

17th Annual Session

National Olympic Academy of Sri Lanka

Patronaged by the National Olympic Committee of Sri Lanka,
6 – 9 December, 2021 (Virtual Program)

NOA Sri Lanka



Final Report

Submitted to

Mr. Maxwell de Silva, Secretary General, National Olympic Committee of Sri Lanka
and Prof. B.L.H. Perera, the Director of the National Olympic Academy of Sri Lanka

By

Ms. Eranga C. Fernando, Head of the Group Leaders.

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This is the final report of the 17th Annual Session of the National Olympic Academy of Sri Lanka. This includes the four days virtual program carried out at the Hemasiri Fernando Auditorium of the Olympic House from 6th to 9th December, 2021.

This report will start providing an introduction to the 17th Annual Session. Then it will discuss the process and the works done during the program highlighting the overall outcomes to the Olympic Movement in Sri Lanka.

Afterwards this will report an evaluation of the program experience through group leader's perspectives collected through observations and self-reflection method. It will then lead to discuss the reform of works which will be included as a list of recommendations at the conclusion.

INTRODUCTION

The National Olympic Academy of Sri Lanka being the solitary teaching authority under the National Olympic Committee of Sri Lanka which is committed to the mission of propagating the Olympism to hearts and minds of the Sri Lankan youth in Sri Lanka, combined with the solemn promise of the educational mission of the country to fostering a new generation of responsible and productive young people who will lead peaceful lives while contributing to their communities in need, successfully implemented the 17th edition of the Annual Sessions (NOA 2021) virtually.

The ancient Olympic ideals teaches us the praxis of the core wisdom of ‘Olympism’ through Virtues, Excellence and Innovation (Lyras, 2020). The Olympian heritage expressed across ancient cities leads us the way to confronting worldly challenges too. These powerful hidden teachings of the Olympics must be transferred to the youth in this era to their successful overcome of the enormous setbacks in their learning journey, and to inspire them during this period of recovery from great pestilence effects. Further, the philosophy of Olympism is that it is not representing sport along. It is a universal theory binding the pure human qualities for sustainability which urges a balanced reconstruction of the society entailing physical, mental, and spiritual wellbeing.

NOA 2021 understood the requirements of the moment and aspired the need of blending the requirement of an effective and sustainable Olympism in Action. Therefore, the context of this year’s academy session was strongly designed to emphasize the human responsibility; ‘human with a true sense of value-based aspirations’ who connects to practice the new normal sport culture and using effectively the introduced human network towards establishing a continued cohesion of their community. Hence, this document reports of the path of NOA 2021 which made a ground for youth to kindle their wisdom through exemplarily and visionary provisions; bridging opportunities; and triggering their hope and innovative thinking towards humanized actions.

NOA 2021 Objectives

The objectives of the NOA 2021 were:

- To propagate the Olympism as a ‘way of life’ among youth in Sri Lanka primarily and attaining a generation of ambassadors for the same.
- To exchange the views and opinions on the notion of new normal sport culture blended with Olympic and Paralympic values.
- To review the “Act of Hope”, through the ancient wisdom chronicles.
- To inspire initiating the “product of sustainable practices” of NOA Annual Sessions through various youth-led concepts.
- To strengthened collaboration between youth and NOC SL, NOA SL, NFs/NAs and regional associates to enable a more inclusive & quality programs, with reference to the Olympic & Paralympic Education Frameworks.

NOA 2021 Implementation

The Program Description

The Annual Session of the 17th National Olympic Academy of Sri Lanka was successfully concluded after a series of 4 days consecutive sessions from 6th to 9th December, 2021, which was conducted virtually from the Hemasiri Fernando Auditorium of the Olympic House under the patronage of the National Olympic Committee of Sri Lanka.

This year’s sessions were comprehensively designed to address the central theme of “Olympic Wisdom & Humanized Actions” and covered three thematic discourses of a) New Normal Sport Culture, b) ‘Hope’ Pandora View: Significance of Mythological Behaviour, and c) A Peaceful Society through Sustaining Olympic Values. These thematic discourses were targeted to open the discussions through a three-pillared strategy of contemporary discourse; historical discourse; and futuristic discourse of the central theme. These themes guided the youth participants to strengthening the critical thinking towards aspiring a peaceful recovery from the pandemic while stabilizing the reorganization of lives in new normal environment with special attention to its sporting culture.

