

34th Annual General Meeting of Matala Old Thomians' Association - Colombo Branch

Colombo, June 14, 2023 - The Matala Old Thomians' Association - Colombo Branch (MOTA Colombo) is delighted to announce the 34th Annual General Meeting, which will take place at The Grand Oriental Hotel, Colombo 1, on June 24, 2023, starting at 9:30 am.

The Annual General Meeting is an essential platform for MOTA Colombo to review its progress and share the past year's accomplishments with its esteemed members, Old Thomians', and their families. Attendees will have the opportunity to gain insight into the Association's financial status in the presentation of accounts. The Executive Committee for the upcoming year will also be elected during this meeting. This committee will continue commitments to the welfare and betterment of the Association. It will lead MOTA Colombo to achieve its goals and further strengthen the Old Thomians community bond.

Furthermore, MOTA Colombo is pleased to announce the unveiling of its plans for the grand celebration of the School's 150th Anniversary. The Association has meticulously prepared a series of events and activities to commemorate this momentous milestone in the School's

rich history. The media and members attending the Annual General Meeting will be the first to learn about these exciting initiatives to unite generations of Old Thomians and foster a sense of pride and unity.

A delicious lunch will be served after the meeting, allowing attendees to network, engage in meaningful conversations, and cherish the camaraderie among fellow Old Thomians. In addition, the event will feature live entertainment, adding a touch of joy and celebration to the occasion.

MOTA Colombo encourages all members, Old Thomians', and their families to mark their calendars and attend this highly anticipated gathering. For more information please get in touch with Hon. Secretary Mr Lakshman Senevirathne at 077 744 7698.

Established in 1987, MOTA Colombo has been upholding and carrying forward an exciting event calendar throughout the past years with the valuable participation of the members. Those include social services, fundraising activities, cricket fiestas & annual get-together events to find space for busy past Thomians working in and around Colombo to renew old friendships with family time.

TESS Development Training in Sri Lanka

Managing waste is challenging for all countries, and Sri Lanka too encounters specific challenges. Higher educational institutions could play a leading role in addressing some of the waste management challenges. The University of Sri Jaywardenepura is part of an international consortium under the rubric of Techno-Economic-Societal Sustainable Development Training in Sri Lanka (TESS), co-financed by the European Union through its Erasmus + Capacity Building in Higher Education program. The consortium is made up of four European Universities (i.e. University of South-Eastern Norway, University of Nova De Lisboa and University of Essex) and five Sri Lankan universities (i.e. University of Sri Jaywardenepura, University of Vocational Technology, University of Moratuwa, University of Jaffna and University of Ruhuna), including a not-for-profit organisation (i.e. Janthakshan GTE).

The University of Sri Jaywardenepura, together with the

University of South-Eastern Norway and the University of Vocational Technology, hosted a Training Workshop on Waste Management and Circular Economy as part of the TESS Project at Galle Face Hotel, Colombo, Sri Lanka, from 27th to 31st March 2023. Several lectures were delivered by European resource persons in addition to visiting institutions involved in managing wastes in the Western Province.

Vice Chancellor, the University of Sri Jaywardenepura, Dean, Faculty of Management Studies and Commerce, Professor Chamara Kuruppu, Primary Coordinator of TESS University of South-Eastern Norway, Program Manager - Cooperation section Delegation of the European Union to Sri Lanka and the Maldives, Prof. Anil Fernando and Prof. Kennedy Gunawardana, University of Sri Jaywardenepura, TESS projects members from the University of Ruhuna and the University of Vocational Technology and a few other distinguished guests attended the workshop.

From humble beginnings on Raymond Road, Nugegoda to becoming the largest network of schools on the island, Lyceum has spread its branches of wisdom across the nation creating thousands of young leaders. Lyceum celebrated 30 years of excellence in education on the 14th of June in a grand event attended by the Founders Drs Mohan Lal Grero and Mrs Kumari Grero with the young Director Mr Nikitha Grero, along with other dignitaries.

Lyceum International School, starting with a small collective of dedicated individuals, has become a renowned institution in Sri Lanka, providing accessible, high-quality English Medium education. Over 30 years and with multiple branches, it has nurtured numerous young leaders. Through resilience and visionary excellence, the Lyceum family exemplifies the power of determination to create positive change.

