



# GoodSport NEWS

S R I L A N K A O L Y M P I C W E E K L Y N E W S B U L L E T I N

SPORTS NEWS

*Queen's Baton Relay*



## Important stopover at the Ceylon School for the Deaf and Blind

Paralympics is a separate entity and there is a segment for the differently abled at the Commonwealth Games too. The Lankan leg of the Queen's Baton Relay also laid a lot of emphasis on this segment of the populace of our society by arranging a very special event for them and that they did it in grand fashion.

The day's proceedings on the final day began in this fashion. Upon its return to the Capital City from Hatton the Baton congregation was brought on parade from the Golumadama Junction to the Ceylon School for the Deaf and Blind in a procession.

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Carrying the Baton were the bearers former sprint queen Ineka Wickremasinghe and weightlifter Sudesh Peiris in an open vehicle loaned by the Sri Lanka army spruced up especially for this occasion.

The Baton was then handed over to the Rev Dushantha Lakshman Rodrigo the 16th Bishop of Colombo. Associated on behalf of the CGA were its Vice President Joseph Kenny and Fazil Hussain.

The Bishop of Colombo then blessed the baton with a special prayer to mark the significance of the event. Gathered to mark the arrival of the Baton also were a host of students of the Ceylon School for the Deaf and Blind.

CGA President Suresh Subramaniam a pioneer in the Wheelchair Tennis concept in the country is of the view that differently abled persons too can make worthy contributions to sports in general.

He said once he had the opportunity of witnessing cricket game played by blind children and he was amazed by the talent and how they follow the ball by the jingling sounds it makes.

Meanwhile Rev Rodrigo speaking to the media said “We mark this as a very important event in our annals, especially the opportunity given for the children of this school to savour see, feel and being able to be a part of the Queen’s Baton Relay. In this institution – two in Ratmalana and one in Kaithadi we give the opportunity for differently abled children pursue their studies.

There the principals and the teachers make it a point to give a lot of emphasis to their activity.

“We are so grateful for the opportunity given to these children to be a part of this Commonwealth Games centered sports event. We consider this as a very noble act.

“I feel that this also would be an opportunity for these children pursue their studies under normal circumstances without being segregated.

“In this manner the children of this school would end up in a normal environment and be able to be a part of the mundane society.”



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*We are a Hundred  
Issues young now*

PRODUCING A LITERARY CONTRIBUTION IS A LABOUR OF LOVE. IT COMES FROM AN INNER FEELING THAT RUNS TO FINGER TIPS IN THE FORM OF A MESSAGE THAT YOU WISH SHARE WITH THE REST OF THE LIVING WORLD. YET, TO CONTINUE IT WITH THE SAME PASSION FOR ONE HUNDRED WEEKS TAKES A LOT OF DEDICATION AND WILL.

NOW THE GOODSPORT BULLETIN IS ONE HUNDRED WEEKS YOUNG. DURING THAT TENURE WE TRIED TO SHARE THE OLYMPIC VALUES, VISION AND MARK AN INDELIBLE CONTRIBUTION OF WHAT IT TAKES TO BE AN OLYMPIAN. WE STARTED BY SHARING THE EXPERIENCES OF PARAMI WASANTHI MARISTELA KALUMARAKKALAGE ALSO KNOWN AS PARAMI WASANTHI MARISTELA WHO COMPETED IN THE 2000 METRE STEEPLECHASE EVENT AND BECAME THE FIRST SRI LANKAN TO HAVE WON A YOUTH OLYMPIC MEDAL. THE INAUGURAL EDITION CONTAINED THE "STORY BEHIND THE MEDAL"  
— THE PARAMI STORY.

WE FEEL THAT OMEN GAVE US THE COURAGE TO FORGE AHEAD OWING TO ITS GLOBAL APPEAL AND ACCEPTANCE WHICH WAS ALMOST INSTANTANEOUS. THE RUN WAS NOT WOVEN IN ALL VELVET. THROUGH OUR MEANDER WE FACED MANY OBSTACLES AND FOR WEEKS ON END IT WAS MODERN TECHNOLOGY WHICH CAME TO OUR RESCUE. THE FIRST COVID-19 SPELL HAD BROUGHT THE ENTIRE WORLD TO ALMOST A GRINDING HALT. WE WERE OPERATING FROM SEVERAL CORNERS OF THE ISLAND, BUT WE MANAGED STAY IN FOCUS AND FORGE AHEAD WITHOUT COMPROMISING OUR INNER VISION AND THE VALUES THAT GO ALONG WITH IT.

