

ALL

OUR

FIRSTS

BECAUSE EVERY PHOTO UNFOLDS A DIFFERENT STORY

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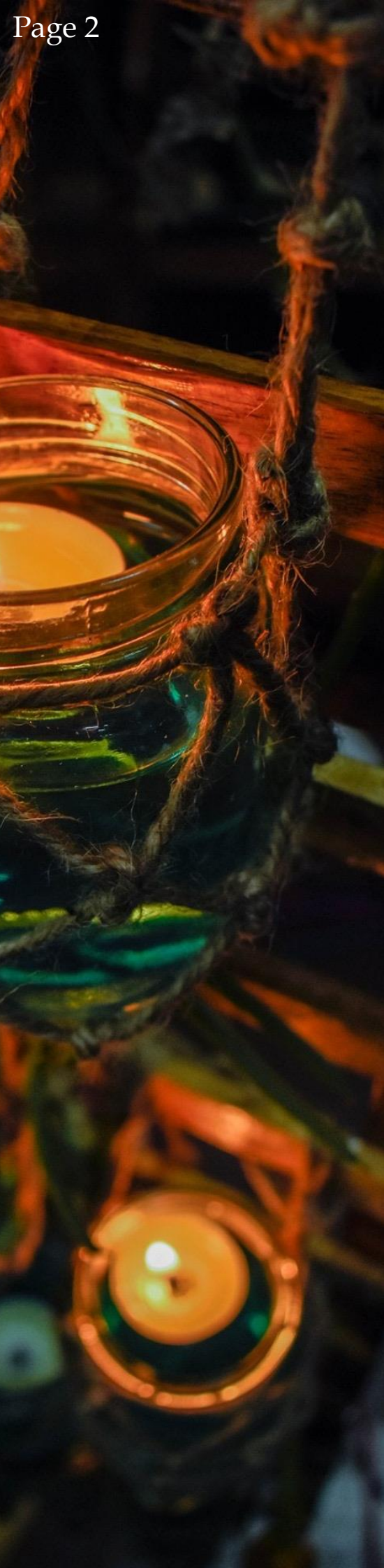
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STUDENT ENROLLMENT 10TH DECEMBER 2018

It was the 10th of December 2018, an ordinary day for everyone else, except for 72 students from all over the island, who were excited to begin a brand new chapter of their lives. With smiles on our faces and excitement on our sleeves, we walked into an unknown place.

This wasn't just our first day; this was also the inauguration day of the faculty of medicine, Wayamba University of Sri Lanka. It was indeed a historic day. A ceremony was conducted welcoming us, at the Pandith W.D. Amaradewa auditorium. Then Prof. M.D. Lamawansa, Dean Faculty of Medicine

addressed the students, reassuring us of all the facilities we will be getting from day 1. Having heard many rumors out there, we certainly were afraid of his guts, but soon we learnt that we couldn't have asked for a better dean to start off with.

Arriving at the hostels was a whole different experience. For many of us, it was the first time we were leaving home. We encountered people we haven't known for long and had to share rooms with them.



Among the tight hugs and emotional goodbyes from our parents, we began the hostel life. Little did we know then, that it's the thing we were going to miss the most about university life, once we leave. The chaos of our first day remained for the rest of the day amidst unpacking and getting to know each other, whilst still missing home. And that's how we began our journey.



“ THIS WASN'T JUST OUR FIRST DAY, THIS WAS ALSO THE INAUGURATION DAY OF THE FACULTY OF MEDICINE, WAYAMBA UNIVERSITY OF SRI LANKA. IT WAS INDEED A HISTORIC DAY. ”



PROFESSIONAL TRANSITION

To ensure a successful transition into university life, each and every student who enters a state university set up has to undergo a period of orientation. For us it was an engaging and proactive period which spanned across the first eight weeks of university life; fondly named as PTP.

Our PTP consisted of various academic, technical and other professional development programs conducted by professionals of their respective fields. Looking back now, it could be considered the most care-free period spent at university. Almost all the slots in our time table were filled with activities which enhanced our

“LOOKING BACK NOW, IT COULD BE CONSIDERED THE MOST CARE-FREE PERIOD SPENT AT UNIVERSITY.”

skills, unity and friendship, not to forget English and ICT which were actually the core of this program. All of this aided many of us in developing essential communication and technological skills in preparation for the academic program. A placement test was held and all 72 of us were grouped into three groups as Group A, Group B, and Group C. It comically was an unending war between the three groups to be the best, and to have the most



fun. On reminiscing, the fun, games and lame jokes we chuckled at each other as well as the singing is what we remember of the English classes. ICT teaching was done by the ICT department of the university, using very student-friendly teaching methods.

As the first batch, using a shared building with another faculty, we had many potential obstacles that were to come our way. We are nothing but grateful to the lengths our staff went to protect us from all that, fondly remembering the frequent lectures on discipline from Miss Pavithra and Sir Chandimal. Not to forget the punishment which almost all of us had to undergo for ditching an ICT lecture and going home on a Friday evening. However in retrospect, the two weekends we had to stay in hostel as punishment, was a great memory indeed.

The eight weeks of fun and laughter ended with an absolutely wonderful variety show, which was organized by the DELT, showcasing the wonderful aesthetic talents of the so called 'med-nerds'.



OPENING OF THE NEW DISSECTION HALL AND LABORATORIES - 31ST JANUARY 2019

Our journey as the first batch of Faculty of Medicine, turned out to be a rather challenging rollercoaster ride. When we started our academics, we didn't have our own faculty area. Nevertheless, our staff and the administration were quite keen on giving us their best; as a result, temporary lab facilities for histology, physiology, biochemistry and dissecting facilities for anatomy were provided soon after our arrival. On the 31st of January 2019, the equipped labs and dissection hall were handed over to the students.

Opening of these labs was quite a ceremonial event, accompanied by religious blessings. All the students were asked to wear formal; sarees for girls and their usual attire for

“
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AND LOVE ”

boys with a tie added. Dreading the word 'SAREES' the girls refused at first because most of us had never worn a saree by ourselves, but somehow by the next morning, everyone climbed down the hostel stairs draped in sarees. Reminiscing now, that morning at the hostels was nothing but unity and love. Despite being an important event in our faculty life, this day holds a million memories for the 'girls' which I'm sure they will remember forever.





PULSATIO – 8TH FEBRUARY 2019

At the end of our professional transition program, we were faced with the task of doing a variety show. The DELT took initiative in guiding and organizing our events. I must say, it wasn't an easy task to get everyone on stage, for it took days and nights of practice sessions and quarrels to shape up the out of pitch singing and the floppy dance steps.

Deciding a name for the show was quite a challenge, and after much thought we all settled on Pulsatio, which in Latin translates to "heartbeat". Pronunciation was a little confusing, thus giving us frequent moments of laughter.

Altogether we had six items including two dancing items, a drama, a skit, a singing item, and a nonstop. The dancing

items consisted of a conventional Pooja dance and a modern dance. Both items were beautifully choreographed by our own sisters with the help of the English teacher. The drama which was the major highlight of the day gave a very meaningful message through all the witty jokes, puns and time traveling. The script was an idea of our very own colleagues, and the effortless acting skills which we never knew they had, added to the viewing experience.

"Who wants to be a millionaire?" The international platform for winning large cash prizes by quizzing was recreated on a more humorous note, onstage of Pulsatio. They even brought back memories of some funny commercials in early 2000s.



“DECIDING A NAME FOR THE SHOW WAS QUITE A CHALLENGE, AND AFTER MUCH THOUGHT WE ALL SETTLED ON PULSATIO, WHICH IN LATIN TRANSLATES TO “HEARTBEAT”.

PULSATTO '19



'Hallelujah' a melodious classic, loved by many was performed as a group song. The beautiful romantic act which followed up was just pure eye candy. The orchestra was another hit-item, which brought out many hidden talents. The musical arrangement was flawless, with so many all-time hit pieces.

The final item was the nonstop, played and sung by the entire batch holding high the unity and enthusiasm of the day. The event was quite a success, and denoted a very beautiful end to the PTP. As we got to know we were released from "the punishment" as a compliment from dean sir.









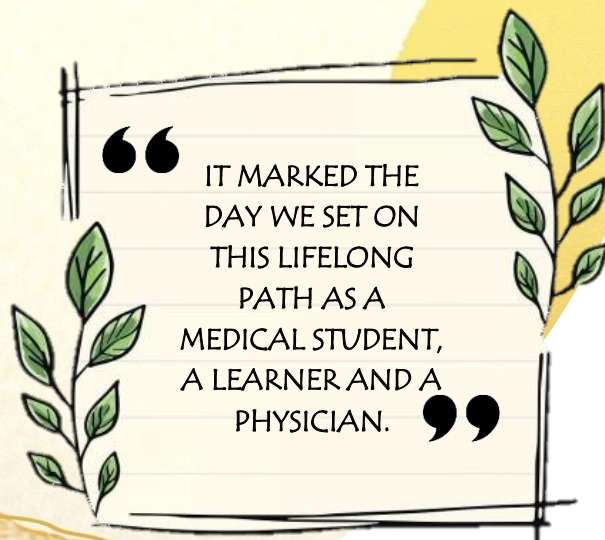
WHITE COAT CEREMONY - 26TH FEBRUARY 2019

White coat ceremony of the very first batch of the Faculty of Medicine, Wayamba University of Sri Lanka was held on the 26th of February 2019. White coat ceremony is a rite of passage. It marked the day we set on this lifelong path as a medical student, a learner and a physician.

We woke up the in the morning and got into our official attires. Girls in beautiful and pleasant white sarees and boys in white shirts and black trousers with the purple faculty tie, acting as an emblem. We were made into a long line outside the Pandith Amaradeva auditorium.

The atmosphere was filled with excitement and anticipation.

Slowly we entered, one by one into the hall and it never looked more elegant than in its royal red velvet. Our Vice Chancellor at the time Prof. E.M.P. Ekanayake, and the guest speaker Dr. B. Panagamuwa graced the occasion. The speech



“ IT MARKED THE DAY WE SET ON THIS LIFELONG PATH AS A MEDICAL STUDENT, A LEARNER AND A PHYSICIAN. ”



made by Dr. B. Panagamuwa inspired us into wanting to become the best version of a doctor we could possibly be. It taught us about the hardships and the social responsibilities that accompany being a doctor.

The white coat cladding was commenced by Dr. B. Panagamuwa, it was continued by Prof. E.M.P. Ekanayake, Prof. M.D. Lamawansa, our dean sir at the time, Prof. Asoka Dissanayake and Dr. Mapa

Pathirana. One by one, all of us got cloaked with the elegant white coat which had been a lifelong dream for most of us. Then students, dressed in white, moved on to their respective positions to take the ancient oath of Hippocrates. We were led by our dean sir, on taking the



pledge. The pledge encompassed the vow to provide comprehensive and compassionate medical care and to define each patient we encounter in the rest of our lives as a person and not their illness. By taking the pledge we were welcomed into the health profession by generations of physicians before us. Our parents who also were the proud owners of this great achievement were invited to witness this beautiful moment

Rather than the white coat being this superhero cape or this great privilege; Yes, it is a privilege, but what it truly was; is a profound commitment, a serious commitment which scared us at first, but when we looked around we knew we were not alone, we had our teachers, parents, nonacademic staff and above all we had each other to conquer it with.





**EXHIBITION - 30TH
MARCH TO 1ST APRIL
2019**

Wayambin Deyata', the educational exhibition is one of the noteworthy occasions of Wayamba University of Sri Lanka which is conducted by the students of the university, quad annually, representing each faculty and their specific fields. By the same token Wayambin Deyata 2019 will forever be an irreplaceable memory in our memory lane.

As the first batch of students representing the newly established medical faculty, it was our responsibility to deliver a powerful message of our presence, to the outside world.



Therefore, our preparations started even before the enrollment of our batch. So on 23rd October 2018 we held our third meet up at Peradeniya Botanical Garden to do the pre planning and preparations for the exhibition. According to the vital information and instructions given by the faculty staff we divided ourselves among six groups and a stall for each.



- Non communicable diseases
- Drug abuse
- First aid
- Gynecology and Obstetrics
- Forensic medicine
- Human anatomy

With enthusiasm and excitement in our hearts we carried on our progress day by day. After the intake of our batch, we were able to work together and that's where all the fun began. Our little art house was the boys' hostel, thankful to our faculty staff and warden madam, who let us use the space for our "tremendous" artistic creations. Once all the crafting started, one by one phenomenal



painters, fabulous carvers, hand writers and all kinds of great artists were coming up. Creative ideas were pouring endlessly, out of nowhere. Amongst all the shattering, laughter, jokes and quarrels we were striving hard to make the event noteworthy. Truly, those were the days that brought all of us together as a family and made it a place of our



own.

And finally on 30th March "Wayambin Deyata 2019" was commenced at Kuliypitiya Faculty Premises. With all the decorations and preparations done on the previous day, all six stalls were set for the exhibition. Our dean sir, Prof. MD Lamawasa visited each stall in the early morning with a pleasant smile on his face and encouraging us.

Once it was started, endless lines of people were welcome to visit our stoles, to whom we explained the facts on our topics. It was an exciting experience for

us like never before. And how can I forget that one time, a group of senior students of another faculty visited our stalls to try out our knowledge and to put us in hot water, "with love" we guess.

All these wonderful experiences went on for three days until the exhibition came to an end. Our efforts as the first batch of students were highly praised by all, including our own dean sir, Professor MD Lamawanse. We were beyond happy and after all it was an unforgettable experience for all of us and a golden memory for a life time.





NEW YEAR CELEBRATION WITH THE HOSTEL STAFF

Sinhala-Tamil New year is a time of celebration during which we used to be with our families back home. Dear Hostel Warden Madam, Her Husband, our dear aunties who helped us with our cleaning, our dear uncles and aunties who secured us during day and night, they were our family away from home. Maybe because we were the first batch in these premises, we became quite friendly with everybody around.

“ BUT NOW WE HAVE ANOTHER FAMILY HERE, AT LABUYAYA WHO PROVIDED US WITH SAME CARE, AFFECTION AND PROTECTION ”

Sharing New Year's joy with them seemed an idea that would double our joy. We bought gifts for every one of them. Before we set off home to spend our vacations we all gathered with joy, and thanked them for all their efforts to make us feel at home. They were truly moved by our little gesture. We felt warm among their hugs, smiles and tears.



FIRST BATCH TRIP - 28TH JULY 2019

Being the first batch of the faculty we had to carry so much on our shoulders. The same routine of traveling to the university and back to hostels continued for so long along with endless studying and cramming. We were desperately waiting for a break. The completion of our first semester gave us that chance.

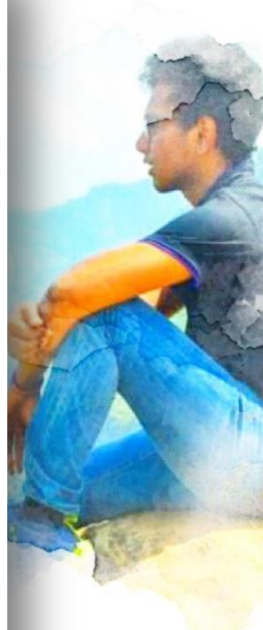
On 28th July 2019 we went on our first batch trip. It added a fun-filled page to our calendar. The trip was to Ella, a small town in Badulla, surrounded by hills covered in greenery. Before the first rays of the dawn, we set off on our journey, with a heart full of excitement. Amid all the songs and nonstop chatter, we reached our destination, the Little Adam's Peak.