The target group of the NOA 2021 was comprised of forty (n=40) invited (and selected) youth participants representing the public and private universities; National Federations/ Associations; and the Asian National Olympic Committee regional delegates. The average age of the participants were

age 22 years. Sixty percent (60%) of them were university level sportsmen and women, while rest of the participants were national level athletes representing their respective organizations. They were granted the NOA participation considering their ongoing academic trigger.

Each day of the Annual Session was compromised with scheduled online programs of three hours from 9:00 a.m. to noon Sri Lanka Standard Time. Hence, unlike onsite academy sessions, the environment of learning was embedded with the adolescent learning principles which are digitally encouraged and virtually deliverable by creating more opportunities to participants to interact. The methods used and activities provided were enabled the participants to engage actively; generate productive ideas, activities, and alliances during the academy sessions. A detailed structure of the activities will be reported in the next section. Further, the agenda attached (Appendix 2) will convey the structure of the executed program.

At the conclusion of each day sessions, a 30-minute recap was made among the Director and the Group Leaders (Appendix 1) to discuss about the points raised, lessons learned, gaps identified, and paths charted. The group leaders were asked to provide a semi-structured observation report daily followed by their group discussions which is to be used to mapping out the way forward activities.

The NOA 2021 Activities

The 17th Annual Virtual Session were delivered in a challenging learning environment which needed to ensure the organic elements of the National Olympic Academy onsite program which aligned with the Olympic Movement's fundamental mission of preserving the Olympism as a philosophy of life. The following are the modes of activities utilized during the four days of virtual NOA 2021.

Keynote Speeches

NOA 2021 invited carefully selected two keynote speakers to share their insights with the young participants along with the central theme of "Olympic Wisdom and Humanized Actions". The virtual setting of this year's session allowed us to effectively join with resource persons off shore.

The day one keynote address (contemporary to history dialogue) was delivered by Dr. Taro Obayashi (See his profile: Appendix 3) from the faculty of Health and Sport Sciences, University of Tsukuba, whose doctoral dissertation is mainly related to the history of the disaster (earthquake) recovery

through sport in Japan. Hence, his area of studies was mutually benefited for NOA 2021 objectives as well as strengthening the behavior awareness during new normal sport culture; the day one theme. Young participants of this session further have expressed the importance of being an ‘ambassador of change for a culture’, after listening to his speech. Being a member of the Japan Olympic Academy (JOA) and as a teaching fellow of the Master’s Program in Sport and Olympic Studies in his university, he welcomed our young participants to further their educational exchanges in due course.

The day two keynote address (history to contemporary dialogue) was delivered by Dr. Lakshal Perera who is a recovery scientist from Australia (See his profile: Appendix 4). He focused his sharing with his life-experiences as a photographer and a scientist to the day two theme of ‘Hope’ Pandora View: Significance of the mythological behaviour. The young participants commented very progressively after his speech to his sharing which explained of hope saying “when we observe life with deep awareness, there are wonders and miracles within our grasp every step of the journey”. Their active listening was finally resulted in proposing the concept of “Joy of reading” as a way to refresh ‘hope’ as a follow-up activity.

Forum Discussion

The day three of the Annual Session was started in the mode of a ‘Forum’ to address the theme of the day: A Peaceful Society Through Sustaining Olympic Values. Through a round-table discussion method the academics of the NOA 2021 could propagate the core Olympic values of Friendship, Respect, and Excellence and was able to stimulate the ways the young participants can play a great role to promote ideas of solidarity, non-violence, tolerance, justice, and the joy of effort in their student life. The teaching here emphasized how ancient Olympic city states were designed to make the ‘mankind of virtues and giving’ through nurturing a cultured body and mind.

The young participants responded actively expressing the understanding of peace through sports where their contribution would require to see a positive social change globally. As per the observation notes, a group leader reported her perspective stating *“I think, it is important in sports to catch and train them young, similarly I always felt in peacebuilding, it is important to teach our children about peace before someone else teaches them about hate and violence”*.

