

STEER

GUIDE FOR THE BETTERMENT

NOVEMBER
EDITION

EFFECTS OF
COVID-19 **115** MILLION
PEOPLE PUSHED INTO
POVERTY

“If you can’t
feed
a 100 people,
then feed
just one”

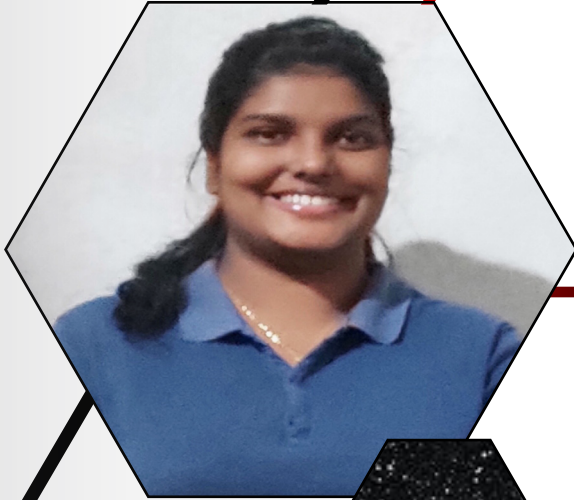
-MOTHER THERESA-

LEO
UP
DATES

MY LOCK DOWN
STORY
STRONGER
TOGETHER
SUGAR HACK

NOVEMBER GOALS

NO POVERTY
ZERO HUNGER
QUALITY EDUCATION
RESPONSIBLE CONSUMPTION



Leo Prasangi Samarasinghe
Club President 2020/2021

Creating the legacy while rising as a Phoenix, it gives me an immense pleasure to add a colour to our newest addition the Leo family 'STEER', the official newsletter of the Leo Club of Sabaragamuwa University of Sri Lanka.

The Leos of Sabaragamuwa University are quite new to the Leo movement, yet we have started the journey with fresh atmosphere with a passion of doing our best to the community. The club consists more than 150 membership since the reactivation and that has been the biggest achievement we made for past 5 months. Ever since the re activation, we had to align with the new normal came with Covid 19 outbreak which made most of our projects to complete through virtual platform. Nevertheless, the service will not be decreased where we can do things in innovative way. Thus, STEER is an initiative, where we share the knowledge on Sustainable Development Goals (SDGs) in more timely phenomena. We believe this will be a step forward than a newsletter.

My self, as the President of Leo Club of Sabaragamuwa University of Sri Lanka believe the step taken forward is always a progress on your life even though it is not easy to keep moving forward. And this effort is to, to build inspirational citizens who lift up the community by serving others while blooming themselves! Finally, I would like to congratulate the editorial team of STEER for this initiative and may you have all the courage to open up a wide range of knowledge hub to the Leo movement and to the world!



CONTENT

01. Who We Are

02. What We Have Done

03. Our District

04. November Goals

- No Poverty
- Zero Hunger
- Quality Education
- Responsible Consumption & Production

05. Editorial Note

06. Editorial Team

Who we are

LEO Club Installation Sabaragamuwa University of Sri Lanka

Leo Club of Sabaragamuwa University

District 306 C2

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A page of history

is worth a pound of logic is a saying of Oliver Wendell Holmes. Having a great history is a strength of the present and the future.

When recalling the history of the Leo Club of Sabaragamuwa University it was charted by Leo Ajith Kumara who was the president of the club in the leostic year 2016/2017. He and his team kept the first step to establish a Leo club at Sabaragamuwa University. The first project of the club was a Bodhi poojawa. Then with the collaboration of the Faculty of Management Studies Leo club was able to conduct the intra-disciplinary conference of Management Researchers. Also, the club organized a joint project with the Lions Club of Balangoda under the theme of 'Vision beyond Humanity' for elderly people. Likewise, the journey continued throughout the year. But the saddest part in the beautiful history is due to unavoidable reasons the club went inactive. Anyhow, history repeated itself. Going inactive was not a full stop anymore instead a bunch of courageous youngsters made it a comma.

Our Vision

“To build inspired citizens who lift up the community by serving others while blooming themselves”



The phoenix rose from ashes from the leostic year 2020/2021 under the presidency of Leo Prasangi Samarasinghe. Hence, from now onwards, from this page onwards a new beginning has been marked with full enthusiasm, courage, innovative ideas, leadership, and whatnot.

Leaders don't create followers they create more leaders!
If your actions inspire others to dream more, do more & become more, you are a leader.

Here we have our club next generation of leaders who will be inspiring all to dream more, learn more, do more & become more in upcoming year.

When the first step was taken, when the change took place, and when it is continuing the time has come for happening.
Journey continues...



Our district

In the Leostic year 2020/2021 under the leadership of the popular creative leader Leo Rahul Attanayaka who is the president of District 306C2. The transformation of society to a better place will happen in very different ways. Every person is a unique character, hiding different qualities, abilities and talents. Therefore, as Leos in District 306C2, we must convince ourselves to be a fighter and fight ourselves alone in order to discover the uniqueness hidden in our hearts. With the theme of **"Finding Yourself Through Serving"**, in the Leostic year of 2020/2021, we are going to fight this war, with the weapons we

District Diary



What we have done

Public Awareness Program



We wanted to provide information about air pollution and its adverse effects to people in our society. And let them reflect on their consumption patterns, reduce waste, give an idea on how to reduce air pollution and protect the environment from disasters, and how to make society a healthy place by preventing health problems like cancer. Also to make the strong relationship with the community as Leos and to give them a good impression about Leos. So that we get together and made a plan to conduct an awareness program. By pretending to sell O2 packets Leos were able to convey the message to the general public.