“BEFORE THE FIRST RAYS OF THE DAWN, WE SET OFF ON OUR JOURNEY, WITH A HEART FULL OF EXCITEMENT.”

The hike was quite easy and its view was spectacular. After the climb, a small walk through the jungle, took us to the Nine-Arch Bridge. The scenery was so appealing and we spent the dusk there enjoying the sight.

Keeping all the memories secured in our hearts we headed back to the hostels. The trip gave us so much of nature to witness. But above all, there was one thing it taught us; this journey we started can sometime be distressing and unpleasant, but we have a whole batch of united souls to drag ourselves up whenever we fall.







FACULTY OPENING - 31ST AUGUSTS 2019

31st August 2019 marked a milestone for the Faculty of Medicine, Wayamba University of Sri Lanka. It was added to history as the day when the faculty was moved from its temporary buildings to its new location at Labuyaya. Girls draped in sarees and boys with their long sleeved official attire were attending the ceremony with overflowing joy. Anyone could see we were glowing with pride for having gifted with a faculty of our own.

The faculty buildings stood tall in their grandeur welcoming all to the new paradise. The occasion was graced by Hon. Ranil Wickramasinghe, Prime Minister of the Democratic Socialist Republic of Sri Lanka and many other distinguished guests.



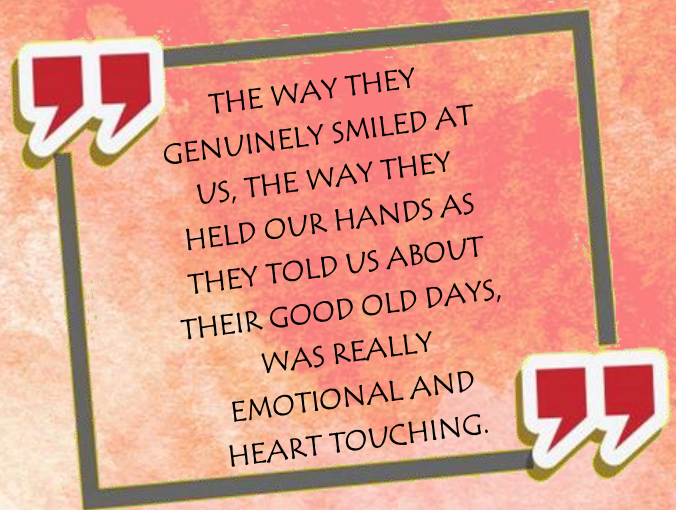


ELDERS' DAY CELEBRATION – 1ST OF OCTOBER 2019

1st of October 2019 on elders' day, the students of our batch with the guidance of our faculty staff, arranged a dinner for the elders in Jayamanne Memorial Elders' Home near our hostel premises. As there were nine grandparents who were looked after and cared at the elders' home at the time, it was decided to treat them with a dinner as a genuine celebration of elders' day.

Madam, Dr. Dhammika Gunaratna was always with us, providing guidance to do the arrangements as required, on behalf of the Academic Staff. It was Miss Pavithra, who was kind enough to provide a warm dinner prepared by herself on the day of the dinner.

But at the time, the university was closed, due to the prevailed Non-Academic Staff strike and therefore the students were away from the hostels. As a result, the students who lived in nearby areas and who were able to reach, decided to gather up to



participate in this meritorious event.

As we entered the neatly and cleanly arranged home we were warmly welcomed by the staff of the elders' home and all the grandparents. The way they genuinely smiled at us, the way they held our hands as they told us about their good old days, was really emotional and heart touching. Added to that was their joyful singing for us as to convey their love.

The staff of the elders' home was more than grateful once we presented them with the first aid and medical equipment including glucometers and much more. After observing 'pansil' with the grandparents, we served them with a warm dinner. It was pure joy, seeing them enjoying the meal. When leaving the elders' home, we worshipped the grandparents and their blessings and faces of

thankfulness made us yearn to come back every year to see them.

So, on 1st of October 2020 on the same day, we visited the elders home to see our loving grandparents, with our juniors and continued the tradition as we wished.

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AND FACES OF
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THEM.





ENROLLMENT OF 2ND BATCH 2ND DECEMBER 2019

Enrollment of the new batch was more of a challenge for us. Being the first batch we didn't witness a senior batch welcome their juniors at an enrollment. We were a lone flock of birds and was guiding ourselves all alone. Of course we were in the joy of getting a new company. But we were also in a little bit of misery as we were going to lose our solitude. We were indeed having a lot of mixed emotions. But all in all we needed to welcome the junior batch in the best way possible. But little did we know, when we started, how difficult our plan was going

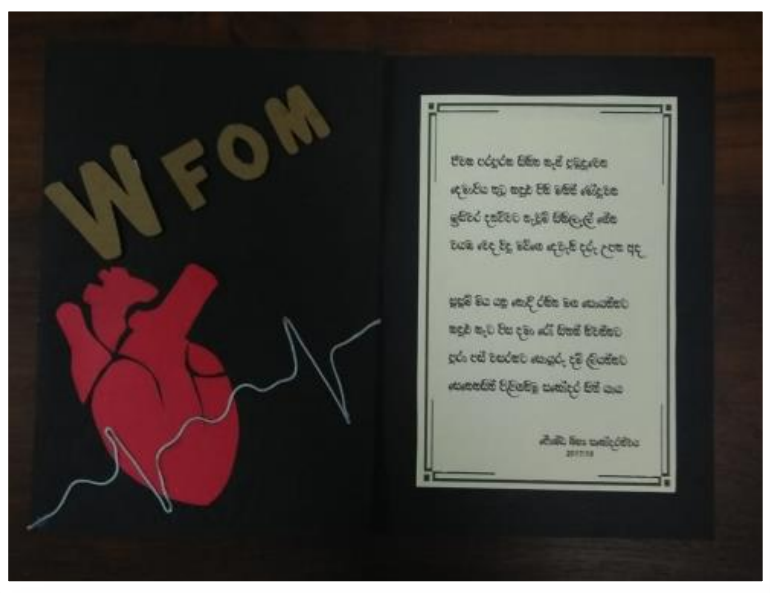
The effort we put in was immense but was not in vain. The unity within us was shown more than ever on the day we put up the welcome pandal. The sky was pouring and the dusk passed by giving entrance to a night so gloomy. But amidst the down pour we were there giving our best to accomplish what we





began. When it was all done the words hovered atop, “Weda Arana Pura Aluth Mal Pudina Suwanday” (the fragrance of new blossoms are spreading across). We flourished into a united clan and a new batch started following our footsteps.





FACULTY DAY- 10TH DECEMBER 2019

Before we even knew it, a year had passed from the day we first set foot at the faculty and to commemorate this special day, the 10th of December, a tree planting program was held in which both the first and second batches participated.

The idea of a tree planting event came out from the students themselves. As the first batch we always wanted to do something that will be remembered forever. Hence the idea of 72 plants that will grow into huge trees sheltering many more generations to come surely did feed our ego.

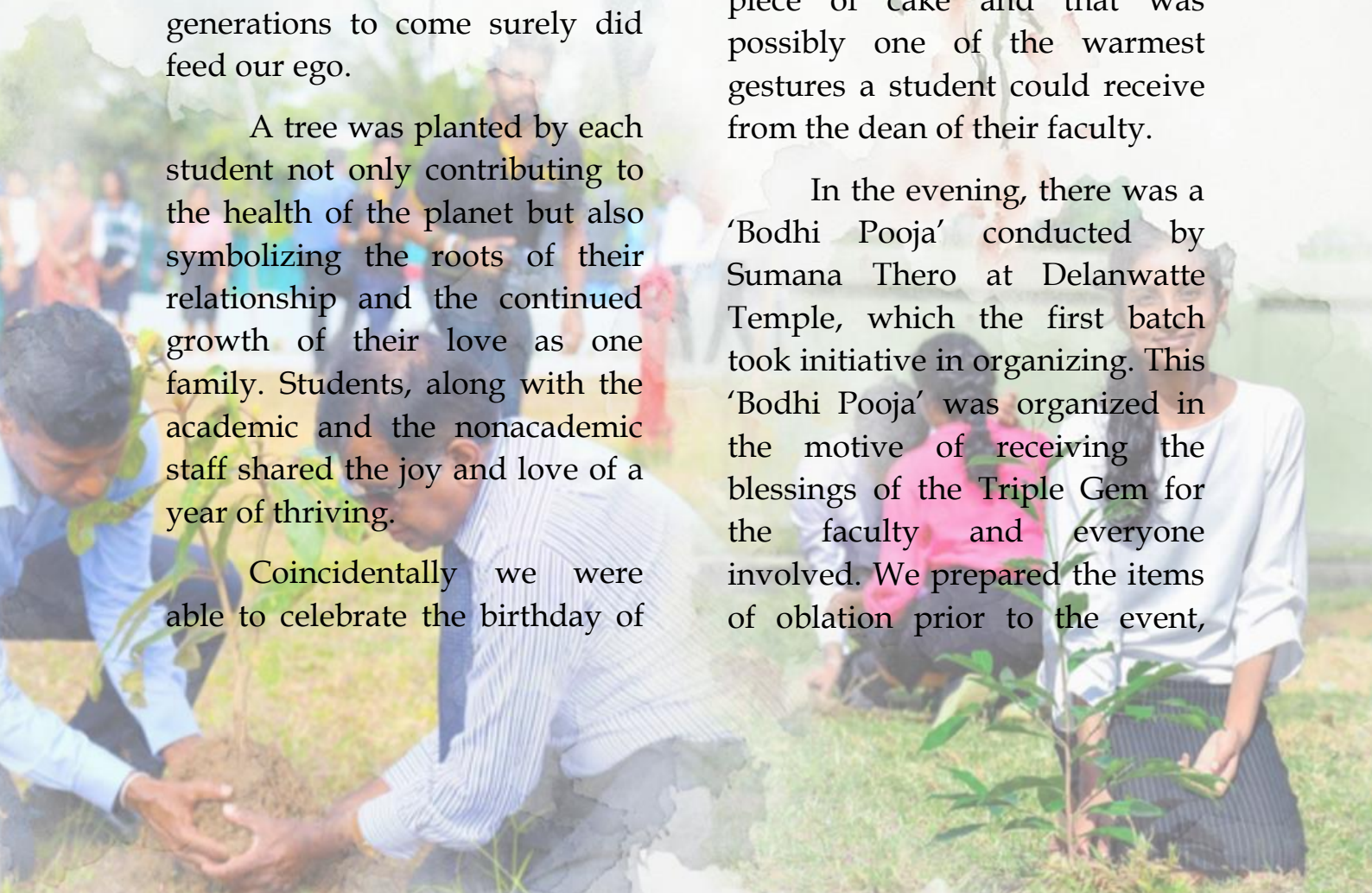
A tree was planted by each student not only contributing to the health of the planet but also symbolizing the roots of their relationship and the continued growth of their love as one family. Students, along with the academic and the nonacademic staff shared the joy and love of a year of thriving.

Coincidentally we were able to celebrate the birthday of

“ AS THE FIRST BATCH WE HAVE ALWAYS FELT OUR STAFF CLOSER TO OUR HEARTS AND WE HAVE SHARED MANY MOMENTS OF LOVE & JOY ”

our former dean, Professor M.D. Lamawansa on the same day. Although it was originally dated to 8th December, we celebrated a belated birthday with cake and candles. As the first batch we have always felt our staff closer to our hearts and we have shared many moments of love and joy, and this was one of them. Going into finer details, I remember how Dean Sir himself, made sure that everyone of us received a piece of cake and that was possibly one of the warmest gestures a student could receive from the dean of their faculty.

In the evening, there was a 'Bodhi Pooja' conducted by Sumana Thero at Delanwatte Temple, which the first batch took initiative in organizing. This 'Bodhi Pooja' was organized in the motive of receiving the blessings of the Triple Gem for the faculty and everyone involved. We prepared the items of oblation prior to the event,



and the necessary arrangements were done.

Everyone took part in cleaning the temple, preparing oblation and lighting oil lamps regardless of their own religions. The 'pirith' chanting done afterwards by the students together with the clergy echoed in the air bringing back all the positive energy.







NARRATIVE COMPETITION

During the first months of our academic program, we used to be a tardy bunch when it came to our studies, to everyone's dismay. (from which we quickly recovered btw). But rather than being focused only on our faults, our dean sir used to pay more attention to our strengths and he figured we were kind of good at extracurricular activities, like drama. So he advised our academic staff to encourage us on participating in a Narrative Competition which was organized by the Sri Lanka Medical Council in 2019.

Almost all the medical faculties in Sri Lanka participated in the event. Thus it was good exposure as well as an opportunity for the newly established Wayamba Medical faculty to show its colors.

With the help of our academic staff led by Dr. Dhammika Gunarathna, we decided to participate in the event. Contestants had to present a narration about an experience encountered during clinical learning. This brought about a small problem because we had only just started our academics. We weren't having clinical sessions. Our academic staff with the help of Kuliypitiya Base hospital at the time, arranged an interactive session with some patients during one of the batch visits to the hospitals.



All students who were interested in the competition met with some patients and listened to their stories. To be entrusted with their private sensitive information was a new experience as well as a huge responsibility for them. The academic staff selected the contestants who would represent our faculty, under each language category as in Ruvin and Dilini for English, Hiruni and Chathumini for Sinhala and Akram from Tamil language

On the day of competition, they were so nervous and for some of them it was one of their 'firsts'. All the contestants representing other faculties were either in their 4th year or 5th year at a medical faculty and they looked quite experienced in narration. Nonetheless, our colleagues performed to the best of their abilities on par with all the other contestants, surprising all that were present. And to our amazement we bagged ourselves a win. Hiruni won a place in Narration in the Sinhala language stream. She was invited to speak in a SLMC conference, bringing much honor to herself and to the faculty.

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“WALA SATHIYA”

Amongst the numerous aesthetic events conducted by the faculties of our university "Wala Sathiya" is known to be an elegant festival, conducted by the Faculty of Management, full of graceful and artistic performances. Throughout a week at each nightfall, an audience full of aesthetic lovers gathers at the 'Wala' premises, to be entertained by these performances.

And as the first batch of Faculty of Medicine, we were invited by our fellow Faculty of Management, to do a performance at the last night of "Wala Sathiya", which was an interfaculty aesthetic night. As we gratefully accepted the invitation, we intended to do a better performance in the presence of the students from other faculties. Hence, after quite a bit of inclination, we came up with an idea to stage a dance to the song "Hoiya Hoiya", dramatically illustrating the life of a fisherman and a group song including all the girls of our batch.

We had to perform without the boys as they were striving and practicing hard for the upcoming cricket match with Faculty of Medicine, Sabaragamuwa. Our precious and talented dancing crew included five dancing experts, Hiruni, Dulari, Dilini, Chathumini and Sewwandi.

Amongst all the studies and work load, they dedicated their time and effort to put out their best performances and it was fun for the others to sit beside and appreciate their talent, while they were practicing. At the same time all the girls rehearsed the non-stop song which was an impressive combination of melodious and heart touching songs of all time. Samadhi and Nayani our music "Gurus", did an exceptional job in providing music and guiding

“AS OUR TALENTED GIRLS WERE PERFORMING THEIR EYE CATCHING DANCE, EACH AND EVERY PERSON IN THE AUDIENCE WAS AMAZED AND AMUSED, LIKE FROM NOTHING BEFORE.”



the girls to do their best. Daily practices with endless chattering and sweet giggles were amusing as always.

