

Maya Puwath - මායා පුවත්

*Bi-Monthly Newsletter of Mahamaya Girls' College
Alumnae Association of North America (MGCAANA)*
Volume 13 – Issue 4 – August 2017



Message from the Editors

Dear readers,

We hope that you enjoyed the “new look” of the Maya Puwath Newsletter that we introduced to you this past June. We received positive feedback on the new format and the content, so we will continue to maintain this format in the newsletters to come.

If you keep reading, you will find some exciting news about the 14th Annual General Meeting which will take place in May 2018. Information about the 2017-2018 MGCAANA Undergraduate & Graduate Scholarships in this issue of Maya Puwath.

You will also find a few news items on very impressive achievements by current students of Mahamaya Girls' College. We are very proud of these young women's achievements and are very happy to see them continue maintaining the prestige our alma mater has as one of the leading girls' schools in Sri Lanka.

Last, but not least, in the Kids' Corner, we also have an impressive art piece from a child of a MGCAANA member.

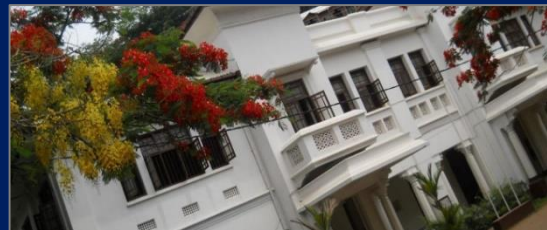
We hope you enjoy the rest of the summer and we will reconnect with you in the fall. Happy reading!

Sincerely,

Maya Puwath Newsletter Committee

In this issue

- 14th MGCAANA AGM & Dinner
- Upcoming MGCAANA activities
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- Mahamaya news from Sri Lanka
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Hatred is, indeed, never appeased
by hatred in this world. It is
appeased only by loving-kindness.
This is an ancient law.

Dhammapada (Verse 005)

MGCAANA Annual General Meeting & Dinner 2018

Who: Mahamaya Girls' College Alumnae Association in North America (MGCAANA)

What: 14th Annual General Meeting & Dinner

When: Memorial Day Weekend (May 26-28)

Where: State College, Pennsylvania

Save the date and stay tuned!
More information to come.

Some Upcoming MGCAANA Activities

- Board Meetings (August & September)
- Next Newsletter (October)
- MGCAANA Graduate & Undergraduate Scholarship (September)
- Awarding Nanda Pussegoda Leula Memorial Scholarships (2018)
- Awarding Vidya Scholarship Trust Fund (VSTF) Scholarships

MGCAANA's Charitable Donations

The Executive Committee and the new Board of Directors (BOD) have been exploring new ways to engage our valued MGCAANA members from both Canada and the United States. As part of that, they are looking to engage you in selecting two charitable organizations of members' choice toward which MGCAANA will contribute its annual charitable donations. In the past, the Executive Committee and the BOD picked a charity, and this year, they would like MGCAANA members like you to pick a charity from each country! Stay tuned for more information on the October issue of Maya Puwath.

Why do we all need to support The VIDYA SCHOLARSHIP TRUST FUND (VSTF)?

**When women are empowered,
so are their children, families,
and communities.**

**That is why MGCAANA set up the
VSTF and provides scholarships for
underprivileged girls at
Mahamaya.**

**Please pledge your support to reach
our goal of \$20,000. Mail your checks to:**

Treasurer, MGCAANA, 2417 NE, Renton, WA 98056

Mahamaya News From Sri Lanka

Mahamaya Wins the First Ever “OVEP Debater” Competition

On August 12, 2017, Mahamaya Girls' College, Kandy won the first ever “Olympic Values Education Programme (OVEP) Debater” competition organized by the National Olympics Committee (NOC) of Sri Lanka. The final round was between Mahamaya and Sirimavo Bandaranaike Vidyalaya, Colombo. For this pilot, 10 leading schools each from Colombo and Kandy were selected, on the direction of the Ministry of Education. Mahamaya emerged as the finalist from Kandy after defeating St. Anthony's College, Kandy in the semi-finals. Through these debates, the pilot promoted the five Olympic educational Values: joy of effort, fair play, respect for others, pursuit of excellence, and balance between body, will and mind.

