

# හන්නා පවුර | ஹன்தான பவுர

## Hanthana Pavura

Volume: 7 Issue: 1 - November 2022



10<sup>th</sup> Anniversary Edition

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### - Executive Committee -

Susantha Mohottalage - President  
 Anura Herath - Vice-President  
 Ruwanthika Premalal - Secretary  
 Nimal De Silva - Ex-officio member  
 Turadewa Rathnayaka - Treasurer  
 Ajith Samarajeewa - Editor  
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 Renuka Subasinghe - Director, Faculty of Agriculture  
 Udula Rathnayake - Director, Faculty of Arts  
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 Indika Wijethunga - Director, Faculty of Engineering  
 Shehan Danushka Dissanayake – Director, Faculty of Science



This year, the Alumni Association of the University of Peradeniya Ottawa Chapter (AAUPOC) marks the 10th anniversary of its journey. It is my privilege, in this hallmark year, to represent our association, as the President of the AAUPOC. I am delighted to share my thoughts on the activities, achievements, and challenges of our association in this message.

As an association that has progressed to have about 100 memberships this year, AAUPOC has developed steadily over the past 10 years. We, as an alumni association have grown not only by numbers but also in dedication and commitment to achieve our objectives. Since its inception, AAUPOC continues to nurture our initiatives of supporting our alma mater, and building and promoting comradeship with other alumni chapters around the globe.

### ***Giving back to our Alma mater....***

#### ***Scholarship program for financially vulnerable students:***

The main objective of our association is to support financially vulnerable students at the University of Peradeniya. With the support and generous donations from our members, Ottawa friends, and various fundraising activities, I am happy to reiterate that we were able to provide scholarships worth Rs. 4.65 million for more than 100 students during the past 10 years. Furthermore, it is remarkable to note that we have reached the mark of providing 25 undergraduate students with scholarships worth Rs 900,000 in the year 2022. In addition, our association was instrumental in supporting some undergraduate students in impoverished situations.

#### ***Contributions made to the pursuit of academic excellence at the University of Peradeniya:***

AAUPOC has made generous donations of textbooks to the main libraries, computers for resident halls, and scientific instruments to the International Research Center of the University of Peradeniya in the past years.

### ***Community involvements:***

#### ***Special support for students and new alumni:***

AAUPOC is involved in supporting Peradeniya graduates who decide to do their postgraduate studies in Ottawa to become well-acquainted and established. In addition, AAUPOC always extends its welcome hand to new alumni friends in Ottawa and helps them settle down and feel at home in their new environment.

### ***Our social activities***

Our social events foster interactions and friendships among our alumni and the Sri Lankan community at large and raise funds to support the AAUPOC scholarships.

### ***Annual events:***

"Hanthan night" has been the key social event for AAUPOC which is enriched with various cultural and musical items. The event has been very successful and popular in the past years and has been offered annually prior to the COVID 19 pandemic.

The annual beach trip, organized by our association, is a famous outdoor gathering not only among our AAUPOC members but also among Ottawa friends. These events have been well attended by our members and friends due to the enjoyable bus rides, musical entertainment, sports activities, etc.

“Upahara Gee Padura” is one of the community social events organized by AAUPOC. This event started in the year 2015 and continued with the active participation of our members, families, and community friends.

The health walk is one of the most special and famous social events of AAUPOC which promotes healthy living in our community. The virtual “AAUPOC Walkathon”, was invented in the year 2021 in place of our usual health walk during the unprecedented pandemic in order to increase awareness of the benefits of walking in a secluded and sedentary phase.

#### ***Webinar series:***

The AAUPOC webinar series was one of our association's most attended virtual events. We were able to organize five webinars with relevant and timely topics with participants engaging not only from Ottawa but from all over the world.

#### ***Newsletter:***

One of the key features of our association is the AAUPOC newsletter publication that has been initiated in the year 2015. Since then, AAUPOC newsletters were published under the name “Hanthana Pavura” which is another accomplishment of our association. As you witness today, this electronic publication is an excellent collection of a variety of articles and creations which is a great platform to bring together ideas, visual arts, and writing talents of our members and other contributors.

#### ***In celebration of milestone year.....***

In celebrating our 10th Anniversary, a broad range of activities are planned to unfold throughout this year. This version of “Hanthana Pavura” is a special anniversary edition of the newsletter which was carefully crafted to commemorate the hallmark year of AAUPOC. In addition, among many upcoming events that will be launched to celebrate the anniversary of our association, the current executive committee has already prepared colorful T-Shirts with anniversary logos. In addition, we have had a friendly hardball cricket match with the Ottawa Cricket Club (OCC) at the Rideau Hall/the Governor General's cricket grounds to raise funds for our scholarship program (there are many more to come!).

As an alumni association, we have come a long way with the dedicated efforts and generous support of all the past Presidents, executive committee members, all our members, their families, and community friends. As a family, we together have worked for success, but without all of your hard work and selfless devotion, we could not have come this far. Last, but not least, my sincere gratitude to the current executive committee members for their dedication, commitment, and teamwork in serving our alumni association for another successful year.

Let's work closely together to help build and serve our AAUPOC community and our Alma mater for an even brighter future.

**Susantha Mohottalage, Ph.D**  
**President, AAUPOC**

**“Together we march forward”**







With great pleasure, I bring this congratulatory message to commemorate the decade celebration of one of the most generous alumni; the Alumni Association of the University of Peradeniya- Ottawa Chapter. Your alma mater genuinely reminisces and values your inspiring contribution and continuous well-wishes in her growth, development, and reputation over the last decade.