Live Webinar

The Webinar was conducted in relation to the awareness program of importance of clean air to the public as a phase of our project Clean Air for Blue Skies. This was conducted by Dr. Sampath Wahala Senior Lecturer Eco Business Management Sabaragamuwa University of Sri Lanka on 08th of September 2020 from 8.00p.m via Zoom platform with 61 participants. With the aim of educating people about their responsibility for clean air and the environment, aware of their consumption patterns and waste management, and how this will affect the prevention of natural disasters that are highly causing health problems, and cancer. By making themselves aware they can change their pattern of life to protect the environment. As Leos, we can perfectly bond with the general public by sharing our knowledge to make it a better place.



Island wide plantation



Island-wide plantation program was carried out by Leos on 9th September 2020. In a way to represent each area covering whole island Leos planted a tree and gifted a tree to one of their neighbors which indicates that Leos concern on others and they invite others to take part in this. At the same time in the university premises with the participation of Leos, council members and outsiders plantation program was carried out in parallel.

Kawiya Program

With the idea of conveying good knowledge about our traditional way of life and its connection with nature, we came up with the idea of carrying out a project with the tourism management department, which continuously carries out the “Kawiya” program. The fourth project of “Kawiya” program was held on 15th September 2020, 8.00p.m. Onwards through the Zoom platform. The main purpose of this project is to understand “Poetry and Sustainability Impact on Human Behavior”.

My Lockdown Story

Even though we are experiencing the worst time in our life due to this Covid-19. pandemic we have to use our time and add value to our lives. This project was done through an online platform by collecting different kinds of stories of youth on how they spent their lockdown period. By posting all the stories in official Facebook page of our Leo club, a winner was selected from each of the categories which had more likes. Winners were awarded by a wonderful gift and all the participants were given a valid e-certificate.



Stronger TogetHER- Phase 1

As the first phase of “Stronger TogetHER” project, our main goal is to uplift the lives of women by giving them better knowledge and better training. That’s why we decided to conduct project, not only to raise awareness among women, but also raise awareness among men of factors that women are exposed to. On 28th October via online platform this joint effort with Thurstan Leos, with the help of Ms. Chiranthi Senanayaka we made women aware of domestic violence, cyber harassment, gender discrimination, gender discrimination in the workplace, imposed gender roles, domestic abuse, etc. Educate men and women, general knowledge about women rights and feminist legal background. Encourage women to take action against unfair terms. Made women aware of their shared accommodation and women’s organizations. Encourage and empower women to stand up, Raising awareness of how challenges can be overcome in their life.

Stronger TogetHER

Woman Creates Life....
But Still Without RIGHTS ???



Ms. Chiranthi

- Youth Empowerment Incubator Advocate
- The founder of HYPE Sri Lanka
- The founding president of YLPA Sri Lanka
- 2020 Diana Award Recipient

November goals

The world's best plan to end every problem

Sustainable Development Goals (SDG's) are the platform to achieve a better and more sustainable future for both people and the planet. The world leaders agreed in 2015 to achieve 17 sustainable development goals during the timeline of 2015-2030. These 17 goals are the keys to unlock a better world for everyone.

