

St Patrick's College Jaffna Old Boys Association

Melbourne, Australia

Established 1992



Website: www.spcaustralia.com

Email: secretary@spcaustralia.com

Newsletter 48

Facebook: www.facebook.com/spcobamel

January 2026



Our Objectives

Socialise and share the Patrician spirit with benevolence.
Support our Alma Mater in meaningful ways.

Fide et Labore
Faith and Labour

Prayer is a conversation that includes the right to grumble, to argue with God, and fight him until we draw a blessing from the darkness.



President's Message

Dear Patricians

Wishing you all a very Happy New Year! May 2026 bring you and your families joy, good health, and renewed purpose as we continue to strengthen the bonds that unite us as sons of St Patrick's.

As we reflect on the year gone by, I extend our heartfelt thanks to our generous **sponsors**, our loyal **patrons and friends of SPC OBA**, and our dedicated **committee members**. Your collective support and commitment made **Patrician Nite 2025**, held last November, a resounding success. It was a memorable evening filled with camaraderie, nostalgia, and the unmistakable Patrician spirit — a testament to what we can achieve together.

Looking ahead, we have the usual but exciting calendar of events planned for 2026, and I warmly encourage all members and their families to participate wholeheartedly.

- **Family Fun Day – 26th January 2026** A day designed for fellowship, laughter, and togetherness. Bring your families, reconnect with old friends, and enjoy a relaxed and joyful start to the year with fun, cricket, kids' games and a cuppa.
- **St Patrick's Day Celebrations – Date & Venue TBA** Our annual celebration of heritage and tradition. This event is always a highlight, and we look forward to sharing more details soon.
- **Patrician Nite 2026 – Date & Venue TBA** The flagship gathering of our association. Preparations

are already underway to make this year's event even more memorable.

I would also like to express special gratitude to **Antony Gratian** and **James Joseph** for their unwavering support and dedication to the association. Their contributions continue to strengthen our community and inspire us all.

Finally, to each of our members — thank you for your continued support, your presence, and your commitment to our alma mater and the association. Your involvement is the heartbeat of our association, and we look forward to journeying through another meaningful year together.

Warm regards,

Fredy James

Office Bearers and Committee Members 2025-26

President - Fredy James

Vice President - Berchmans Tennakone

Secretary - Raj Niruban Vimalathanan

Assist. Secretary - Parthiban Vivekanandan

Treasurer - Anton Sivapragasam

Assistant Treasurer - Clero (Vinson) Theonis

Committee Members:

Angelo Fernando, Dr Hutchinson Thurairajah, Jenith Jesuthasan, Jeyandra Antonipillai, Noel Rajiv, Richman Mangalanayagam, Dr Sanjeev Alfred and William Nimalraj.

Support Group:

Anandarajan James, Antony Gratian (Editor), Chrysostom Gunanayagam, Dr Florentine Singarayar, James Joseph, Jeevaranjan Fernando, Patrick Rajaratnam and Philip Ravindraraj.

**Australia Day Family Fun Event will be held on Monday, 26th January 2026.
See Page 2 for details.**

Dear Fellow Patricians!



Family Fun Day 2026 (BBQ, Cricket, Games, Lunch etc.)

When : Monday, 26 January 2026 - 9.30 am onwards

Where : Meadow Glen Reserve - 150 McDonalds Road, Epping VIC 3076



<https://forms.gle/L3PApiQuitP4mv4N7>

Hope to see you all in great numbers.



**St. Patrick's Day Celebrations— Held in March 2025
St. Annes Church, Box Hill**



St Patrick's College Jaffna OBA Melbourne

**Nomination Form — Office Bearers and Committee Members for the
2026/2027 Patrician Year**

Full Name of Nominee:

Position Nominated for:

I, volunteer to serve in
the OBA Management Committee in the abovementioned position.

Full Name of Proposer:

Full Name of Seconder:

Signature: Date: Signature: Date:

Address: Address:

.....

.....

SPC Jaffna 175th Anniversary Celebrations

Several members of our OBA participated in various events in Jaffna and Colombo



Message from the Secretary

Dear Members

On behalf of the SPC Jaffna OBA, Melbourne, I extend my sincere appreciation to all who contributed to the success of our recent **Patrician Nite**. The event was a fitting celebration of our shared heritage and a testament to the enduring Patrician spirit that unites us.