The University believes in strengthening ties with alumni working all over the world since your actions can propel your alma mater to greater heights. The new office established in the university to strengthen the community interaction will contact you in coming months.

To ascend further from our current standing, you can also contribute to support our new measures to strengthen the welfare and well-being of the present and the future university community. More importantly, we have recently taken steps to strengthen the internal student mentoring mechanism and planning to expand this further. I believe that you, as the veterans, can initiate external student mentorships and brave our students to cope with the new world and benefit from the wisdom and experience that you have. I value your suggestions on how to initiate such programs.

With the assistance of our Alumni-spearheaded by the Colombo Chapters of AAUP and PEFA, we have launched "working student assistantships," which provide our undergraduates with paid work opportunities. Moreover, despite the country's current economic insecurity, we intend to continue with the help of our stakeholders to ensure the sustainability of our activities such as funding research, staff development, extending studentship possibilities, etc. Your mother university is confident that you will be an integral part of those steps.

Sincere Alumni, your alma mater appreciates your unwavering support since she considers alumni as her future than her past.

I wish the AAUPOC Ottawa Chapter the very best in its endeavors.

**Professor M.D. Lamawansa**  
**Vice-Chancellor**  
**University of Peradeniya**





Dear Ottawa Chapter Members,

It is with great pleasure that I write this message to the special edition of the newsletter dedicated to the 10th anniversary celebration of the Alumni Association of the University of Peradeniya, Ottawa Chapter (AAUPOC). As the president of the AAUP, *representing all those who proudly call themselves **Pera Alumni***, I appreciate your efforts over the last decade to refresh your memories and ***to give back to your alma mater!***

**Pera** was indeed a milestone in our journey through life. The academic pursuits, the experience of community living, and the fun and frolic we experienced at **Pera** have made us what we are today.

Whether you are recent graduates or graduates of yesteryear who journeyed to Ottawa, memories of **Pera** will remain a significant feature of your personal lives. The AAUPOC helps you to give back... to support and develop the University community. An anniversary is a good occasion to look back on what you have done. The AAUPOC can do this with great satisfaction, pride and happiness because you have always done a very good job.

During this challenging time, it is encouraging to know about the continuous support of the AAUPOC through the studentship program and other donations. While you celebrate the 10<sup>th</sup> anniversary, I request you to expand the collaborative efforts to help the University and the student body today and in the future.

The AAUPOC members can engage with the University and their fellow alumni in many ways:

- Attend and participate in virtual events and activities.
- Volunteer for alumni committees and activities.
- Join the student mentoring program.
- Become an alumni ambassador to current students.
- Display your pride by wearing **Pera** gear.
- Consider a financial gift to the AAUP Needy Student Fund, the AAUP Student Welfare Fund, the AAUP Language Teaching Fund, or the AAUP Alumni Welfare Fund.

I humbly request you, as a fellow alumni, to do **your** part to keep the University of Peradeniya's legacy alive and flourishing.

Congratulations on your 10<sup>th</sup> anniversary! I wish the AAUPOC more (a great) success in your future endeavors.

**Professor Pradeepa Bandaranayake**  
**President AAUP 2022-2023**





With great pleasure and pride, we are sending you felicitations for your 10th anniversary.

Despite a busy life in Canada, the effort your group made to establish functional Peradeniya alumni association in Ottawa is remarkable. The results speak for themselves.

Connecting everybody and mobilizing them for a common purpose particularly when you are in a foreign environment is a hard act. Driven by the true Peradeniya spirit, you have created many initiatives that have helped the Peradeniya family, the university fraternity at Peradeniya and Ottawa public. When possible, we have been able to participate and enjoy them as well.

With gratitude we also acknowledge your support to us in the last 10 years.

As a fellow Peradeniya alumni association in Canada, we are very proud of you. We wish you a successful 10th anniversary celebration and continuous success in your future endeavors.

**Pubudu Edirisinghe, B.Sc. (Eng.), MBA.**

**(President- Alumni Association of the University of Peradeniya - Greater Toronto Area & Suburbs)**

## Official Celebration of the 10th Anniversary of the AAUPOC

To be held on Jan 7th, 2023 (Details to follow) Please reserve the date.

Event sponsor- Murugiah Gandhiram (Gandhi) (Financial Advisor)

Murugiah Gandhiram (Gandhi) BSc Eng CLU  
Financial Advisor



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- Super Visa Insurance
- Life Insurance
- RRSP & RESP
- Individual Pension Plan and Investments

gandhi2402@gmail.com  
416 833 2190

"Nothing in life is to be feared, it is only to be understood"



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# AAUPOC 10<sup>th</sup> Anniversary



10<sup>th</sup> Anniversary Celebrations



Celebrations at the Beach Trip



Walkathon  
Competition



T shirt prepared to mark the  
10<sup>th</sup> Anniversary



10<sup>th</sup> Anniversary  
song preparation crew



Friendly Cricket Match







## SPICE WORLD Supermarket

INDIAN, CANADIAN, SRILANKAN,  
SOUTH ASIAN FRESH VEGETABLES & FRUITS .

INDIAN, CANADIAN, SRILANKAN,  
& SOUTH ASIAN GROCERIES .

SPECIAL POOJA ITEMS .