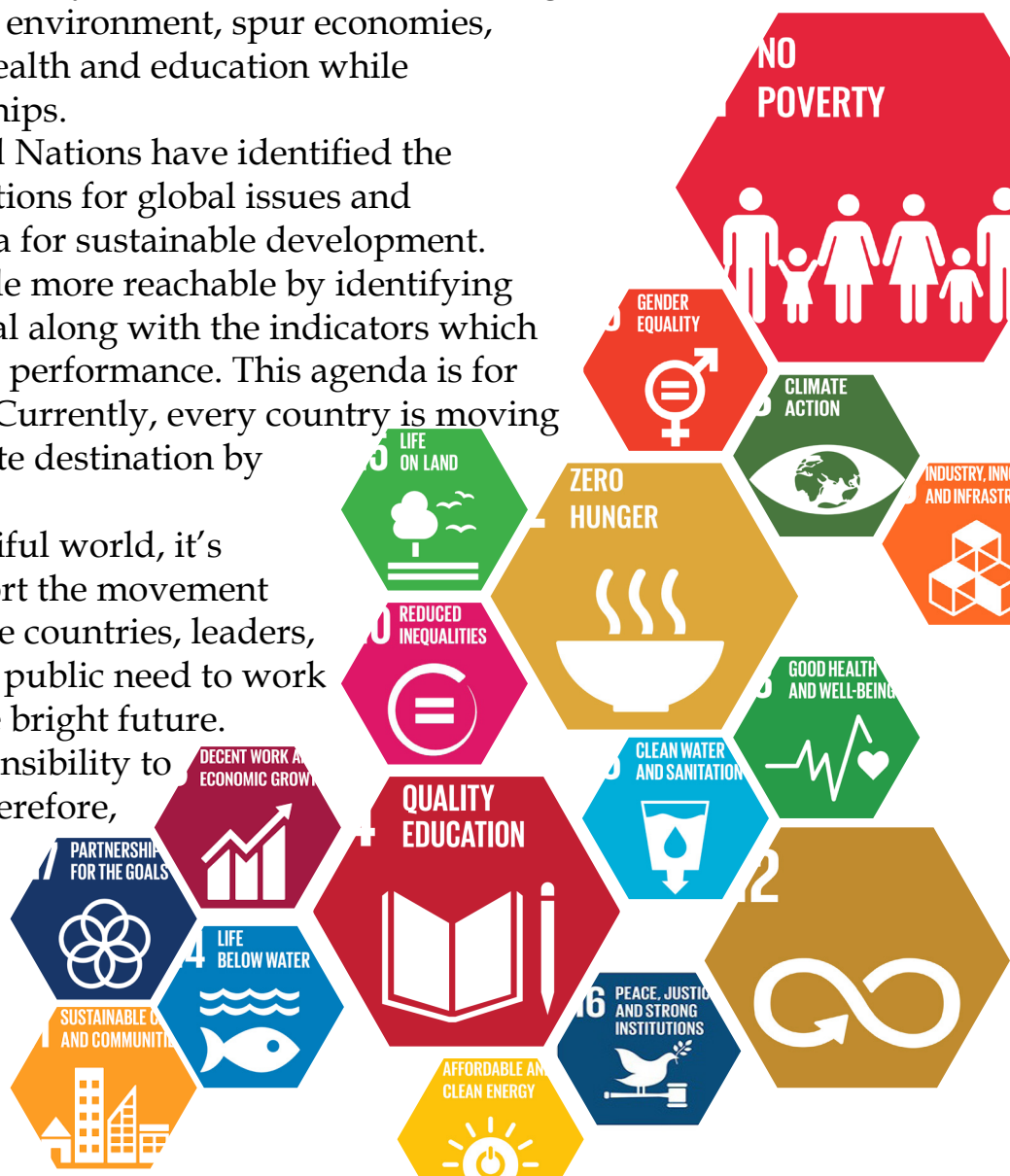
Sustainable development goals show the pathway to conquer the major global challenges which face by every country. The plan assists to fight with poverty, reduce inequalities, tackling climate change, protect the environment, spur economies, establish peace, improve health and education while improving global partnerships.

The members of the United Nations have identified the importance of finding solutions for global issues and introduced the 2030 agenda for sustainable development.

In 2017 the goals were made more reachable by identifying specific targets for each goal along with the indicators which can be used to measure the performance. This agenda is for all UN member countries. Currently, every country is moving forward to reach its ultimate destination by achieving SDG's.

As the people of this beautiful world, it's our responsibility to support the movement with our best spirits. All the countries, leaders, businesses and the general public need to work collaboratively to reach the bright future.

As Leos our ultimate responsibility to support the movement. Therefore, for this month we have choosen four goals among 17 to make the world aware and make them a sustainable future.



NO POVERTY

Every country in the world has their own economic, social and environmental challenges. Different organizations along with the community are trying to come up with solutions to defeat those challenges. United Nations introduced 'Sustainable Development Goals' as one step to address those challenges. Poverty is one of major challenge which is faced by the many countries in the world. Therefore, the UN has introduced 'No Poverty' as their first goal in the Sustainable Development Goals, with the objective of end poverty in all its forms, everywhere. Poverty leads the people to live with lack food, clean drinking water and sanitization. In other words, we can say it depicts the people who cannot stand on their foot by their own. Therefore, this is really a challenging issue to the entire world.

It is considered that two third of the world has less than \$10 income per day and one out of ten persons have less than \$1.90 income per day. Therefore, world bank has set an International poverty line which is used to identify the individuals who are living under

poverty. If a person who has less than \$1.90 income per day is considered as a person suffers from poverty. Most of developing countries are suffer from poverty. Many countries in African region, South Asian region are suffering from poverty. And financial, social and political system of those countries are taking different actions to eradicate the poverty.

Microfinance came to action as a solution for that which lends money to people for micro entrepreneurs at a lower interest rate. Bangladesh has introduced Grameen Bank model to eradicate the poverty and improve the life style of the people by increasing income level of people. They helped on people to startup their own business and encourages them to be self-employed. Sri Lanka also introduced different microcredit schemes to help people to stand on their feet. These will lead to increase income level of the people and helps them to come out from the poverty. Encouraging people to startup their own business will reduce the unemployment. Therefore, it will also lead to reduce the poverty of the people. Reduce the population

who suffers from poverty around to 650 million in 2018 from 1.2 billion in 1990.

During the last couple of months, due to the CoVid-19 Pandemic the huge progress of the fight against poverty got declined. Many micro businesses collapsed, and many people lose their jobs. This situation leads to increase the poverty again due to decrease of income levels of the people.

