



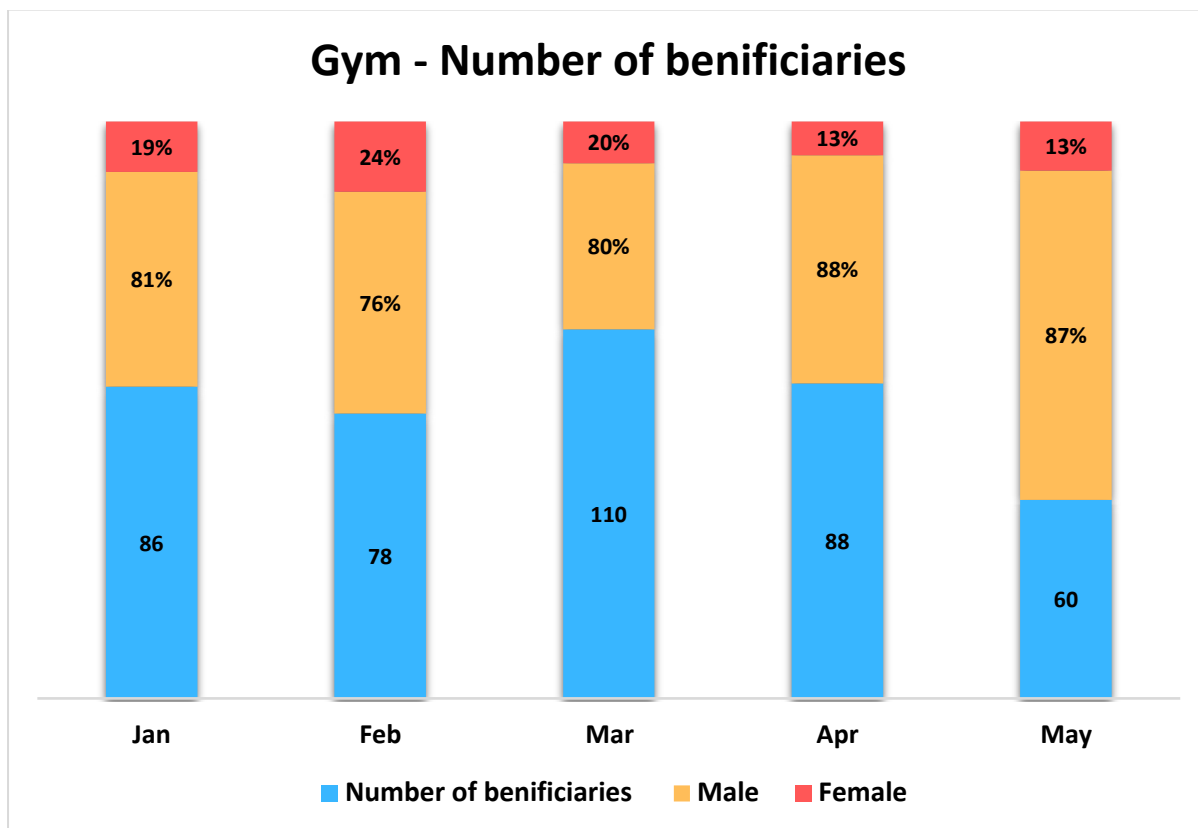
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நற்குண முன்னேற்ற அமைப்பு  
FOUNDATION OF GOODNESS

# UNIVERSITY OF VAVUNIYA MULTI-SPORTS COMPLEX PROGRESS REPORT JANUARY TO MAY 2024





# Gymnasium update



## January

In January 2024, the gym saw 86 individuals utilizing its facilities, surpassing the engagement levels observed in December. This month, male users constituted 81% of the total, while female users made up 19%. The significant increase in the participation of female students highlighted their growing involvement in gym activities. The gym became a focal point for sports-related training, attracting University team players from disciplines such as Rugby, Cricket, Netball, Volleyball, and Athletics. The regularity of their gym sessions indicated a deliberate effort to maximize the fitness benefits derived from this facility. Notably, even amidst demanding academic schedules, a commendable proportion of final-year female students commenced regular gym training, reflecting a strong awareness of their health and fitness.