28 January 2020 was the day of our performance and with hopeful yet nervous minds we were waiting for our time. After two performances from fellow faculties the stage was ours. Giving our performance a great outset, Upeksha delivered a heartwarming and an inviting speech to the audience, to enjoy our first ever performance with open minds. As the audience was roaring with cheers, our dancing girls walked up to the stage.

" Mariyawata naa... mee duka kiwe.. "

The song started playing in the background. As our talented

girls were performing their eye catching dance, each and every person in the audience was amazed and amused, like from nothing before. Their performance was so perfect, that no one could take their eyes away from it. Endless cheers were pouring in from everywhere, as our nonstop song was also performed with music provided by Samadhi and Nayani. It was indeed the best performance of the night without any doubt. With applause and appreciations from everyone around us, we were more than proud and emotional that night. it was undoubtedly one of the best days of us as we could crown the name of Faculty of Medicine on top, as we always wanted it to be.



**SECOND BATCH TRIP -
26TH FEBRUARY 2020**

A batch trip, no matter if it's the first, second or the third, is always an exciting and wonderful event for a batch. Even more so, when it is two batches together. So on 26th February 2020, our batch, accompanied by the sisters and brothers of our junior batch,

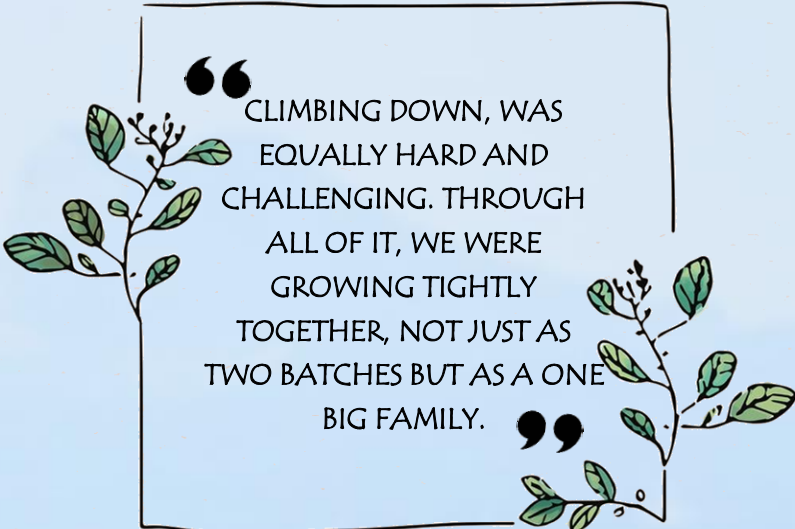
went on hiking to Hanthana mountain range as the second batch trip. It is to say, we were establishing new cultures and strengthening the bonds and fellowships between us. In the pleasant darkness before the sun rise, we set out and reached the University of Peradeniya in two buses. As a part of the tradition, we were informed about the guidelines, rules and regulations



to be followed throughout the hike by the Explorers Club of University of Peradeniya, and two promising members of the club joined the hike to guide us to safety.

Fascinated by the heavenly sceneries of the mountain range, it was indeed an experience of a lifetime. Despite the journey being not so easy, climbing and gliding down between trees and rocks, we reached the peaks of the range. Regardless of the hardships, what drove us together was the love and the unity between us, despite being a senior or a junior, giving a helping hand to each other, holding up, guiding and supporting one another, through difficulty.

Obedying our guides, we remained calm, yet high in spirit and cracking jokes, enjoying every minute of it. We had our lunch beneath the trees beside a
Climbing down, was equally hard and challenging. Through all of it, we were growing tightly together, not just as two batches but as a one big



“CLIMBING DOWN, WAS EQUALLY HARD AND CHALLENGING. THROUGH ALL OF IT, WE WERE GROWING TIGHTLY TOGETHER, NOT JUST AS TWO BATCHES BUT AS A ONE BIG FAMILY.”

family. The journey became extra hard for some of us who suffered minor injuries. Yet the others together were able to carry them down safely on their shoulders, without any hesitation. At the end of the day we were all physically exhausted yet beyond delighted and thrilled to be a part of it.

Added to our great day was quiet another pleasant surprise. When we got down at the hostel premises, the senior brothers of the other faculties of the University were waiting to welcome us in with a little warm treat, as a part of the university culture. With weary legs, yet sparkling eyes lit with joy, we went back to the hostels, ending one of the most memorable days ever.



SECOND TREE PLANTING CEREMONY 17TH SEPTEMBER 2020

During our vacation after second MBBS, several extracurricular activities were planned with the guidance of our academic staff. One of those events was a tree planting ceremony which was held on. Our newly appointed Vice Chancellor Prof. Udith K. Jayasinghe and our Newest Dean Dr. Sanjeewa Bowatte together with our academic staff and non-academic staff joined us in this great initiative. The holes had been dug earlier that evening and plants had been arranged. Everyone excitedly joined together to plant these trees.

In our newest faculty at Labuyaya premises, we had a plan to grow a tree for each student as a memory. We could grow with them and even after we leave, they would shelter all the generations of new students that will follow us.



'SHESHA'

With the rapid falling of dusk on the 17th of September, all the different pieces that would make Shesha both spectacular as well as unique were at last falling into place, because where would the fun be without a last minute scramble to get everything together.

To commemorate the ending of the 2nd MBBS examinations, a night was organized by the students for the students, one that was meant to release all the stress accumulated over the past months, one that was to be filled with song, dance and good food, it was to be the students'.

And so it was, with the constant sizzle of the barbecue in the distance and the bonfire ablaze roaring in the background, it provided the perfect setting for all the dancing, singing, dramas and skits that made that night even more colorful than the brightest of lights could've ever managed.

WITH THE CONSTANT SIZZLE OF THE BARBECUE IN THE DISTANCE AND THE BONFIRE ABLAZE ROARING IN THE BACKGROUND





The beginning of the night was signified by setting alight a sign of 'Shesha' by the dean of the Faculty of Medicine Dr. Sanjeewa Bowatte and the batch representatives, which was taken to represent the fiercely beautiful memories gathered along on the way.

Proceedings were kicked off with a dance item from the girls, giving just a taste of what was yet to come. This item was followed with a small video compilation of all the little memories, which turned out to be embarrassing photographs, collected thus giving meaning and significance to the name 'Shesha'. Following this, several

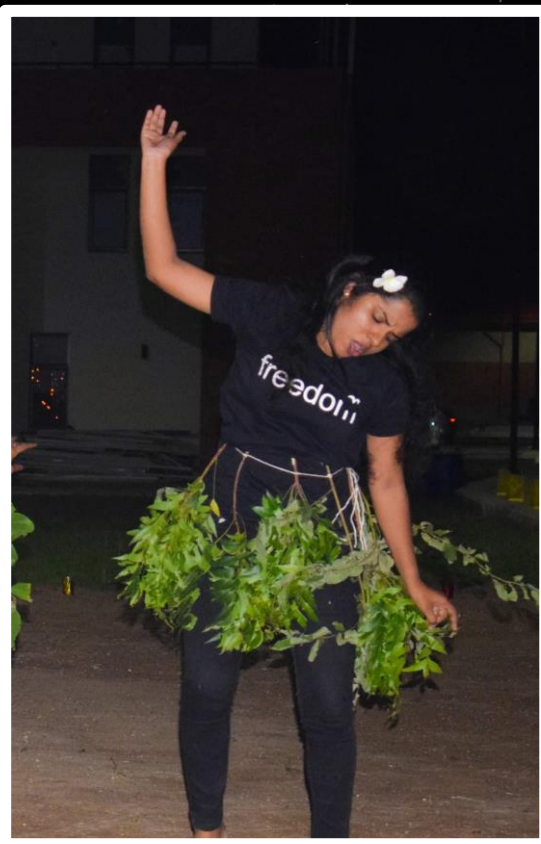
items of singing and dancing were on display, showcasing the diversity of talents that the students had as well as their mettle in successfully organizing an event of that caliber. Most noteworthy of the performances were the little skits and dramas which garnered the most appreciation of the crowd for being both silly and unmistakably witty in nature.



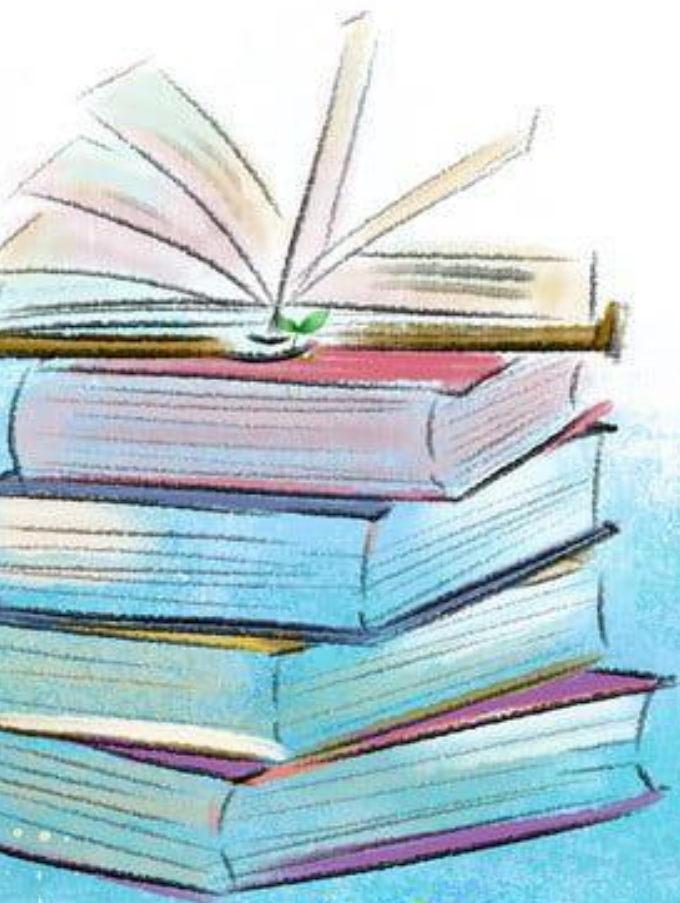
The events were added on to by several showcases of talents by the staff of the Faculty of Medicine including lecturers and demonstrators, whose preparation and the quality of items performed took everyone aback. The occasion was also graced not just by presence, but by song, of the Vice Chancellor of WUSL, senior professor Udith K. Jayasinghe.

The event was wrapped off with a group song, accompanied by fireworks and it all boiling down into a spontaneous dancing event including everyone. Holding true to its name, the night of Shesha forever guaranteed a place in the hearts of everyone present.





ACADEMICS



KURUNEGALA HOSPITAL VISIT

Not long after we entered the faculty, we had an amazing opportunity to visit the Kurunegala teaching hospital. On 27th December 2018 we went on our first hospital visit to Kurunegala teaching hospital accompanied by our lecturers and demonstrators. This was specially arranged to welcome us to the hospital set up, where we were supposed to carry out our clinical studies in two years' time. Dr. Gayan ekanayake, plastic surgeon from Kurunegala teaching hospital who also had done few lectures for us had taken initiative in arranging this visit.

We had an active teaching learning session in the hospital auditorium, regarding the ethical and moral values of a “good doctor”. Although our medical knowledge was nil at the time, we were given the privilege of visiting pediatric and thalassemia wards to talk with patients. All those bits and pieces added up to make it a remarkable day for all of us, as the first batch.



TEACHING LEARNING PROGRAM

As a newly established medical faculty, our teaching learning program was somewhat different from other medical faculties. Our staff was always focused on clinical oriented teaching which made our preclinical academics way interesting. Frequent hospital visits we had to Kuliypitiya Teaching Hospital to witness what we have already learnt in theory were expedient. This was actually a privilege that the students from the parallel batches of other universities could not obtain.

The first dissection experience is unforgettable to any medical student. Gross as it may seem first, dissection turns

out to be the most beautiful part of the pre-clinical years, rediscovering the wonders of human body. Our dissection lessons included displays of video demonstration, which made the learning more interesting and effective.

Even our lectures were conducted in a student friendly manner. In our humble opinion, it was not the lectures that taught us the most but the activity based learning we had in practical classes and dissection hall. The quizzes, group presentations, team based learning and small group discussions transpired our very own potentials creating a friendly competition among us.







EXAMS

According to the curriculum we were intended to complete our preclinical program within three semesters, in which we had to face a mid and end semester examination in each of them. The examinations were held under the modules we learnt in that specific semester.

At the end of the three semesters we were supposed to face the Second MBBS examination, which assessed all our knowledge obtained throughout the entire preclinical stream. This was possibly the biggest short term goal we had to achieve; getting through the second MBBS exam.

First end semester exam

We faced our first end semester exam from 22. 07.2019- 26.07.2019.

22nd - foundation module

23rd -body tissue and locomotor system module

24th - blood and immune module

25th - Gross anatomy spots

26th -Communication and information technology.



Second end semester exam

Second end semester examination was held from 30.12.2019 - 03.01.2020.
30.12.2019 & 31.12.2019 - cardiovascular system and circulation module and Respiratory system and gas exchange module
02.01.2020 & 03.01.2020- Gastrointestinal system and nutrients and metabolism module and renal and urinary system.

Third semester mid examination.

The mid semester examination for third semester Endocrine, Reproduction, CNS module was held on 10th March, 2020.

It consisted of 30 MCQs (True/ False) and three SEQ s.

We did not have an end semester exam for third semester due to the Covid 19 pandemic in the country.

Second MBBS exam

As said by many, this was the most stressful exam we faced so far. Due to the pandemic situation which was prevailing in the country, we had to study the last bit of our third semester through an online platform and our study leaves were spent at home. The exam was held under strict health restrictions, which made the situation a tad bit stressful.

17.08.2020, 18.08.2020, 19.08.2020- Physiology

21.08.2020, 24.08.2020, 25.08.2020- Anatomy

27.08.2020, 28.08.2020, 31.08.2020- Biochemistry

All of us except five got through the first attempt, and the referred students had to face a second attempt.



DEMONSTRATORS

As the very first batch of the faculty we were new to everything, including academics. We did not have any seniors to guide us and the only support we had was our lecturers, until a new set of demonstrators were enrolled. At that time most of us were lost in our academics, because studying medicine was different from studying in school.

At first we had no idea about how we should read a big med book, how we should prepare a note, what will be evaluated at the exams or how to

write a proper answer for a question. But as we went on we were assisted and guided by the demonstrators during practical and dissection, which made a huge difference. Soon we became very friendly with these “akkala” and “ayyala”, to the point that they started sharing tips, hacks and their own experience at Peradeniya as medical students.

“

SOON WE BECAME VERY FRIENDLY WITH THESE “AKKALA” AND “AYYALA”, TO THE POINT THAT THEY STARTED SHARING TIPS, HACKS AND THEIR OWN EXPERIENCE

”

As a result, many of us came through the first end semester exam, showing much improvement compared to the previous mid semester.

On the day of their departure we arranged a simple farewell as a gesture of gratitude. They were such a talented yet a humble bunch, who were more like role models who indirectly shaped the entire student body of the Faculty of Medicine, Wayamba University of Sri Lanka.