Many economies took several actions to control the situation like granting capital moratoriums, debt restructuring and rescheduling schemes to their customers. And further many financial institutions granted loans at lower interest rates to businesses in order to continue their business processes. Even though they have taken much effort on it, since the pandemic has not yet controlled and full impact of it is still unknown, the World Bank estimates that this will put additional 88 million to 115 million people again to suffer from poverty. And again, this will cause to hunger, malnutrition, reducing the access to education, social exclusion etc.

Economies in the world need to take care of this issue and should take necessary actions to reduce the post pandemic issues. This will help the people to recover soon and stand on their feet by their own again. And lead to improve life style, literacy level to a greater contribution to develop the economies locally and globally. And no poverty or low poverty will lead to reduce the hunger, have good health, clean water, sanitization, economic growth etc. and leads to achieve sustainable development to an economy.

**-Leo Kethaki Rajanya-
Club Member**

”
*If a person who has
less than \$1.90
income per day is
considered as a
person suffers from
poverty*





H O P E

“Every day I hope
little girl with her queen
in a blue street
will see a new sun
I pray every day
for all little flowers
want to fly everywhere
will find their wings”

-Leo Kanchana Kulathunga-
Club Director



According to the Food and Agriculture Organization of the United Nation, “hunger is an uncomfortable or painful physical sensation caused by insufficient consumption of dietary energy. It becomes chronic when a person didn’t consume a sufficient amount of calories regularly to lead a normal, active and healthy life”. Imagine how many people are suffering from hunger right now? FAO estimates that nearly 690 million people are starving right now according to their “prevalence of undernourishment indicator”.

Free from hunger in other words zero hunger is the second sustainable development goal, among 17 goals that were created at the United Nations conference on sustainable development in Rio de Janeiro in 2012. This goal emphasis creating a track to achieve zero hunger by 2030. If

not, people suffered from hunger would increase by 840 million by 2030.

For achieving zero hunger Food and Agriculture Organization of the United Nations published 20 interconnected actions to achieve sustainable development goals. Especially they put their focus on zero hunger by increasing agricultural productivity and sustainable food production.

Under their actions, they suggested increasing productivity by providing quality seeds and planting materials of respective crop variety at affordable prices to small scale farmers. They mentioned that the youth generation should participate in agriculture. That can be motivated by investing in advanced techniques in rural locations. In their article, they said that diversifying production provides

2nd
Sustainable
Development
Goal
among 17 goals

significant benefits. Such as conserve biodiversity, improve soil and plant health, and reduce the risk like a sudden increase in food prices. Because of that poor people can consume foods with their limited resources and the farming system provide nourishment needs of rural areas. By enhancing the soil health farmers can get healthy food and better nutrition. Therefore, they suggested the soil should sustainably manage. They pointed out that healthy soil, as well as clean water, highly affect to provide healthy agriculture and food. It is important for food security and playing a major role in climate change. But today water is not well managed. By building a clean water world we can get safe drinking water, sanitation, and suitable management and level of water resource.

Under that, they mentioned that investing to achieve the protection of biodiversity for food and agriculture contributes to sustainability, food security, and nutrition level. They clearly said the government should invest in social protection. Especially for poor people. That means to ensure the sanitary facilities, cash transferring, school feeding, providing health care facilities, and also the government should give concessional loans to start small-scale businesses to increase their income.

In addition to that, the government can encourage those people to build up greenhouses or home gardening to provide their food. The Government should focus on children's health by starting school feeding programs. That encourages a new market to provide healthy foods for children. And also they can conduct nutrition education and awareness programs, promoting locally grown healthy foods than fast foods. These actions can be taken by any government to prevent hunger.

As the general public, we should not easily forget about that problem and also take your time and think how much food we throw away as waste and how many people can satisfy their hunger with that food. Since we should meet our needs and wants without compromising the ability to satisfy others'

needs and wants. This is not the duty of one man, but the responsibility of the whole society.

**-Leo Isuri Kavindya-
Club Member**

Increasing Agriculture Productivity & Sustainable Food Production Are Crucial to Alleviate the Perils of Hunger



The Evolution of Dutch Glasshouse Vegetable Production

for SUSTAINABLE WORLD

Two decades ago the Dutch made a national commitment to sustainable agriculture under the rallying cry twice as much food using half as many resources a very bold and ambitious goal that has involved considerable innovation by the nation's farmers. The feminist government and researchers at Hennigan University are studying the country's leading agricultural view. Since 2000, farmers in the Netherlands have reduced their dependence on water for their main crops by 90%, and almost eliminated the use of chemical pesticides in plants and greenhouses. The country hardly has all the resources needed for large-scale agriculture. However, by value, it is the world's largest food

exporter. This article introduces the truly impressive and successful greenhouse vegetable production system that has been implemented in the Netherlands and highlights the technologies, techniques, practices, and innovations that make this huge production capacity possible.

