

NATIONAL OLYMPIC ACADEMY

7th to 10th December - 2014
Bandarawela

NATIONAL OLYMPIC COMMITTEE OF SRI LANKA

PRESIDENTS

1.	Dr. V.R. Shockman	1937	-	1939
2.	Col. John Parson	1945	-	1947*
3.	Mr. Donald Obeysekera	1947	-	1950
4.	Mr. Donald Obeysekera	1951	-	1954
5.	Mr. Donald Obeysekera	1955	-	1957
6.	Rear Admiral G.R.M. De Mel	1957	-	1961
7.	Mr. Eric Labrooy	1962	-	1962
8.	Mr. V.A. Sugathadasa	1962	-	1965
9.	Mr. V.A. Sugathadasa	1966	-	1969
10.	Mr. V.A. Sugathadasa	1970	-	1973
11.	Justice A. Vythalingam	1973	-	1974
12.	Mr. P. Julian Grero	1974	-	1977
13.	Mr. Dunstan De Alwis	1977	-	1980
14.	Mr. Ranjit Weerasena	1980	-	1982
15.	Mr. Roy De Silva	1983	-	1986
16.	Mr. Roy De Silva	1987	-	1990
17.	Mr. Roy De Silva	1991	-	1994
18.	Mr. Roy De Silva	1995	-	1997
19.	Mr. Hemasiri Fernando	1997	-	2000
20.	Mr. Hemasiri Fernando	2001	-	2004
21.	Mr. Hemasiri Fernando	2005	-	2008
22.	Mr. Hemasiri Fernando	2009	-	upto now

SECRETARIES GENERAL

1.	Mr. W.H.D. Perera	1937	-	1939
2.	Mr. W.H.D. Perera	1945	-	1948
3.	Mr. W.H.D. Perera	1949	-	1952
4.	Mr. W.H.D. Perera	1953	-	1954
5.	Mr. P. Julian Grero	1955	-	1958
6.	Mr. Duncan White	1959	-	1962
7.	Mr. Duncan White	1963	-	1963
8.	Mr. P. Julian Grero	1964	-	1965
9.	Mr. A.W. Musafer	1966	-	1970
10.	Mr. Eddie Gray	1971	-	1974
11.	Mr. Rajah Wickramasinghe	1974	-	1975
12.	Mr. Boniface Silva	1976	-	1977
13.	Mr. Rajah Wickramasinghe	1978	-	1979
14.	Col. C.S. Fernando	1980	-	1983
15.	Mr. Prema Pinnewale	1983	-	1986
16.	Mr. Prema Pinnewale	1987	-	1990
17.	Mr. Prema Pinnewale	1991	-	1994
18.	Mr. Prema Pinnewale	1995	-	1997
19.	Cdr. H.U. Silva	1997	-	2000
20.	Cdr. H.U. Silva	2001	-	2004
21.	Cdr. H.U. Silva	2005	-	2009
22.	Mr. Maxwell de Silva	2009	-	upto now

OLYMPIC ACADEMY



SRI LANKA

OLYMPIC ACADEMY

13th Edition

**07th - 10th December 2014
Bandarawela**

1. *Amphibolite* - *metamorphic* - *igneous*

Message of the President of the National Olympic Committee of Sri Lanka

Once again National Olympic Committee of Sri Lanka is proud to present the 13th edition of the National Olympic Academy to a selected group of young people contributing for better understanding of Olympism & the evolution of the Olympic movement.



When the concept of the NOA was introduced in 2001 we did not realize that it would gather momentum achieving highest standards, as at today.

Since its inauguration the National Olympic Academy has served the cause of Olympism in the best possible way.

As we launch the 12th of the series of Academies we hope that the participants will receive an indepth understanding of the Olympic Movement and the high principals that its founder Barron Pierre de Coubertin set out to achieve. The message of Olympism is timeless and I hope that the participants of these sessions will be benefited greatly through it.

The success of this endevour would depend entirely on the enthusiasm displayed by the participants. I sincerely hope that they will respond positively.

