



# SIHASUNA

Month of March



— Lions Club of Kolonnawa —

## INTERNATIONAL WOMEN'S DAY

In 2025, the global community unites under the powerful theme: “For All Women and Girls: Rights. Equality. Empowerment.” This call to action underscores the urgent need to advance gender equality and ensure the fundamental rights of every woman and girl, regardless of where she lives.

Despite decades of progress, women and girls around the world still face systemic barriers—ranging from unequal pay and limited access to education, to gender-based violence and underrepresentation in leadership. This year's theme emphasizes the importance of inclusive policies, equal opportunities, and the dismantling of cultural and institutional structures that perpetuate discrimination.

Empowerment goes beyond access—it means enabling women and girls to lead, to have their voices heard, and to participate fully in shaping their futures. Whether through education, economic independence, healthcare, or leadership roles, true empowerment stems from systemic change and societal support.

This theme also invites everyone—governments, organizations, communities, and individuals—to commit to action. Gender equality is not a women's issue; it is a human rights issue and a prerequisite for sustainable development, peace, and prosperity.

Let 2025 be a year where the world doesn't just talk about rights, equality, and empowerment—but acts on it. When women and girls thrive, societies flourish. Now is the time to ensure a future that is just, inclusive, and equitable—for all.



## MONTHLY MEETING

The March monthly meeting took place on March 30th, 2025, at the Home of Veterans Military Base in Jayawardenapura. Lion Samith Mapalagama, a distinguished member of our club, graced the event as the chief guest. Major General Lion Jagath Wijesiri and Lion Channa Bakmiwewa were commendable hosts for the evening.





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## HOLISTIC SUPPORT FOR GOTHATUWA RECIPIENTS

Throughout March, we continued our steadfast support for Rahula Damma School, Gothatuwa, by providing official DOLE receipts for their vital breakfast program and daily necessities.



## DRY RATIONS DELIVERED TO FAMILY OF FOUR THROUGH KIND DONATION

Building on our commitment to assist a local family of four, we delivered Rs. 20,000 worth of dry rations on March 29, 2025. This was made possible by the kind donation of Lion Wayaman, and we look forward to continuing our monthly support for their essential needs.

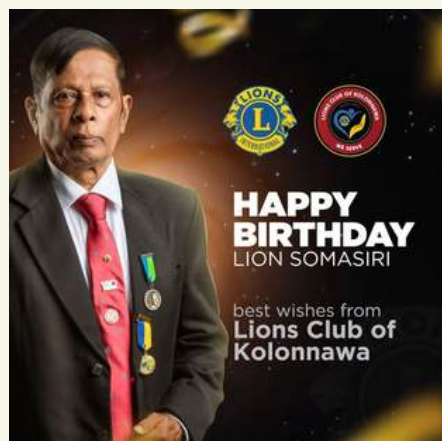
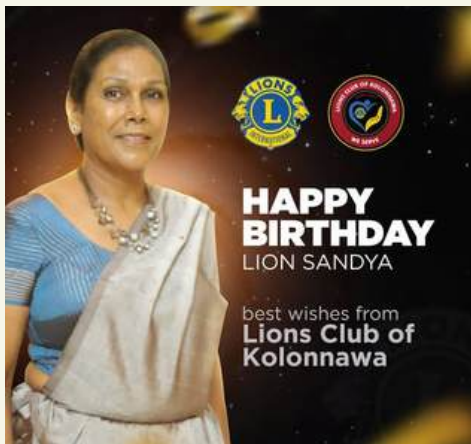
## DIABETES SUPPORT INITIATIVE BY KOLONNAWA LIONS CLUB

FDiven by Project Chairman Lion Lalani, the Lions Club of Kolonnawa united on March 15th to champion diabetes awareness and provide vital support. This impactful initiative marks a significant stride towards a healthier future for our community.



## BIRTHDAY CELEBRATIONS

Wish you a wonderful birthday, Lion Sandya, Lion Somasiri, Lion Ajith  
Celebrate and cheer your way to a beautiful day.



## LEADERSHIP QUOTE OF THE MONTH

"The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things."

- KEN KESEY -

