



MAYA PUWATH

Volume 2 Number 3 Part 2 June 2006

Continuation....

Moments to be Proud of as Members of the MGCAANA Family

First of all, it is with great pleasure that I send my best wishes to the new Board of Directors and Officers of MGCAANA. I would also like to genuinely thank all our members for making the 2nd Annual General Meeting a success. We were able to give life to MGCAANA's vision and mission during our first year, and it was all because of your unconditional love and support.

MGCAANA President and Secretary meet the Colombo Branch Members in April 2006



Left to right: Former Secretary Dharshani Nanayakkara, former Director Nilmini Dorabawila, former President Sujatha Werake, the Principal Mrs. Indra Withanachchi, and the Vice Principal Mrs. Visaka Herath at the Principal's office

Donating the computers to Mahamaya May 2006



Left to right: Mrs. Shakuntala Kuruppu, Mrs. Indrani Meegama, Mrs. Manel Weerasinghe, Mrs. N.K. Pilapitiya, Mrs. Sujatha Werake, Mrs. Gita Gunetilleke, and Miss Dharshani Nanayakkara at Mrs. Gunetilleke's house

On the 6th of May 2006, former President of MGCAANA Sujatha Werake and I were able to meet 6 great pillars of the Mahamaya Girls' College Old Girls' Association – Colombo Branch. In alphabetical order, they were the first President of the OGA Colombo Branch Mrs. Gitanjalie Gunetilleke, Mrs. Shakuntala Wijetilake Kuruppu, author of *With a Fistful of Rice* Mrs. Indrani Meegama, former Principal Mrs. Nita Pilapitiya, former President of the Colombo Branch Mrs. Pushparanee Kalpage Ranwala, and Mrs. Manel Weerasinghe. We met at Mrs. Gunetilleke's house, where some of the inaugural meetings of the Colombo Branch were held 21 years ago. They were truly pleased to hear about MGCAANA's progress and assured to support us when needed. Sujatha Werake presented the idea of publishing a Commemorative Volume as a way of celebrating the 75th anniversary of Mahamaya Girls' college and invited each one of those distinguished individuals to write articles that would unfold the golden years of Mahamaya.

Moreover, during our trip to Sri Lanka, Sujatha Werake, former Director of MGCAANA Nilmini Dorabawila, and I got the opportunity to visit the Mahamaya Archives, which is housed in the old Hostel Building. All those photographs, awards, and important scripts only reinforces the fact that Mahamaya has produced thousands of competent, disciplined, and goal-oriented young women and that it will continue to enrich the lives of many.

As the MGCAANA family, a moment that all of us can be proud of is when Sujatha Werake, Nilmini Dorabawila, and I cheerfully handed over four computers to the Principal, Mrs. Indra Withanachchi, on the 11th of May 2006. Since the school is in the process of building a computer lab in the Science Building, the Principal and the staff members were grateful for our gift.

One successful year has passed and it's time to move on. The 75th Anniversary Commemorative Volume, the Undergraduate Scholarship Program, and providing scholarships to needy students at Mahamaya are few of the many projects that we are planning to initiate during the 2006-2007 year. To be better informed of our activities and plans, we encourage you to regularly check our website and read the minutes of our Board meetings. On behalf of the new Board of Directors and Officers, I thank you all very much for letting us to be a part of this wonderful organization. We invite your suggestions and comments for improving our service to you, our Alma Mater, and our society. Let's get involved and make a

*Mahamaya Girls' College Alumnae Association
of North America
2006-2007 Undergraduate Scholarship*

This scholarship is intended to provide cost of books and material for a single semester for Mahamaya Girls' College alumnae pursuing undergraduate studies in the United States and Canada.

The scholarship award may range from \$250.00 to \$300.00, depending on the availability of funds.

The scholarship will be awarded to (a) student(s) demonstrating outstanding academic achievements, leadership ability, participation in extracurricular activities, and a significant level of Financial need.

Relatives of the Board of Directors and Officers of MGCAANA are eligible to apply, if they qualify otherwise.

APPLICATION PERIODS AND DEADLINES:

Fall Semester: June 15 – August 15

Spring Semester: November 1 – December 31

AWARD NOTIFICATION:

Fall Semester: September 15

Spring Semester: January 31

APPLICATION INSTRUCTIONS:

Please visit our website at <http://www.mahamayaalumna.org> to view and download the scholarship application. Be sure to read the 'Directions and Requirements' carefully before completing the application. If you have any questions about the MGCAANA Undergraduate Scholarship, please contact the Scholarship Selection Committee t Mahamaya_alumnae@yahoo.com.

Thank you very much for your interest in the Mahamaya Girls' College Alumnae Association of North America Undergraduate Scholarship Program, and we look forward to reading your completed

Please show your interest in the Mahamaya Girls' College Alumnae Association of North America Undergraduate Scholarship Program, and we look forward to reading your completed application.

Would you like to sponsor a Mahamaya student?

The BOD has received a list of 10 students from Mahamaya Girls' College whose parents are unable to pay their boarding fees because of financial difficulties. The sponsorship entails a commitment of \$15 a month for a year.

We have found 8 sponsors among fellow Mahamaya alumnae and we are looking for 2 sponsors for the remaining 2 students. At the point someone agrees to sponsor these students, we will be happy to share more information on the individual students with them.

Payment may be made in installments using the following options:

1. Mail a check for the appropriate amount to Mrs. Sujatha Werake at this address: MGCAANA, 2417 NE 20th Street, Renton, WA 98056. Mrs. Werake will transfer the funds to the Hostel bank account in Kandy.
2. You may give the money directly to Mrs. Visakha Herath, Vice Principal, Mahamaya Girls' College, Kandy.

Please email <frontrunners4@yahoo.com> or call 425-228-0988 for more information or if you would like to sponsor a student.

**Develop the mind of equilibrium.
You will always be getting praise and blame,
but do not let either affect the poise of the mind:
follow the calmness, the absence of pride.
*Sutta Nipata***



DEPRESSION

Life is full of emotional ups and downs. But when the "down" times are long lasting or interfere with one's ability to function, that person may be suffering from a common, but serious psychological problem – depression..

Depression is a "whole-body" illness, involving your body, mood, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with depression cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years.

Women are almost twice as likely as men to experience depression. Many factors unique to women are suspected to play a role in developing depression. Research is focused on understanding these factors, including: reproductive, hormonal, genetic or other biological factors; abuse and oppression; interpersonal factors; and certain psychological and personality characteristics. But, the specific causes of depression in women remain unclear. Many women exposed to these stress factors do not

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The most commonly used treatments for depression are psychotherapy and antidepressant medication, or a combination of the two. Which of these is the right treatment for an individual depends on the nature and severity of the depression and, to some extent, on

individual preference. In mild or moderate depression, psychotherapy is most likely the most appropriate treatment. But, in severe or incapacitating depression, medication is generally recommended, in addition to psychotherapy. In combined treatment, medication can relieve physical symptoms quickly, while psychotherapy allows you to learn more effective ways of handling your problems.

(from psychologyinfo.com)

Sent By Dr. Devi Gunasekara



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