## February

In February 2024, the number of gym users experienced a modest decline to 78. This decrease was primarily due to exam study breaks and mid-semester leave granted to the Faculty of Applied Sciences and the Faculty of Business Studies, which together represent three-quarters of the university's student population. Despite this decline, male users remained the majority at 76%, while female participation increased to 24%. Students from other faculties, particularly those in the Technology department who are regular gym users, continued to utilize the facilities as usual.

## March

March 2024 saw a significant rise in the number of gym users, reaching a peak of 110, the highest in the five-month period. Male users represented 80% of the total, while female users accounted for 20%. This month demonstrated robust engagement across different student demographics, maintaining the gym's role as a key facility for fitness and training.



## April

In April 2024, the number of gym users decreased to 88 due to New Year holidays, faculty examinations, and study leaves. Male usage was notably high at 88%, while female usage dropped to 13%. The impact of these academic and holiday-related breaks was evident in the reduced number of students using the gym.

## May

By May 2024, the ongoing non-academic staff strike led to a further decline in gym usage, dropping to 60. Male users accounted for 87% of the total, and female participation remained low at 13%. Currently the university is closed since 4 May 2024.

# Students Speak Out:

## How the Gym is Supercharging Their Daily Routines!



**Name: Shashinika**

**Faculty: Business Studies**

Shashinika, a university netball player, expressed that after gym training, she experiences increased energy levels throughout the day and has noticed an enhanced appetite.



**Name: Induni Meegamma Gedara**

**Faculty: Business Studies**

Induni, a university dancer, reported the following positive changes after engaging in gym training: Improved balance, increased strength, elevated energy, mental peace, consistent happiness, enhanced appetite, and notable flexibility boost her dancing.



**Name: Ayesha Garusingha**  
**Faculty: Business Studies**

Ayesha, actively participating in multiple sports at the university, shared the following benefits after gym training:

- Improved overall body strength.
- Enhanced quality of sleep.
- Sustained energy levels throughout the day.
- Noticeable improvement in leg strength.
- Enhanced memory power.
- Increased motivation to consistently attend gym sessions.



**Name: Chianti Perera**  
**Faculty: Business Studies**

Chiranti has embarked on a journey to enhance her overall health, and she has observed the following positive changes:

- Improvement in both hand and leg strength.
- Increased appetite, leading to a higher food intake.
- Elevated levels of energy.
- Notable improvement in a previously weak shoulder, with tangible progress after a few days of training.



**Name: Mohamed Ashir**  
**Faculty: Business Studies**

Ashir, a consistent gym-goer, shared his positive experiences:

- The proximity of the university gym to his residence allows for daily visits.
- Finds the gym to be a relaxing environment for the mind.
- Appreciates the ability to attend regularly without time constraints.
- Highlights the friendly and helpful nature of the trainer.
- Commends the good maintenance of both equipment and the overall gym facility.





**Name: Ranush Akmeemana**  
**Faculty: Business Studies**

Ranush, a consistent gym attendee, shared his positive experiences:

- Noted improvement in strength.
- Experiences heightened activity levels throughout the day.
- Views the gym as an effective stress reliever.
- Expresses a genuine enjoyment and love for training.
- Appreciates the coach for providing structured and effective training schedules.



**Name: M.F.Nasath Faculty:**  
**Business Studies**

Nasath provided feedback on the new gym:

- Appreciates the increased space
- Commends the introduction of new and advanced equipment.
- Acknowledges the improved training experience.
- Speaks positively about the efficient fingerprint management system.
- Enjoys a comfortable training environment with the addition of air conditioning and fans.



**Name: Rangana Malshan**  
**Faculty: Business Studies**

Rangana reflected on the impact of the new gym on his lifestyle:

- Appreciates the presence of improved machines.
- Finds the coach's guidance to be very helpful.
- Experiences mental relaxation through gym sessions.
- Notes a sense of security regarding health concerns.
- Morning training proves beneficial for staying mentally fresh during lectures.
- Credits the gym for contributing to enhanced sports performance.



**Name – Sandaru Randimal**  
**Faculty – Business Studies**

Sandaru, a university cricket player, shared his perspectives:

- Acknowledges improvement in shot and throwing power after training.
- Initially paid for training at the Vavuniya gym; now, proximity and free access to the university gym are appreciated.



