

# Maya Puwath - මායා පුවත්

*Bi-Monthly Newsletter of Mahamaya Girls' College  
Alumnae Association of North America (MGCAANA)*

**Volume 14 – Issue 2 – April 2018**



## Message from the Editors

Dear Readers

We hope you had a Prosperous and Happy New year celebrated with family and friends. The Executive Committee and the Board of Directors of MGCAANA are busy these days getting everything finalized for the 2018 Annual General Meeting and Dinner which will take place over the Memorial Day Weekend (May 27, 2018) in the State College area in Pennsylvania. Remember to RSVP mahamaya\_alumnae@yahoo.com by May 1, 2018 if you and your family would like to attend! Please don't forget to renew your membership too if you haven't already done so.

MACAANA was able to successfully raise and donate \$700.00 for the computer project in order to purchase a computer for the school's computer lab. It is also a time to congratulate and send our best wishes to Limasha Wimalaweera for coming first in the island at the 2017 GCE Ordinary Level Examination.

This issue also comprises of an interview with Gaya Samarasingha and a write up by Nazrana Caffoor. There is also a delicious traditional recipe in the Recipe Corner.

You will also see information on MGCAANA joining Amazon Smile so that Amazon could donate to MGCAANA every time you shop online.

We hope you enjoy reading this issue of Maya Puwath!

Sincerely,

Maya Puwath Newsletter Committee



## In this issue

- 14th MGCAANA AGM & Dinner
- Upcoming Election of the Next Board of Directors
- The Interview
- MGCAANA & AmazonSmile
- Pause – Rewind – Play
- Update: Computer Project of Colombo Branch of Mahamaya Past Pupils' Association
- Maya News
- Recipe Corner



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**Dhammapada (Verse 015)**



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

Cordially invites you to its

### 14<sup>th</sup> Annual General Meeting (AGM) & Dinner

On Sunday, May 27, 2018

*Both AGM & Dinner will be held at the residence of Dr. Subhashinie Kariyawasam in Port Matilda, Pennsylvania (near State College)*

AGM: 2:00 p.m. – 4:00 p.m. | Dinner: 7:00 p.m. onwards

Please RSVP to [mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com) by May 1, 2018.

## ARE YOU READY TO ELECT THE NEXT BOARD OF DIRECTORS FOR 2018-2019?

STAY TUNED FOR MORE INFORMATION ON UPCOMING ELECTION!



FOR QUESTIONS, PLEASE CONTACT: [mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com)

### Some Upcoming MGCAANA Activities

- Next Newsletter (June)
- Election of the Board of Directors for 2018-2019
- Annual General Meeting & Dinner (May 27, 2018)

## The Interview

*In this new segment, the Maya Puwath team sits down with a MGCAANA member to hear about what they are up to these days, their experience with MGCAANA, and any advice and tips they would like to share with our readers. E-mail [mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com) if you would like to be interviewed by the Maya Puwath team or if you know of a MGCAANA member you would like featured in "The Interview".*

### Gaya Samarasingha

**Thanks so much Gaya for giving your time to talk to us. Tell us a bit about who you are and what you are up to these days.**

I graduated from Mahamaya in 2001 and many of my friends know me as Menaka. I came to the United States for my undergraduate studies in 2004. I have been on an exciting adventure during the past 12 months - starting my own Direct Selling company with a skincare line made with unique natural ingredients from around the world. Kalaia was officially launched on February 15, 2018 with three products and currently have nearly 150 independent Brand Partners who are building their own home-based businesses promoting Kalaia.



**You have served as President of MGCAANA in the past. Has that experience, as well as your leadership experiences at Mahamaya, helped you in any way with the success of your current endeavors?**

Of course, I think whether we realize it or not, every experience in life, good or bad, shapes you and makes you who you are today.

**Have you faced any challenges in your line of work? If you have, how have you faced them?**

I think every day is a challenge; and provides you so many opportunities to learn and grow. The biggest challenge as an entrepreneur comes within you not from the outside. You can overcome the external challenges and find solutions if you have the resilience to keep going. Many give up before they even begin. I had so many bad days through this process and continue to have them, more than I can count. But I have my own coping mechanism and know if I get through that day I will find a solution tomorrow.

**Who inspire you in your success?**

My mother, she is a successful entrepreneur herself and I grew up watching her working hard, overcoming challenges, and never taking "No" for an answer my whole life.

## The Interview (contd.)

### **What do you think is key to a healthy work-life balance?**

Hahahaha, I don't know if I'm the right person to give anyone advice on work-life balance because I don't believe I have figured that out for myself yet. I'll be honest, I work a lot, pretty much every hours when I'm not sleeping or not intentionally putting my phone away. But here's the key, I absolutely love what I do, I'm passionate about it and my work brings me so much joy. So, it doesn't feel like work.

