



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



BINDUNUWEWA AWOKEN

The Bindunuwewa Sport Administration Course is an endemic step in National Olympic Committee of Sri Lanka in its drive in Education and Social Development in the island.

The 2023 version of this project for physical Education Teachers Bindunuwewa, was held on March 30 and 31 at the Uva National College of Education, Bandarawela.

“The objective of this Olympic education programme was to impart knowledge on ‘Olympism’, Managing and Administering Sport and Physical Education to physical education teachers”

Whole course was delivered by Prof. B.L.H. Perera, Academic Director of NOC SL and he was assisted by Pethum Weerakkodi of the University of Sabaragamuwa.

The objective of this Olympic education programme was to impart knowledge on ‘Olympism’ and Managing and Administering Sport and Physical Education to physical education teachers at the Uva National College of Education, Bandarawela.

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A total of eighty-one participants took part in the two-day session segmented into two segments.

The deliverance of this programme included Olympic Background and Future of Structure and functions of Olympic Movement, Olympic Values, Managing Environment, Management of Resources, Management of Activities and Sport Science – a practical guidance to career development.

Ms. Chalani Dayarathna - the programme convener explained “The idea of a programme in Bindunuwewa was initially conceived by IPP Hemasiri Fernando and developed by the incumbent Secretary of the NOC SL Maxwell de Silva.

“The objective of this programme is to inculcate Olympism into the minds of the participants so that they could develop their skills inherited through it.

“ The idea of a programme in Bindunuwewa was initially conceived by IPP Hemasiri Fernando and developed by the incumbent Secretary of the NOC SL Maxwell de Silva ”

“Besides, it's also aimed at directing and sharing that knowledge at the grassroots level through the participating PTIs .”



NOC SL - 86 NOT OUT



We are 86 not out right now

It was not a bed of roses, but the National Olympic Committee of Sri Lanka has espoused Olympism and its ideals to island nation for the past eighty-six years.

Yes, through the hills and dales of sharing the gospel of the IOC principles we have thrived and grown.

The President of the NOC SL celebrated the event in this manner --

“We are as old as the modern Lankan history. We are now 86-years-old and still growing. We look to stand together and develop within the Olympic Movement”.

The Secretary General of the NOC SL Maxwell de Silva noted --

“At 86 we are the sixth oldest Olympic collective in Asia, during that time we have grown in prudence and stature and now it is our turn to prove to the rest of the Olympic world that we are as good on the track and field too.”

Our Vision

“Contribute to the building of a peaceful and better world by educating youth through sport practices without discrimination of any form whatsoever and Olympic and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play”

Our Mission

“Develop, promote and protect the Olympic movement in Sri Lanka, in accordance with the Olympic Charter”

Also committed to propagate Sports in Sri Lanka and thereby to achieve unity and brotherhood among the different communities living in Sri Lanka and to promote sportsmanship and healthy competition in the World Sports Arena

Let this be an ode and reminisce the road so far to get to the scenic Olympic House as we know down the Independence Avenue.

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History

The National Olympic Committee of Sri Lanka (NOC SL) was inaugurated on 8th April 1937 at a meeting of representatives of Athletic, Swimming and Boxing Associations.

As resolved on this day, the first meeting of the Ceylon Olympic and Empire Games Association was held on 30th April 1937 with the following persons attending;

- Sir John Tarbat,
- Mr. Mc D. Robinson,
- Col. P.J. Parsons,
- Dr. V.R. Schokman,
- Mr. A. Van Langenberg,
- Mr. A.B. Henricus,
- Mr. S.P. Foenander,
- Mr. C.A.B. Starling,
- Mr. D.G. Obeyesekere.

At this meeting Dr. V.R. Schokman was elected as the President and Mr. W.H.D. Perera as the Secretary.



Dr. V. R. Schokman



Mr. W. H. D. Perera

With the dismantling of the British Empire, the name of the Association was changed to Ceylon Olympic and Commonwealth Games Association.

Still later it was changed as the National Olympic Committee of Sri Lanka.

The National Olympic Committee of Sri Lanka was recognized by the International Olympic Committee (IOC) in the same year it was inaugurated – 1937.

Accordingly, to the date of recognition of N.O.C. s by the I.O.C., Sri Lanka N.O.C. stands at the 6th place and is therefore one of the oldest N.O. Cs in Asia.

Since its inception, the NOC did not enjoy the luxury of office premises and each successive Secretary General had made his own ad hoc arrangements to provide a Secretariat to the NOC.

This was far from satisfactory and it was well-nigh impossible to provide the services that an organisation such as the NOC should provide to the Associations to a satisfactory degree and the dream of an efficient organisation of sports was far from realised.

In September 1995 a headquarters of sorts was established. But when the passing of time this building which was rather old soon became unsuitable for occupation and the N.O.C was shifted to a section of Sudathadasa Indoor Stadium.

The dream of many an Olympic Committee Official came true on 25th September 2008 when the “Olympic House” was ceremonially declared open at No. 100/9F, Independence Avenue, Colombo 7.

This was a stupendous task as the total cost of the building which amounted to nearly Rs. 150 million had to be raised through grants, donations and sponsorships.

The building of the Olympic House became a reality with the laying of the foundation stone for the building on 11th May 2007 by Hon. Gamini Lokuge, Minister of Sports and Public Recreation. Since then steady progress was achieved in building operations and the Olympic House was declared open on 25th September 2008.