**Hemasiri Fernando
President, NOC Sri Lanka**



Message of the Secretary General of the National Olympic Committee of Sri Lanka

I am very pleased to forward this message to the participants of the 13th edition of the National Olympic Academy to be held in Bandarawela from 7th to 10th December 2014.

This year we have added one more sector into the sessions by introducing a few school teachers and 3 students from Visakha Vidyalaya Colombo thereby spreading our horizon to include younger generations in our pursuit of Olympic education in Sri Lanka.



Traditionally, NOA serves to the young university students involved in sports activities in the Universities in Sri Lanka and with the success of it, NOC Sri Lanka thought it is prudent to expand for inclusion of other sectors.

With this new innovative idea, NOC Sri Lanka/NOA intend embarking on a new programme in 2015 for the spreading of Olympic Values /Ideals to the younger generation in our country thereby creating the awareness for a better Sri Lanka through youth who is our future.

I am pretty confident all our participants will learn the Olympic values which we are eager to share and to live with such values in their lives thereby creating a new generation of living a friendly and assisting each other in a team environment.

I wish all of you good luck and I also take this opportunity to thank NOC Staff for their dedication to our beloved NOA Director BLH Sir for his true commitment for this project.

I conclude this message from a quote from IOC - one of the fundamental principles of Olympism.

Quote:

The goal of Olympism is to place sport at the service of harmonious development of man, with a view to promoting peaceful society concerned with the preservation of human dignity.
Unquote.

Maxwell de Silva
Secretary General, NOC Sri Lanka

Message of the Group Chief Executive Officer of Sri Lanka Telecom

Sri Lanka Telecom is truly happy to partner the National Olympic Academy (NOA) once again in their annual academic sessions.

We appreciate the outstanding work carried out by both the National Olympic Committee (NOC) and the NOA in Sri Lanka through the years to uplift and promote the values of the Olympics that include healthy, nondiscriminatory competition in our nation. The Olympic spirit pervades our national fabric and instills in us the value of a healthy mind in a healthy body which is indeed one of the most valuable assets a person can have. Your commitment and contribution towards bringing out the talent and potential in our rural youth and providing them facilities and expert training to become sports leaders and sports administrators is commendable to ensure that the right environment and support exists for the talented youth in our country to excel and compete in the global sports arena. This is indeed a great service to our nation.

We believe in the ability of Sri Lanka to excel in all areas. This includes sports which is especially an important part of society that brings communities of a country together for nation building. We hope to reinforce our commitment to serve and lead our nation towards transformation in all spheres through our partnership of the annual academic sessions with the aim of achieving our nation's vision of becoming the Wonder of Asia.

Therefore, it is with much pleasure and enthusiasm that we come forward to provide our support towards the 2014 NOA technical sessions and extend our best wishes to the NOA for the 2014 annual academic sessions! We wish you all the very best for the years ahead!

Lalith De Silva
Group CEO
Sri Lanka Telecom





Message of the Director of the National Olympic Academy

The 'Sport' is no more a product of an industrial society, or a political system, it is truly a mankind centered phenomenon. Governments, business motive organizations and individuals in the competitive context, try to acquire a market space for 'sport', which is sustainable in terms of profitability, through GOLD medals, offering consumption "experiences" which is able to entertain. True sport does not exist in a competitive market oriented mindsets. An industry can enrich their products by offering an entertainment experience. The 'sport' no longer belongs to mankind due to its' diverse nature of benefits extending beyond our control.



The 13th Olympic Academy has taken a different approach to make this experience more 'participant' oriented than a teacher oriented. In the present context sport has manifold values involving professionalism, volunteerism, recreation and fun, passion, wellness and health and image building. Therefore, sport is truly a symbol of unification of mankind, how we interact with our environment and society.