We were honoured by the presence of our Deputy Principal, **Mr Bertie Bannister Mariyathas** and his wife, whose participation added special significance to the occasion. Mr Mariyathas greatly enjoyed not only the Patrician Nite but also the dinner engagements with our members, both before and after the event. These meaningful interactions strengthened the bond between the College and its alumni, reflecting the warmth and fellowship that define our Patrician community. A special word of appreciation is extended to **Mr Nimalraj** for his leadership and meticulous coordination of all arrangements concerning our Guest of Honour. His dedication played a vital role in the smooth execution and overall success of the event.

The evening was marked by a vibrant and joyful atmosphere. The **DJ and live band** ensured a lively programme throughout the night. The **raffle was exceptionally well organised**, thanks to the efforts of **Mr Patrick Rajaratnam** and **Mr Philip Ravindraraj**, which added excitement and fun for everyone present.

We also take pride in reflecting on a significant milestone in the history of our alma mater. **Last year, St. Patrick's College celebrated its 175th Jubilee**, and it was heartening to witness several members of our Melbourne OBA travel to participate in this historic celebration. Their presence allowed them to renew friendships, relive treasured college memories, and reconnect with fellow Patricians from around the world. Furthermore, **a number of our members made valuable contributions to the commemorative publication "Thirty One Reflections of Fide et Labore"**. I congratulate and thank all those who travelled and contributed their time, effort, and talents. These contributions strengthen our OBA and bring honour to our alma mater.

Looking ahead, we warmly invite all members and their families to our upcoming **Melbourne OBA Family Fun Day**, to be held on **Australia Day, Monday 26th**. The programme will include friendly cricket matches and the traditional game of **Killithadu**, fostering fellowship and enjoyment across generations. We're kicking things off with **a delightful BBQ during morning tea, and for lunch, you'll savour the deliciousness of Kothu Rotti**. It's going to be a feast you won't want to miss!

Once again, I thank the organising committee, volunteers, and members for their unwavering support and commitment. We look forward to continuing our journey together in fellowship.

Raj Niruban

Secretary

The **Treasurer's job** in a vibrant organisation is always challenging. From budgeting to collecting and spending funds, as well as accounting and delivering profits, vigilance and transparency are key to success.

Anton Siva's hands-on approach and enthusiasm made the Management Committee's job a lot easier. **Well done, Anton. Thanks for your commitment and initiatives to the very end.**

Patrician Nite 2025 — Sponsors, Advertisers and Donors for Raffles

Sponsorships and Advertisements		
TPL Spices, 40 David St, Dandenong	Advert - Half Page	\$250.00
Ceylon Express Money Transfer	Advert - Full page	\$500.00
Doncaster East FMC	Advert - Full page	\$500.00
Doreen Total Health	Advert - Full page	\$500.00
Wallan General Practice	Advert - Full page	\$600.00
Mango Tree	Advert - Full page	\$500.00
Victorious Conveyancing	Advert - Half Page	\$250.00
ASG Civil & Industrial Engineering	Sponsorship	\$600.00
		\$3,700.00
Sponsorships and Tickets		
Dr Hutchinson	Ticket Donation	\$100.00
Antony Gratian	Ticket Donation	\$100.00
Jesuthasan & Family	Ticket Donation	\$50.00
		\$250.00
Donations for Raffle		
		Value
Raffle Prize 1	Malabar Gold & Diamonds - Gift Voucher/s	\$500.00
Raffle Prize 2	Malabar Gold & Diamonds - Gift Voucher/s	\$350.00
Raffle Prize 3	Cherubim and James - Premium Scotch (Blue Label)	\$350.00
Raffle Prize 4	Nithi - Portable Bar-B-Que with foldable stand	\$300.00
Raffle Prize 5	Dr Mariampillai - Air Fryer (Nimal or Yoga to collect)	\$200.00
Raffle Prize 6	Anandan - Blender	\$150.00
Raffle Prize 7	Bunnings - Gift Voucher	\$100.00
Raffle Prize 8	Peking Land Chinese Restaurant - Gift Vouchers	\$100.00
		\$2,050.00

Patrician Nite 2025



Guest of Honour Mr Bert
Mariyathas and his wife, in
the company of Miss. Patrick



Gift - Mr Bert's Souvenir from Melbourne OBA

OBA's Gift to the
Guest of Hour



The Definitive Superfood Ranking

It seems like everything in the grocery store is labelled "super." We dove into which foods are actually proven, by science, to be good for you and which ones are all hype.