This debate competition encouraged students to research, learn, develop opinions and arguments, and advocate spreading of Olympic values. As the winners of this competition, the debate team of Mahamaya Girls' College have been offered the opportunity to visit ancient Olympia, the birthplace of the Olympics.

The team: Apoorva Ekanayake (Captain), Sarah Perera, Thinali Ratnayake, and Jayani Herath



Congratulations Mahamaya Girls' College!

News source: [NOC of Sri Lanka Website](#)

Image source: [NOC of Sri Lanka Facebook Page](#)

Mahamaya News from Sri Lanka (contd.)

“Lead by Example”

On August 2, 2017, Daily News featured an article about the Head Prefect of Mahamaya Girls' College, Methma Athauda. Follow the link below to see what good leadership means to Methma as well as how she balances her studies and leadership. MGCAANA would like to commend Methma for making Mahamaya proud and wish her well in all her future endeavors!

News source: [Daily News](#)

Mahamaya Wins Swimming Championship for the 19th Consecutive Year

On Sunday, July 2, 2017, Mahamaya Girls' College, Kandy clinched the girls' overall championship with 518 points at the 44th Sri Lanka Schools Swimming and Diving Championship the Sugathadasa Stadium Swimming Pool. Mahamaya becoming the Under-17 and Under-19 girls' team champions played a crucial role in securing the overall victory for the 19th consecutive year. MGCAANA is proud of the many achievements by the Mahamaya Swim Team. We thank you for making Mahamaya Girls' College proud and wish you all the best in your future endeavors!

News source: [Daily News](#)

Image source: [Daily News](#)



Colombo Branch of Mahamaya Past Pupils' Association Gives Thanks to Past Teachers of Mahamaya

The Colombo Branch of Mahamaya Girls' College Past Pupils' Association recently organized a felicitation ceremony and a family get-together. This was for teachers of yester year who taught at Mahamaya for over 10 years and retired from service. The event which was held in Colombo proved to be a great success, with approximately 90 past teachers attending the event. At the get-together, past teachers and past students of Mahamaya got the opportunity to reconnect.

When MGCAANA reached out to Leisha De Silva Chandrasena, the 2017 President of the Colombo Branch's Past Pupils' Association to share some of her thoughts about the event, she said that the teachers were happy and touched that their students "had not forgotten them and were showing their appreciation for the guidance and support provided" by their teachers.

MGCAANA would like to congratulate the Colombo Branch of Mahamaya Girls' College Past Pupils' Association for organizing a successful event!

FRIDAY, AUGUST 18, 2017

TOWN & COUNTRY

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A skit done by the PPA members

Thilaka, Amitha, Githa and Pushparani

Hemamala, Suranya, Nilanthi and Sagarika

Treasurer Lakshanthi

MAYANS THANK THEIR 'STARS'

Thanking our 'Stars', the family get together and teachers' felicitation organized by the Mahamaya Girls' College Kandy CGA Colombo branch was held recently at the BG Club. Around 100 teachers from far back in the 1970s till recent times were felicitated at the event. The Mayans had a fun filled evening mingling with their school friends and their family members.
Pictures by Shiva Ranasinghe

Dilrukshi and Kumudu

Sithumini and Senani

Committee members Inuka and Ashanthi

Manel, Githa, Aranthi and Mandri

Pushpa, Malini and Chiritha

Sumethra and Gayathrie

Lakshmi and Malini

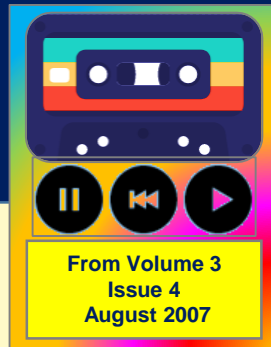
Nirmali, Wimala, Indrani, Kusuma and Athika

Yasmin, Leisha and Dilrukshi

'Letchini and Mahattaya' - another skit to the song by Freddie Silva 'The Kandy Pissy Bandit'

Dulani and Mamoni

Maya Puwath has been reaching the MGCAANA membership since 2005, and “Pause – Rewind – Play” re-publishes past contributions to Maya Puwath, by MGCAANA members.