I have a husband who works a lot and travels a lot too. We have figured out the daily rhythm that works for us as a family. We find small windows of time every day to do activities together, always plan ahead to make sure we are available for Maya's (our 4-year-old) activities, etc.

Two most important things,

We have prioritized what's important and have learned to say no to the things we can't find time for. At the end of the day you have 24 hours, so something has to give.

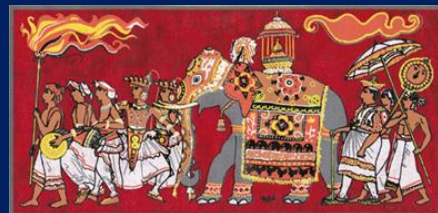
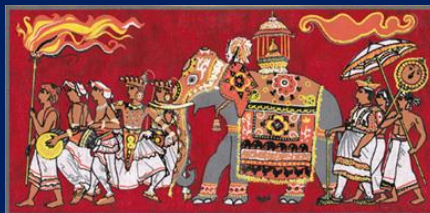
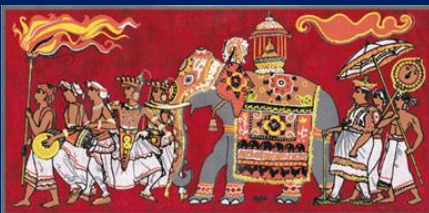
We have a support system around us and have found help where we need. Example, my parents who live closer to us have been a tremendous help in taking care of Maya. It is worth spending a little bit of money to find help for other day today things, so you can buy your time back to spend quality time with your family or to even get some rest revive own self.

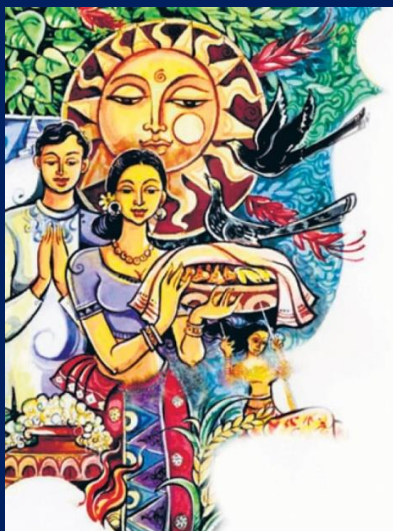
### **What words of advice do you have for MGCAANA members and Mayans around the world who aspire to become successful entrepreneurs?**

Here are few thoughts...

- If you have passion it is never too late to go after it. Have a goal, create a plan with a timeline and start somewhere. Don't procrastinate.
- There's always ups and downs, so make sure it is something you are willing to move the heaven and earth for.
- There's always a way, don't ever settle for a "No" or listen to those who says you can't or you shouldn't.
- No matter your education and experience, be coachable. If you open your eyes and receive criticism well, the journey itself will teach you so much more than you could ever imagine.
- Be willing to make personal sacrifices in the short term for the long-term gain.

**Gaya, this is great advice! Thank you again for sharing your experience and wisdom with our Maya Puwath readers! We wish you all the very best with your endeavors and we look forward to hearing more from you!**





# Wishing all our readers a happy and prosperous Sinhala and Hindu New Year!!

**MGCAANA Joins Amazon Smile!**



**AmazonSmile: You shop. Amazon gives.**

[AmazonSmile: You shop. Amazon gives.](https://smile.amazon.com/ch/20-2628339)

<https://smile.amazon.com/ch/20-2628339>

Click [here](#) to learn more about how Amazon Smile works.

Welcome to  
**amazon smile**

**You shop. Amazon gives.**

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Mahamaya Girls College Alumnae Association of North America** whenever you shop on AmazonSmile.

You can select a different charitable organization after signing in.

- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support your charitable organization by starting your shopping at **smile.amazon.com**

**Sign In**

Your email address or mobile phone number:

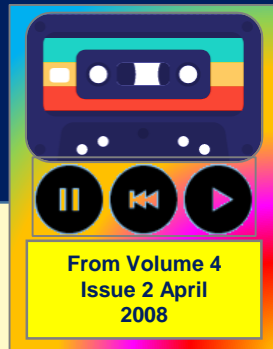
Your Amazon password:

[Forgot your password?](#)

**Sign in using our secure server** 

[New to Amazon?](#) [Create an account](#)

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



### **The World of Today the Good and the Bad**

by Nazrana Caffoor

Everyone is talking about environmental pollution and the green house effect that is destroying our world. And yes, now it is "our world " where a mere 10 years ago it was your country or my country. We are finally on the correct path in finding solutions to the global problems of pollution, poverty, child abuse, illiteracy ,war, etc.