Therefore, one cannot make a definition to 'sport'. The sport is universal and global, it expresses socialization, integration and participation since it aggregates people overcoming linguistic and generational barriers. Over the last decades sport has suffered enormous changes assuming connotations of business that nevertheless do not cancel its exciting and emotional dimension. The desire "to consume" the sport experience keeps involving thousands of practitioners, which is tiny segment who is truly enjoying the spirit, joyfulness, excellence. We need to keep our mind open in protecting this noble practice for future generation too. This is our duty and we are gathered here in the session to fulfill this moral obligation to our future mankind.

I wish you all participants, that the 13th National Olympic Academy be a memorable event and carry an intangible values generated through sport to your community and spread without fear and act with nobility

**B.L.H. Perera
Director, NOA**



Vision & Mission

Vision

Healthy Body & Healthy Mind inculcates Olympic values in our society and to bring about lasting peace through participation of sports without any barriers in Sri Lanka.

Mission

To function as an Academic Centre for Olympic Studies, Education and Research.

To act as a forum for free expression and exchange of ideas among the Olympic Family, intellectuals, scientists, athletes, sports administrators, educators, artists and the youth of the world.

To bring together people from all over the country, in a spirit of friendship and cooperation.

To motivate people to use the experiences and knowledge gained in the NOA productively, in promoting the Olympic ideals in Sri Lanka.

To serve and promote the ideals and principles of the Olympic Movement.

To co-operate with and assist the National Institutions, Universities and any other institutions devoted to Olympic Education.

To further explore and enhance the contribution of Olympism to humanity.

Objectives

The role of the Olympic Academy is to assist the National Olympic Committee of Sri Lanka to propagate 'OLYMPISM' through education and expand its functions within the Olympic Charter to reach the objective of the Olympic Movement. In undertaking this role, the NOA of Sri Lanka seeks to pursue the following objectives:

Promote 'Olympism' as a philosophy of life

Harmonious development of man

Enhance the knowledge and understanding of Olympism and the Olympic Charter in all activities

Peace through sport

Universal, non-discriminatory

Values

Tolerance

Solidarity

Respect for Others

Fair play

Equality

Non-discrimination

Taking part

Friendship and Character development

Target Group

Designed to cater to University Students members of armed force & media who are involved in Sports.

Our Courses

The course covers a wide range of subjects in Olympic and followed by discussion groups and presentations by individual groups/ persons and the session will last for 5 days in Bandarawela.

Selection Method

The current course is designed to attract University students who have excelled in studies and in Sports. Universities are required to nominate outstanding undergraduates with a sporting background with excellent communication skills. The Knowledge of English is a prerequisite as the course is conducted in English.

Academic Sessions

The sessions are coupled with class room learning through lectures, study groups, presentations and we strive to get the experts in the relevant field to add value to the course.

Scholarship

Best undergraduate will be awarded scholarship, to attend the Youth Forum in Olympia, Greece. In the past we have sent best students to SAF Games in Pakistan, NOA sessions in Olympia. Our intention is to offer the best students on an annual basis to attend the NOA sessions in Olympia. This is done to spread the OLYMPIC Education and Values in our country.

**LIST OF
PARTICIPANTS
2014**



University of Jaffna



Ms. Abitha Tharumarajah

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Present Status : Undergraduate
Sports : Athletics, Basketball,Table Tennis and Netball



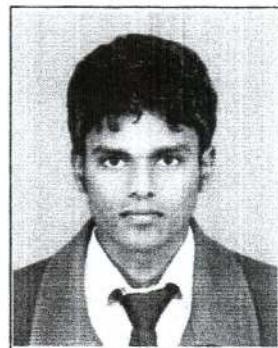
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University of Kelaniya



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University of Moratuwa



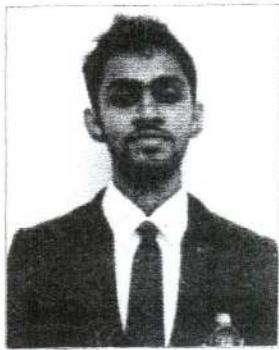
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University of Rajarata