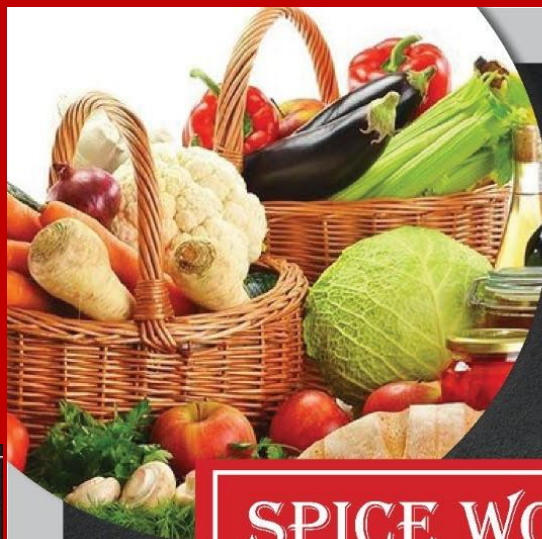
HOME DELIVERY SERVICES .

WEEKLY SPECIAL SALE .

WORLDWIDE MONEY TRANSFER  
AVAILABLE .

IP TV AVAILABLE .

*Best From The Beginning ...*



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*The Best Has Arrived*





**Nimal Ratnayake, Ph.D**

**(Founding President/  
AAUPOC: 2012-2014, 2016-  
2017)**

This year we celebrate the 10<sup>th</sup> anniversary of the establishment of the Alumni Association of the University of Peradeniya, Ottawa Chapter (AAUPOC). An anniversary is an opportunity to look back, to review our accomplishments and evaluate the current activities against the visions and dreams that guided the early days of our alumni association. Did we build on the right foundation? Did we set the right goals? Did we move in the right direction?

Overwhelmingly the answer is yes. We always knew that we had very talented and dedicated group of Peradeniya graduates living in Ottawa with rich progressive ideas to form an alumni chapter in Ottawa. At the inaugural meeting in 2012, the primary mission of AAUPOC was established as supporting, financially and academically, our mother University, the University of Peradeniya to achieve its aim of educating students to the highest global standards. In fulfilling this mission, we have accomplished much in the past 10 years. For examples, since the inspection of AAUPOC in 2012, we have provided financial assistance to over 100 needy students at the University of Peradeniya, donated numerous textbooks to all the faculty libraries, several computers to girls' residence halls, lab equipment to Science and Engineering faculties. On the Social activity side, in 2012, we had only two functions; Hanthana Night and a beach trip. Now we have gee-padura, stage dramas, health walks, walkathons, virtual seminars, and publish a high quality bi-annual newsletter, Hanthana Paura.

We are now positioned to enter our second decade with a strong foundation, and a clear vision. During the last 2 to 3 years, several young, energetic, and talented Peradeniya graduates have joined AAUPOC and some of them are currently serving in the executive committee and, I am sure that these young members will continue to help flourish our alumni association.

As the founding president of the AAUOC, I wish all our members and well wishes a happy 10<sup>th</sup> anniversary.



**Sange De Silva, Ph.D**

**(Past President/AAUPOC:  
2014-2016)**

I am very proud to be a part of the AAUPOC family, and I am grateful that I had an opportunity to serve as Hon. President for two years. I am also proud that I had the opportunity to take part in the initial discussion to conceptualize the idea of forming an alumni association of the University of Peradeniya in Ottawa in 2012. Since its inception, the association has been growing and become a real success to serve its mission. It is because of its adherence to its objectives, especially the philanthropic objective of supporting financially needy students at the University of Peradeniya, and the comradery among its members. I am happy to see how the association has attracted alumni not only from the National Capital Region but also from other Canadian provinces. It was great to see the involvement of all the members in realizing the objectives of the association, especially the young members who are very active in the Executive Committee and other social events. I wish all the best for future endeavors in helping our alma mater in general and supporting needy students.

Happy 10<sup>th</sup> anniversary and wishing all the alumni the very best while thanking them for their commitment to making the association this successful as it is today.





**Deepananda Herath, Ph.D**  
**(Past President/AAUPOC:**  
**2017-2019)**

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**Nimal De Silva, Ph.D**  
**(Past President/AAUPOC:**  
**2019-2021)**

I am honored to be a past president of one of the most active AAUP chapters which has determination to work towards betterment of the University and her needy students, while promoting friendship and wellbeing of the alumni living half-way across the globe.

Looking back at past ten years, we can be proud of our incremental accomplishments on scholarship donations, and the amount and quality of our fundraising, social and educational activities. We demonstrated our resilience as an energetic group by adaptation to virtual events even during the lock-downs in this pandemic era to meet our commitments. Along with recent significant growth of our membership, I am sure we will maintain our momentum to further increase our contributions to our beloved alma mater and the community.

Congratulations and Best Wishes to AAUPOC for continued success for the next decade!