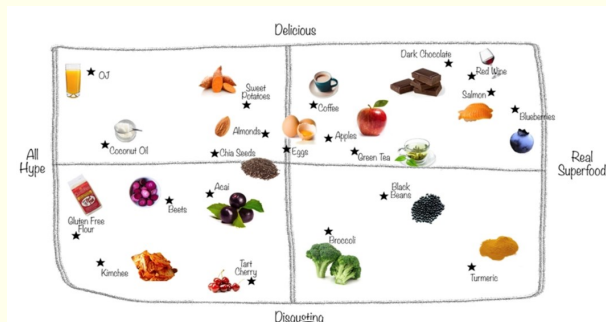
By AC Shilton—[Outside](#)—Published October 31, 2016

Abridged Version

Continued from the last Newsletter 47

9. Coffee

"It makes me shake my head when I hear people say they're trying to quit coffee," says Talbott. Sure, too much of it isn't good for you, but at the right dose, coffee does have real benefits. "Caffeine is the [most-researched performance product on the planet](#), and it has the same [beneficial] flavonoid content as tea." Plus, there's research showing regular coffee drinkers may have a lower risk for [dementia](#), [diabetes](#), and [maybe even Parkinson's](#).



8. Apples

That "an apple a day" adage is not totally bunk. The flavanol quercetin makes these boring old fruits worth adding back into your lunchbox: quercetin has been shown to lower blood pressure, open blood vessels, and [improve endurance athletic performance](#).

7. Green Tea

This ancient beverage has been recently co-opted by the diet industry, which makes it seem gimmicky. While green tea diet pills are certainly worth being wary of, plain green tea is not. There is research showing that it can boost your basic metabolic rate by 3 to 4 per cent, "and it's profoundly anticancer," says Talbott, thanks to compounds called catechins. In fact, [research in the journal Cancer Prevention](#) found that daily green tea consumption could delay the onset of cancer by more than seven years for women and three years for men. A [large-scale population study](#) published earlier this year in *Cancer Science* followed nearly 90,000 Japanese citizens for more than a decade and found that those who drank large amounts of green tea had lower risks for biliary tract cancer, gallbladder cancer, and bile duct cancer.

6. Black Beans

If you compare the diets of every culture with a beyond-average life expectancy—including the original [Blue Zones](#) of Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Icaria, Greece; and Loma Linda, California—the one shared food tradition is a hearty dose of legumes. "They're high in fibre, iron, and B vitamins," says Talbott, and [research has shown](#) that diets rich in legumes (plus lean meats and vegetables) can lower your risk of developing cardiovascular disease and your total risk of morbidity from all causes. While all legumes are worth including in your diet, black beans are packed with polyphenols, giving them an extra nutrient boost.

5. Dark Chocolate

To get the reported benefits from chocolate, Talbott says you really need to eat the super-dark stuff—70 % cocoa or higher. Studies [have shown](#) that just a few ounces can deliver a heart-healthy dose of flavanols that lower LDL cholesterol, stabilize blood sugar levels, and improve blood flow. Plus, as we all anecdotally know, there's research showing that eating chocolate can boost your mood.

4. Red Wine

Go ahead and rejoice: there is evidence-based research showing that wine may have anti-inflammatory and blood pressure-lowering benefits. A [2009 review](#) in the *Journal of Nutrition* found a significant body of research pointing to a lowered risk of all-cause and cardiovascular mortality for populations that consume resveratrol-rich foods such as red wine. (Continued on Page 7)

(Continued from page 6)

If you aren't an alcohol connoisseur, a serving of red grapes may be just as good. Although be wary of resveratrol supplements: one study was actually suspended because participants reported kidney complications. Not that you'd ever want to skip that glass of red wine for a pill, of course.

3. Salmon

The omega-3 fatty acids in salmon contain docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), which help boost brain and heart health, respectively. "Omega-3s help with blood vessel compliance and have a nice blood-thinning effect," which can reduce the risk of heart attacks and strokes, says Talbott. A [2012 paper](#) published in *Epidemiologic Review* found that women who increased their fish intake, including salmon, late in life had significantly fewer incidences of coronary heart disease. Additionally, salmon's DHA—which you can get only through diet, since your body does not naturally produce it—acts as a membrane to neurons in the brain, protecting them from damage or inflammation. A [2015 meta-review](#) in *Neuroscience and Biobehavioral Review* found that an increase in fish consumption could reduce the risk of Alzheimer's by more than 30 per cent.