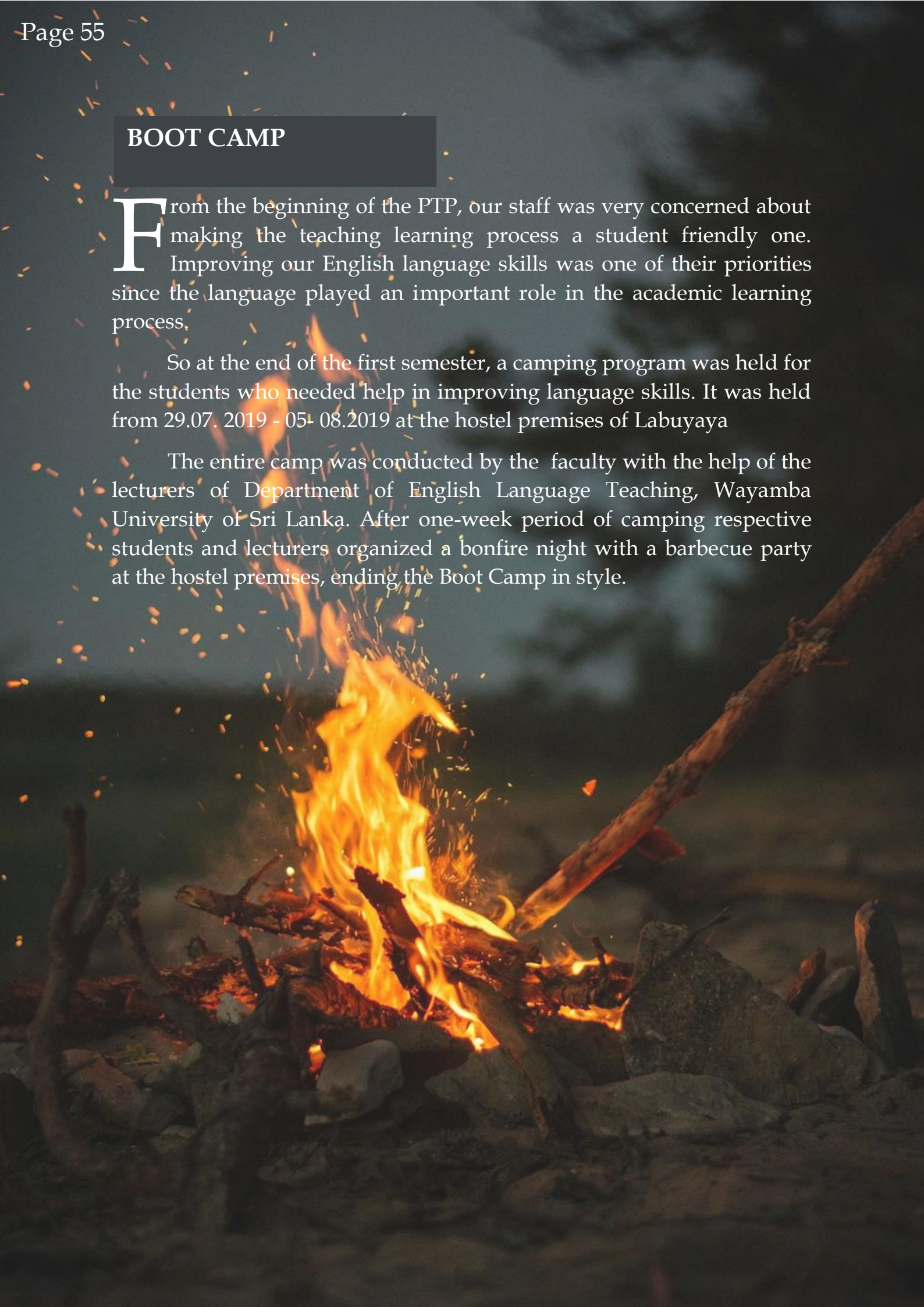


BOOT CAMP

From the beginning of the PTP, our staff was very concerned about making the teaching learning process a student friendly one. Improving our English language skills was one of their priorities since the language played an important role in the academic learning process.

So at the end of the first semester, a camping program was held for the students who needed help in improving language skills. It was held from 29.07. 2019 - 05- 08.2019 at the hostel premises of Labuyaya

The entire camp was conducted by the faculty with the help of the lecturers of Department of English Language Teaching, Wayamba University of Sri Lanka. After one-week period of camping respective students and lecturers organized a bonfire night with a barbecue party at the hostel premises, ending the Boot Camp in style.

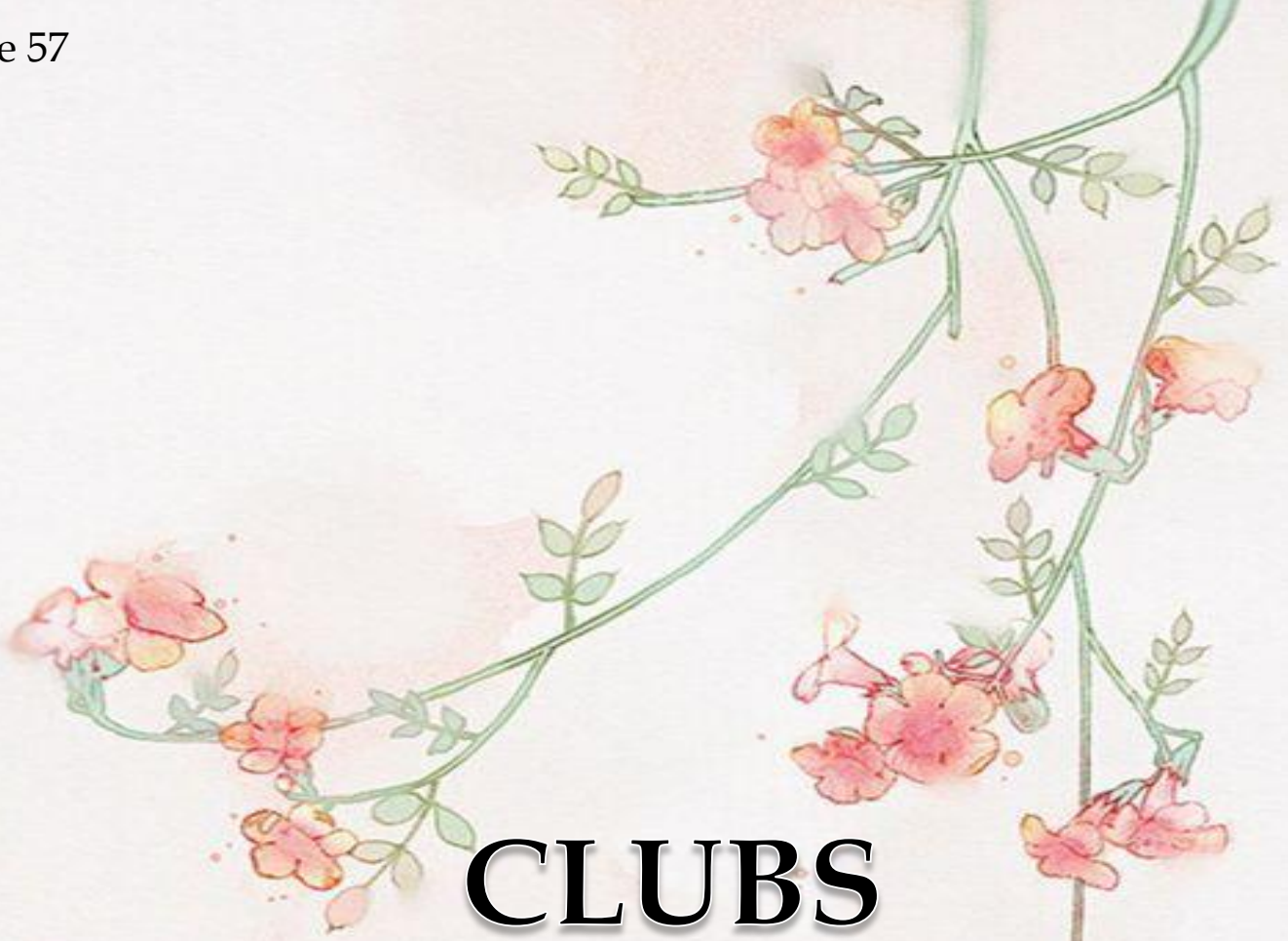


GETTO

GETTO - Getting Through Together' was organized by the Waya Med Academia with the involvement of all the students of 2017/2018 batch, to help our colleagues who were referred at the Second MBBS examination.

Soon after the release of Second MBBS results "GETTO" was put into action. 'Kuppi' sessions were started, and was successfully conducted until the second wave kicked in. Due to COVID 19, again all the universities were closed and we were asked to vacate the hostel premises immediately. But no wave is stronger than unity combined with utter dedication; the half halted "GETTO" was shifted to online platforms. Even at this moment while I'm writing this, "Kuppi" sessions, mock vivas and mock OSPES are being held through zoom and whatsapp.





CLUBS



ACADEMIC CIRCLE

Our academic circle worked tirelessly in preparing all the Kuppi notes for every semester which proved extremely essential for all of us as they were well organized notes in an easy to understand

fashion. They also conducted mock exams including written papers, OSPEs, OSPE discussions and mock vivas to encourage the junior batch and provide guidance for their future exams.

Not to forget "Getto" - Getting through together; through which they provided valuable support for the repeaters throughout their study leave. Special thanks goes to our academic representatives: Upeksha Muwanwella and Kalhara Jayasooriya as well as all the members of the circle for always being a strong helping hand, guiding us to achieve the best possible in academics.





ROTARACT CLUB

A lone we can do so little; together we can do so much' Helen Keller

Rotaract is a platform which molds leaders through service; helping them find their capabilities, their true potentials and to find the longing inside each and every one of us to help another. It is an impactful professional service organization that allows its members to exchange ideas with leaders in the community, develop leadership and professional skills, and have fun through service.

Their vision and mission being:

Vision

'Establishing Rotaract in all administrative provinces of Sri Lanka & in Maldives as the most preferred youth-led organization for professional and personal growth, while ensuring that the sustainable impact of our collective services reach all-deserving individuals and communities at large.'

Mission

1. Aligning District initiatives in favor of realizing our true potential as one united service organization
2. Establishing at least one Rotaract Club in all administrative provinces of Sri Lanka while reviving the Rotaract Club of Malé
3. Improving and rebranding 'Rotaract' as a dynamic youth development movement that connects our members to professional and career enhancements



4. Developing digital infrastructure for the continuous improvement as a movement

The charter installation ceremony of Wayamba university of Sri Lanka, in which Rtr. Pabasara Herath (president elect) and his board took over the office, was held on 18th August 2019 at the university premises. Many Rotarians and Rotaractors from all over the country took part in this event.

Following the installation, our Rotaractors enthusiastically completed a number of projects that achieved great success.

A blood donation drive was organized on the 24th of Feb 2020 at Delanwatta temple, Labuyaya in cooperation with the National Blood Center, Narahenpita. Around 90 donors from the neighborhood, university and from the Technical College of Kuliypitiya participated in this generous cause.

The club also provided monetary donations for the project 'Pirisindu Samanola' which was initially organized by the Nature team, FAMS, Wayamba University of Sri Lanka. The donations for

“

A FAMILY THAT WORKS
TOGETHER TO UPLIFT OUR
COMMUNITY AND
IMPROVE OURSELVES
PROFESSIONALLY ”

banners and garbage bags were given on 6th January 2020.

'Pradeepalokaya' - A career guidance program for the O/level students of Saranath college, Kuliypitiya was held on 6th January 2020 in order to enlighten them on choosing their future career paths. This was organized as a joint project with the Rotaract club of Colombo Mid Town and also in partnership with CareerMe.

Other projects included a movie marathon in which two movies were projected to raise funds for future projects, COVID-19 awareness project and 2nd MBBS study stimulator. The last two were conducted during the quarantine period to raise awareness about the global pandemic using online platforms, while adhering to



0safety measures. The study stimulator was done with the aim of encouraging the students of the club and faculty to continue academic work during these challenging times. An online platform was used to discuss academic matters and question papers prepared by the members.

Our Rotaract club is therefore a family that works together to uplift our community and improve ourselves professionally allowing us to live outside the student bubble while making lifelong friendships along the way.





WAYOSCOPE

Wayoscope, the students' media Unit of the Wayamba university of Sri Lanka. Members represent; Agriculture, Applied, Food, Technology and Medical faculties.

This media unit was established to capture the moments of glory, uplift university level sports, to provide recognition to our athletes and to bring to everyone's attention to all the university level and faculty level activities and events.

Mission:

'Take the passion and action at Sri Lankan university events to the national platform by always staying on top of all the surprising and engaging live action, with a point of view that puts our readers "in the game". We hope to uplift and encourage our nation's student's body through exposure.'

Wayoscope is a senate registered student society which is a family that grows day by day. They welcomed members from our faculty into their great

“ CAPTURE THE MOMENTS OF GLORY, UPLIFT UNIVERSITY LEVEL SPORTS, TO PROVIDE RECOGNITION TO OUR ATHLETES AND TO BRING TO EVERYONE'S ATTENTION ”

family with open arms in the year 2019.

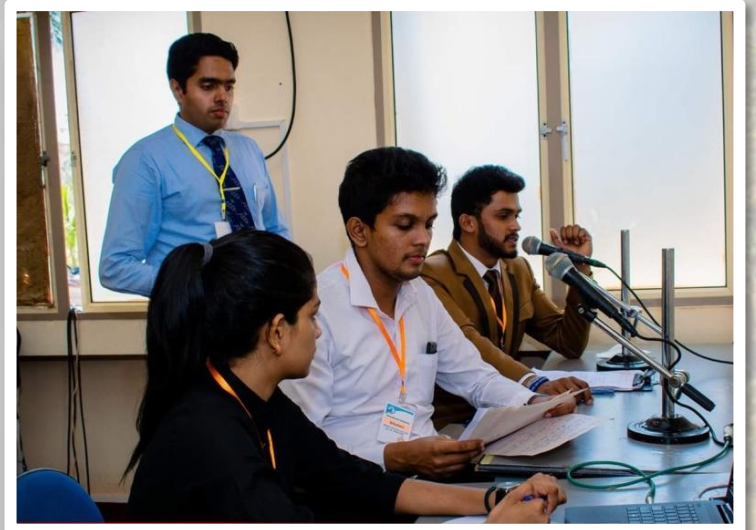
From the very beginning Dhananjaya Bandara and Nayani Bhagya covered all our events at the faculty on behalf of Wayascope; along with the help of many members of this club who always actively participated



in covering our events regardless of how hectic their schedules were. Furthermore, Hiruni Chandrasekara was the content writer for many social media posts and Kumuthu Wijayasuriya and Pabasara Herath were involved in a dubbing for our faculty opening

on the 31st of August 2019. Sarah Karawita and Nayani Bhagya also took part in a quarantine cover of “Heal the world” which was conducted through zoom.

Not to forget all those who did the announcing at the exhibition which was held from 29th to 31st March 2019; Pabasara Herath, Kumuthu Wijayasuriya, Ruzla Zainab, Manul Bohara, Shamla Harris, and Mohamed Akram. Wayoscope is therefore not just a club, it is a family focused on capturing the very essence of our life here at university



GAVEL CLUB

Following toastmaster club meeting protocols, the Gavel club provides the Toastmasters experience to undergraduates of Wayamba University of Sri Lanka who may be ineligible for regular membership. Members from our batch include Shamla Harris - Vice President Membership.