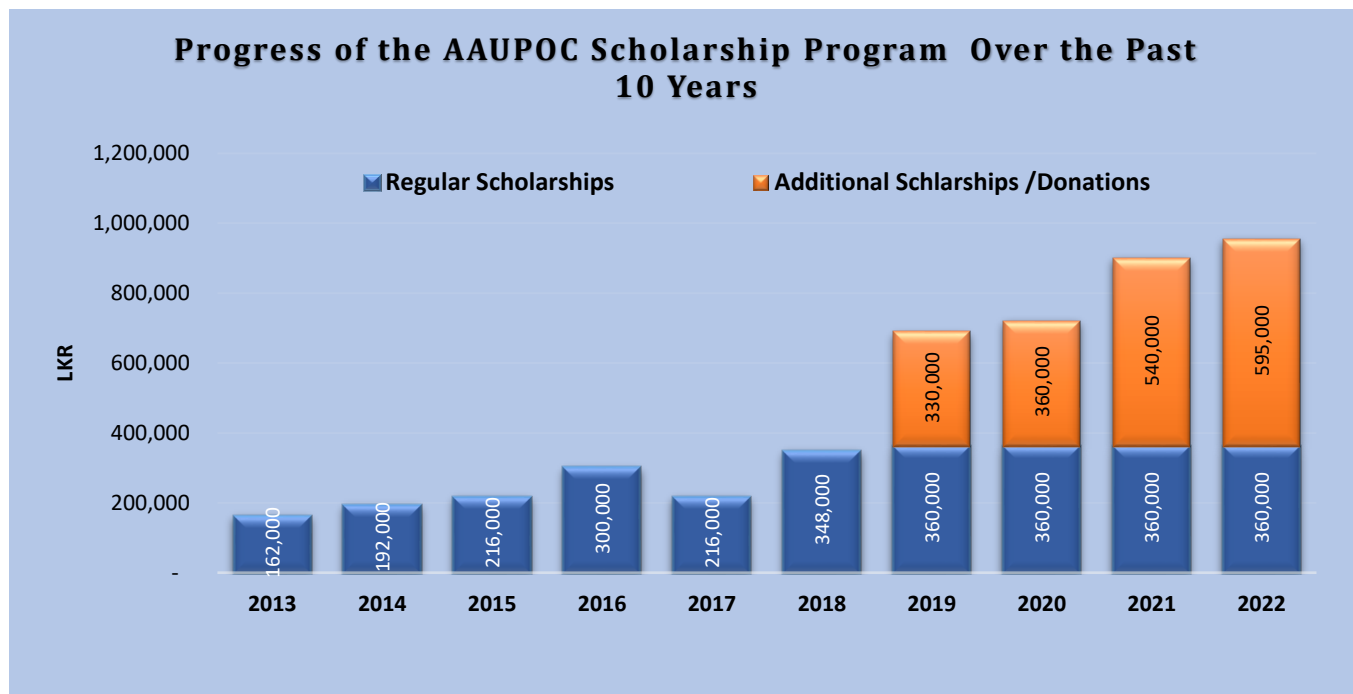
**"Rome wasn't built in a day".**



**Nothing is impossible with hardwork, commitment and dedication - Brayne Matshotshi**



*AAUPOC has steadily increased the financial contribution to the needy students' scholarship program in the last 10 years*



*\*\* Regular scholarships include the number of scholarships committed each year and the additional scholarships/ donations include additional scholarships offered depending on the fund availability and one-time donations to support students with exceptional financial emergencies.*

Of the total 51 needy students' studentships offered by the AAUP in 2021 from funding sources around the world, AAUP-(Ottawa Chapter) contributed to 20 studentships (~40% of the total studentships).

### **Selection Criteria- Needy Students' Scholarship Program of the AAUPOC**

AAUPOC's financial assistance to needy students at the University of Peradeniya (UoP) is solely based on the criteria stipulated by the mother alumni of the UoP, Alumni Association of the University of Peradeniya (AAUP). However, the number of scholarship awarded (SLR 36,000 / student/ year) to each faculty per year is determined by the AAUPOC.

Scholarships for needy students are offered to selected undergraduates in need of financial assistance. It is learnt that some undergraduates opt to drop out from studies or are under unbearable stress that affects their studies and mental health due to financial stresses. Such students appeal to respective faculties for financial assistance and other available support, such as counselling services. Annually, the number of students seeking financial assistance from the AAUP tend to increase.

## Selection Guidelines

(<https://site.pdn.ac.lk/alumni/Studentships-Scholarships-Policy>)

The selection of students for Needy Student's Scholarship Program is the responsibility of the Student Welfare Committee (SWC) of the respective faculties under the supervision and recommendations of the Deans, based on several factors including household income and student's credibility to continue the program. Specifically, the followings factors may be considered in the selection process.

- Financial aid to support differently-able students from financially poor backgrounds needing extra help during their academic program
- Financial support under exceptional emergency or distress situations such as accidents / sexual harassment / physical injury / mental conditions
- Financial support for students who do not receive the stipulated *Mahapola* and other scholarships / funds due to failure at examinations due to medical and family problems
- Financial aid in case of death, permanent total disablement or mental health condition of the father, mother or the bread-winner of the family
- Financial aid under exceptional situations of loss of study material due to natural or other disasters
- For any other such cause as may be deemed appropriate by the Student Welfare Committee, from time to time.

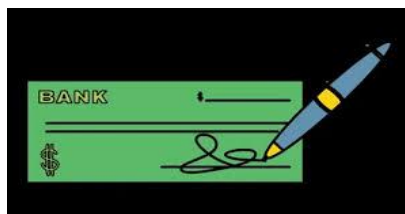
## Calling of Applications for Studentships

Applications are called by the SWC of the AAUP led by the Vice President (VP). SWC consists of volunteer members of the executive committee of the AAUP and faculty academic staff members representing each faculty.

### How can you contribute?



E-transfer to  
"aaupoc@yahoo.ca"



Cheque payable to: Alumni Association of the  
University of Peradeniya-Ottawa Chapter  
(AAUPOC)



The Treasurer, AAUPOC  
6730 Barsona Place,  
Orleans, Ottawa  
Ontario, K1C 1J3, Canada.

Life's persistent and most urgent question is, 'What are you doing for others?'

– Martin Luther King JR -





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**Make Your Dream Into Reality**



In 2015, on one Sunday afternoon, I was in a pensive mood; it was the day that I had decided to write a proposal; a detailed design to establish an Electronic Platform (EP) under the umbrella of the AAUPOC, to document events and activities of the organization and also to support those who wish to express their thoughts in any form to showcase their capabilities. I saw the intended EP as the endless sky that could be decorated with colourful 'blooms' to generate a glorious garden for everyone to enjoy: *A Garden in the Sky*, that would enrich the electronic universe.