The production of greenhouse vegetables in the Netherlands began before the Second World War, intending to grow crops under soilless conditions for a longer period of the year. Since then, through innovations in mechanization, climate control, greenhouse design, energy use, lighting optimization, pest control, carbon dioxide enrichment, fertilization, growth medium, and water use, greenhouse production has developed and become efficient. The development of vegetable production in the Dutch glass greenhouse is an inevitable story. The growers of the entire industry, the Dutch government, and university partners have all carried out very ambitious research and development. All parts of the Golden Triangle have achieved truly impressive production system innovations,

“Netherlands have reduced their dependence on water for their main crops by 90%, and almost completely eliminated the use of chemical pesticides in plants”



and 40% of the world's greenhouses are made of plastic, and most greenhouses in the Netherlands are glass. The early Dutch glasshouses were initially very compact and close to the ground. Although today's structures are taller, usually as high as 25 to 30 feet tall, to allow for the huge growth of plants in the 10 to 11-month season and provide more space to better control the growth environment.

Tomatoes are currently the main greenhouse vegetable product in the Netherlands. Besides, peppers, cucumbers, and more recently strawberries have also proven to be successful crops for winter production. Hennigan University's research, together with private sector partners, is also evaluating the potential for the production of various new greenhouse crops, including raspberries, black pepper, lettuce, algae, and various tropical plants. About 80% of the vegetables produced in the Netherlands are exported. Mainly sold to Germany and the United Kingdom, but gradually sold to Canada, Middle East, and Africa.

Vegetable growers and technology supply industries have pioneered many major innovations in glass greenhouse production, including the use of glass and polycarbonate plastic materials to achieve optimal light interception and thermal insulation, and energy utilization. 100% of irrigation water is reused to optimize light quality, thereby prolonging the production time, and the use of chemical pesticides is almost zero. The introduction of rock walls as building insulation materials can be traced back to the 1970s when a group of Dutch greenhouse growers stumbled upon some discarded insulation materials while visiting Denmark. When the material gets wet outside, it provides a seemingly ideal medium for seed germination and plant growth. Today, more than 80% of glasshouse production in the Netherlands comes from rock walls.

Vegetables and Dutch glasshouses are grown under completely sterile and highly sterilized conditions. During the growing season, because the greenhouse is a closed growing system, many measures can be taken to avoid diseases and insects, and pests and to provide the crop with the best water and nutrients throughout the season. One of the significant

aspects of Dutch greenhouse vegetable production is the control of biological pests.

Also, another difference between Dutch greenhouse production and outdoor soil vegetable production is that by recycling and filtering water and fundamentally controlling the indoor growth environment, the relative water efficiency of these two systems can enable greenhouse producers to reduce their total output. Compared with the water that may be used under field conditions, water consumption is reduced by 90%. Once the glasshouse is ready for the production season, a specialized commercial transplanting company usually provides vegetable transplants that are usually up to 12 inches tall, and plugs these plants and the rock walls where they are growing. The growth medium containment structure provides water and nutrients for circulating irrigation and provides the main support frame for plants. Then, throughout the production season, a lot of energy and energy is spent to ensure that the plants grow vigorously in the vertical direction and to ensure effective harvesting. One aspect of Dutch greenhouse vegetable production is really impressive in the advanced and semi-automated harvesting.

There is no doubt that the growers of the Dutch government and university research institutes and the growers of the private sector have made considerable efforts to achieve their bold and ambitious goals at the turn of the century. The greenhouse vegetable production technology they created has pushed the food production system into new and impressive areas in many ways. The success story of how this small country is now helping humans feed the world, and many innovative, hard-working people rest their noses, they are the first to bring a brand-new agricultural paradigm into reality. The result of original innovation and inspiration is lead to an increase and increase in the efficiency of vegetable production for a sustainable world.

**-Leo Lionie Matarage-
Club Secretary**



COVID-19 & Achieving The Goal of ZERO HUNGER

Hunger is not a problem which is needed to be addressed by a single person, it is a problem that everyone has to address. In a way to address it globally the goal of “zero hunger” was added to the Sustainable Development Goals to eradicate world hunger by 2030. Hunger is a major challenge for many people around the world. SDG report for the year 2020 says that hunger and malnutrition have slowly increased over the last several years, with an over 9% increase in malnutrition and a 3.5% rise in moderate to severe food insecurity since 2014.

Currently, the whole world is suffering due to the Covid-19 outbreak. Even before the Covid-19 outbreak hunger was already a major challenge for many people. Now, the issue has become more severe with the spreading of Coronavirus.

So a question has arisen whether it is possible to achieve the goal by 2030.

Due to Covid-19, closures and lockdowns took place, restrictions were imposed on imports and exports, food production and supplies got disrupted, and many people got terminated from their jobs. Lockdowns and economic recession led to a major loss of income among the working poor. Consequently, vulnerable communities were pushed into poverty and hunger by eliminating access to safe and nutritious food. Also, the same community has to face the increasing food prices. So the hunger rate is increasing instead of decreasing.

While trying to come out of this pandemic situation, the crisis of food insecurity is also rising. Hence, it is necessary to work on preventing dual crisis as Covid-19 has made a huge impact on hunger.