On the 30th anniversary, Lyceum International School awarded the prestigious title of "Emeritus Teacher" to teachers who have served the school for 10+ years, and shown true loyalty, commitment and skill in their craft.

The Launch of "The Emeritus Teacher" title is a significant leap in academic recognition spearheaded by Mr. Nikitha Grero, Managing Director, Lyceum International School. The title of "Emeritus Teacher" is a prestigious honour bestowed upon exceptional teachers and educators who have devoted

One Glorious Journey: Celebrating Three Decade Excellence Of The Lyceum International School

themselves with faithful service to the development of young minds, the advancement of the school, and the betterment of society. These teachers have gone above and beyond their duty, guiding students during their tenure at Lyceum and shaping their lives, and preparing them to become responsible global citizens.

The following former members of the academic staff of Lyceum received the "Emeritus Teacher" awards: Mr. Sarath Gunatilake, Mrs. Esther Felicia Perera, Mrs. Ganeshwary Yogeswaran, Mr. Nihal Jayasinghe, Mrs. Meegaha Gedara Sardhawathie, Mr. Titus Silva, Mrs. Hishana Martinez, Mr. Sam Chandrasena, Mr. Samarabandu Wickramasinghe, Mrs. Lilani Fernando, Ms. Christina Gunasekera, Mrs. Malini Weerasinghe, Mr. J. Krishnakumar, Mrs. Malathi Fernando, Mrs. Sushila Witharana, Mr. Yoheswaran, Ms Yvete Cooke, Late Mr. Bandula Ediriweera Galappaththi (posthumous award) and Late Mr. Tilan Perera (posthumous award).

All these signified the "real world approach" of transforming lives to transforming communities that is grounded in the value Lyceum school place in these dedicated and

devoted individuals who serve not only in enabling young minds to be academically qualified but beyond that, to be strong global citizens who respect and devote his/her self to the preservation of core Sri Lankan values. The celebrations began with the opening of 'The Wall of Gratitude' by Dr Mohan Lal Grero, Dr Mrs Kumari Grero, and Mr Nikitha Grero. The Founder, Coordinating Principal, and young Director proceeded to the Aeolian hall along with the Emeritus Teacher awardees. The celebrations continued with the hoisting of the flags while the school choir sang the National and School Anthems, preceded by the lighting of the oil lamp ceremony.

Afterwards, the guests were welcomed with a captivating dance performed by the School's Kandyan dancing troupe, after which the Head Boy proceeded with his welcome speech to all present. The 'A Walk Through Humble Beginnings' video with messages from the Founder, Coordinating principal and Director was played. They reflect back on the long yet fulfilling journey of Lyceum International School and the Lyceum family. Dr. Mohan Lal Grero addressed the students, looking back on the past 30 years, the esteemed Founder, had

Training your Ears and Eyes to be Deaf and Blind

You do not have to see everything that is visible nor do you have to hear everything that is audible.

There are times that you must opt to be blindfolded on certain things that are visible to the eye and also there are times you need to be deaf towards things which are readily heard. It is important to be selective whilst choosing the place that you intend to be present. My friends used to invite me for their Friday night get-togethers which I vehemently refuse as I find that it is more productive and contributing to prioritise that time to be with my loving wife and children above being at a place where people become completely unusual and strange after a couple of drinks. What people speak when they are not themselves are entirely empty words which have no meaning or contribution towards your growth.

It is indeed very sad to witness what many employees discuss early in the morning before they even begin their day's work. You can decide whether you are going to have a healthy breakfast or a corrupt stale koththu roti as your first food in the morning. Similarly, we must be extra vigilant in choosing what we feed our mind early in the morning, as it could determine how your thought patterns would be created for the rest of the day. Whenever your focus deviates towards others, you will not be able to see yourself, as you become a photographer and you would no longer be the selfie taker. It will be precisely as though a contractor who is living on rent yet, he builds a countless number of homes for others. Also just as a doctor who is very committedly treating his patients while he himself is dying from within with many diseases.