With that vision, the AAUPOC Newsletter was born.

The obstacles to develop and implement the proposed Newsletter were numerous: finding the right template, creating an attractive cover, designing an effective format for the document and promoting the platform to encourage the writers and artists to use it. Most of all, as the Editor of the AAUPOC, the need to generate two issues per year, while handling full-time employment and running a labour intensive household was a challenge.

Yet, I prevailed by overcoming each of the obstacles to reach the intended goal.

After the approval of the project, running a competition to select a name to reflect the essence of our Alma Mater was tedious. With the support of the creative artists in the organization; however, the name *Hanthana Paura* won its rightful position for the newly established Newsletter.

With time, other possibilities to further the utility of the Newsletter were explored. The first and foremost was to use the platform to raise funds to support the primary objectives of the organization. Surprisingly, the readers of the Newsletter responded well to the advertisers; it was a win-win for all those who were involved.

As with any successful venture, in later years, new obstacles emerged to threaten the progress and its sustainability. Yet, those who valued and appreciated the Newsletter, supported its existence and progress, and helped to overcome the emerging hurdles.

The time was a testament for the electronic publication to maintain its originally expected quality and the utility. To my greatest joy, over the past several years, this Newsletter has become a success in all areas that I have envisioned and desired.

From its inception, the pages of each Edition of the Newsletter were filled with wonderful contributions from those wishing to share their linguistic, artistic and cultural talents. Each year the newly appointed Editor injected new life with new ideas and nourished the 'garden' for its progress. With such efforts, the Newsletter stretched its boundaries, and the glorious *garden in the sky* has now exhibits its new horizons; everyone continues to rejoice.

The sustainability and the progress of the AAUPOC Newsletter would depend on all of us. Therefore, I conclude with all good wishes to those who would take the responsibility and the pleasure to maintain the quality and the utility of our electronic publication, while blazing new trails in the future.

**Kumudini Nicholas** (The Editor of the AAUPOC: 2015-2017)









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(මහාචාර්ය, සෞන්දර්ය කලා විශ්ව විද්‍යාලය, ඇල්බට් වන්දුවංකය , කොළඹ 07, ශ්‍රී ලංකාව)





# Memories – Annual Beach Trips

2022 – Silver Lake



2019 – Silver Lake



2018 – Petawawa



2016 – Petawawa



2015 – Charleston Lake Provincial Park



2013 – Petawawa





## THE LOVELIEST STARS OF "HANTHANA"

Treasured by the love of motherland  
instilled with the knowledge and discipline  
adorned in precious guidance to withstand  
formed into a boundless devotion  
the invincible energy  
you've bestowed on us  
to weave the life's loveliest fabric with synergy  
to reach the summit of prestige  
dearest '**Hanthana Sarasvati**'  
with your infinite affections  
we'd brighten the world of knowledge  
going beyond the boundless directions  
we'll spread your glory with honor

When confronted with the challenges of life  
surrounded by the harsh lurch  
sighs of sadness and sorrows of loneliness  
turned into moments of greatness  
simply because of you  
The **Alumni of U of Pera** in Ottawa  
which celebrates the **Tenth** Anniversary

We'll offer the blossoms of love  
eternally at your pedestal  
In this milestone  
Our dearest '**Hanthana Sarasvati**'.

**By Don Susil Premaratne**

**An Alumnus of the University of Peradeniya  
(Faculty of Engineering)**





AAUPOC conducted a number of webinars on the topics related to COVID-19 and mental health during the pandemic to educate the community with up-to-date information on COVID -19 and handling the mental health issues. The webinars were conducted by the experts in the related areas.

**-Interactive Webinar (ZOOM)-**  
**Why We Need to Control STRESS Levels and Ways to Do it**

Hosted by the Alumni Association of the University of Peradeniya - Ottawa Chapter, Canada (AAUPOC) <https://operaalumni.com>

**Speaker:**  
**Dr. Lal Fernando**  
 (MD, FRCP, MBBS-Peradeniya)  
 Adjunct Professor and Director,  
 Clinics for Adult Attention Deficit Disorder and Alzheimer's Disease,  
 University of Windsor, Ontario, Canada

**Date:**  
**Sunday, October 18, 2020**  
 10:30 AM-12:00 Noon (Ottawa);  
 8:00 PM-9:30 PM (Sri Lanka); 7:30 AM-9:00 AM (Pacific)

**Sponsored by:**  
**MTI Groups**

If you can't make it at that time, register anyway and we'll send you the link for on-demand access to the recording of the webinar, a few days after the event.

For further information or submitting questions: [aaupoc@hotmail.com](mailto:aaupoc@hotmail.com)

Susantha Mohottalage: 613-825-8358  
 Arshin Adikari: 343-961-3039  
 Sampath Hennessey: 613-243-5529  
 Thurudewa Ratnayake: 613-626-4944

Please feel free to share this information with friends and colleagues

**NEW COVID THERAPEUTICS AND VACCINES (Zoom Webinar)**

Hosted by the Alumni Association of the University of Peradeniya - Ottawa Chapter Canada (AAUPOC), <https://operaalumni.com>

In collaboration with Sri Lanka Foundation, California, U.S.A <https://www.srilankaoundation.org/>

**Presenters**

**Dr. Deepthi Jayasekara**  
 Infectious Disease Specialist, Clinical Professor,  
 Western University, Chief of Infectious Disease,  
 London Health & Sciences Hospital, LA, USA

**Dr. Dushyantha Jayaweera**  
 Professor in Clinical Medicine at the University of Miami, FL, USA

**Date: Sunday, December 13, 2020**  
 11:00 AM-1:00 PM (Eastern)  
 9:30 PM-11:30 PM (Sri Lanka)  
 8:00 AM-10:00 AM (Pacific)

**Sponsored by:**  
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For further information or submitting questions: [aaupoc@hotmail.com](mailto:aaupoc@hotmail.com)

If you can't make it at that time, register anyway and we'll send you the link for on-demand access to the recording of the webinar, a few days after the event.