**Name: Lasantha Kumara**  
**Faculty: Technology**

- Overall strength has improved
- Weight has been reduced
- The air conditioning is perfectly suited for the current climate, ensuring a comfortable environment.
- Additionally, experiencing better sleep pattern



**Name: Kalpani Wijedasa**  
**Faculty: Applied Science**

Flexibility has notably improved, as evidenced by her active participation in netball, where her endurance has also shown marked enhancement.

Throughout the day, she maintains a positive outlook, possibly due to her focus on consuming nutritious foods.





**Name: Piyumika Jeyasinghe**  
**Faculty: Applied Science**

Despite experiencing wheezing difficulties, she remains steadfast in her commitment to fitness, recognizing its role in improving her overall health. With perseverance, she notices a significant improvement in her breathing after weeks of dedicated training.



**Name: A. Haritha Prageeth**  
**Faculty: Business Studies**

Using a resistance band has noticeably enhanced his shoulder mobility. The Cool Gym offers an optimal workout environment, fostering motivation and focus. Moreover, the high-quality gym equipment ensures effective workouts, yielding satisfying results.



**Name: S. Midun F**  
**Faculty: Applied Sciences**

Midun, a dedicated weightlifter, expressed his gratitude for the new gym, likening it to a gift. The previous gym lacked space and had subpar equipment, hindering his progress. However, the new gym boasts high-quality equipment that is both well-maintained and safe for use. Additionally, the presence of air conditioning adds to its appeal, offering a comfortable and conducive environment for training, similar to commercial gyms.



## University of Vavuniya – Cricket Team

Members of the cricket team have reported improvements in various aspects of their physical fitness. Some have noted enhancements in their leg strength, while others have seen improvements in their core strength and grip strength. Additionally, overall endurance has seen a significant boost, enabling them to engage in longer training sessions with greater efficiency.





# GYM SNAPSHOTS



Students doing stretching, using a trainer, doing jumping jacks, and using a cable rowing machine.







University cricket team members training using resistance band and dumbbell.





# Recognising Outstanding Gym Users: First Quarter 2024

We are pleased to announce the selection of the best gym users for the first quarter, spanning from January to April. These individuals were chosen based on several key criteria:

- Consistent attendance,
- Quality time spent at the gym
- Adherence to guidelines
- Maintenance of cleanliness
- Responsible handling of equipment, and excellence in sports.

In recognition of their dedication and exemplary behaviour, the Foundation of Goodness will be gifting these outstanding users with sports shoes upon their return to the university. This initiative aims to encourage and attract more students to engage in utilizing the gym facilities for their physical and mental well-being.

We hope this recognition motivates all students to prioritize their health and make the most of the gym's offerings.



## **1st place**

**W.C.J.O Fernando**

**Faculty of applied science**

**Javelin throw – 1st place**

**Sri Lanka University games 2023**

# CONGRATULATIONS

## ON YOUR ACHIEVEMENT



**G.A.S.GARUSINGHA**

We are proud to announce that she has been selected into the Combined University Netball Team 2024.



**Common Students' Union**  
**University of Vavuniya**

### 2nd place

**G.A.S Gurusingha**  
**Faculty of Business studies**  
**All Sri Lanka University**  
**Netball team 2024**



### 3rd place

**S. Midun**  
**3rd place – weight lifting**  
**Sri Lanka University games - 2023**



# Inter Faculty Sports Championship - 2024

Inter Faculty Sports Championship- 2024  
Physical Education Unit  
University of Vavuniya  
Time Table

Date	Time	Sports	Venue
17/04/2024	6.30 a.m.	5000m- Men	University playground, Indoor stadium
	1.00 p.m. to 8.30 p.m.	Cricket (Hardball)- Men Badminton- Men Volleyball- Women	
18/04/2024	6.30 a.m.	3000m- Women	University playground, Indoor stadium
	4.30 p.m. to 8.30 p.m.	Elle- Women Karate- Men & Women Volleyball- Men	
19/04/2024	6.30 a.m.	1500m- Men & Women	University playground
	4.30 p.m. to 8.30 p.m.	Elle- Men Netball- Women	
20/04/2024	7.30 a.m. to 6.00 p.m.	Track & Field- Men & Women	University playground
21/04/2024	7.30 a.m. to 6.00 p.m.	Track & Field- Men & Women	University playground
22/04/2024	4.30 p.m. to 8.30 p.m.	Badminton- Women Chess- Men & Women Football- Men	University playground, Indoor stadium
23/04/2024	8.00 a.m.	Rugby 7 a Side- Men	University playground, Indoor stadium
	10.00 a.m.	Kabaddi- Men	
	12.00p.m.	Table Tennis- Men & Women	
	12.00p.m.	Carrom- Men & Women	
	3.00 p.m.	Basketball- Men & Women	