Our fellow countrymen are so concerned in finding the faults and weaknesses of others, blaming the corrupt politicians, murmuring about the facilities we do not have and also grumbling about the struggles that they go through. You will never be able to heal a rash by continuously scratching it. If you want to get over it, you have no other option than giving it the necessary medical treatment. Blaming, murmuring,

This is why it is essential to train our minds to manage our thoughts and emotions, if not we will act upon everything we see and hear. Study your screen time so that you will be able to evaluate that all you have been doing is permitting the society to dump filthy and stinky garbage into your ears and eyes making them garbage cans that ultimately make you a junk yard.

grumbling and setting an excuse oriented mind set is exactly similar to scratching the rash without giving it the treatment it requires. The moment people begin a political discussion or gossip about another person I deliberately slip away as their words would not become a fertiliser to my life but a poisonous substance. The question that you must ask yourself is, are your ears and eyes opened towards poisonous substances that will penetrate deep into your mind and convert your mind into a corroded and blunt unit that is unable to produce healthy thoughts?

Therefore, be mindful of what you hear and see as they have the power to change your thinking pattern. When your thinking pattern is affected, then your sight about life will acclimatise as per your style of thinking. It is similar to a state where you are inseparable from junk food hence, you will not take any interest on working out on your physical body. Your thoughts are produced by what you see. At the age of thirteen when I exposed myself into pornography for the first time, it never made me think that it would make me a slave of sexual immorality one day. At a very young age, when I began to associate friends from the world down under I never knew that I would be accustomed to a lifestyle of filthy and lying tongues and fighting, stealing and robbing arms. That is why we must keep our ears shut

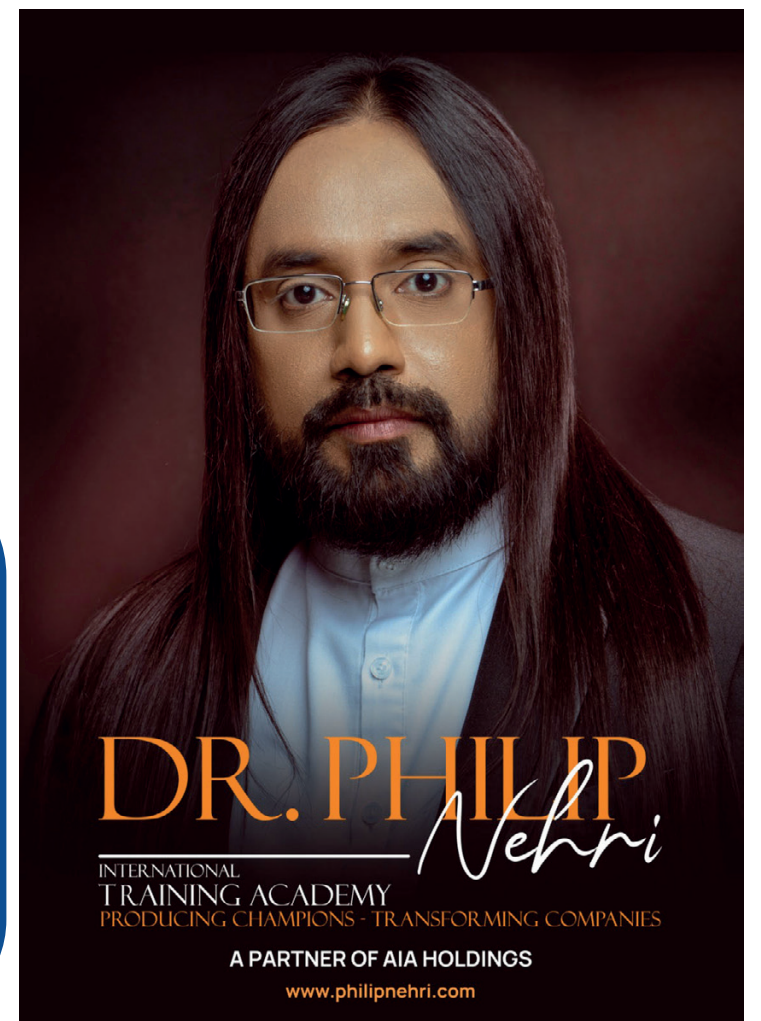
towards things which are unproductive and we should also be blind towards things that tend to make us slaves. Ears and eyes are not meant only to be opened but they are also meant to be shut whenever it is needed. We must train our ears and eyes to close on time whenever we feel that what we see and hear do not contribute to our lives.