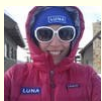
2. Turmeric

This powder, which comes from the rhizomes of the *Curcuma longa* plant, has been used in ancient medicine and Southeast Asian cuisine for centuries. Turmeric's clearest benefit is that "it is profoundly anti-inflammatory," says Talbott, thanks to curcumin, a natural polyphenol that also gives the powder its bright yellow hue. The [body of research on turmeric is fairly deep](#), with several large-scale studies, and turmeric may have more benefits than researchers yet realize—early [results from one small study](#) in the UK showed a potential for turmeric to change gene expression in a way that might help fight cancer. Talbott says it's best to eat turmeric at a suggested dose of one-fourth teaspoon three times a day along with some fiber and fat for maximum absorption. (He sprinkles turmeric on sandwiches, adds it to salad dressing, and even puts it in his coffee.) A word of caution: turmeric is very pungent.

1. Blueberries

"It almost sounds ridiculous to list the research-backed benefits you can get from blueberries," Talbott says, pointing to their ability to lower your risk for heart disease, reduce joint and muscle pains, and curtail oxidative stress (the naturally occurring stress produced by cell respiration). Blueberry's power comes from the compound oligomeric proanthocyanidins, and Talbott says that you don't need a ton of it to get results: a half-cup per day of fresh or frozen blueberries results in a "significant longevity benefit." Plus, there's plenty of research showing that blueberries can reduce post-exercise [stress](#) and [inflammation](#) among athletes. As for the general population, in 2013, [researchers revealed that](#)—at least for women—getting three servings of berries per week cut heart attack risks by one-third.

[Food and DrinkScience](#)



[A.C. Shilton](#)

A.C. Shilton splits her time between chasing sheep and writing for media outlets that include *Outside*, *The Guardian*, and *The New York Times*.

For the whole article, please visit: [The Definitive Superfood Ranking](#)

Sports and other students activities

Sri Lankan National Cool Tennis Tournament Results

Champions-Red Ball; 3rd place - Orange Ball; Quarter Finalists- Green Ball

Heartiest Congratulations to St. Patrick's College, Jaffna – All Island Cool Tennis Team.

St. Patrick's College, Jaffna proudly celebrates an outstanding achievement at the All Island Cool Tennis Tournament. We warmly congratulate our talented players for emerging as Red Ball Champions, securing 3rd Place in the Orange Ball category, and reaching the Quarter-Finals in the Green Ball category.

This remarkable performance is a true reflection of the players' dedication, discipline, and fighting spirit. We extend our sincere appreciation to the Teacher-in-Charge and the Coach for their tireless commitment, guidance, and hard work in nurturing and preparing the team for this prestigious event.

The entire school community is proud of this achievement. We wish the team continued success and many more milestones in the future.

Well done and congratulations to all

யாழ்ப்பாணம் புனித பதிரிசியார் கல்லூரியும், திருக்குடும்ப கன்னியர்மட தேசிய பாடசாலையும் இணைந்து தங்களுடைய உயர்தர மாணவத் தலைவர்களுக்கான “ஒன்றிணைந்த தலைமைத்துவம் மற்றும் உளவியல் ஆற்றுப்படுத்தல்” செயலமர்வு 3/01/2026 செவ்வாய்க் கிழமை கோப்பாயிலுள்ள அமல மரித் தியாகிகளின் “சங்கமம்” இல்லத்தில் நடாத்தினர்.

இந்நிகழ்வின் வளவாளர்களாக அமல மரித்தியாகிகளின் மூத்த உளவியலாளர் அருட்பணி ச. ம. செல்வரத்தினம் (அ. ம. தி) அடிகளாரும், அமல மரித்தியாகிகளின் முல்லைத்தீவு அமைதித் தென்றல் உளவியலக இயக்குனர் அருட்பணி விஜேந்திரன் அடிகளார் மற்றும் அவரது குழுவினர் இணைந்து செயலமர்வினை நடாத்தினார்கள்.

மாணவத் தலைவர்களுக்கான “ஒன்றிணைந்த தலைமைத்துவம் மற்றும் உளவியல் ஆற்றுப்படுத்தல்” செயலமர்வு



இயல்செய் குறும்படம் by St. Patrick's College, Science Union.