The date of the closing ceremony will be informed later.

*G. Thangathy*  
Coordinator of Physical Education

Coordinator of Physical Education  
Physical Education Unit  
University of Vavuniya  
Pampaimadu  
Vavuniya

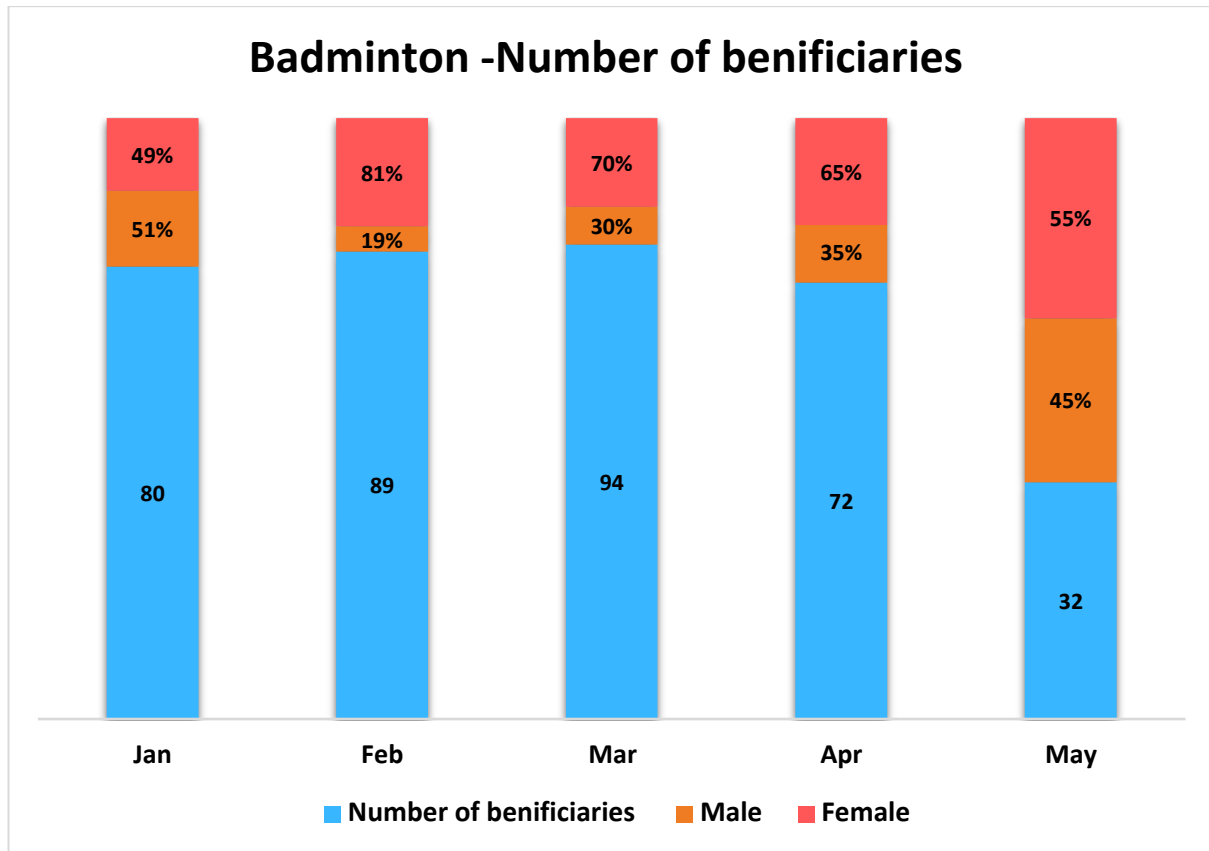
# Faculty of Applied science Sports Week – 3X3 Games