SATI

(An Expert from Mindfulness in Plain English by Venerable Henepola Gunaratana).

Mindfulness is the English translation of the Pali word 'Sati.' Sati is an activity. What exactly is that? Mindfulness (Sati) is a subtle process that you are using at this very moment. Mindfulness (Sati) is mirror-thought. It reflects only what is presently happening and in exactly the way it is happening. There are no biases. Mindfulness (Sati) is non-judgmental observation. It is that ability of the mind to observe without criticism. With this ability, one sees things without condemnation or judgment. One is surprised by nothing. One simply takes a balanced interest in things exactly as they are in their natural states. One does not decide and does not judge. One just observes. It is psychologically impossible for us to objectively observe what is going on within us if we do not at the same time accept the occurrence of our various states of mind. This is especially true with unpleasant states of mind. In order to observe our own fear, we must accept the fact that we are afraid. We can't examine our own depression without accepting it fully. The same is true for irritation and agitation, frustration and all those other uncomfortable emotional states. You can't examine something fully if you are busy rejecting the existence of it. Whatever experience we may be having, Mindfulness just accepts it. It is simply another of life's occurrences, just another thing to be aware of. No pride, no shame, nothing personal at stake - what is there, is there. Mindfulness (Sati) is an impartial watchfulness. It does not take sides. It does not get hung up in what is perceived. It just perceives. Mindfulness does not get infatuated with the good stuff. It does not try to sidestep the bad stuff. There is no clinging to the pleasant, no fleeing from the unpleasant. Mindfulness sees all experiences as equal, all thoughts as equal, and all feelings as equal. Nothing is suppressed. Nothing is repressed. Mindfulness does not play favorites. Mindfulness (Sati) is non-conceptual awareness. Another English term for Sati is 'bare attention.' It is not thinking. It does not get involved with thought or concepts. It does not get hung up on ideas or opinions or memories. It just looks. Mindfulness registers experiences, but it does not compare them. It just observes everything as if they were occurring for the first time. It is not analysis which is based on reflection and memory. It is, rather, the direct and immediate experience of whatever is happening, without the medium of thought. It comes BEFORE thought in the perceptual process. Mindfulness (Sati) is present-time awareness. It takes place in the here and now. It is the observance of what is happening right now, in the present moment. It stays forever in the present, surging perpetually on the crest of the ongoing wave of passing time. If you are remembering your second-grade teacher, that is memory. When you then become aware that you are remembering your second-grade teacher, which is Mindfulness. If you then conceptualize the process and say to yourself, "Oh, I am remembering", that is thinking. Mindfulness (Sati) is non-egoistic alertness. It takes place without reference to self. With Mindfulness one sees all phenomena without references to concepts like "me", "my" or "mine". For example, suppose there is a pain in your left leg. Ordinary consciousness would say, "I have a pain." Using Mindfulness, one would simply note the sensation as a sensation. One would not tack on that extra concept "I". Mindfulness stops one from adding anything to perception, or subtracting anything from it. One does not enhance anything. One does not emphasize anything. One just observes what is there - without distortion. Mindfulness (Sati) is goal-less awareness. In Mindfulness, one does not strain for results. One does not try to accomplish anything. When one is mindful, one experiences reality in the present moment in whatever forms it takes. There is nothing to be achieved. There is only observation. Mindfulness (Sati) is awareness of change. It is observing the passing flow of experience. It is watching things as they are changing. It is seeing the birth, growth, and maturity of all phenomena. It is watching phenomena decay and die. Mindfulness is watching things moment by moment, continuously. It is observing all phenomena - physical, mental or emotional - whatever is presently taking place in the mind. It is seeing how the thing makes us feel and how we react to it. In Mindfulness, one watches the universe within. Mindfulness is an extremely difficult concept to define in words - not because it is complex, but because it is too simple and open. The same problem crops up in every area of human experience. Mindfulness is a pre- symbolic function. You can play with word symbols all day long and you will never pin it down completely. We can never fully express what it is. However, we can say what it does."