புதிய தலைமுறை - கருத்தாடல்

<https://youtu.be/noZQWT27nZc?si=inw6nitEL4qygPow> [26:29]

பங்கேற்போர்:

விஞ்ஞான ஆசிரியர் ஸ்ரிபன் கோபிநாத்

மாணவர்கள் றெஸ்லின் நோபேட் ஹெமோஸ் (Director/Actor), கருணராசா கௌதம் (Cameraman)

நிகழ்ச்சி நெறியாளர்: யூலியற் யோசப்

If I forget you, Jerusalem,
may my right hand forget its skill.
May my tongue cling to the roof of my mouth
if I do not remember you. [Psalm 137 5-6]

இன்பத்திலும் துன்பத்திலும்
நம் தாய்மண்ணை
மறவோம்.

நாடு இருக்கும், தேசம் இருக்காது, நாம் நேசக்கரம் நீட்டாவிட்டால்.

நன்றே செய்வோம் அதையும் இன்றே செய்வோம்

சிறுதுளி பெருவெள்ளம், வல்லவனுக்கு புல்லும் ஆயுதம், என்றெல்லாம் சிறுவயதிலிருந்தே நாம் கேட்டு வந்திருக்கிறோம். நாட்டுப்பற்று பற்றியும், நான் பிரதம மந்திரியானால் ... நான் ஜனாதிபதியானால் ... என்றெல்லாம் கட்டுரைகளும் எழுதியிருக்கிறோம். சிறுதுரும்பும் பல்லுக்குத்த உதவும் என்பதையும் வாழ்வின் அனுபவத்தில் கண்டிருக்கிறோம். இருந்தபோதிலும், 30 ஆண்டுகளுக்கு மேலாக போரிலும் போராட்டத்திலும் சிக்கி நலிந்த நம் பிறந்த மண்ணையும், மக்களையும் முன்னேற்றும் விடயத்தில் மட்டும், அது அரசாங்கத்தின் பொறுப்பும் கடமையும் என்று நம்மில் பலர் கையை விரித்துவிடுகிறோம்.

‘ஒரு நாடானது முன்னேற்றப்பாதையில் தடம் பதித்து முடிவில் வல்லரசு என்ற நிலையை அடைவது என்பது அந்நாட்டினுடைய தலைவர்கள் கையிலோ அல்லது அரசியல்வாதிகளிடமோ இல்லை மாறாக குடிமக்களிடமும் அவர்கள் கொண்டுள்ள நாட்டுப்பற்றிலுமே தங்கியுள்ளது’ என்று இந்தியப் பத்திரிகை ஒன்றில் வெளியான நாட்டுப்பற்று பற்றிய கட்டுரையில் வாசித்த ஞாபகம். தேச நலனுக்காக உயிர் நீத்தல், நீதிக்காகப் போராடுதல், இவற்றுக்கு அப்பால், நாட்டின் பொருளாதார வளர்ச்சிக்காக உழைத்தல், பல வேலையில்லாதோரை பணியில் அமர்த்தல், நேர்மையாக வரிகளை கட்டுதல் — இவைகளும் நாட்டுப்பற்றின் வெளிப்பாடுகள் தான். இல்லையேல், நாடு இருக்கும், தேசம் இருக்காது.

போர் முடிந்து 16 ஆண்டுகளாகி முழு அமைதி நிலவும் இக்காலகட்டத்திலும், பொருளாதார நலன்களுக்காகவும் வேலைவாய்ப்புக்காகவும் ஆயிரக்கணக்கில் நாட்டைவிட்டு வெளியேறும் இளைஞர்களுக்கும் ஆற்றல்மிக்கோருக்கும் நம்பிக்கையூட்டும் மாற்றுவழிகளை உள்ளூரில் ஏற்படுத்திக் கொடுப்பது, புலம்பெயர்ந்த நாடுகளில் வாழும் நம்மவர்க்கு தார்மீக கடமையாகும். தானதருமமும் கல்வி சுகாதார ஆலோசனைகளும் மட்டும் போதாது. நிலையான அபிவிருத்திக்கு அடிகோலும் முதலீடுகளுடன், கொள்கை வகுப்பாளர்களும், தொழில்முனைவோரும் கைகோர்த்துத் திட்டமிடும்போதுதான், அர்த்தமுள்ள மாற்றங்கள் கைகூடும். முதல் ஓரிரு ஆண்டுகளில் கஷ்டமும் நஷ்டமும் ஏற்படினும், அடுத்துவரும் ஆண்டுகளில் வளர்ச்சியும் இலாபமும் ஈட்டுவோம் என்ற அசையாத நம்பிக்கையோடு களமிறங்கும் சிறு வணிக நிறுவனங்கள், பால் பண்ணையாளர்கள், குடிசைத் தொழிலாளர்கள் போன்றவர்க்கு, ஊக்கமும் ஆதரவும் அளித்து, உண்மையாகவே நம் மண்ணையும் மக்களையும் நேசிப்பவராவோமாக.