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*If you want to
eliminate hunger,
everybody has to be
involved...*

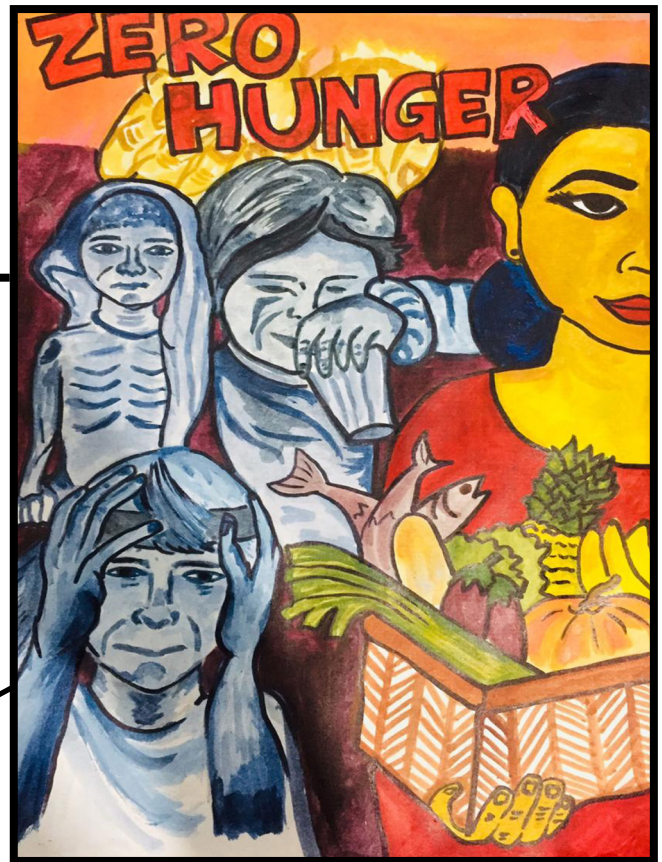
-Bono-

**-Leo Fathima Shamra-
Club Ass. Secretary**

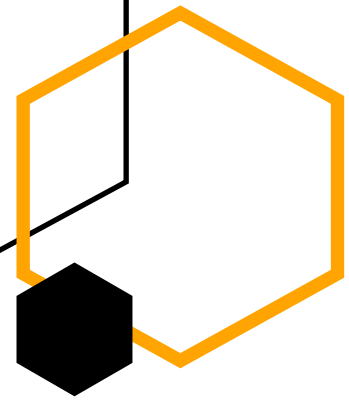
-Leo Lakshika Thilakarathna-
Club Member



-Leo Sajini Sulakshika-
Club Member

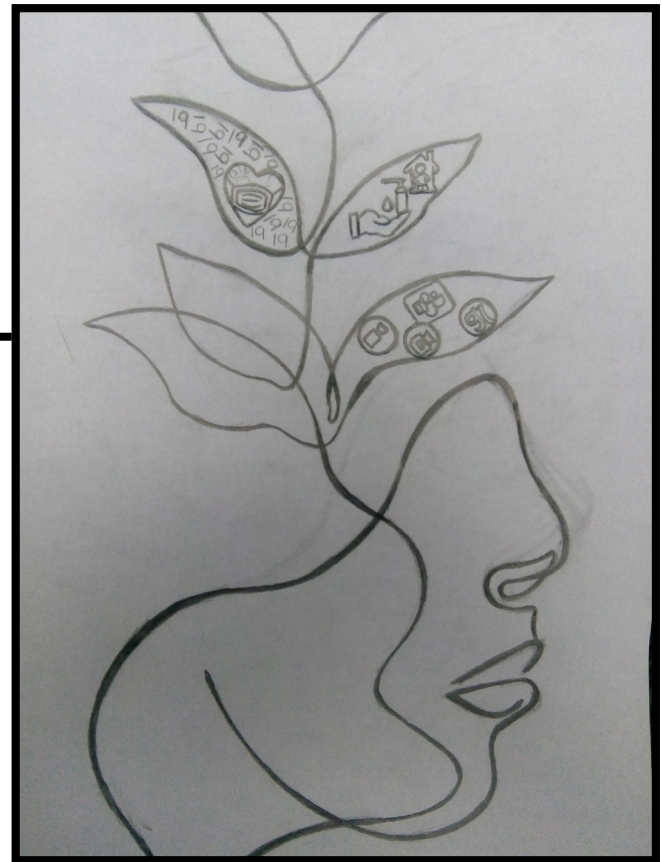


-Leo MN Tharaka-
Club Member

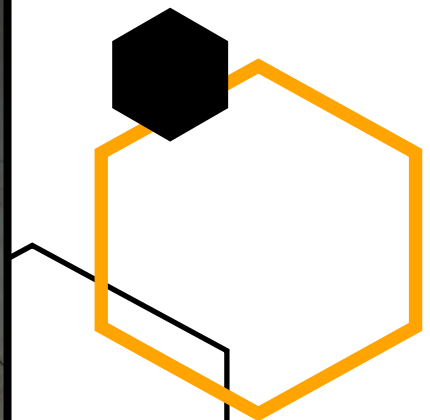


-Leo Dulmini Abeyrathna-
Club Member

-Leo Dananji Dilhara-
Club Member



-Leo Chalani Sandya-
Club Member



4th
Sustainable
Development
Goal
Among 17 Goals

Quality Education



Quality education is one of the sustainable goals stated by the United Nations out of all 17 goals. According to the United Nations, they try to “Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all” by this goal. Thus they have set different targets and indicators to achieve this goal.