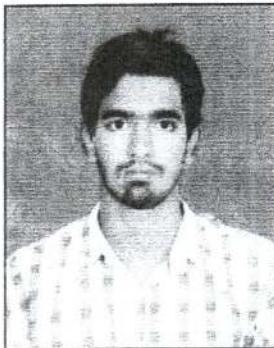
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Mr. W.L.P.H.L. Kumudith Wijesinghe

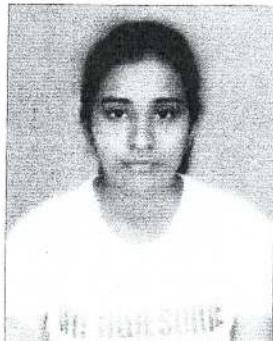
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Esoft College of Engineering Technology



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National Association of Fencing Sri Lanka



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Sri Lanka Taekwondo Federation



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Olympic Academy Alumni

2001 - 2013



2001

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1. Ms. Rukni Upulika Ambagahawatte
2. Mr. Ganegoda Haputhanthirige Sujith Asanka
3. Mr. C R Jayawarna
4. Ms. Nirodika Dayaratne
5. Ms. K S Srimalka Gunasekera (Instructor)

University of Eastern

1. Ms. S N Suthagini
2. Mr. Kandasamy Sathiyaseelan
3. Ms. R Rathivathana Rasiah
4. Mr. Mohamed Bazeer Irfan
5. Mr. Ellis Galdwin Jebanesan Canagasabey (Instructor)

University of Jaffna

1. Mr. Emmanuel Arnold
2. Mr. Sathasivam Sivapalan
3. Ms. Kugagini Chelliah
4. Ms. Kalaimakal Thirunavukarasu
5. Mr. Gobal Daniel Mathiyalagan (Instructor)

University of Kelaniya

1. Mr. S S Kodagoda
2. Mr. J W Amalka Wijesuriya
3. Ms. H A I G Hettiarachchi
4. Ms. A K Purnima Niwanthi Somaratne
5. Mr. J B N Amarasinghe (Instructor)

University of Moratuwa

1. Mr. Dharshana Chamindala Abeysundera
2. Ms. Gamaachchi Withanalage Mayuri Wijayasundara
3. Mr. Gustinna Liyana Dimantha Indika De Silva
4. Ms. Chamari Nishadika Jayasinghe
5. Mr. Godigamuwage Luxman Wijesuriya (Instructor)

University of Peradeniya

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2. Ms. N H A G R Nanayakkara
3. Ms. N K Dissanayaka
4. Mr. Meepegalkatiya Gamage Sisira Danaka Nilantha
5. Mr. Maddage Don Palitha Kumara (Instructor)

University of Rajarata

1. Mr. N A A S Nissankaarachchi
2. Mr. H M P B Herath
3. Ms. N A A N Nissanka
4. Ms. V M K Liyanage
5. Mr. E M M S U Wijesinghe (Instructor)

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1. Mr. Senevirathne Herath Mudiyanselage C Siri Kularatna
2. Mr. E G Manoj Chandana Dhanawardana
3. Ms. Hewayalage Charuki Shyamali Gunasinghe
4. Ms. Akmeemana Paduruge Ruwani Imalka
5. Mr. Desil Indrasiri Loku Galappaththi (Instructor)

University of Sabaragamuwa

1. Mr. Ratnayake Mudiyanselage Kamal Niyangoda
2. Mr. Tennakoon Arachchige Randika Jayasiri
3. Ms. Vitanage Krishanthi Ganga Vithana
4. Ms. Kumudini Jayasekera
5. Ms. Badde Kankanamge Samantha Princy Lilani (Instructor)

University of South Eastern

1. Mr. Meera Lebbe Mohamed Thahir
2. Mr. Mohamed Abbubaker Mohamed Hilmy
3. Ms. Badurkul Jaman Ummul Sihara
4. Ms. Mohamed Ameen Sabira
5. Mr. Mohamed Yousuff Samsull Arifeen (Instructor)