Please feel free to share this information with friends and colleagues

**Is my Depression for Real, Stress, or Brain-Chemistry related? Treatment Options**  
 (The 2<sup>nd</sup> of an interactive webinar series (ZOOM))

**Speaker**  
**Dr. Lal Fernando**  
 (MD, FRCP, MBBS-Peradeniya)  
 Adjunct Prof, Schulich School of Medicine & Dentistry,  
 Director, Adult ADHD, Early Alzheimer's  
 and Psychopharmacology Clinic,  
 Windsor, Ontario, Canada

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**Saturday, February 13, 2021**  
 11:00 AM - 1:00 PM (Eastern)  
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 9:30 PM - 11:30 PM (Sri Lanka)

For further information or submitting questions:  
[aaupoc@operaalumni.com](mailto:aaupoc@operaalumni.com)  
[Samatha@samatharealty.com](mailto:Samatha@samatharealty.com)  
[Dulaksha@samatharealty.com](mailto:Dulaksha@samatharealty.com)  
[AnuraHerath@samatharealty.com](mailto:AnuraHerath@samatharealty.com)

If you can't make it at that time, register anyway and we'll send you the link for on-demand access to the recording of the webinar, a few days after the event.

Hosted by the Alumni Association of the University of Peradeniya - Ottawa Chapter, Canada (AAUPOC) - <https://operaalumni.com>

Please feel free to share this information with friends and colleagues

**Current Status of COVID-19 Vaccination: Facts & Myths**  
 (The 4<sup>th</sup> of the interactive zoom webinar series)

Hosted by the Alumni Association of the University of Peradeniya - Ottawa Chapter Canada (AAUPOC), <https://operaalumni.com>

**Speaker:**  
**Dr. Dushyantha T. Jayaweera**  
 MD, MRCOG (UK), FACP  
 Infectious Disease Specialist  
 Miller School of Medicine, Miami, USA

**Moderators:** Dr. Harini Silva (Family Physician) and Dr. Anura Herath, PhD (Secretary, AAUPOC)

**Saturday, May 22, 2021**  
 10:00 AM-12:00 PM (Eastern)  
 7:00 AM-9:00 AM (Pacific),  
 7:30 PM-9:30 PM (Sri Lanka)

Register in advance for this webinar: <https://zoom.us/j/9256666666>

After registration, you will receive a confirmation email containing information on how to join the meeting.  
 Registration will also make sure that you will have access to the recording of the webinar after the event, even if you can't make it at the scheduled time.  
 We encourage you to submit your questions and concerns on COVID vaccines on your registration.

For further information or submitting questions:  
[aaupoc@operaalumni.com](mailto:aaupoc@operaalumni.com)  
 Anura Herath (Secretary/AAUPOC): [herath@operaalumni.com](mailto:herath@operaalumni.com)  
 Ajith Samanayake (Event organizer): [ajith@operaalumni.com](mailto:ajith@operaalumni.com)

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 Tel: 1-(416)-276-0342

Please feel free to share this information with friends and colleagues

Interactive Webinar (Zoom) hosted by the Alumni Association of the University of Peradeniya - Ottawa Chapter - Canada

**INTERNET OF THINGS in Everyday Life**

**Speaker**  
**Dr. Xavier N. Fernando**  
 PhD, P.Eng., SMIEEE  
 Professor  
 Ryerson University, Toronto  
 Ontario, Canada

**Saturday November 27, 2021**  
 10:30 AM - 12:00 PM (Eastern)  
 7:30 AM - 9:00 AM (Pacific)  
 9:00 PM - 10:30 PM (Sri Lanka)

**Register Free**

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For further information or submitting questions:  
[aaupoc@yahoo.ca](mailto:aaupoc@yahoo.ca)  
[Janaka@janakapavura.com](mailto:Janaka@janakapavura.com)  
[AnuraHerath@samatharealty.com](mailto:AnuraHerath@samatharealty.com)

If you are unable to make it at that time, register anyway as we will send you the link to the on-demand recording of the webinar a few days after the event. Please feel free to share this information with friends and colleagues.



## දෙවැනි කථා පටිපාටිය..!

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— Janaka Deepakumara —

1990-10-30  
1990-11-13 සිට



AAUPOC දසවන සංවත්සරයට

උණුසුම් සුභ පැතුම් !