According to some, quality education is met by only focusing on literacy and numeracy. But it’s not always that. Rather it should provide enough resources, and should ensure that each child enters school, learns in an environment where it is physically and mentally safe for students. Also, students must actively engage in learning. So quality education ensures access to quality teachers, providing quality learning tools and professional development, and establishment of safe and supportive quality learning environments.

When this comes to Sri Lanka, we doubt whether we have higher quality education or poor quality education. In Sri Lanka, we have free education at all primary, secondary, university levels, unlike other countries. That’s a good initiative to achieve this goal. Although it covers the right to education, we can’t be sure of the quality. In our country, although we have a good literacy rate, we have declining results in grade 5 examinations, ordinary level, and advanced level. Not all the people who sit for the examinations, would pass and qualify for higher education. This can be due to a lack

Is Sri Lanka having higher quality education or poor quality education

of quality education. I would say in some areas we have higher quality education whereas in other areas we have poor quality education due to lack of experienced and qualified teachers, issues with recruitment, irrelevant policies, etc. for example if we take university education, in some universities, we have all the learning materials, experienced lecturers, and all the facilities. But in some universities, we have outdated syllabus, a lack of experienced lecturers, not enough facilities. So these factors take Sri Lanka towards poor quality education in some areas. This causes students to migrate overseas for higher education. Another factor is the government spends too little amount on education. This restricts the development of infrastructure in rural areas, having quality reading materials, and trained teachers. Another main factor is poverty. Due to this lower income families couldn't afford to send their children to schools. Also, I think having an exam focused system is also a factor which affects the poor quality of education. Because this prevents students from learning new skills. Therefore a shortage of skills occurs. This leads to unemployment as well.

Likewise, we have deviations in quality education and we cannot exactly say whether Sri Lanka has a higher quality education or poor quality education. My suggestion is as a developing country, we should more invest in the education system and increase the skills and knowledge of people. As well as we should encourage innovation and entrepreneurship so that our country will have better employment opportunities. As the government, they should increase funding in rural areas to develop infrastructure facilities. With these developments, I think everyone can receive a quality education and it will lead to growth in our country as well.

**-Leo Kavindya Pieris-
Club Director**





Quality education will lead to Zero Poverty & Hunger



When talking about the quality education we can define it as an education system which all the learners are learning certain capabilities they required to become professionals who are economically productive and can develop sustainable livelihoods which will eventually contribute to a peaceful and democratic society or country while enhancing the living standards and individual well-being of the people at that particular society.

But the key question here is 'Do we have a quality education system in Sri Lanka?'. Without a doubt we all have to agree Sri Lanka provides very good education to the children. We as a country also have very high literacy level compared to most of the countries in the world, but can we say that we are a country which give its children updated and quality education?

This is the point where we have to say "No", because in our country we are still frame to certain streams of education (higher education) which are limited to few career paths like doctors, teachers, engineers, accountants and so on. Just because of this fact there are plenty of youth who are unemployed after advanced level education, if emphasized specifically mostly girls. But we have be reminded as a nation those are not the only career paths available in modern days.

Unlike Sri Lanka, most of the countries who have the best and quality education

systems try to find the hidden talents of children or their interest and encourage and educated them to polish those skills in order to enter the professional field of that particular stream from the early stages of their education. They are very open for aesthetic skill based higher education too like music major, drama and theater major, arts and graphic based education, culinary major, fashion designing and cultivating (agriculture) based professions etc.

When looking at Sri Lanka's case whenever we asked a child what's your future ambition? It will be either a doctor or teacher or one of the other previously mentioned profession, even their parents wants the same. But no one will say they want to be a professional musician, artist, painter, chef or so. Unlike Sri Lanka, in the world these are very well reputed and highly paying professions.

Therefore Sri Lanka also should try to implement such broad and skills based education system in addition to the current educational system we have in our country and try to discover the hidden talents form the very early stage of education not at the latter part of the educational grading flow and guide them through proper and well planned technics and learning based on the particular interest of the children in order to make them into very well versed professionals, so the career paths for the students will be broader resulting in zero or minimize the poverty and unemployment in Sri Lanka leading to increase in the standard of living of the people also.

The main point is we have to break this frame that people in our country immersed in about other various professions. Even though implementing such and education system at once is impossible it should be planned and carried on gradually with the time. Therefore, with all the above facts the main point we should emphasis is that having a quality education in a country will lead that country to huge heights in the development of the society, livelihood and the growth of the country in the world as sustainably developed country.

**-Leo Isuru Thisara-
Club Member**



Responsible Consumption & Production

12th
**Sustainable
Development
Goal**
Among 17 goals



Have you ever heard of the word 'Responsibility?' or the phrase 'being responsible?' Being a part of the 21st century I assume that, the answer must be 'YES' for both. Then, it is not about not knowing the concept but about not knowing the importance of being responsible.

As humans; the highly intelligent primates to live on earth there are plenty of ways to be responsible for what we are doing. Apart from any other, the author raises the awareness of being responsible in regular consumption behaviour; A responsible consumer. A responsible consumer is a person who tries to avoid waste in food, water, or any materialistic consumption as much as possible. Knowing the importance of less wastage and sustainable consumption, the 12th Goal of Sustainable Development Goals (SDGs) stands for Responsible consumption and production; to ensure sustainable consumption and production patterns.