# Badminton update



## January

University of Vavuniya students made full use of the badminton court daily. A visiting coach conducted training sessions three times a week, which significantly boosted the students' enthusiasm and skill development. To ensure accountability, a manual record book was implemented where students signed in and out, allowing for efficient monitoring of participation. The attendance records showed a nearly equal ratio between male (51%) and female (49%) participants, demonstrating balanced engagement from both genders. Enthusiastic and dedicated, the students' commitment was evident in the captured pictures of the practice sessions. February The usage of the badminton court increased notably in

## February

Compared to January, with a significant rise in female participation (81%) compared to male (19%). This surge in interest from female students led to heavy use of the court, necessitating the repainting of court lines. In response to the growing demand, students requested extended availability of the facility on weekends. The university accommodated this request, reflecting the high level of interest and commitment among students.

### **March**

The trend of high court usage continued into March, with the number of beneficiaries increasing to 94. Female participation remained high at 70%, while male participation rose slightly to 30%. The consistent interest from both genders highlights the ongoing enthusiasm for badminton among the students.

### **April**

In April, the number of beneficiaries slightly decreased to 72. The participation ratio adjusted with males at 35% and females at 65%, continuing the trend of higher female engagement. Despite the drop in numbers, the enthusiasm for the sport remained strong among the students.

### **May**

By May, the number of beneficiaries dropped to 32 due to the university closure following a non-academic strike that began on May 14th. During this period, the participation ratio shifted with males constituting 45% and females 55% of the players. Once the university reopens after the strike, badminton practices are expected to resume as usual. Conclusion Overall, from January to May 2024, the badminton program at the University of Vavuniya has seen varying levels of participation with a notable high engagement from female students. The implementation of a manual attendance system has ensured effective monitoring, and the increased demand has led to improvements such as court line repainting and extended facility hours. Despite the recent disruption due to the strike, the students' enthusiasm for badminton remains evident, and practices are anticipated to resume post-reopening of the university.



# Students Speak Out:

## The badminton court bringing new life and vigour



**Name: Vithukshya Chandrakumar**

**Faculty: Business Studies**

I am a member of the badminton team at the University of Vavuniya. Recently, our badminton court has been reconstructed with a new interior.

The new court is fantastic! It features a clean design and non-slip flooring, which greatly enhances our playing experience. The space is well-ventilated, making it comfortable to play for long hours. The court markings are clear and accurate, ensuring fair play, and the staff maintain the court in excellent condition. However, it would be even better if we had more lighting in the indoor area. Improved lighting would make the court perfect.



**Name: Sajana Paranagama**

**Faculty: ICT**

I wanted to express my appreciation for the reconstruction of the three badminton courts at our university. The courts' exceptional design and high-quality materials have created an ideal environment for effective practice and performance. As a result, more students are now engaging in badminton practices.

However, there is an issue that, if addressed, could make our badminton courts perfect.

Improved lighting would enhance the playing experience. If we can solve this problem, our badminton courts will be truly outstanding. We are proud to be the only university with such high-quality badminton facilities.

Thank you very much for your support.



**Name: Roshini Angelin**

**Faculty: ICT**

Our badminton facility boasts three top-quality green carpet courts, designed to provide players with an excellent playing surface that enhances performance and reduces the risk of injury. The vibrant green carpets not only create an inviting atmosphere but also ensure optimal traction and bounce.

The walls of our courts are adorned with dynamic images showcasing various badminton skills, from powerful smashes to delicate net plays. These illustrations serve as both inspiration and education for players of all levels, helping them visualize and aspire to perfect their techniques. Whether you're a seasoned player or a beginner, our facility offers a welcoming environment that combines professional-grade courts with motivational decor to enhance your badminton experience. Join us and elevate your game on our state-of-the-art courts.



**Name: Suganya Navaratnam**

**Faculty: ICT**

I want to share my thoughts about our university badminton courts. The floor is smooth and well-maintained, providing excellent grip for quick movements and powerful smashes. The court markings are clear and crisp, ensuring no confusion during intense rallies. The lighting is also good, ensuring clear visibility across the court.