SEDS

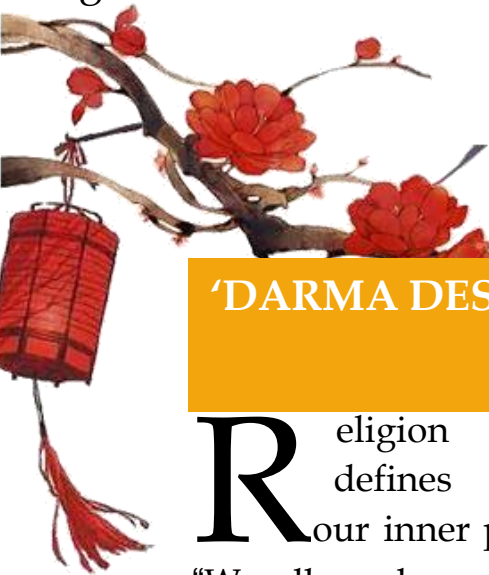
Students for the Exploration and Development of Space (SEDS) is an international student organization of SEDS chapters, SEDS nations, and SEDS



Regions. The purpose of the organization is to promote space exploration and development. SEDS Wayamba is the SEDS chapter in Wayamba University of Sri Lanka and is under the supervision of SEDS Sri Lanka. Our colleagues have been active members since the establishment of this new club, including Hiruni Chandrasekara (Vice Secretary), Upeksha Mwanwella (Editor) and Dhananjaya Bandara (coordinator) who were qualified enough to be elected as the members of the first executive board of SEDS Wayamba.



RELIGIOUS



'DARMA DESHANA '

Religion
defines

our inner peace. But it doesn't make any difference in the quote "We all are humans ". The majority of our batch mates are Buddhists. But, we do all religious activities as one family strengthening our friendships and binding our hearts with each other. A plant rises up with flowers and leaves when it is well nourished and watered. Likewise, we managed our time to gather for 'Pinkham ' although we were all in hostels with tight academic schedules.

We held two 'Dharma Deshana s'on behalf of Medin and Poson Poya days, at our hostel premises since our faculty was in the progress of building up. Both were arranged under the guidance of our hostel sub warden madam Mrs. Nilmani and warden sir Dr. Chandimal. We lit up oil lamps in our hostel premises forming beautiful patterns with the hope of enlightening our minds just as the lamps do. These sermons enhanced our spiritual upbringing henceforth.



VESAK BLOG

Unfortunately for our batch, both the Vesak Festivals we had during our first two years were destined to be home bound; first one due to Easter Attack and the second due to Covid 19 Pandemic. Nevertheless, the Religious circle of the faculty decided to make use of our second home bound Vesak Celebration to bring about the talents of creativity of the students. A Vesak Blog was created showcasing different talents of students of both batches. It was a delight to see the enthusiasm of students to take part in these creative works, making the best use of their leisure time spent stuck at home.

SARASWATHI POOJA

Saraswathi Pooja is celebrated in the month of October as an honour for the goddess Saraswati who is the goddess of learning and knowledge, hence is a popular day for all educational centres. The day is usually celebrated with rituals and mantras said to goddess Saraswathi.

Even though we were all looking forward to celebrate the occasion, due to the Easter Attack on April, we were given a leave and different areas of Sri Lanka were imposed with curfew. Yet the staff of our faculty came through to celebrate this day. Though they are of different religions, every staff member treated this day like their own; some bought flowers, some bought sweets. Though many students couldn't attend due to the curfew, some students still came despite of the unfavorable situation. Our former dean sir, Prof.M.D.Lamawansa graced us with his presence. Hymns were sung in praise of goddess Saraswathi. Staff and students shared sweets, ate together, laughed together and the day simply turned to be a treasured memory for us.



"EVANGELIO DE NAVIDAD 2019"

To coincide with Christmas celebrations 2019, the catholic circle of Faculty of Medicine, Wayamba University of Sri Lanka organized a Christmas carol service "Evangelio de Navidad" for the first time, on 6th January 2020 at the mini auditorium of Faculty of Applied Sciences. Parish priest of St. Joseph church, Kuliypitiya as the chief guest graced the event, where the students of 1st and 2nd batches along with the faculty staff members rendered the air, heralding the seasonal greetings. Nethmi de Silva secretary of the catholic circle delivered the welcome note before the opening prayers of

catholic students. Blessing the statue of baby Jesus and placing in the manger was done by Rev.Fr. Terrance Kannangara.

Marking the opening of the carol service "Wadinu Dewmasiya" was sung by the members of the Catholic Circle. Conducted in both English and Sinhala languages, more than ten popular Christmas melodies



such as Silent Night, Long time ago, 'Ma Samide', melodized the evening adding festive spirits to the occasion. Faculty staff members also joined hands, singing odes to the prince of peace, Jesus Christ. Reverend Sisters of the Holy Angel's convent, Kuliyapitiya, doctors and consultants of catholic association of Teaching Hospital, Kuliyapitiya, academic and nonacademic staff & all the students of the faculty were present at the occasion despite their religion, lifting up the spirit of unity.

The meticulously lined up grand Carol service came to an end with the arrival of the Santa Claus; one of our own colleagues dressed up in a costume. Navoda Perera, president of the catholic circle delivered the vote of thanks. With the blessings and spirits given by almighty god and the endless support of our beloved lecturer Dr. Marsh Muthuthambi and the other staff members, we managed to pull off another "beautiful evening to go down in history"



RETREAT

Catholic students of our faculty participated in the Retreat organized by the students of Wayamba University of Sri Lanka which took place at the retreat center, in Dikkale, Pannala on 18th February 2020. The event which was organized under the guidance of Rev.Fr. Dimuthu Fonseka who is also a university graduate, was conducted by the community of risen lord. The event continued throughout the day with so many activities to uplift the spiritual and moral status of the university students.

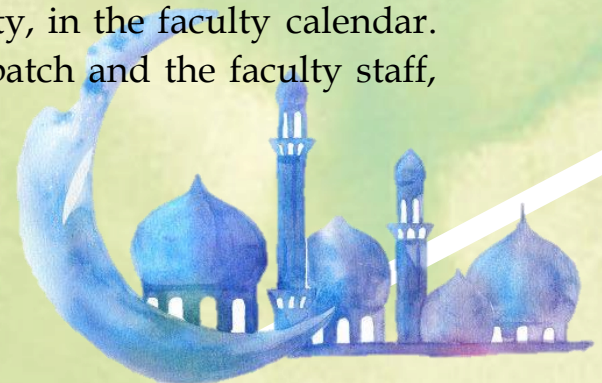


PRAYERS SESSION

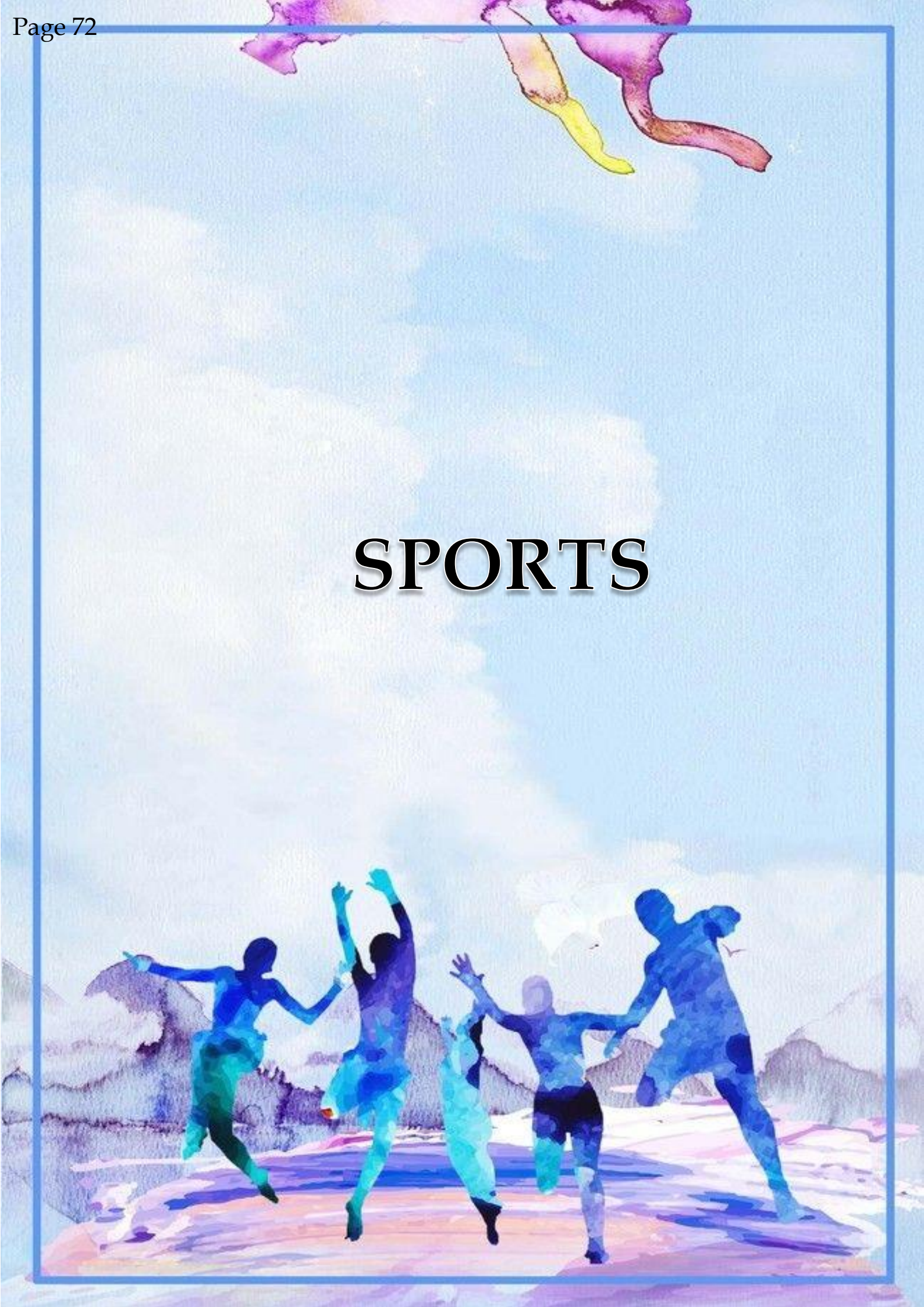
In celebration of holy Easter, the catholic students of faculty of Medicine Wayamba University of Sri Lanka organized a prayer session in the Kuliypitiya Teaching Hospital in the early March of 2020. Dr. Marsh Muthuthambi who has always been a great pillar of strength to the Catholic Circle of the faculty, took initiative in organizing this event. Dr. Rumala from Faculty of Medicine University of Peradeniya, came all the way here to grace the occasion. Dr. Shiwantha Fernandopulle, orthopedic surgeon from Kuliypitiya and two Intern officers from Kuliypitiya teaching hospital also joined in with us, to heal the spirits of the patients with the divine medicine.

EID CELEBRATION

Muslims are over delighted to celebrate Eid Festival after a month of fasting. Us, the Muslim students of our batch organized a small feast in order to mark our first Eid in the university, in the faculty calendar. The treat was limited to the students of the batch and the faculty staff, yet we were glad we could successfully.



SPORTS





INAUGURAL INTER-MEDICAL FACULTY CHAMPIONSHIP

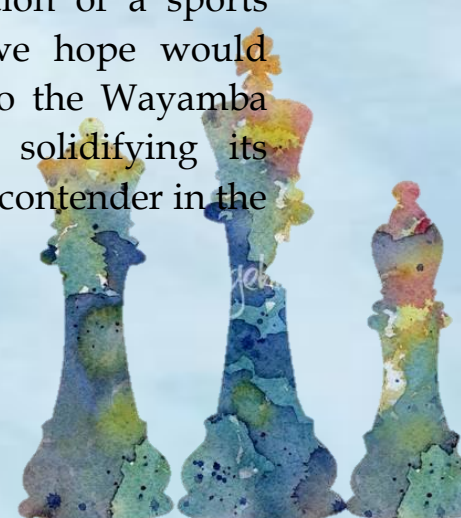
On the 24th February 2019, a batch of 72 took on the challenge of competing in inaugural Inter-Medical Faculty Championship. A small group of students with the intention of representing the newly established medical faculty left for the University of Colombo.

The tournament was spread across many sports but we decided to take part in badminton and chess. With zero prior practice, the intention was to solidify the name; Faculty of Medicine Wayamba University of SL among its brother universities. Everyone that participated gave it their all and

there were several close matches in both activities. We managed to snatch the odd victory in Chess and at the end of the day there was a general sense of accomplishment and success.

The greater victory of that day however, was that this participation would lead to a general interest among students to participate in sports, both competitively and as means of a break from the monotony of work.

This participation would inspire the creation of a sports culture which we hope would inevitably lead to the Wayamba medical faculty solidifying its place as a strong contender in the sports arena.



FRESHER'S MEET

The annual fresher's meet was held spanning for the first couple of weeks of January of 2020. This tournament included a multitude of games and we participated in cricket, badminton, table tennis, chess, carom as well as netball.

The cricket tournament was held at the Makandura premises of the Wayamba University. A group of students including: Dhananjaya (captain), Sachin, Adithya, Chamath, Ruvini, Janith, Manul, Randika, Kalhara, Thileeban, Tharindu left to take part in this tournament. They competed in two matches

and even though not emerging victorious, two good competitive matches were put up.

Participating in the men's badminton team were Manul, Dhananjaya, Randika, Chamath and Thileeban. They managed to secure the overall 4th place while the women's team including Isuri, Kumuthu, Madhushika, Dilini and Nethmi were able to win the championship securing a win for the faculty of Medicine.

The women's table tennis team including Dimali, Sewwandi, Upeksha and Chathumini, under the captaincy of Pavani, were also able to snatch another victory in the name of the Faculty of Medicine.



THREEMAVITHARANA MEMORIAL TROPHY

On the 1st of February, the Inaugural Threemavitharana Memorial trophy was held which encompassed a friendly encounter of cricket between the medical faculties of the Wayamba University of SL and the Sabaragamuwa University of SL.

The event was held at the Welegedara International Cricket stadium. This occasion was a first for us; the organizing of an event of this caliber. Going into this, there were several details to figure out behind the scenes and the then-head of the Sports circle gladly shouldered this burden.

“OVERALL, REGARDLESS OF THE OUTCOME, THE DAY WAS A SUCCESS AND IT WAS A FUN EVENT FOR BOTH PARTIES INVOLVED”

Funds were collected by printing pens and distributing them among students. All the appropriate cricket gear was bought, the attire to play with had to also be printed, the trophies to be awarded on that day had to be bought and there were several specifics, which the students banded together and figured out.



Furthermore, players had to undergo vigorous goal-oriented training before an official selection day was set to pick the most competitive and synchronized playing XI to represent the entire faculty. There were many among us that had a cricket background walking into this matchup and the players were hoping to utilize this.

Came match day, everything was set; there was a commentary panel, a DJ setup and the event was graced by students and staff (including our

new dean Dr. Sanjeewa Bowatte) from both faculties.

On the ground, we opted to bat first and put up a grand total of 72 runs in our 20 overs which the Sabaragamuwa team chased down with 7 wickets to spare thus emerging victorious.

Overall, regardless of the outcome, the day was a success and it was a fun event for both parties involved. It set a bright start to an annual tournament with only hopes for more such encounters in the future.



SLUG

On the 22nd, 23rd, 24th of August 2019, a student of our batch; Isuri, participated in the Sri Lanka University Games as a badminton player.

Being novel to this experience and without much knowledge of what to expect, it was a tough task that she undertook. It was also reflective of the different talents in our minute batch, that someone out of 72 was able to make it into a team that represented the entire Wayamba University.

She left to Ruhuna with her team while everyone else cheered her on. It was a knockout tournament with every game more demanding than the

next. Our badminton team was able to make it all the way to the finals where they were set to compete against the Kelaniya team. After multiple close games, the Wayamba female team fell just short of winning the championship.

Pavani, our very talented table tennis player also represented the university team in SLUG 2019. Though they were not able to get a place, participation itself was an honor.