2002

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1. Mr. M A Y D Madurapperuma
2. Ms. Tithira Jayaweera
3. Ms. S.V Vipulaguna
4. Mr. Senarath Alwis (Instructor)

University of Eastern

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2. Mr. S.H.M. Hifly

Armed Forces

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2. Capt. A.M.T.C.B. Adhikari

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1. Capt. T.S. Koralage
2. Capt. D.A.K. Palihena
3. Sqn. Ldr. Y.S.K. Dharmawardana

Sri Lanka Institute of Tourism & Hotel Management

1. Mr. V.M.R.S. Jayasooriya

*If we want to preserve our values, we have to move. If we stand still we are falling behind.
The time to change is now."*

— Thomas Bach,

President of the International Olympic Committee

OU — SOURCE PERSONNEL

We are deeply grateful to the following persons who have extended their unstinted cooperation by way of agreeing to deliver a lecture or share experience with the participants of the National Olympic Academy of Sri Lanka.

1. Mr. Hemasiri Fernando B.A (Econ)
President, NOC & CGA Sri Lanka
Vice President, Olympic Council of Asia
Regional Vice President, Commonwealth Games Federation



2. Mr. Maxwell de Silva MBA, MEMOS X
Secretary General, NOC Sri Lanka



3. Mr. B.L.H. Perera M.Sc
Director, Academic Programmes, NOC
Former Senior Lecturer, University of Kelaniya
Former Director of NISS



4. Mrs. Susanthika Jayasinghe
Olympian at the
1996 - Atlanta, 2000 - Sydney (Silver Medalist), 2004 - Athens
& 2008 - Beijing



4. Mrs. Damayanthi Darsha
Olympian at the
1992 - Barcelona, 2000 - Sydney & 2004 - Athens



5. Mr. Lalith Senevirathna
Consultant Engineer





PROGRAMME

Day 1		7th December 2014	
Time	Agenda	Time	Agenda
14:00 - 15:00	Registration of Participants	19:30 - 20:00	Welcome
19:30 - 20:00		20.15 - 21.15	Dinner
20.15 - 21.15			
Day 2	8th December 2014		
	Session I		Session II
07:00 - 08:00	Pursuit of Excellence - Mrs. Damayanthi Darsha	08:00 - 09:00	Breakfast
08:00 - 09:00		09:00 - 10:00	Key Note Address : Olympic Education Values and Human Development
09:00 - 10:00		10:30 - 10:45	Tea Break
10:30 - 10:45		10:45 - 12:00	Group Discussion
10:45 - 12:00		12:00 - 12:30	Group Findings Interaction
12:00 - 12:30			Lunch
		12:30 - 14:30	
		14:30 - 15:30	Poster Presentation - Theme Allocation
		15:30 - 15:45	
		15:45 - 17:00	Poster Presentation I
		17:00 - 18:30	Film show : Olympic Traditions "TOKYO 6"
		19:30 - 21:00	Dinner
			Cultural Interaction by Invitation

		9 th December 2014
Day 3		2014
		Session III
07:00 - 08:00	Joy of Effort - Mrs. Susanthika Jayasinghe	
08:00 - 09:00		Breakfast
09:00 - 12:15	Olympic pursuit : Mrs. Susanthika Jayasinghe - What I Earned from Sport.	
12:15 - 13:00		Lunch
13:00 - 15:00	Olympic Quiz	
15:00 - 15:45		Tea Break
15:45 - 16:30	Debate	
16:30	Volleyball Tournament	
19:30 - 21:00		Dinner
		10 th December 2014
Day 4		
07:00 - 07:30		Breakfast
07:30	Balance Between Body will and Mind - A walk from Diyatalawa to Idalgashinna	
12:15 - 14:00	Outdoor Lunch - Idalgashinna Railway Station	
14:00	Departure from Idalgashinna Railway Station	
16:00 - 17:00	Closing and Awards	
17:00 - 19:00	Cultural Show	
19:00 - 19:30	Farewell Dinner	
20:00	Early Departure - Bandarwela / Diyatalawa	