MGCAANA UNDERGRADUATE & GRADUATE SCHOLARSHIP PROGRAM (2017-2018)

The Selection Committee of the MGCAANA Undergraduate & Graduate Scholarship Program is looking for Mahamaya alumnae who demonstrate outstanding academic achievements, leadership and active participation in extra curricular activities and also a significant level of financial need. Intended to cover the cost of textbooks for a semester, scholarships of \$500.00 each will be awarded to two (2) candidates.

Application Period & Deadline: September 1, 2017-December 31, 2017

Award Notification: By January 31, 2018

Once the application period begins, please visit our website at www.mahamayaalumna.org to view and download the scholarship application. If you have any questions about this scholarship program, please contact us at mahamaya_alumnae@yahoo.com.

We look forward to receiving your applications!



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Sent by: Dinelka M.

MGCAANA News

Want to know what your new Board of Directors (BOD) will be undertaking in 2017-2018?

Please read the minutes of the BOD's monthly meetings posted on MGCAANA website:

<http://www.mahamayaalumnina.org/minutes.php>

If you have new ideas, concerns, or suggestions to improve how MGCAANA operates etc. please feel free to connect with the BOD through e-mail:

Mahamaya_alumnae@yahoo.com

Contributing to Maya Puwath

Contributing to Maya Puwath is a great and easy way you could be an active member of MGCAANA. We accept content produced by you, articles written by others with proper acknowledgement, as well as news from Mahamaya Girls' College, Kandy, Sri Lanka.

No time to write an article but would still like to contribute to Maya Puwath? Not a problem! We welcome content produced by children of MGCAANA member that we will feature in the Kids' Corner of Maya Puwath.

Please send your contributions to the upcoming October issue of Maya Puwath:

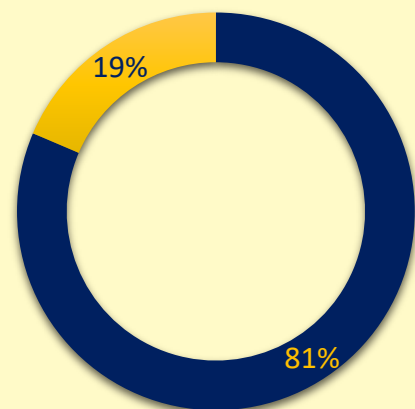
Mahamaya_alumnae@yahoo.com

Vidya Scholarship Trust Fund (VSTF)

VSTF awards scholarships to the most deserving, economically-disadvantaged students who do well in their studies and extra curricular activities from grades 6 and up at Mahamaya. An initial goal of VSTF has been to establish a fund with a capital of, at least, \$20,000. As of May 2017, \$16,283.65 has been raised thanks to generous donors like you. If you would like to help VSTF reach its \$20,000 goal, please assist MGCAANA in its fundraising efforts. You can donate (online/check) and most importantly, encourage others to donate:

<http://www.mahamayaalumnina.org/vstf.php>

VSTF Progress



■ Funds Raised ■ Remaining

Newsletter Committee: Vihara Dharmaratne, Vajeera Dorabawila, Lilika Molligoda

Maya Puwath is a publication of Mahamaya Girls' College Alumnae Association in North America (MGCAANA)