பெரிய அளவிலான முதலீட்டைத் தொடங்குவதற்கு முன் அரசாங்கம் கட்டமைப்பு மாற்றங்களைச் செய்யும் வரை காத்திருக்கிறோம் என்பதும், அதிகாரப் பகிர்வு முதலில் வேண்டும் என்பதும், வறுமையில் வாடிவதங்கும் விவசாயிகளுக்கும் பெண் தலைமைத்துவ குடும்பங்களுக்கும் விடிவைத் தராது.

Even if we lack the power to change someone's life, we can still care. Waiting for an opportune time is no option.

“எந்தையும் தாயும் மகிழ்ந்து குலாவி இருந்ததும் இந்நாடே -- அதன் முந்தையர் ஆயிரம் ஆண்டுகள் வாழ்ந்து முடிந்ததும் இந்நாடே -- அவர் சிந்தையி லாயிர மெண்ணம் வளர்ந்து சிறந்தது மிந்நாடே -- இதை வந்தனை கூறி மனத்தில் இருத்தினன் வாயுற வாழ்த்தேனோ” — பாரதியார்

நன்றி

Antony Gratian

Editor

Note: The article in the next 2 pages elaborate how we can help enhance the export market for the products of northern province through the Chamber of Northern Exporters (CNE).

The Chamber of Northern Exporters (CNE) Delivering Goods and Services From Jaffna and the Northern Province



Author [Jekhan Aruliah](#)

Posted on [December 23, 2025](#) | [Companies](#), [Economy](#) – Lanka Business Online

We have heard it so many times, "We must export more!". We have heard it from politicians and economists and assorted commentators of assorted quality through miscellaneous channels. "We must export more" deserves the internet acronym SOTBO. Internet slang for a "Statement Of The Bleeding Obvious". A statement so basic, so self-evident, why say it? We already know it. What are we doing about it?

For the country as a whole exports are obviously vital. Not only do exports bring us foreign currency. Selling only within Sri Lanka is a very limited and crowded opportunity. Exports offer a virtually infinite market. But there is even more to exporting than that.

Exporting brings us more than only dollars. Competing internationally forces us to keep up with the international markets. We see the latest market opportunities and innovations as they come. We stop being 'frogs in the well' waiting to be plucked out by predators. Crucially we can compete with foreign companies who come to sell into our homeland Sri Lanka.

The Northern Province has its own USP over other provinces, the Diaspora. This powerful though waning and disappointingly under-used network of investors and mentors and customers and networkers. Not only reaching the Diaspora directly, but through their network reaching those with no Sri Lankan heritage: their friends and business partners. Foreigners who have built strong and trusting relationships with the Diaspora. Friends of Diaspora friends, business partners of Diaspora businesses, a network that stretches far beyond émigré Sri Lankans. ***The real power of the Diaspora is not what it can buy from us. The real power is reaching markets and investors through and beyond the Diaspora.***

[The Chamber of Northern Exporters \(CNE\)](#) is a Jaffna based [alliance of companies](#) who are already successfully exporting. They represent a diverse group: Agriculture, Fisheries, Food & Drink, Handicrafts, Ayurveda, ICT, and other industrial sectors. Already 40 foot containers loaded with produce regularly leave Jaffna carrying goods to the Colombo ports. But too few of these 40 footers are going. The Northern exporters have the same issues faced by enterprises across Sri Lanka: Logistics, Warehousing, Shipping, Packaging, Financing; etc. And not least the inefficient and incorrigible bureaucratic friction getting approvals suffered by everyone in every part of the Sri Lankan economy. Key for CNE is collective advocacy, raising these issues and making better deals for exporters from logistics to loans. Representing exporters with the bureaucrats and policy makers in both Provincial and Central authorities.