*Best wishes on AAUPOC's 10<sup>th</sup>  
Anniversary!*

### ජේරාදේශීය සරසවි මතක

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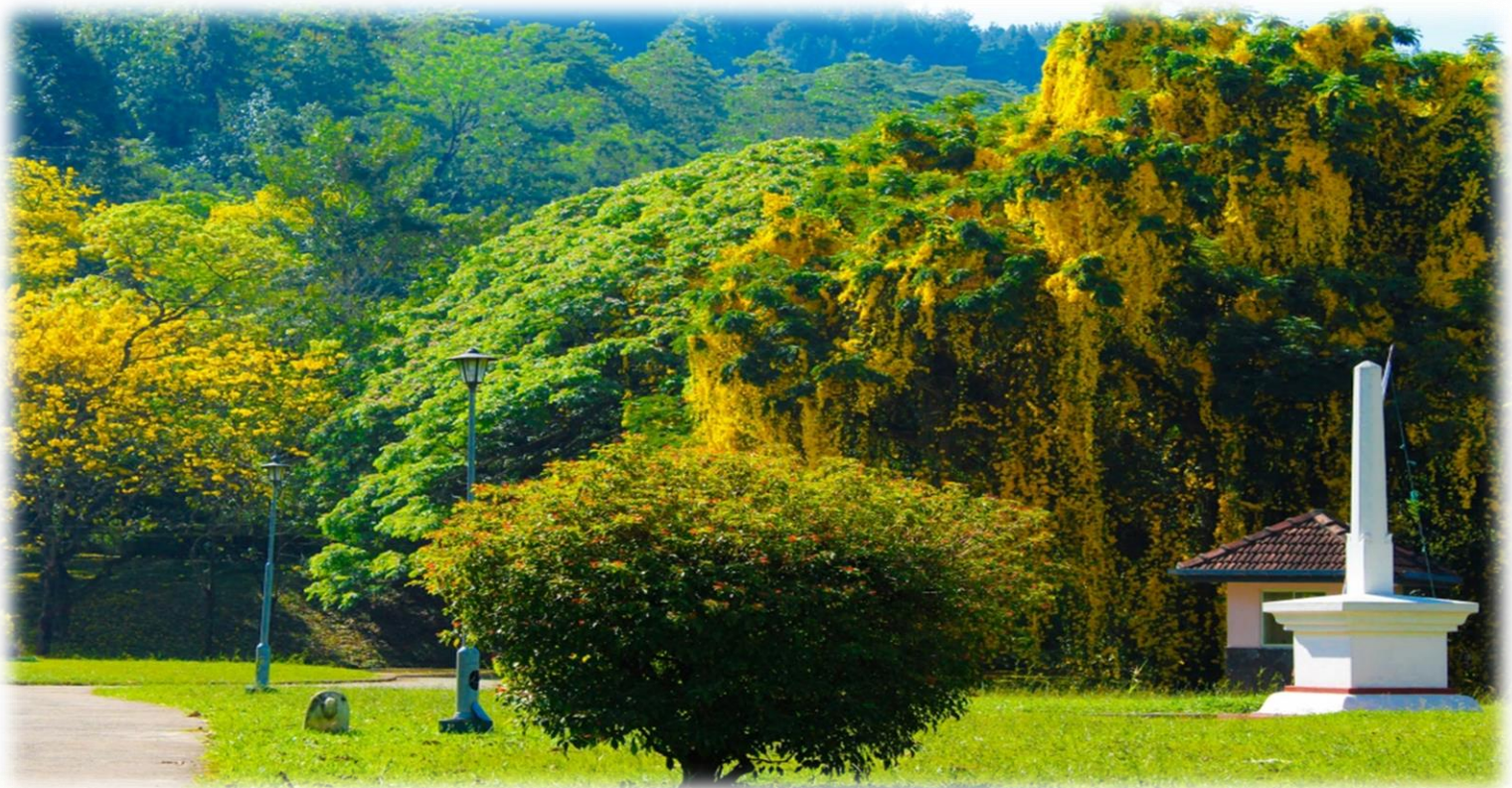
### Memories from Peradeniya University life

This was displayed on the wall paper near the  
canteen of the Faculty of Engineering of  
University of Peradeniya from 1990-10-30 to  
1990-11-13.

Poem and art by

**Janaka Elangage**

(An alumnus of university of Peradeniya  
Faculty of Engineering)







As we are celebrating our 10<sup>th</sup> anniversary, it is the time to revive how the events over the last couple of years evolved and give credits to pioneers of the events. The idea of AAUPOC health walk was put forward by Dr. Harini Silva, one of our members, back in 2016. Since then, this activity has become a popular event in the annual event calendar of our organisation. There were two main objectives for the Health Walk: (1) to allow AAUPOC members be aware of and improve their health by participating in a simple activity like walking while chit-chatting with fellow members and friends; and (2) to raise funds for the AAUPOC scholarship program for needy students from registration fees and donations received for the Health Walk.

The Health Walk usually happens on a sunny Saturday morning in the end of summer. Every year, organisers carefully select a beautiful location for the Health Walk, often along a river or a stunning nature trail of about 5-6 km in length in the Ottawa neighbourhood. After a couple of hours, the Health Walk ends with a healthy treat consisting fresh fruits, yogurt, juice and water, offered to all well-deserved walkers who participated in the event.

#### ***After the Pandemic...***



Unfortunately, the COVID-19 pandemic prevented us getting together in-person for the Health Walk in 2020 and 2021. However, the AAUPOC has been innovative to transform the annual Health Walk into a *Walkathon* with great success. Our members, Manoj De Silva and Tharindu Samarakoon were instrumental in planning and creating a virtual platform that would allow many participants to join the *Walkathon*. In this



virtual platform, participants can register and record their individual daily step counts in their own profile page. In addition, the admins post daily and weekly averages of step counts to motivate only a few slow walkers. Participants have the flexibility to do their walking anywhere they like or using a treadmill. We witnessed that during the *Walkathon* period, the competition among participants to record the highest number of steps becomes intense. (of course, it was an honour system. How about counting more than 30,000 steps in a day and survive to wake up in the next morning??). At the end of the *Walkathon* competition, the winners could grab attractive prizes donated by our sponsors and well-wishers, instead of fresh fruits or yogurts.