The forum utilized an hour from 9:30 a.m. to 10:30 a.m. from the third day schedule to create awareness about the combination of the historical-contemporary-futuristic dialogues of Olympics and it was fruitful after opening young participants mind to a new philosophy: the Olympism.

Group Discussions:

The group discussions were utilized to further analyze the thematic discourses of each day. It was lasted within one hour after the key-note speech of the day. The forty participants were grouped into five groups (the groups were identified by five Olympic colours) where each group was facilitated by a trained group leader. Each group was given a topic previously designed (see Appendix 5) based on a theory/s underpinned by the theme of the day.

The day one group discussions were theoretically bounded by the Sub-cultural theories, while focusing on the 'Characteristics of New Normal Sport Culture Perceived by (each given) Subcultures' and the facilitators were asked to give special attention to the attitudes (beliefs and values) of youth towards the above focus area.

The day two discussions were guided by the 'Hope' Pandora View which was the theme of the day while focusing on the 'Significance of Mythological Behavior', where participants were triggered to discuss the 'Contemporary Youth Interpretation of Mythological Behavior of Pandora'.

Then the day three discussion was guided by the 'Olympism for Humanity and Sustainable Development Model' designed by Lyras Alexis (2014a) and focus was given to discuss on the ways we can Sustaining Olympic Values. Participants showed a highly sensitive stance on the Contemporary Meaning of Sustaining Olympic Values.

After the given time they presented the summary of their discussion in a 10 minutes PowerPoint Presentation which received constructive feedback by the NOA director and the other group leaders.

Home Alone Activities Momentous (HAA Moments)

Depending on the structure of this year's NOA which used an online platform, it was a great challenge to protect the organic human interaction among the participants and to conduct the authentic

physical activities those are driven for Olympic Values Education through the physical means. However, there were 03 main activities designed to keep the NOA momentum continued. Following are those activities and short summary of its objective (HAA 01 and 02 were to do at home).

- **HAA Moment 01: Family Olympic Tree**
 - Objective: Promote respect and tolerance among family members.
- **HAA Moment 02: Season's Greetings Card Designing**
 - Objective: To Olympisize the human creativity.
- **HAA Moment 03: Olympic Values Auction**
 - Objective: Promote value-based decision making.

The appendix 6 will further display the HAA Moments that were utilized during the virtual NOA 2021 context.

Youth-Led Project: Champion of Change - Concept Building

This years' proceeding was mainly targeted on creating concepts through young participants that can bring and add youth-led actions for new normal sport culture in our communities taking NOA 2021 theme forward. Hence two and half hours (2 hrs. and 30 minutes) of the day's session was dedicated on that purpose for them to propose and present the concepts as a group. Five groups were functioned under the guidance of a group leader per each group and they were given the outline to build their concept around background; target group; rationale to the project; the project; objectives of the selected project; and group members.

They expressed their immense enthusiasm when working on creating these guided projects with their newly given titles of 'Young Champions of Change' and they proved their readiness to 'Practice Olympism and Spread Olympic Values Among the Community' through the following proposed concepts:

- a) **Joy of Reading** – A project for children to improve awareness about Olympism through reading.
- b) **Young Minds and Young Dreams** – A project to secure the sporting talents of youth within the Olympic Ideals.
- c) **Empowering Rural Areas on Fair Play** – A project to empower the conduct of 'fair play' among all level of sporting stakeholders in rural vicinity.

- d) **Educating Future on Olympic Values and International Standard Rules & Regulations** – A project of said title for youth.
- e) **A Digital Platform for All the Sport Personnel** – A project to promote effective sport operations.

Finally, the NOA Director gave constructive feedback to all the new concepts and imparted them as the possible future activities with moderations to carry out by the NOC education projects. He further stated that “this is a way of blending the mission of the NOCs which is to develop, promote and protect the Olympic Movement in their respective countries, in accordance with the Olympic Charter”.

Outcomes of NOA 2021

The following are the significant consequences of the NOA 2021.