Before we start on all that is bad in our world, let's mention the good. In the last 50 years or so, we have seen unprecedented development in our world. From bullock carts to cars, buses, trains, planes and now, space shuttles. The medical field has progressed in leaps and bounds. This has given the sick relief and given rise to better quality of life. And life has on the whole become more comfortable with water in taps, heated houses and many more inventions to meet our everyday needs. The world has become small and when disaster hits one country it is now everyone's problem. This could happen only because of all the progress in technology and science .

But with all this good progress, there are many bad effects that are slowly polluting our world. And we the citizens of the world have a pivotal role to play in making a better tomorrow. It is said that every individual does make a difference. Sometimes we feel like our efforts don't make much of a difference to a world so big. How can my proper ways of disposing garbage solve the green house effect? Why should you do it when you see your neighbor not bothering with all the extra effort? The individual effort does make a big difference. If we reduce, recycle and reuse we will make a difference. Reduce or stop buying disposable products. Take your own bag to the store . This really makes a big difference .You could literally see the difference in the reduction of plastic bag accumulation in your home. Take the bottles, cartons, cans and other plastic products for recycling. These small actions play a big role in making a difference .

There will be no better tomorrow if we don't make the effort.

## Update on MGCAANA's Contribution to the Computer Project Spearheaded by the Colombo Branch of the Mahamaya Girls' College Past Pupils' Association (PPA)

We are proud to announce that MGCAANA was able to raise **\$700.00** to purchase a computer for the Computer Lab at Mahamaya Girls' College Kandy. We thank the donors for their generosity!



## Maya News

### Congratulations!!!!

We would like to congratulate Limasha Wimalaweera for coming first in the island at the 2017 GCE Ordinary Level Examination. We wish her all the best.

#### O/L 2017 Exam Island First Best Results

Commissioner Department of Examinations Sanath Pujitha announced that six students had been placed joint Island First Rank based on 2017 [GCE O/L results which were released](#), as they all scored the same highest mark. Nine candidates were classified as receiving the second position countrywide. The six who achieved joint top marks were (Island First Best Results)-:

- 1 S. M. Kasuni Hansika Thathsarani Senavirathne, Rathnavali Balika Maha Vidyalaya, Gampaha
- 1 A. Chamodi Ravisa Subasinghe Rathnavali Balika Maha Vidyalaya, Gampaha
- 1 Navodya Prabhavi Ranasinghe, Girls' High School, Kandy
- 1 **Limasha Amandi Divyanjana Wimalaweera, Mahamaya Balika Vidyalaya, Kandy**
- 1 M.P Randi Lakpriya, Sujatha Vidyalaya, Matara
- 1 A. M. A Kavisha Prabhath, Sivali Central College, Ratnapura



Source: <http://studentlanka.com/2018/03/29/o-l-2017-exam-island-first-best-results/>

## Recipe Corner

# Konda Kavum

Serving: 10-15 kavums

### Ingredients:

Rice Flour - 200 g (double sieved)  
Wheat Flour - 100 g  
Kithul Treacle - 200 ML (boiled)  
Fennel Seeds - 1 TSP (roasted)  
Sugar - 100 g  
Warm Water - 100 ML  
Oil

### Short Method:

Make some batter  
Leave it for 5 hours  
Pour it in hot oil  
Poke it with a stick and hit it  
Eat

### Full Method:

Sieve the wheat flour twice.  
Mix the wheat flour with the rice flour  
Make a center in the mixture  
Pour kithul treacle into the center  
*\* The kithul treacle is boiled before beginning - and the Sugar is added to the treacle while boiling  
If you feel it is not sweet enough.*  
Mix with hands.  
Add water.  
Add Fennel seeds and mix.

Let batter rest for five hours, till it thickens  
Pour batter into a thaatchi of hot oil to make a single kavum base.  
Add more batter at the center on top of it, to form the 'konda'.  
Let the kavum rise, bat the kavum lightly with oil.  
Poke the center of the kavum with the stick, twirl to bring out the 'konda'.  
Pour oil over the kavum and twirl the stick into it, at the same time.  
Take the kavum out of the thaatchi when it's golden brown.

*Tips - Use a cup with a pointed tip to pour the batter; use a thin stick or 'eakle' to help shape the kavum.*



## 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.mahamayaalumna.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](mailto: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 June issue of Maya Puwath:

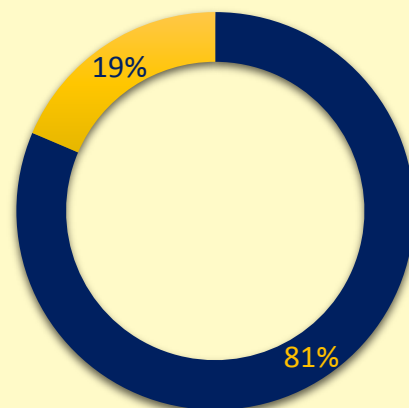
[Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)

## 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.mahamayaalumna.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)**