is possible. Preventing and



responding to child violence require systematically addressing risk and protective factors throughout all types of risk levels including the individual, close-relationship, and society levels. Further, many worldwide organizations have established various plans, campaigns, and activities to eradicate violence against children. The UNICEF has established 'Child Protection Strategy 2021-2030' and WHO has targeted 16.2 of the 2030 Agenda for Sustainable Development Goal to end abuse, exploitation, and all forms of violence against and torture of children. Children are our greatest teachers as they teach some of life's most valuable qualities, patience, kindness, determination, fearlessness, and most importantly they teach us to love and be loved unconditionally. Every child has a right to live free from violence, exploitation and abuse. Hence, as responsible citizens and adults, we must protect our children from violence, ensure their rights and give them a good life. Let us get together to raise a voice against child violence and take necessary measures to eradicate it from the closest level; from our families and spread it to the whole country and the world. Ultimately it will create a peaceful and beautiful world for everyone and a better future for all.



- Leo Tharushi Gunarathne -

ඉතා හිංසනයට ඔරෙහි වෙමු

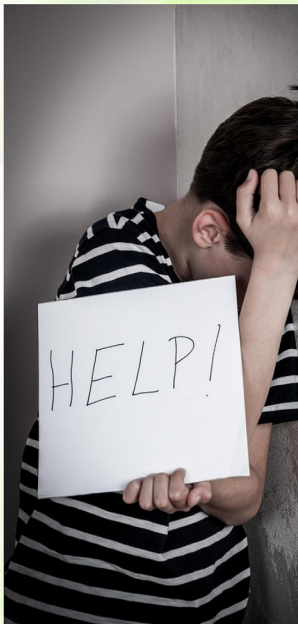
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- Leo Sewwandi Handapangoda -



Editorial Note



Chief Editor Leo Shashini Bulumulla

Hello Everyone,

It is a great pleasure for me and my team to present the 4th edition of the club newsletter “STEER 2021/22”. As the Chief Editor of the Leo Club of Sabaragamuwa University of Sri Lanka, I’m delighted to express my thoughts as words within the pages. Throughout our remarkable journey no doubt, we try to do our best for the club as well as the community. Hence, we build a platform called STEER for club members to present their talents. We think, from the beginning itself STEER has been an amazing gift to our club. But still, we try to develop what we have and what we are doing right now. Every month we add different articles under selected themes to STEER to make an awesome experience for the readers as well. Like previous editions, STEER 2021/22 November edition focuses on International days related to the month of November that has been designated in the United Nations calendar. STEER November edition is another huge step of our club and as always STEER means a collection of talented, creative and enthusiastic Leos in SUSL. This edition also proves the hard work of the team STEER and I take this as an opportunity to thank my team as well. 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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