- The NOA 2021 held online has exposed friends and relatives of the participants to join virtually.
- Youth participants achieved the title of 'Champions of Change 2021' reflecting the NOA 2021 theme.
- Five concepts to initiate projects to develop, promote, and protect sport and Olympism in the country
- Newly joined Olympic Academia to the NOA Sri Lanka missions
- Identification of Olympism localizing youth task force from the youth participants
- Given significance to the XXXII Olympiad and the views of the Tokyo 2020 Games by a Japanese Olympic studies scholar with the focus of recovery through sports.
- Platform created with expatriate Sri Lankan recovery scientist to stimulate recovery initiatives
- Introduction of Olympic Values Auction, Olympic Family Tree, and Olympic Theme Greeting Cards as Home Alone Activities (HAA) to the virtual academy platform
- Wisdom-spreading social media ambassadors of the NOA 2021

“Your potential life is in your heart & mind!! Hence walk the path with ‘Kalokagathia’ in you”

NOA 2021 Evaluation

1. Continuous support of NOC staff, NOC and NOA leaders; valuable.
2. Transparency in effective coordination between NOC-NOA-Participants; helpful
3. Significant decisions made by the participants; ordinary.
4. Perspectives about deliberating Olympism; fairly participated.
5. Expressing meaningful attitudes among the group members; need improvement.
6. Sharing of the practical applications of the themes; good
7. Flexibility regarding the scheduled programs; required improvement
8. Seeking support from the group leaders to improve; very good
9. NOA 2021 as a good memory; positive
10. **Participants** who demonstrated the awareness to moving forward with OM;
 - a. Ratnayaka Mudiyansele Kalani, University of Ruhuna
 - b. Mevan Induruwa, University of Ruhuna
 - c. Nishchitha Pathirana, University of Kelaniya
 - d. Kristin Perera, Sri Lanka Life Saving Association
 - e. Dumindu Dilshan Bandara, Sabaragamuwa University of SL
 - f. Jeanani Gunabalasingam, University of Jaffna
 - g. Wedikkara Arachchige Prabudhi Mihidula, Sri Lanka Athletics
 - h. S.L.A. Omayya, Sabaragamuwa University of SL
 - i. Indumini Poornima, Taekwondo Federation of SL
 - j. Kavindu Pilippanage, University of Jaffna
 - k. T L S Prabhashini, University of Kelaniya
 - l. Bilal Reza, Sri Lanka Life Saving Association
 - m. Ibrahim Ayyoob

Recommendations

1. The designed Youth-Led concepts need to convert as initiatives with further guidance.
2. Availability of Olympic solidarity funding should be analyzed to implement the above projects.
3. Actions beyond NOA 2021 is required to train the identified 'Champions of Change' and Olympism Localizing Task Force.
4. Continuation of a strong structure of leadership for NOA-SL is required to maintain the quality output
5. Organizing Youth Olympic Clubs under the leadership of NOA participants in their respective universities and National Federations through a Club-Awarding System
6. Periodic training workshops for identified Olympic Academy facilitators
7. Initiating an Olympic Wisdom Library Program and adapting a life-time membership for NOA participants
8. Increase the practicality of the time-frame of NOA organizing process towards improved quality
9. Establish networking with Asian National Olympic Academies for educational projects and friendship.
10. National Federations and Associations' involvement required now to increase the long-term impact.

NOA 2021 immediate follow-up

1. Refresher meeting for participants highlighted with demonstrated interest of Olympic Movement must be organized.
2. Perceived quality of the NOA must be recognized using a standardized monitoring and evaluation system.
3. Recognized academic resources must be secured by initiating partnership activities.
4. Group leaders must improve their collaboration with NOA publications and expand networking.

APPENDICES

Appendix 1

The Organizing Committee of the NOA 2021

Director, NOA Sri Lanka: **Prof. B.L.H. Perera**

Head/ Group Leaders: **Ms. Eranga C. Fernando** – Sport and Olympic Studies Scholar,
University of Tsukuba Japan

Group Leaders:

1. **Mr. Pathum Weerakkody** – Lecturer (Probationary) in Sports Science and Management, Sabaragamuwa University of Sri Lanka (SUSL)
2. **Ms. Deepika Wehigaldeniya** – Lecturer (Probationary) in Sport and Recreation Management, University of Kelaniya
3. **Ms. Lakna Warawita** – Sports Program Officer, Gateway International College, Rajagiriya
4. **Ms. Sachintha Abeykoon** – Masters Candidate in Olympic Studies, University of Peloponnese
5. **Ms. Madhubashi Wijerathne** – Physical Education Teacher, Gateway College, Rajagiriya
6. **Mr. Samith Thilina** – Sports Science professional, Sri Lanka Life Savings Association
7. **Mr. Ashan Jayasinghe** – Sports Management and Education professional, Mercantile Athletic Federation, Sri Lanka
8. **Ms. Dinkey Bandara** – Intern, National Olympic Committee of Sri Lanka

NOC Coordinator: Ms. Chalani Dayarathne

IT Manager: Mr. Ranjith Jegamohan

Appendix 2

17th National Olympic Academy of Sri Lanka 20216th – 9th December 2021

9:00 AM - 12:30 PM (SLST)

Virtual

Theme: “Olympic Wisdom & Humanized Actions”

AGENDA

6th December 2021

9:00 a.m. – 9:30 a.m.	Welcome and Opening Remarks
9:30 a.m. – 10:00 a.m.	Keynote Address – Day 01 by Dr. Taro Obayashi (Assistant Professor, University of Tsukuba) Thematic Discourse: <i>New Normal Sport Culture</i>
10:00 a.m. – 11:00 a.m.	Group Discussion
11:00 a.m. – Noon	Group Reporting & Feedback
Noon – 12:30 p.m.	Home Alone Activity Momentous (HAA Moment #1)
12:30 p.m.	Closure of the Day

7th December 2021

9:00 a.m. – 9:30 a.m.	Opening Remarks of Day 2
9:30 a.m. – 10:00 a.m.	Keynote Address – Day 02 by Dr. Lakshal Perera (Photographer of Awesome Stuff, ethical photography advocate, recovering scientist and kids’ bookshop owner) Thematic Discourse: <i>‘Hope’, Pandora View: Significance of Mythological Behaviour</i>
10:00 a.m. – 11:00 a.m.	Group Discussion
11:00 a.m. – Noon	Group Reporting & Feedback
Noon – 12:30 p.m.	Home Alone Activity Momentous (HAA Moment #2)
12:30 p.m.	Closure of the Day

17th National Olympic Academy of Sri Lanka 2021

6th – 9th December 2021

9:00 AM - 12:30 PM (SLST)

Virtual

Theme: “Olympic Wisdom & Humanized Actions”

AGENDA

8th December 2021

9:00 a.m. – 9:30 a.m.	Opening Remarks of Day 3
9:30 a.m. – 10:15 a.m.	Forum Discussion by NOA Sri Lanka Volunteer Scholars Thematic Discourse: <i>A Peaceful Society through Sustaining Olympic Values</i>
10:15 a.m. – 11:00 a.m.	Group Discussion
11:00 a.m. – Noon	Group Reporting & Feedback
Noon – 12:30 p.m.	Home Alone Activity Momentous (HAA Moment #3)
12:30 p.m.	Closure of the Day

9th December 2021

9:00 a.m. - 13:00 p.m. (SLST)

9:00 a.m. – 9:30 a.m.	Opening Remarks of Day 4
9:30 a.m. – 10:30 a.m.	Drafting the Youth-Led Projects Proposals (Group Activity)
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 11:45 a.m.	Project Proposal Presentations
11:45 a.m. – Noon	Overall Feedback by NOA Director
Noon – 12:15 p.m.	Group Photo
12:15 p.m. – 12:45 p.m.	Presentation of NOA 2021 Synopsis & Proceeding Report
12:45 p.m. – 13:00 p.m.	Wind-up & Vote of Thanks
13:00 p.m.	Closure of the Academy Session 2021

Appendix 3



DR. TARO OBAYASHI

University of Tsukuba, Japan

EDUCATION

Ph.D. (University of Tsukuba);
MSc (Olympic Studies) University of
Peloponnese (Greece),
International Olympic Academy;
B.P.E. Special (University of
Tsukuba).