It is disheartening to see the number of people who have converted their eyes and ears to act as a garbage buckets by allowing the society to dump filthy and stinky garbage into their eyes and ears in abundance. Your ears and eyes should act as a fertile ground and not a garbage can. It is indeed sad to see how many have transformed them into garbage bins. Recently, I had the privilege of speaking to Rev. Fr. Andradi, The Rector of St. Joseph's College, Colombo - 10 and he told me that he does not watch the TV as the content it has in it is predominantly trash. I was glad to see a farsighted leader heading a famous school in the country. I shared this with my wife as well and I told her that the lives of the students at SJC are in safe hands. For the last many years as parents even we have not allowed our children to watch the local TV channels as all they retain is about blaming, grumbling, murmuring, unrealistic scenarios and excuse oriented content all of which do not promote self-developmental food, they are purely

self-destructive tools. For the media, it is all about creating stories that will go viral even at the cost of someone's life or character.

Be vigilant in observing what your children hear and see, as it is always better to get rid of something by removing it from the nail rather than waiting until it overgrows that it needs an axe to remove it. Do not feed the monkeys over your wall as one fine day they are sure to jump over the wall and destroy your vegetable crop. A Heart full of Love will only be Good as long as you have a Mind full of Wisdom. Nevertheless, you will be like the good hearted woman who is always pregnant by all the many men. This is why it is essential to train our minds to manage our thoughts and emotions, if not we will act upon everything we see and hear. Study your screen time so that you will be able to evaluate that all you have been doing is permitting the society to dump filthy and stinky garbage into your ears and eyes making them garbage cans that ultimately make you a junk yard. You should avoid becoming a junk yard, become a fertile ground that produces fruits that are productive to you, your children and the society as whole.

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24th Annual General Meeting Of The Old Peterites Group Of 87-92, Held On Friday 19th May 2023 At The Sister Flora Memorial Hall, St. Peters College Colombo 04



The office bearers for the group of 87-92 are as follows,

Seated from left to right: **Adrian Mahaesandana (Vice President 87-92), Asela Lihinkaduwa (OBU immediate past President), Dr Rukhsan Bellena (Immediate past President 87-92), Sydney Downall (President 87-92), Rev. Fr. Rohitha Rodrigo (Rector), Ravika De Silva (OBU President), Timothy Cruze**

(Secretary 87-92), Dinesh Perera (Vice President 87-92), Manoj Maresh (Treasurer 87-92).

Standing from left to right: **Ralston Gunathilake, Ishantha Fernando, Berty Fernando, Anoop Amaleen, Dilantha Rodrigo, Champika Bandara, Selwyn Arnold (asst Treasurer 87-92) Malcolm Mattheisz (asst. Secretary 87-92), Shibly Ameer, Fouzan Ali, Lindsay Melder, Dr Ajantha Fernando, Neomal Perera, Gayan Witharana.**



this to say: "The vision of Lyceum International School has remained unwavering since its inception. On 14th June 1993, with a dedicated team of 4 teachers, a Principal and a Registrar, Lyceum International School, Nugegoda, became the very first school of our Lyceum network, with the primary focus of providing wide-ranging, international educational experiences.

In our three-decade-long journey in education, we have sought to enrich our students with not only high-quality education on an international level, but to help them develop desirable attributes as compassionate human beings, whilst developing their innate talents. Over the years, Lyceum has estab-

lished itself as a premier institution, offering students a rich and well-rounded education. We are truly proud of our students, past

and present, who continue to work hard to achieve their goals, and of those who have gone to not only thrive, but make a real difference. Today, we mark yet another milestone in our journey of shaping the future generations of our country, celebrating 30 years of academic excellence and achievements. I also extend my sincere gratitude to the staff and school management for their diligence and commitment, towards the sustained progress of Lyceum International School, Nugegoda and its students".

The Founder Dr Mohan Lal Grero,

Dr (Mrs) Kumari Grero, and Mr Nikitha Grero were invited onto the stage for the cake-cutting ceremony along with the Head Prefects, the cake was cut to much applause while the choir sang 'Happy Birthday'.

This anniversary was a special one for the School as it marks a milestone in proving survival, strength, and an unwavering spirit despite the situation. The Lyceum name is synonymous with good values and priorities instilling a value system of acceptance, kindness, honesty, and strength in their students. If anything, the 30th anniversary reflects the success of Lyceum International School and its future of innovative teaching and learning, and life-long education.