One improvement we need is the addition of changing rooms. Currently, this facility is lacking, which can be inconvenient for players. Overall, this court is a great choice if you prioritize a top-notch playing experience. However, it's important to note the potential lack of additional facilities.



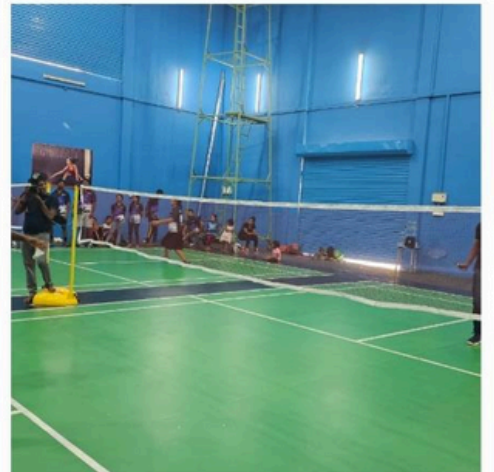
# Inter departmental staff Badminton Tournament held in May 2024

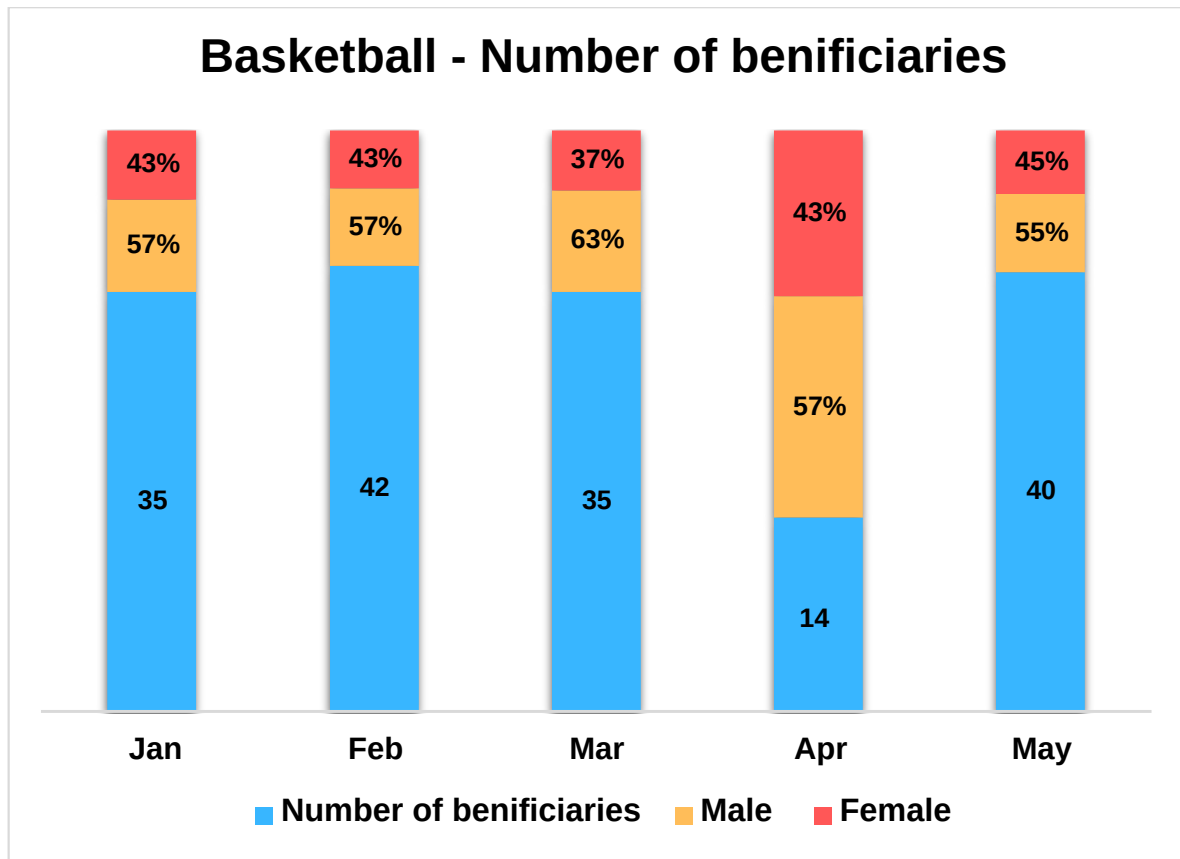






**Omega Line Pvt Ltd - Inter Department Badminton tournament was held in May 2024**





### January

In January, the basketball program at the University of Vavuniya saw a total of 35 beneficiaries. The gender distribution was 57% male and 43% female. This attendance reflects a balanced engagement from both genders, indicating a healthy interest in basketball among the students.