WE STAYED IN FOCUS AND BECAME THE VOICE OF THE NATIONAL OLYMPIC COMMITTEE OF SRI LANKA. JUST TO MAKE A LONG STORY SHORT WE SELECTED THREE LEAD STORIES THAT WE FEEL WHICH DESERVE TO BE THERE. THEN FROM THAT POINT ONWARDS WE COULD MOVE TO THE NEXT PHASE OF OUR SAGA WHICH WE ARE SURE TO BE MORE VIBRANT.

# THE FIRST ISSUE

*Story behind the Medal*



## PARAMI BACK

## AT TRAINING

Sri Lanka's Parami Wasanthi Maristella who stirred International ripples by winning Sri Lanka's first Youth Olympic Medal and the third behind senior Olympic medallists Duncan White and Susanthika Jayasinghe is back at training after a lengthy lay-off owing to injury. The nineteen-year-old Steeplechaser won the Bronze Medal at the 3<sup>rd</sup> Youth Olympics in Argentina in 2018, thus breaking into instant fame. Following the historic win Parami was subjected to medical care owing to a leg injury.

*"I sought the assistance of many doctors but, what worked with me was the session I had with Dr. Himan de Silva of the Nine Wells Hospitals and thankfully I am back on the track"*

Parami told GoodSport "Even during the Junior Olympics I trained and went through the entire contest subjected to this injury and I could only move with the assistance of pain killers. However, my 18 month training prior to the games and the confidence that I had in my skills took me through to the final post and the bronze medal."

Since the win, Parami and her coach Janith Nadeeshantha have parted ways and now she is training under Kenyan coach Dan Muchoki. Speaking about her recovery Parami said "I sought the assistance of many doctors but, what worked with me was the session I had with Dr. Himan de Silva of the Nine Wells Hospitals and thankfully I am back on the track".

She says she does not have any immediate plans, but, would begin to concentrate on a meet in the near future.

# Best Content

NOC SL News

*The Marathon has just Begun*



## *Sexual Harassment and Abuse*

*in Sports is a Pandemic  
- Lilamani de Soysa*

**F**inally, the little island of Sri Lanka is taking Sexual Harassment and Abuse in sports seriously and are honestly taking steps to combat the issue through the National Olympic Committee of Sri Lanka's women's committee.

Sexual Harassment and Abuse in sport seriously and negatively impact athletes' physical and psychological health. It can result in impaired performance and it leads to athletes dropping out while they are peaking.

Research data indicate psychosomatic illness, anxiety, depression, substance abuse are direct results of this scourge. Self-harm and suicide are some of the other serious health consequences.

A webinar by the National Olympic Committee of Sri Lanka in this regard was held on 12 August from 3 p.m. to 4 p.m.

The webinar panellists were K.D.S. Ruwanchandra – Former Secretary of Ministry of Sports, Suresh Subramaniam – President of the National Olympic Committee of Sri Lanka, -

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### General

## **Birmingham 2022 to use multi-site Athlete Villages**

**T**he organisers of the Birmingham 2022 Commonwealth Games announced that athletes and team officials will be housed in three 'campus' villages at the University of Birmingham, the University of Warwick, and the NEC Hotel Campus.

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# Best Olympic Value

NOC SL News

Number Participating Schools Doubled



## OVEP Debater 2020

### on course

One of the most successful programmes launched by the National Olympic Committee of Sri Lanka -- Olympic Values Educational Programme (OVEP) - Debater will come on stage as a full-scale project with the participation of 40 schools in September-October this year.

On the last occasion it was held there were only 20 selected schools from Colombo and Kandy.

The main objective of the OVEP Debater 2020 is to educate Olympic Values to the school children. Especially, the Tokyo 2020 Olympic Games which are to be held in July 2021, the NOC Sri Lanka planned to host the OVEP Debater prior to the Games. Also, the National Olympic Committee of Sri Lanka believes that this will be another opportunity for the school children to get involved and learn Olympism before they watch the Games.

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### General

## Overview of women's sports

Gender equality has become the hot topic in all most all international sports governing bodies at present. tion.

Nevertheless, women were vociferous on this subject from the times of the ancient Olympic Games demanding for equal opportunity to participate in sports competitions.

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# Best Layout

SPORTS NEWS

*Celebrating the Queen's baton relay 2022*



**Memorable  
Memories Marked**

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