WORLD HEALTH DAY: HOW SPORT AND THE OLYMPIC GAMES PROMOTE HEALTHIER LIFESTYLES

To mark World Health Day 2023, the International Olympic Committee (IOC) is highlighting the role that sport and the Olympic Games can play in fostering healthy and active lives



“Sports participation is an extremely low-cost, high-impact tool to foster active and healthy lives 365 days a year,” said IOC President Thomas Bach. “The Olympic Movement is committed to promoting the value of sports participation for people of all ages and abilities, hence helping to shape a better world through sport.”

The undeniable benefits of sport and physical activity

The World Health Organization (WHO) recommends that children and teenagers engage in at least 60 minutes of physical activity per day, while adults should do at least 150 minutes throughout the week. But a 2022 report revealed that 81 per cent of adolescents and 27.5 per cent of adults are not meeting these targets.

In response, the IOC and WHO launched a joint programme in November 2022 that aims to strengthen the role of sport in contributing to the global target of a 15 per cent reduction in physical inactivity by 2030.

The three-year programme forms part of the IOC’s Olympism365 strategy, which is focused on strengthening the role of sport as an enabler for the United Nations Sustainable Development Goals (SDGs), and will see the IOC and WHO join forces to provide guidance, training and toolkits to both health and sports organisations to assist with the design and implementation of programmes aimed at helping more people to benefit from participating in community sport.

***World Health Day 2023
also marks the 75th
anniversary of the World
Health Organization***

The joint initiative is a key part of the Sport, Health and Active Communities portfolio of Olympism365, which focuses on increasing people’s access to safe, inclusive and health-promoting sports participation opportunities.

Through this portfolio, the IOC will work with partners to use sport to help improve people’s physical and mental health and well-being, while also supporting them to find a community through sport and connecting with Olympism.

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Promoting healthy and active lives through the Olympic Games

The Olympic Games not only provide a platform for the world's greatest athletes to compete on, they are also a catalyst for concrete initiatives that support and inspire the wider public to exercise more.

All Olympic Games organisers are required to deliver a long-term physical activity and sport for all programme in the host territory before, during and after the Olympic Games.

Many host cities therefore use the Games as a catalyst to improve their facilities and increase access to both elite and recreational sport.

The Organising Committee of the Olympic Games Paris 2024 has grasped the challenge from the outset with its education programme, Generation 2024.



“ The Olympic Movement is committed to promoting the value of sports participation for people of all ages and abilities, hence helping to shape a better world through sport ”

Thomas Bach - IOC President

Created in partnership with the French Ministry of National Education, Youth and Sport, Generation 2024 aims to encourage young people to lead more active lives by participating in sport and physical activity.

By engaging the sports movement, the school and university sport federations, and the education community, the programme builds on the interest in the Olympic Games Paris 2024 by exposing children to sport in such a way that it becomes embedded in their lives from an early age.

In addition to the launch of a series of educational resources revolving around the Olympic Games and tools to encourage daily physical activity, one of its key initiatives has been the establishment of the Olympic and Paralympic Week (Semaine Olympique et Paralympique [SOP]), an annual event that seeks to promote participation in sport among young people and introduce sport as a tool for learning in school classrooms.

This year, more than one million children took part in the Olympic and Paralympic Week, held from 3 to 8 April in more than 7,000 schools throughout France and French overseas territories.



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The activities proposed focused primarily on the theme of inclusion, and involved more than 120 Olympic and Paralympic athletes.

Generation 2024 has also resulted in the launch of the “30 minutes of physical activity per day” project, which complements traditional physical education lessons and represents a flexible addition to be practised at any point of the school day, at the discretion of the teacher.

To support these efforts, teachers are supplied with resources detailing fun physical exercises they can share with their classes, plus a kitbag of basic sports equipment.

More than 10,000 kitbags, which include balls, hurdles and other multisport items, have already been distributed to schools in France.

The initiative has now been extended nationwide, with the goal of reaching all French primary schools by the time the Olympic Games Paris 2024 begin.

Meanwhile, the Generation 2024 platform continues to evolve as it seeks to encourage an entire generation to get more involved in sports as the Games draw nearer.

Celebrating 75 years of WHO

World Health Day 2023 also marks the 75th anniversary of WHO.

In 1948, countries of the world came together and founded WHO to promote health, keep the world safe and serve the vulnerable – so that everyone, everywhere can attain the highest level of health and well-being.

On this occasion, IOC President Thomas Bach said: “We want to thank WHO for decades of partnership where we were promoting health and active lives for all people through physical activity and sport. The Olympic Movement will be at your side for the next 75 years and beyond.”

The IOC and WHO have worked together since 1984, leading to numerous joint initiatives to promote healthier lifestyles and grassroots sports activities, and fight physical inactivity through sport.

In May 2020, the two organisations signed a new Cooperation Agreement and are notably tightening their collaboration for future Games, starting with Paris 2024, to address emerging issues, including the prevention of noncommunicable diseases.

olympics.com





Happy Sinhala and Tamil New Year!

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இனிய
சிங்கள தமிழ்
புத்தாண்டு
வாழ்த்துக்கள்!

Warm Greetings from the National Olympic Committee of Sri Lanka