### February

Attendance increased in February, with 42 beneficiaries participating in the basketball program. The gender ratio remained constant with 57% male and 43% female participants. The increase in numbers suggests a growing enthusiasm for the sport within the university community.

### March

March saw a stable attendance with 35 beneficiaries, the same as in January. However, there was a slight shift in the gender distribution: 63% male and 37% female. This indicates a higher male participation rate, though female involvement remains significant.

### April

In April, attendance dropped significantly to 14 beneficiaries. The gender distribution returned to 57% male and 43% female. This decline is attributed to the new holidays and the business faculty examinations, which likely preoccupied the students, reducing their availability for extracurricular activities such as basketball.

### May

In May, the attendance slightly recovered to 40 beneficiaries, with the gender distribution of 55% male and 45% female. However, the ongoing non-academic staff strike from the second week of May has also impacted the attendance figures. The strike has disrupted regular activities, preventing a full recovery in participation numbers.





**Name: R. P. Jayathunga**

**Faculty: ICT**

Before the basketball court was built, there was no dedicated space for those who had trained before or for those who wanted to train, which hindered proper training. However, after the court was constructed, we were able to train at any time. This has created a great opportunity to develop basketball at the university and enhance the personal skills of every player. Many new students are now gathering for training.

It would be beneficial to have some benches for sitting. Additionally, it is challenging to train at night due to the lack of adequate lighting facilities.



**Name: L. R. Samanmalee**

**Faculty: Business studies**

The installation of lights on our basketball court would offer numerous benefits, particularly by extending practice opportunities. I believe that with careful planning and consideration, this initiative can greatly enhance our basketball program.



**Name: Tharusha Dewmith**

**Faculty: Applied Science**

I wanted to express my excitement and appreciation for the new basketball court at our university. The court's exceptional design and high-quality materials have created an ideal environment for both casual play and serious practice. Its convenient location and accessibility encourage more students to engage in physical activity, promoting a healthier campus community.

The installation of lights on our basketball court appears to offer numerous benefits, particularly in terms of extended practice opportunities. I believe that with careful planning and consideration, this initiative can greatly enhance our basketball program.



**Name: Dinuka Silva**  
**Faculty: Applied science**

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**Name: Ashen Sankalpa,**  
**Faculty: ICT**

I wanted to express my excitement and appreciation for the new basketball court at our university. The court's exceptional design and high-quality materials have created an ideal environment for both casual play and serious practice. Its convenient location and accessibility encourage more students to engage in physical activity, promoting a healthier campus community.

The installation of lights on our basketball court would offer numerous benefits, particularly by extending practice opportunities. I believe that with careful planning and consideration, this initiative can greatly enhance our basketball program.



**Name: Naduni Kaveesha,**  
**Faculty: Business Studies**

First and foremost, I want to say that the value of the basketball court cannot be expressed in words. It is the best opportunity for students like us to enhance our skills. This court helps us to become well-trained and reach our highest potential.



## Conclusion

The basketball program at the University of Vavuniya has experienced fluctuations in attendance over the past five months. January and March had consistent participation, while February saw an increase. April and May experienced significant drops due to holidays, examinations, and an ongoing non-academic staff strike. Despite these challenges, the program continues to attract a considerable number of students, maintaining a balanced gender participation. Once the strike concludes, it is anticipated that attendance will return to normal levels, allowing the basketball program to continue its positive impact on the university community.















UNIVERSITY OF VAVUNIYA

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# Interfaculty Basketball championship held in April & May 2024









**Gymnasium Kindly Sponsored by**



**and Pradeep Karunagaran**

**Badminton Courts Kindly Sponsored by**



**Basketball Court Kindly Sponsored by**



**Facilitated by**



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