CONTACT

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Dr. Taro Obayashi is an assistant Professor at the Faculty of Health and Sport Sciences, University of Tsukuba. He is a member of the Japan Olympic Academy (JOA) and graduated from the International Olympic Academy (IOA) master's degree programme in 2015 and received the Doctoral degree in 2020 by University of Tsukuba. His dissertation is mainly related to the history of the disaster (earthquake) recovery through sport in Japan. The major (research topics) is about the history and anthropology regarding the P.E., Sport and the Olympics. His master's thesis on the IOA programme was on the history of the Olympic Education regarding the Tokyo 1964 Olympic Games, which is on the book below:

Olympic Education An international review

Edited By Roland Naul, Deanna Binder, Antonin Rychtecky, Ian Culpan. Routledge. Copyright Year 2017

He is also a member of the Center for Olympic Research and Education (CORE, one of the IOC OSRC's networks) in Japan. In addition, he was an Early Career Scholar Representative of International Society of Physical Education and Sports History (ISHPES, 2017-2021), with the Routledge Junior Scholar Presentation Award 2015.

SPEAKER'S
PROFILES
I

Appendix 4



EDUCATION

Ph.D. University of New Castle, Aus

CONTACT

WEBSITE:

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EMAIL:

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DR. LAKSHAL PERERA

Photographer of Awesome Stuff

Dr. Lakshal is a photographer. He manages his own business in photography in Kyneton just north of Melbourne, Australia, while being an ethical photography advocate, recovering scientist and owning a kids' bookshop.

Appendix 5

17TH NATIONAL OLYMPIC ACADEMY SRI LANKA – 2021

OLYMPIC WISDOM & HUMANIZED ACTIONS GROUP DISCUSSION – SUB TOPICS

6 th December 2021		
Thematic Discourse: <i>New Normal Sport Culture</i>		
Group	Sub Topic(s)	Group Leader
1	Children in the New Normal Sport Culture	Madhubhashi & Dinkey
2	University Sport in the New Normal Sport Culture	Samith
3	Amateurs in the New Normal Sport Culture	Ashan
4	“Sport for All” in the New Normal Sport Culture	Deepika
5	Youth Sport in the New Normal Sport Culture	Lakna, Sachi

NOTES:

*Theory: Sub-cultural theory by Cohen

Focus: Characteristics of new normal Sport Culture Perceived by (Selected) Subcultures

Special Attention: Attitudes (beliefs and values) of Youth towards the above focus area

7 th December 2021		
Thematic Discourse: <i>‘Hope’ Pandora View: Significance of Mythological Behavior</i>		
Group	Sub Topic(s)	Group Leader
1	Children through the “Pandora View”, Hope.	Madhubhashi & Dinkey
2	University Sport through the “Pandora View”, Hope.	Samith
3	Amateurs through the “Pandora View”, Hope.	Ashan
4	“Sport for All” through the “Pandora View”, Hope.	Deepika
5	Youth Sport through the “Pandora View”, Hope.	Lakna, Sachi

NOTES:

Narrative: ‘Hope’ Pandora View

Focus: Significance of Mythological Behavior

Special attention: Contemporary Youth Interpretation of Mythological Behavior of Pandora

8 th December 2021		
Thematic Discourse: <i>A Peaceful Society through Sustaining Olympic Values</i>		
Group	Sub Topic(s)	Group Leader
1	Olympism in Family	Deepika, Sachi
2	Peace in Action through Olympic Values	Samith
3	Olympian Literacy	Dinkey
4	Olympism in Civilization	Madhubhashi, Lakna
5	An Olympisized Person	Ashan

NOTES:

*Theory: Olympism for Humanity and Sustainable Development Model by Lyras Alexis (2014a)

Focus: Sustaining Olympic Values

Special attention: Contemporary Meaning of Sustaining Olympic Values

*(Theories selected are to serve as a guide only.)

Appendix 6



HAA MOMENTS

DAY 1	DAY 2	DAY 3	DAY 4 & BEYOND
Family Olympic Tree	Season's Greeting Card	Olympic Values Auction Design	Champion of Change

HAA OBJECTIVES

DAY 1	DAY 2	DAY 3	DAY 4 & BEYOND
Promote respect and tolerance among family members	To Olympisize the human creativity	Promote value-based decision making	Practice Olympism and spread Olympic Values among the community