The fact is, we, human beings are just one species who live on the earth from thousands of other species. Whilst the other kind of livings fulfil their basic need of life, we go for an extreme point of needs and wants such as fancy cars, bigger houses, expensive vacations, and the list goes on. We all have forgotten that we

have **ONLY ONE** earth to live with finite resources. If we keep moving with this same kind of pattern, there will be a sooner day, when the earth would not be capable of providing resources to fulfil even our basic needs.

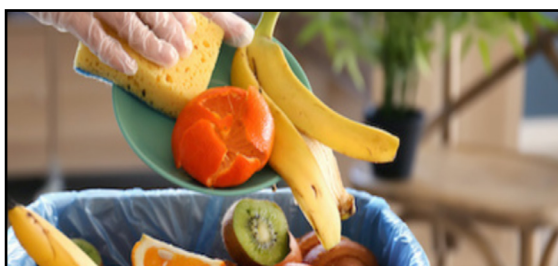
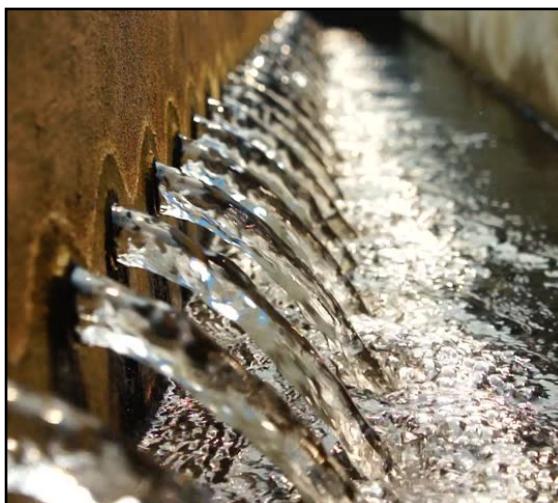
To show this in numbers, the ENERGY resource. In 2019, the world energy consumption has risen by 158,000 TWH approximately. The global average per capita energy consumption has increased by 45% approximately compared with the 1970s. All these prove that, as human beings, we use energy than it can be produced because most of the natural resources get thousands of years to reform. Considering non-renewable, non-reusable energy sources which we consume mostly are in higher danger and predictions show that, those would only last for another 40-50 years. Moreover, human behaviour has pushed up the extinction rates of the animals and plants far above the long-term average so does the increased rate of carbon dioxide in the air. More plastics to the environment doubled the nitrogen and phosphorous in soil and a permanent black layer of carbon which affects human health, ecosystems, and agricultural means. What are tips we can practice to ensure responsible consumption? Simply try to consume products which are,

- Green
- Healthier
- Eco friendly
- Locally produced
- Prevented from animal harm

Meanwhile, a middle way for our regular patterns is more helpful in this. In other words, to ensure that development addresses the need of all humanity while removing excessive stress on the planet, the adoption of sustainable patterns of consumption and production is imperative. What matters the most is our attitude and behaviour for a better tomorrow. Keeping that in mind, we can take simple actions for responsible consumption and it leads to sustainable consumption. Sustainable consumption is a wider concept that consists of buying, consuming as well as disposing of. However, we must take action today to ensure our future generations could see the natural beauty of the world. There should be a world to see. Let's be responsible to save this world for many generations to come!

-Leo Prasangi-
Club President

Are you a 'Responsible Consumer'



*“Small act
when multiplied by million of people
can transform the **WORLD**”*

Human beings are going ahead
With waste consume unlimited
Boundless dreams were strived
Forgot some invest in produced
Goods aren't enough. Oh my god

Some eco-friendly was damaged
Some good things were reminded
With social-distance due to Covid
Nature has owned of all command
Invisible data was the major used

Ultimately journeys were limited
Peoples have to stay at home and
Keep in mind to be safe and lived
So where did we miss something?
Sustainable Pro: Con: Investment

-Leo Nilanthi Saman Kumari-
Club Member

Leo Lionie Matarage
Club Secretary 2020/2021
Chief Editor|Chief Designer



The pen, is the most silent but most powerful weapon in the world which can be used for the change of the world. Thus, being Sabra Leos, we took the initiation to aware the whole community about sustainability. 'STEER', the first ever official newsletter of the Leo Club of Sabaragamuwa University is a proud initiative of our club and as the Editor, it is my immense pleasure to keep a short note within the pages.

STEER, is a newsletter which is something beyond than an ordinary newsletter whilst we have no boundaries towards sharing knowledge. Basically, we raise the awareness about the Sustainable Development Goals (SDGs) and our behaviours toward these goals. We see a future and the future should see the things we see now. Hence, this is a simple step taken for a sustainable tomorrow. The process took lots of effort, hard work and dedication to launch this kind of an output to your hands. In this moment, I would like to show my gratitude for all those hidden heroes. And I believe this, would be another learning opportunity for you all.

Enjoy reading and please let us know your comments as those are inspirations for us! 'The best word to understand the future is; sustainability'

Thank you

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