Regardless of the outcome, this was indeed a proud moment for the faculty of Medicine and is only indicative of its capabilities and what it can provide to the University as a whole.



TABLE TENNIS

When talking about sports, one can ill-afford to not mention this student. She is someone who was able to represent herself and the Wayamba University on an international stage, bringing pride and respect upon the university.

Pavani is a student who has several accolades to her name; starting from a young age, she has always managed to juggle both an education as well as playing table tennis on a professional level.

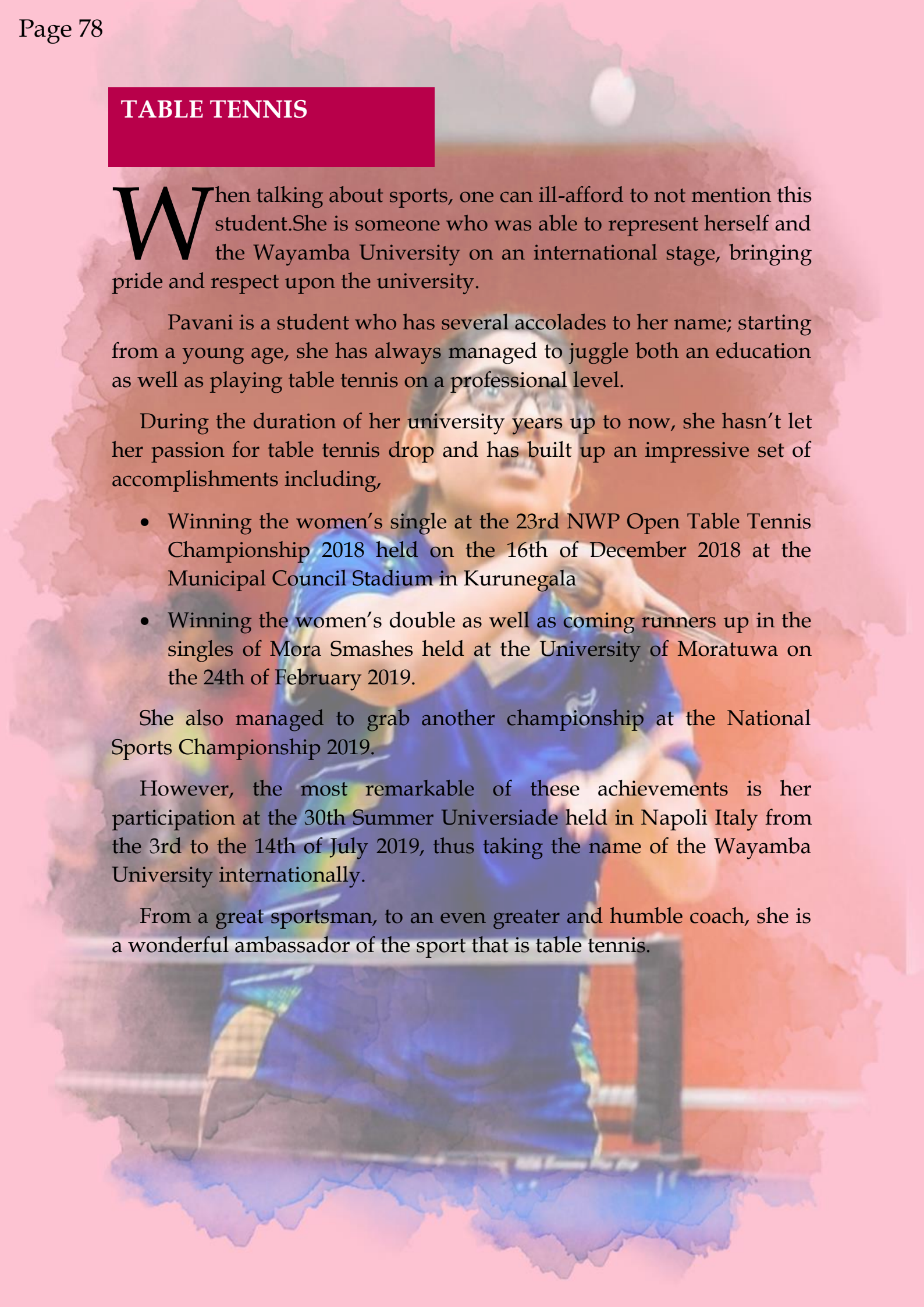
During the duration of her university years up to now, she hasn't let her passion for table tennis drop and has built up an impressive set of accomplishments including,

- Winning the women's single at the 23rd NWP Open Table Tennis Championship 2018 held on the 16th of December 2018 at the Municipal Council Stadium in Kurunegala
- Winning the women's double as well as coming runners up in the singles of Mora Smashes held at the University of Moratuwa on the 24th of February 2019.

She also managed to grab another championship at the National Sports Championship 2019.

However, the most remarkable of these achievements is her participation at the 30th Summer Universiade held in Napoli Italy from the 3rd to the 14th of July 2019, thus taking the name of the Wayamba University internationally.

From a great sportsman, to an even greater and humble coach, she is a wonderful ambassador of the sport that is table tennis.





HOSTEL LIFE

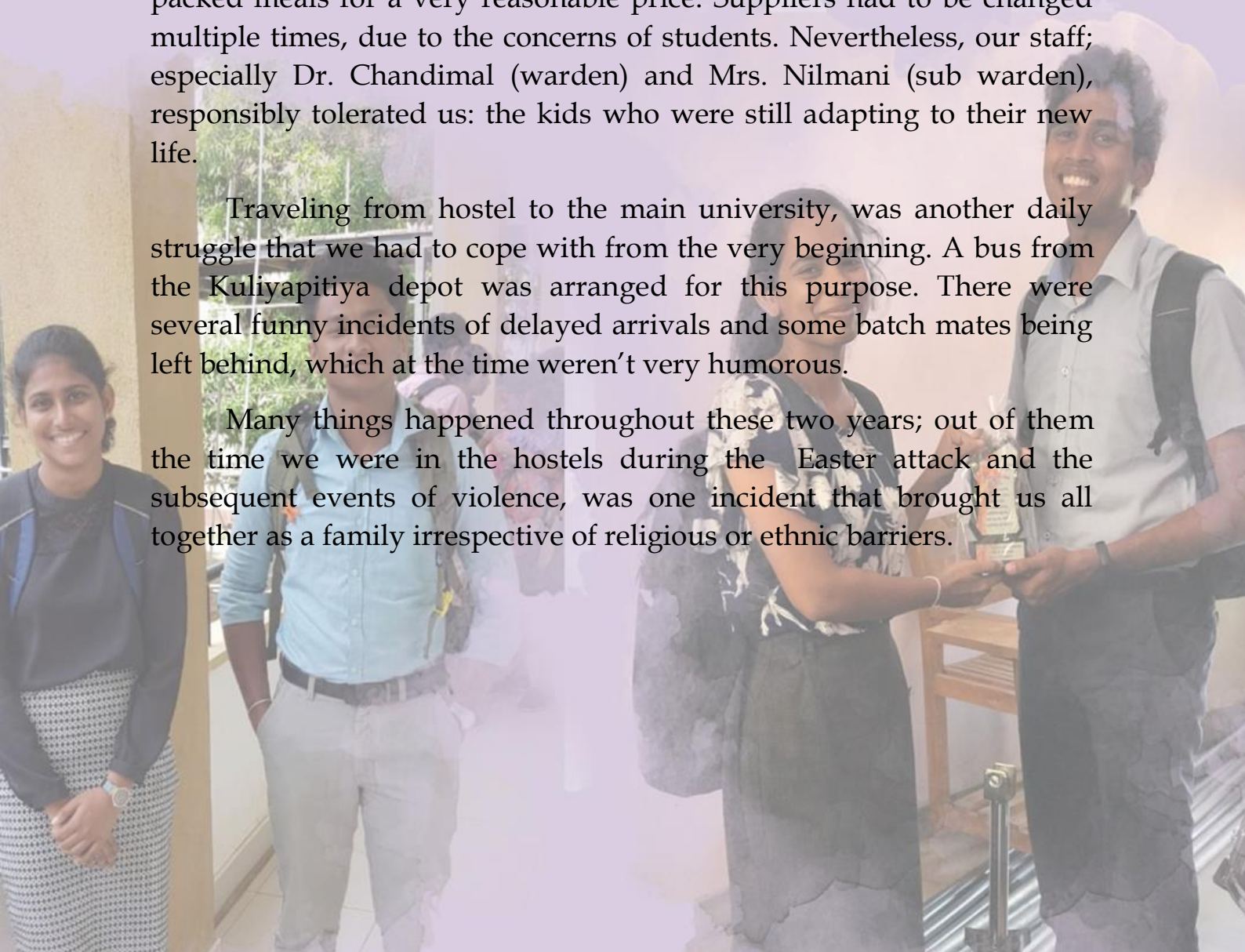


Having not had our own faculty during most of our preclinical years, many of our memories were confined to the hostel. It was our home away from home where we shared love and friendship.

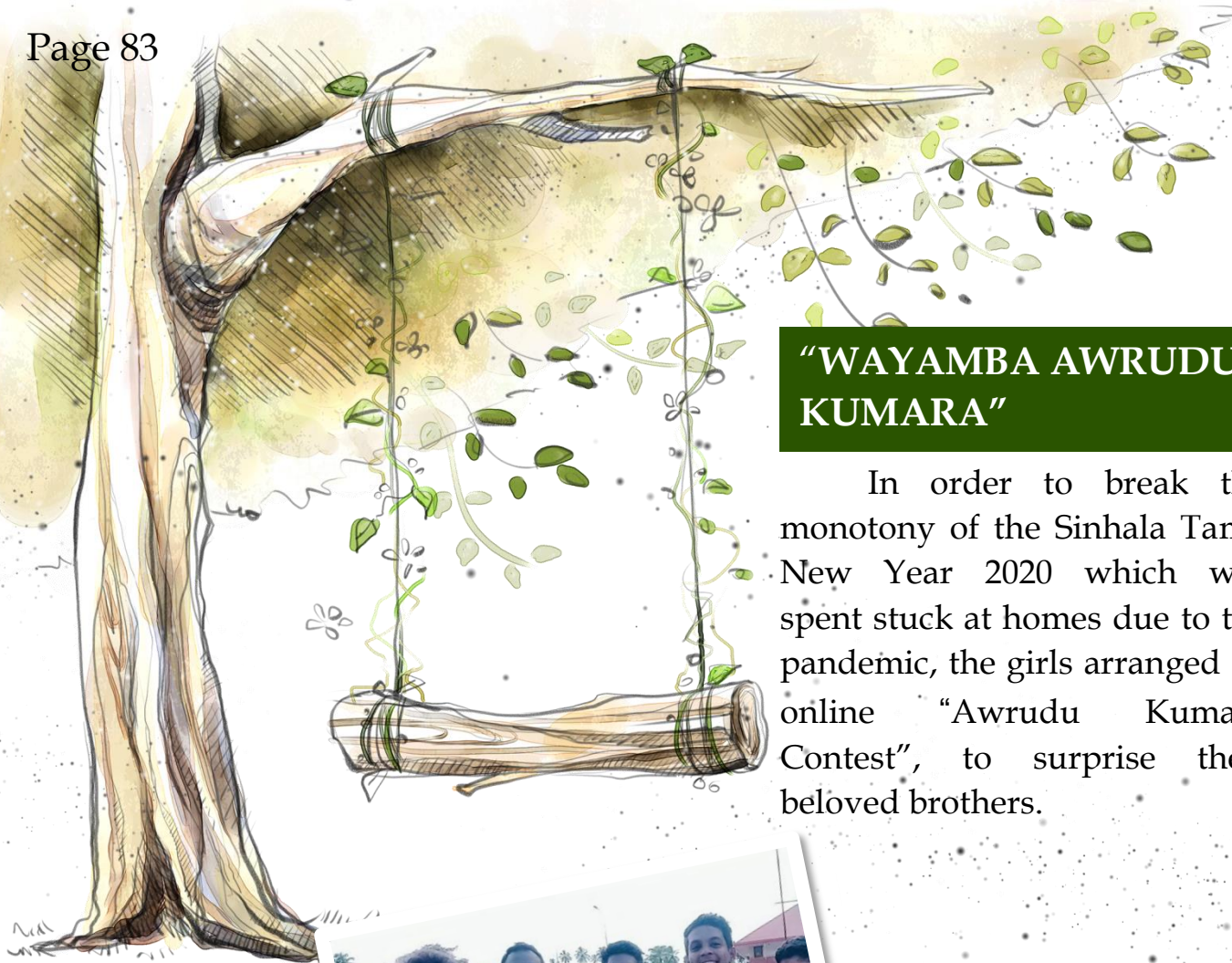
When we first came in, we didn't have a hostel canteen. We were given packed meals for a very reasonable price. Suppliers had to be changed multiple times, due to the concerns of students. Nevertheless, our staff; especially Dr. Chandimal (warden) and Mrs. Nilmani (sub warden), responsibly tolerated us: the kids who were still adapting to their new life.

Traveling from hostel to the main university, was another daily struggle that we had to cope with from the very beginning. A bus from the Kuliypitiya depot was arranged for this purpose. There were several funny incidents of delayed arrivals and some batch mates being left behind, which at the time weren't very humorous.

Many things happened throughout these two years; out of them the time we were in the hostels during the Easter attack and the subsequent events of violence, was one incident that brought us all together as a family irrespective of religious or ethnic barriers.