Annual health walk



Winners of the Walkathon-2021



Winners of the Walkathon - 2022

(An alternative to annual health walk during Covid period)



# Memories - Hanthana Nights

2019



2018



2017



2016



2014



2013



2012





Since 2012, I have observed the activities of the AAUPOC which has helped the promotion of science, emerging technologies, the arts and culture. The *Hanthana Pavura* Newsletter, *Hanthana Night*, Walkathons and Webinars have been the premier activities which engaged members and non-members alike.

Given the dire state of Sri Lanka's economy, supporting students in Sri Lanka is urgent and even more crucial than ever before. The AAUPOC fulfilled its primary objectives in the past and could enhance its support by undertaking the following:

1. **Use of Open Textbooks:** An open textbook is a textbook licensed under an open copyright license, and made available online to be used freely by students, professors and instructors. [The Peradeniya University Library subscribes to several electronic databases](#) for the use of staff and students of the University. Access is given either through IP address or username/ password.
2. **Collaboration:** Consider having a combined Peradeniya Alumni association across North America. This organization could potentially raise larger sums to fund the financial crisis that Peradeniya students are facing.
3. **Purchase of Sri Lankan Products:** Products, such as equipment and computer accessories for common usage by students, could be bought online from Sri Lankan vendors to help boost the Sri Lankan economy. The AAUPOC EC could decide whether this is a feasible proposal to implement.

Looking ahead to 2023 and beyond: The AAUPOC activities for members and the Ottawa community could include the following:

1. **Hanthana Pavura:** New features such as a Q & As and a *Letters to the Editor Sections* could be introduced.
2. **Origins of Sinhala Drama:** We could discuss how Sinhala dramas like [Maname grew out of the Naadagam tradition](#) to explore our cultural origins and the deep multicultural influences on our treasured traditions.
3. **Member Feedback:** We could look at feedback from events to discuss other possible activities. For example, at the AAUPOC event to welcome new members, many showed interest in discussing the lyrics of Sinhala Songs. Should this be explored?

### My wishes for 2023 and the decades ahead!

May Sri Lanka arise from the ashes of economic failure to the dawn of a new era of responsible fiscal policy, which could provide the needed resources for an effective service to its people!

May each one of you, the AAUPOC, and our Motherland Sri Lanka experience a wonderful 2023, filled with happiness, success and wellbeing!

by **Martin Nicholas** (An Alumnus of the University of Colombo, Faculty of Science)

"No matter how small the step, forward is forward"

Mel Robbins

<sup>1</sup> I thank Kumudini Nicholas for her editorial review that helped me to finalize the article

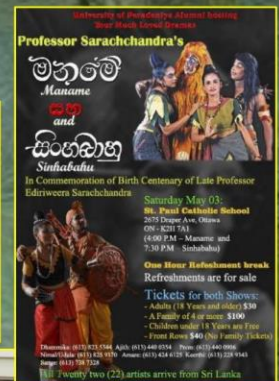
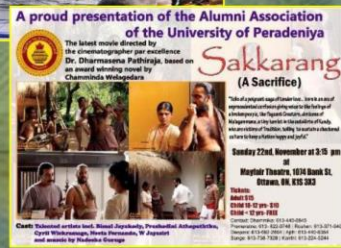


# Memories – Social Events

## 2019 – Upahara Gee Padura



## Movies & Dramas



## 2019 – Spring Social Event



## 2018 – Upahara Gee Padura



## 2017 – Amaradeva Upahara Gee





It is a great pleasure for me to write the Editor's note in this special edition of the Newsletter dedicated to mark the 10th Anniversary of the AAUPOC. Since the inauguration of the Association in 2012 with like-minded alumni of the University of Peradeniya living in Ottawa, it is delightful to see how it has evolved over the years to its current status with the growing membership. All members deserve thankful recognition for their continued support and devotion to make the Association a success, especially, those who tirelessly worked to bring it to this calibre. At this time of reminiscing the past memories, Mr. Priyantha Wijeweera, who was instrumental in coining the idea of forming a "*Hanthana Family*" in Ottawa should be duly noted.

On behalf of the AAUPOC, I like to take this opportunity to thank all those who sent congratulatory messages and well wishes for the 10th anniversary special edition of the Newsletter, including the Vice-Chancellor of the University of Peradeniya, Prof. M.D. Lamawansa; the President- Alumni Association of the University of Peradeniya (AAUP), Prof. Pradeepa Bandaranayake; the President-AAUP Chapter - Greater Toronto Area & Suburbs, Mr. Pubudu Edirisinghe; Prof. Mangala Senanayake of the University of Visual and Performing Arts, Colombo, Sri Lanka and all the past Presidents of the AAUPOC. As always, article contributors should be thankfully acknowledged, without whom the newsletter wouldn't have been a reality. I would like to extend my sincere thanks to all article reviewers and our sponsors in this edition and in the past editions as well. Ms. Deepani Waidyaratne's continued role in compiling and overall formatting of every edition of the Newsletter and maintaining our Website is immensely acknowledged while Dr. Niroshan Thanthirige and Mr. Indika Wijethunga deserve due recognition for their role in making photo collages and beautifying the Newsletter.

Last but not least, our Editorial Board members, Dr. Nimal De Silva and Dr. Anura Herath should deserve a great acknowledgment for their contribution in reviewing articles and for providing editorial assistance.

Enjoy reading and reminiscing the fond memories of the past 10 years.

*Happy 10th Anniversary to the AAUPOC!*

Ajith Samarajeewa,  
Editor / AAUPOC (2021/22, 2022/23)