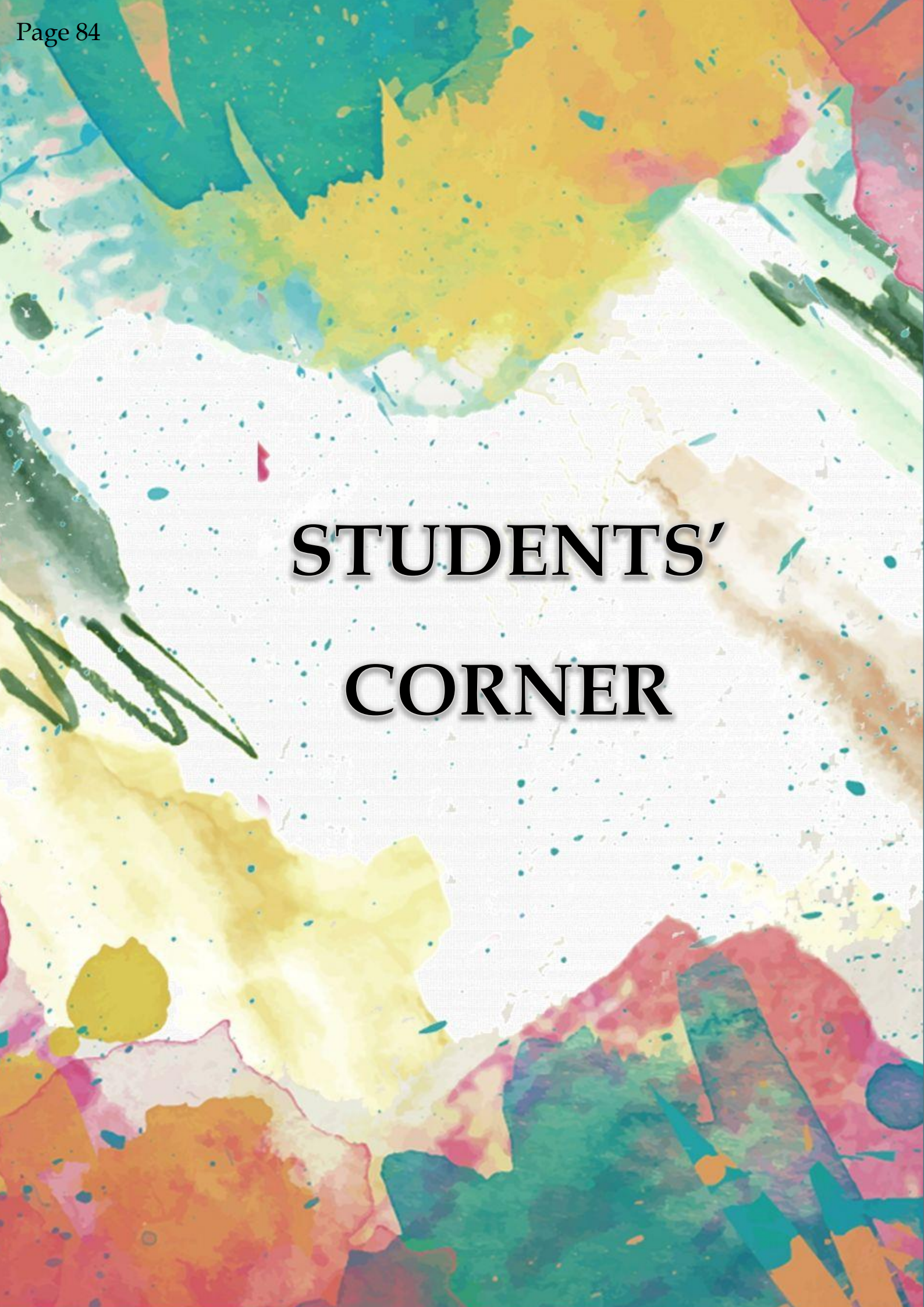




“WAYAMBA AWRUDU KUMARA”

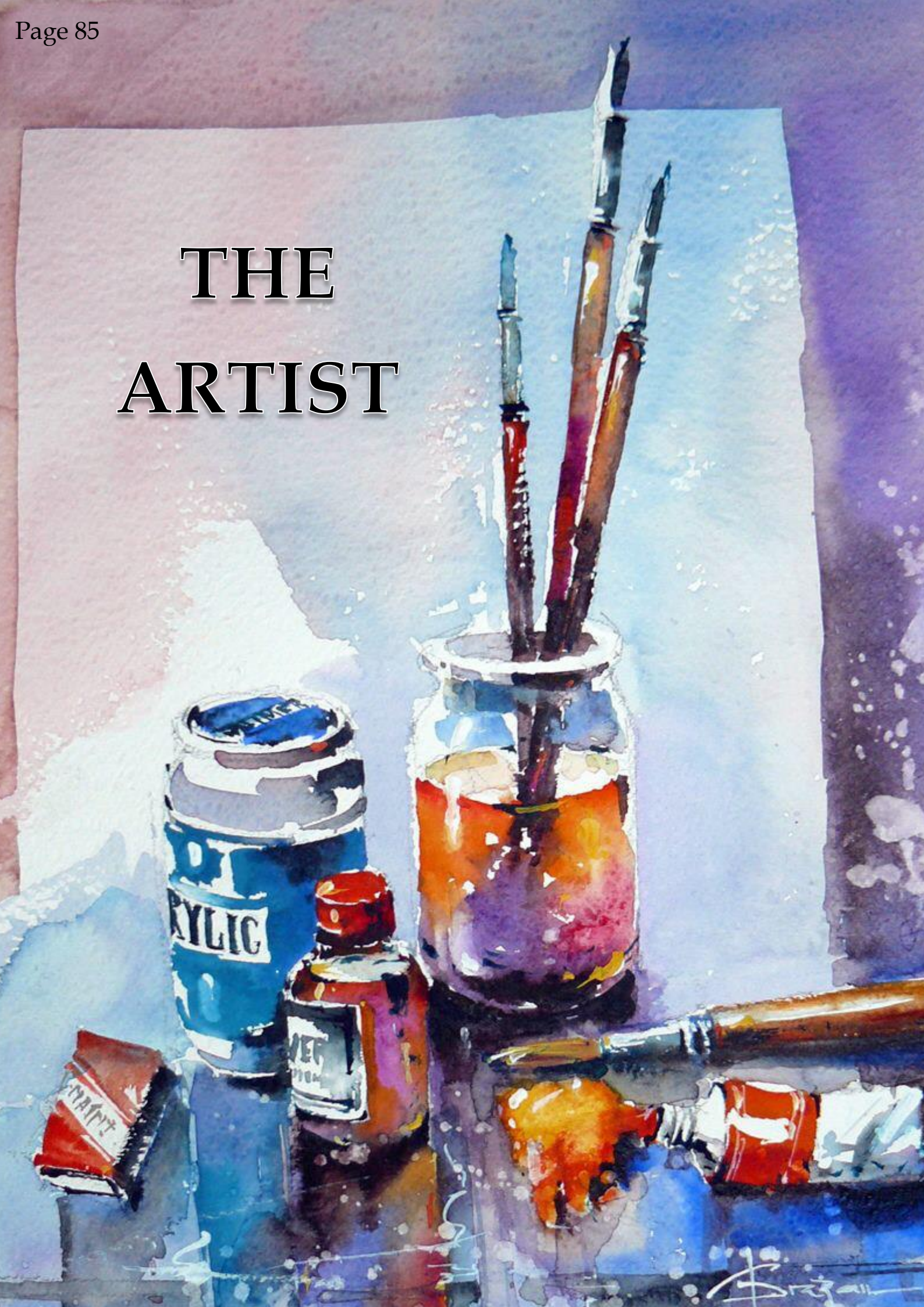
In order to break the monotony of the Sinhala Tamil New Year 2020 which was spent stuck at homes due to the pandemic, the girls arranged an online “Awrudu Kumara Contest”, to surprise their beloved brothers.





STUDENTS' CORNER

THE ARTIST





~Sewwandhi Karunathilake~



~Damitha Liyanage~



~Adithya Rathnayake~



~Janani Marapperuma~

~Samadhi Weerasekara~



~Malithi Savidya~

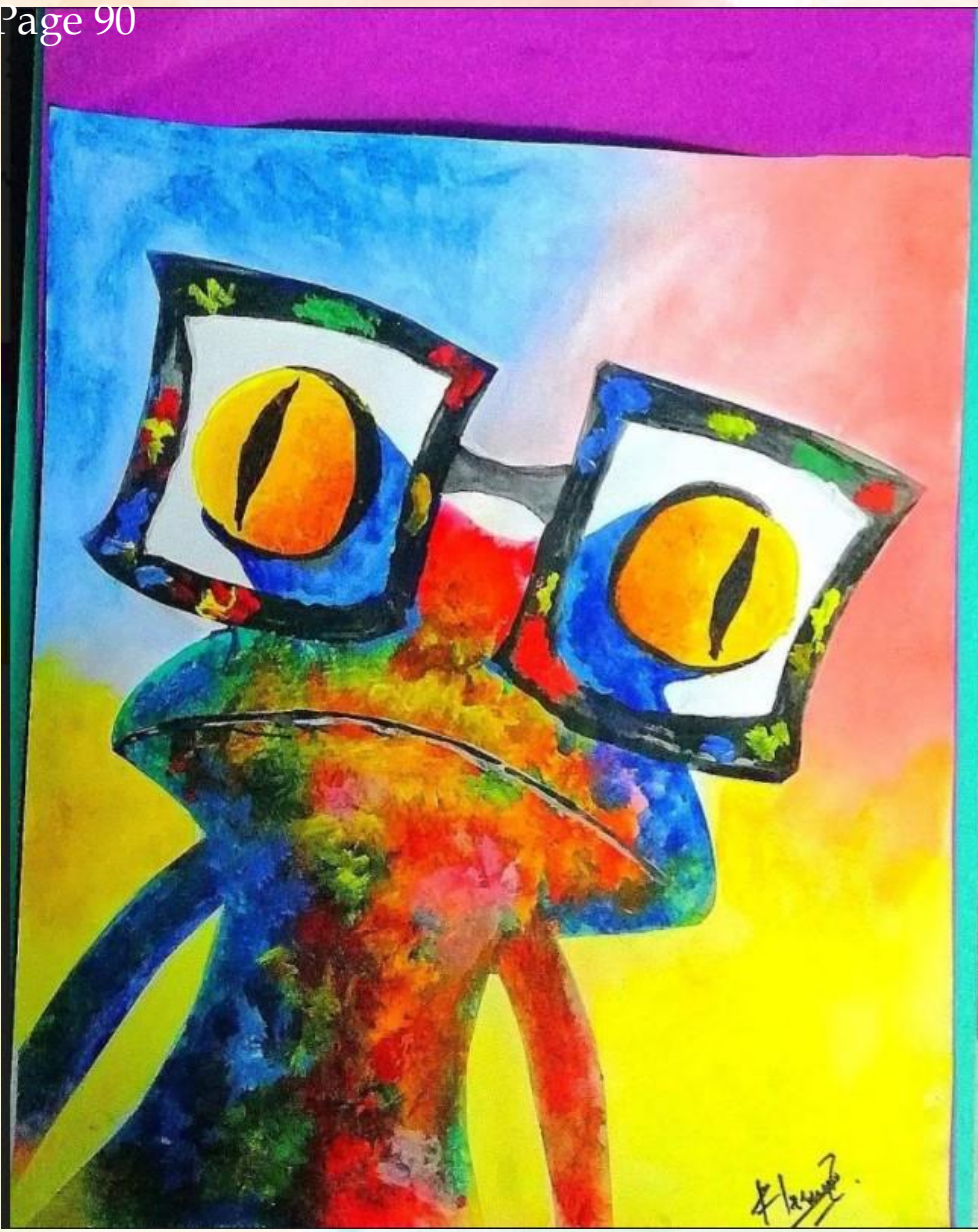


~Maliki Niwanthika~



~Dilini Perera~

10/11/2022



~Hiruni Chandrasekara~



~Malki Niwanthika~

~Hiruni Chandrasekara~



~Maliki Niwanthika~

~Maliki Niwanthika~



~Madhushika Gunathilake~

THE POET

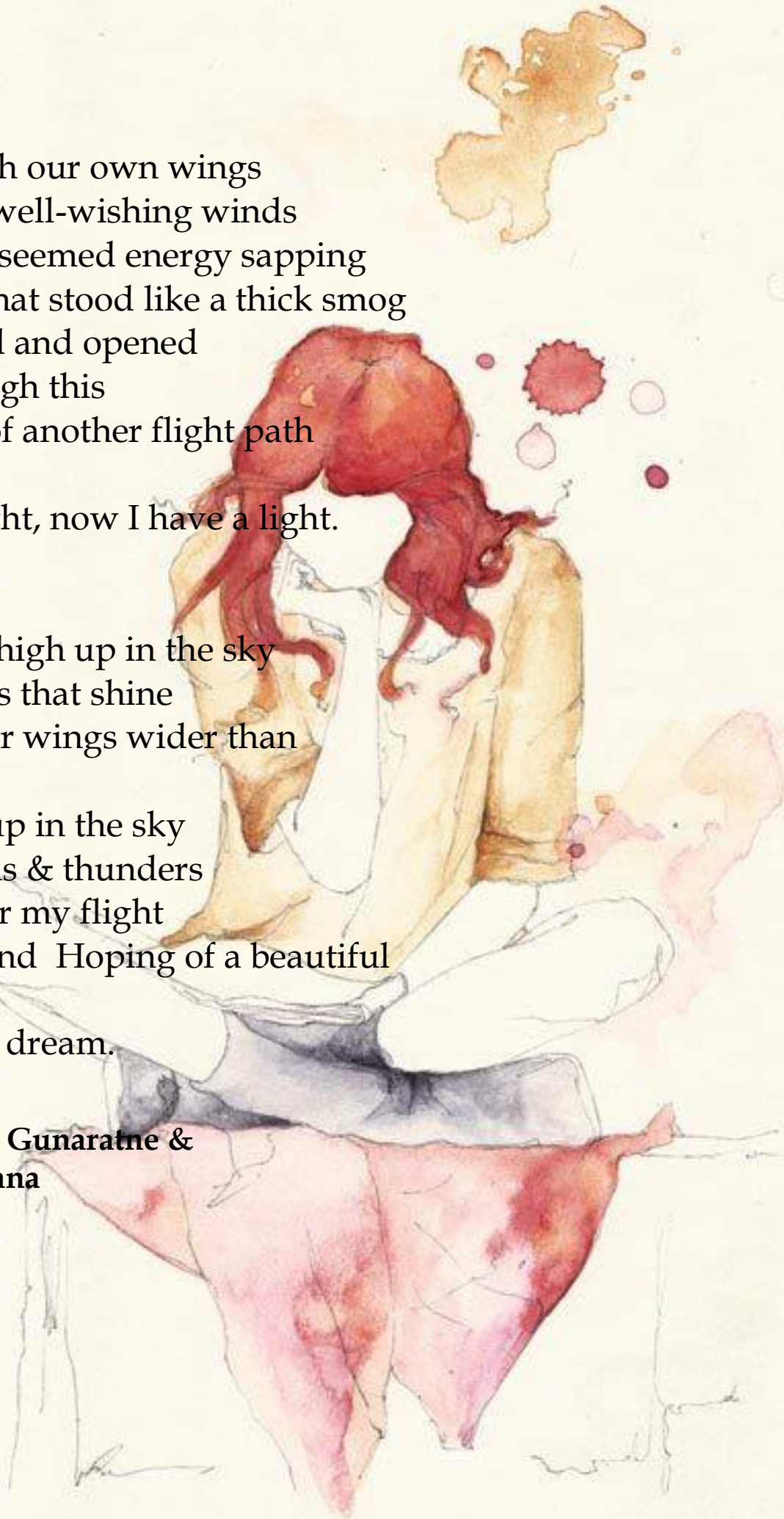


To my dream

To fly high with our own wings
Supported by well-wishing winds
The effort that seemed energy sapping
And the wall that stood like a thick smog
Quietly cleared and opened
and I am through this
To beginning of another flight path
Still dark
But I have a light, now I have a light.

With this light
Trying to soar high up in the sky
As high as stars that shine
And spread our wings wider than
anyone else
Soaring high up in the sky
Through storms & thunders
that try to falter my flight
Believing me and Hoping of a beautiful
future
I will fly to my dream.

**By Dr. Nandalal Gunaratne &
Dilsha Niwarthana**



පලමු දින මතකයන්.....

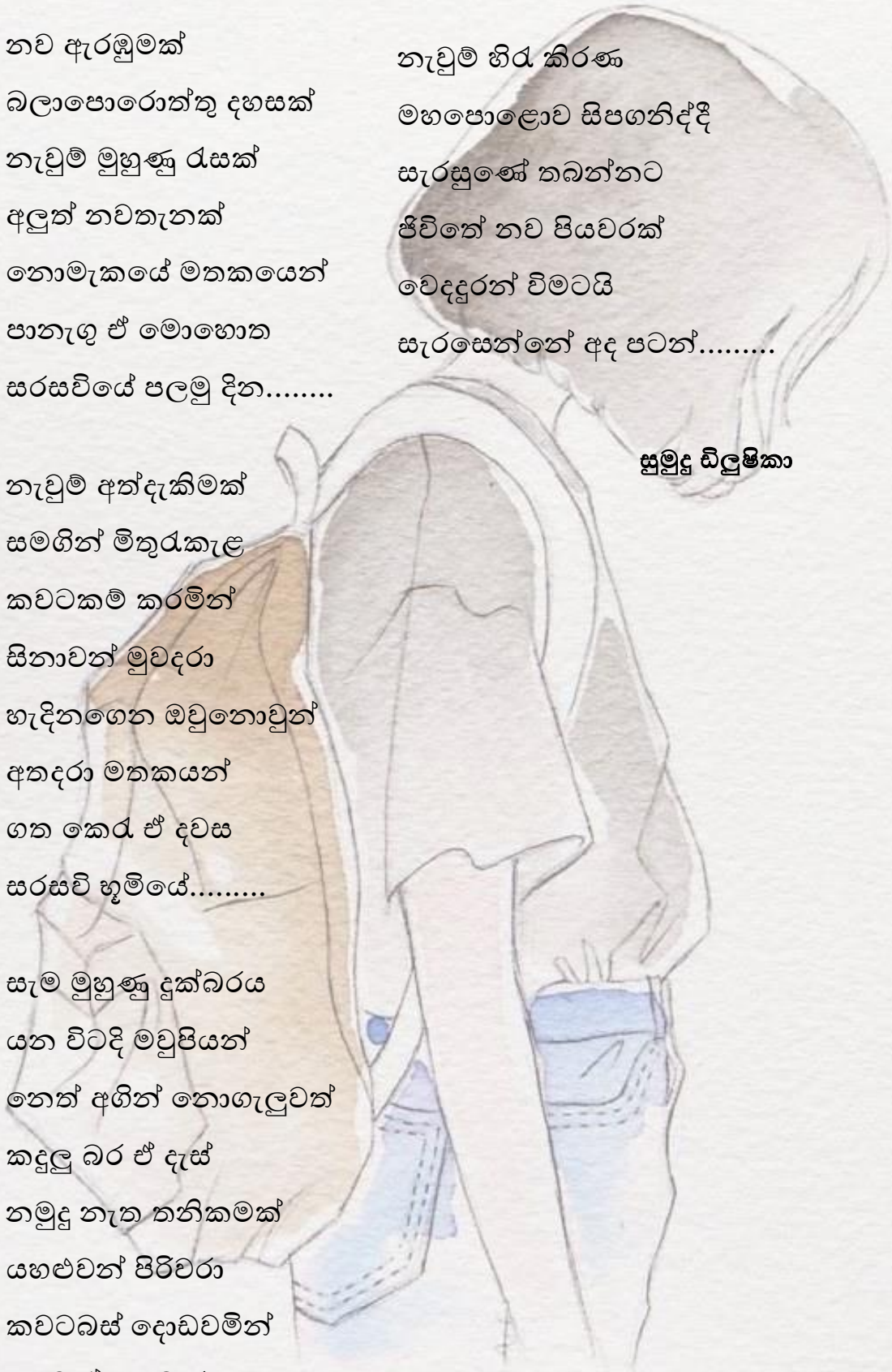
නව ඇරඹුමක්
 බලාපොරොත්තු දහසක්
 නැවුම් මුහුණු රැසක්
 අලුත් නවතැනක්
 නොමැකයේ මතකයෙන්
 පානැගු ඒ මොහොත
 සරසවියේ පලමු දින.....

නැවුම් හිඬ කිරණ
 මහපොළොව සිපගනිද්දී
 සැරසුණේ තබන්නට
 ජීවිතේ නව පියවරක්
 වෙදදුරන් විමටයි
 සැරසෙන්නේ අද පටන්.....

නැවුම් අත්දැකීමක්
 සමගින් මිතුරුකැල
 කවටකම් කරමින්
 සිනාවන් මුවදරා
 හැදිනගෙන ඔවුනොවුන්
 අතදරා මතකයන්
 ගත කෙරු ඒ දවස
 සරසවි භූමියේ.....

සුමුදු ඩිලිමිකා

සෑම මුහුණු දුක්බරය
 යන විටදී මවුපියන්
 නෙත් අගින් නොගැලුවත්
 කදුලු බර ඒ දැස්
 නමුදු නැත තනිකමක්
 යහළුවන් පිරිවරා
 කවටබස් දොඩවමින්
 ගෙවූ ඒ පලමු රැය
 නේවාසිකාගාරයේ.....



කරාවී කැපකිරීමක් .

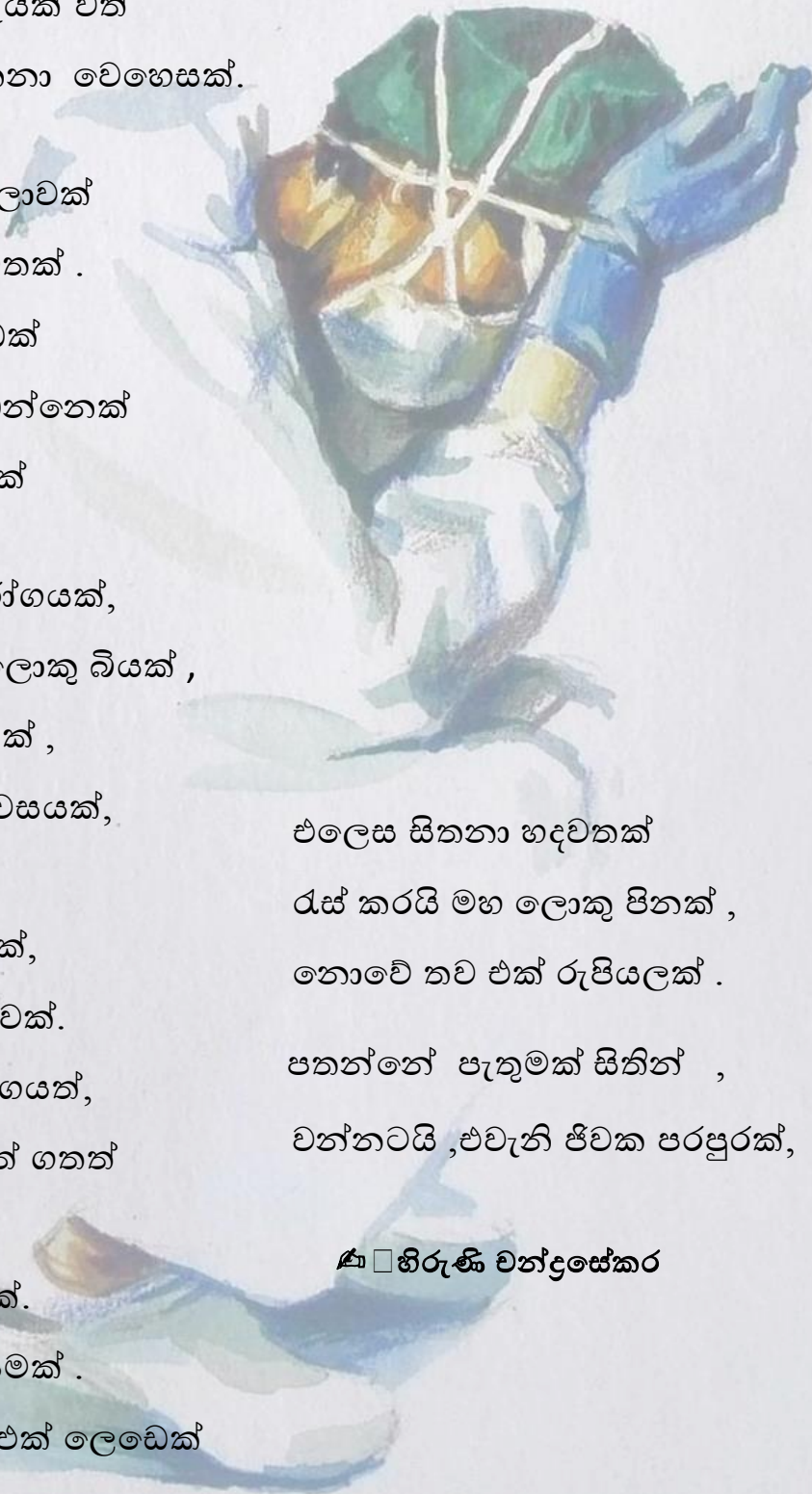
යාකරන් මන සිත නිතින්
නැති තරම් එක් පැයක් වත්
නෙතට නොදැනෙනා වෙහෙසක්.

දැනින් දරා වෙදනලාවක්
පිරික්සයි තව හදවතක් .
අසාවී ලබි ඩබි හඩක්
කදුල හන්ගන් හඩන්තෙක්
අයදීවී පිලිසරනයක්

තිබ්බාට පොඩි රෝගයක්,
වෙන්නෙපා මහ ලොකු බියක් ,
දරමු අපි උත්සහයක් ,
තියන් ලොකු විශ්වසයක්,

පවසා එවන් වදනක්,
නිවයි මහ වේදනාවක්.
සුවකරයි ඔහු රෝගයන්,
එකලෙසම මනසත් ගතත්

කරාවී ඔහු යුද්දයක්.
සුවකරන්නට වැයමක් .
නොදැක මේ තව එක් ලෙඩෙක්
දකී මම ලෙස ඔහුත් මිනිසෙක්.



එලෙස සිතනා හදවතක්
රැස් කරයි මහ ලොකු පිනක් ,
නොවේ තව එක් රුපියලක් .
පතන්තේ පැතුමක් සිතින් ,
වන්නටයි ,එවැනි ජීවක පරපුරක්,

ආචාර්ය චන්ද්‍රසේකර

නැවතුම් නොමැති ජීවිතයේ යන දාක
තනිවී වැටෙන හැප්පෙන තැන් එයි තේක
මිතුරු උණුහුමම සිහිවෙන ඒ රැක
බලන් පරණ සිතුවම් උන් ඇති තාම

නිදහස් හුළඟ වාගේ ඇති හිනා වෙලා
සිතුවම පුරාවට සෙනෙහස් එළිය වෙලා
පරණ හීන අතරේ උන් නතර වෙලා
නුඹ දෙස බලන් ඇති කියමින් මගේ එකා

අත් පා විහිදුවන් ඇති ඒ දහම අය
සංවර පෙනුම ඇති ඒ ඔය සිතුවමට
අහිංසක කෙනා කාගෙන් සරදමට
එහෙම උනත් සේරම ආදරේ උට

එකට එකා මෙන් උන් උන් විසිර ගිහින්
එක එක තැනෙක ඇති නන්නාදුනන ලෙසින්
අමතක වෙලා සිතුවත් හිත යටට ගිහින්
බැලුවොත් නුඹයි නුඹෙ මතකයි තාම සුවෙන්

~සරසවියෙන් පසු දවස්~

මුවන් ♡.



මලක කඳුළු....

දවස පුරා තුරු මුදුනක
නැළවී නැළවී හිනැහෙනු මිස
දිනෙක මාද මියැදෙන බව
නොසිතූණා පෙර කළ පවකට

වැට මුල්ලක ගස් ගොන්නක
මල් දාහක් මැද පිපුණට
කීවෙම නිතරම මගෙ හිත
හැඩ නෑ උන් මං තරමට

නවමි මහේ සැඩ සුළඟට
නැඹුල් මල් ගිලිහෙනු දැක
කියනු ඇසුණා මහළු මලක්
එයලු ලොවේ හැටි අනියත

උන් නටුවට බර වැඩි වුණා
දිනෙක උඹෙන් ඉරණාම ඔය
නිතරම යටි හිත කීවට
උන්නෙමි නෑහුණු ගානට

වැහි බිඳ වැකි මල් පෙත්තක
රතු සායම බොඳවනු දැක
බියකරු කළු සෙවනැල්ලක්
පිටිපුණා හිත අගිස්සට

එතැන් පටන් ගෙල දිගු කර
උදේ හවා නිතර නිතර
බලා උනිමි හිමි පා මුල
සැනහෙන්නට පවී දුරකර

"උඹේ සනුහරේ මහ උන්
දංගෙඩියට දක්කන් යන
දුදනන් ගෙල පළඳනු මිස
නොගැණුනි ගෙයි පිළිකන්නට

වයස ගෙවී වැරහැලි වුණා
මැලවුණු පෙති හලනු මිසක
බුදුන් පුදට යන්ට පිනක්
කොයින්ද රතු වද මලකට"

දවසක් දා මහ වැස්සට
මගෙ හෙවණේ නොතෙමි උන්
හිස ඉදිමුණු සමනලයෙක්
ඉගිල ගියා සරදම් කොට

හුයෙක ඇමිණා පණතල පිදු
අපේ කුලේ උන් නාමෙට
කඩා වැටුණා කඳුළු බිඳක්
සුවඳ නුමුසු පෙති සිහිකොට

නිළිණි ආරියරත්න.



සරසවියේ පලමු වසර

දෙසැම්බරේ අපි ආවයි	කුලියාපිටියට
බලාපොරොත්තු ගොන්නක් ගෙන එක	පොදියට
දැකපු නොදැකපු මුහුණු දහසක්	අතරට
පලමු අඩිය තැබුවයි අපි අපේ	සරසවියට

නිවසින් බැහැරව ගෙවෙනා පලමු	වතාවේ
සවියට සිටියා සොයුරියෝ එක	කාමරයේ
සතියේ දින පහ ගෙව්වත් අපි	සරසවියේ
සති අන්තය ගෙදර දුවන්නයි මඟ	බැලුවේ

හුරුවන විට සරසවියේ සුන්දර	දිවියට
ආසා කලේ රැඳෙන්න සරසවියේ	හැමවිට
විභාග තිබුනක ඒවයෙ අතරින්	පතරට
එක එක විදි හොයාගත්ත විනෝද	වෙන්නට

Exhibition trip වගේම එක එක	උත්සව
Viva OSPE වගේ ඒවත් සමහර	දවසට
උපන්දිනත් සැමරුව අපි පුළුවන්	හැටියට
සරසවියේ පලමු වසර විය ඒ	විදියට

රණ්ඩු වුනා යාළුවුනා සමහරු	එක්කලා
උදව් කලා ඕනෑවිට හැමෝම	එක්වෙලා
කරදර බාධක ජයගෙන යන්න දිනුම	කරා
සරසවියත් ජීවිතයට පාඩම්	එක්කලා

මධුෂිකා ශිවත්තිනී

මගෙ භාමිනෙ කිමදො මේ නිශ්ශබ්ද්ද?
කෑම සොයන්නට පියබලා තෙහෙට්ටුද?
ඔබගෙ නෙත් අගින් කදුලැලි මෙතෙක් විද?
සියොලග ලේ බින්දු තැවරි කුමක් විද?

ලපසද ලෙසින් සැනසීමෙන් උන් අපට
අමාවකක් ආවද අද කැදැල්ලට
පැටවුන් අපේ "අම්මා" කෝ අහන විට
ගොලුවෙක් උනා නම් සැනසීමකි මෙමට

නුබ ගැබ්බරව වූදා ඒ පලමු දිනේ
පුන්සද පායාව උන් බව මතක තියේ
මතක ද පැවසුවා මින්මතු හැම බවයේ
මගෙ භාමිනේ වී එන බව ඔබ කීවේ

"අනේ මහත්තයෝ මේ මගෙ පෙම් කුමරි
ලේ තවරාන මහමග වැටි කුමරි
බෙහෙතක් තියේවිද සුව කරනට බාරි"
අහනට කෙනෙක් අහලක නෑ පින්සාරි

දැන දැන කාට හෝ ගින්නදර දුන්නාදෝ?
පෙර බවයකදි වරදක් නුබ කෙරුවාදෝ?
මා එහි කොටස් කරුවෙකු වී සිටියාදෝ?
මගෙ භාමිනෙ හොරු අරගෙන ගියේවිදෝ?

පද ගැලපුම- මල්කි නිවන්කිකා



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