CNE is active mentoring young entrepreneurs and supporting women headed businesses. The North has huge underdeveloped potential in these youth and women sectors, which is true across the nation. According to the Department of Census and Statistics in 2025 Q2, **national unemployment (people who want a job but can't find one) in 15-24 age group is 26.2% for women and 17.5% for men** ([2025 Q2, Dept of Census & Statistics](#)).

CNE is a recognition that we are not competing with each other inside the Northern Province, we are competing with the rest of the World. Northern companies helping even their own competitors inside the North makes them all stronger. When we are all stronger we create a Northern Province brand of quality, capability, capacity and excellence to attract worldwide customers to come to us.

The Jaffna brand needs to be far more than a temple, an ice-cream parlour, and a fort. The North outside Jaffna hardly has any brand at all. **(Continued on page 11)**

(Continued from page 10)

CNE is promoting direct exports from the Northern Province. Before the civil war the North was an agricultural and fisheries and industrial powerhouse. Before the civil war the North was the largest fisheries producer in Sri Lanka. Now, even 16 years after the end of the war, the North remains well behind in fisheries catch. Major northern factories for garments, chemicals, boat building and other industries that thrived before the war hardly exist.

We see little value add in the North. Most of Northern produce goes to the South where the value add is done and the export profits are reaped and spent in investments and in fun. CNE's objective is to change this. To build Northern value add, export direct, and enjoy the GDP share in the North.

There is much optimism. But optimism doesn't put food on the plate. There is talk of extending the Palaly Airport runway, enabling direct flights to the Middle East and Far East can be made. This immediately opens the prospect of direct export of fresh produce including seafood and high value agri-products. There are optimistic dreams of tourists and executives making intercontinental flights direct to Jaffna. We have had talk of new industrial zones in key Northern towns: KKS, Paranthan and Mankulam.

So far we have only seen a boom in foundation stones, lay and leave. If these promises become reality then they create immense opportunities for our Northern industries and exporters. Great opportunities for the Northern Province to contribute more to the national economy.

The Northern Province contributes only around 4.5% to national GDP ([Central Bank figure for 2023](#)). The target is 10% share of GDP by 2030. That is a very ambitious target, going from 4.5% to 10% in 5 years requiring over 17% growth in **share** each year (compounding growth). Trading and Consumption, now the mainstays of the Northern economy, will not achieve this. This is only made really possible by Producing and Exporting direct.

CNE opened its Jaffna offices in February 2025. It is still evolving to grow its membership and broaden its services. Evolving to achieve its objective of making the Northern Province a highly successful exporter. Boosting the North's flagging economy to return to the status it had once held before the war. Making a greater contribution to the Sri Lankan economy.

You can contact CNE:

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(The writer Jekhan Aruliah was born in Sri Lanka and moved with his family to the UK when he was two years of age. Brought up in London, he graduated from Cambridge University in 1986 with a degree in Natural Sciences. Jekhan then spent over two decades in the IT industry, for half of which he was managing offshore software development for British companies in Colombo and in Gurgaon (India). In 2015 Jekhan decided to move to Jaffna where he is now involved in social and economic projects. He can be contacted at jekhanaruliah@gmail.com)

<https://www.lankabusinessonline.com/the-chamber-of-northern-exporters/?fbclid=>

பலதும் பத்தும்

ஆங்கிலம் கற்போமா?

Get a life!

What does it mean when someone says to get a life?

Something you say to a **boring person** when you **want** them to do more **exciting** things: *Don't tell me you're cleaning the house on a Saturday night? Get a life, Hannah!*

The saying “get a life” is often used to tell someone to stop focusing on trivial matters or to encourage them to engage in more meaningful or fulfilling activities. It can imply that the person is too absorbed in something unimportant or is being overly dramatic about a situation.

It means **stop being so boring or annoying and do something more interesting**: *Dave kept trying to tell me what to do, and I just told him to get a life.*

Start living a **fuller** existence: *If he's a waster, then get yourself out of there and get a life.*

What does get a life mean as an insult?

Pretty much it's insulting. To say get a life means that **the individual needs to get real or accept reality**. It's said when someone doesn't approve of what your opinion is. **Yes, it's insulting and dismissive.**



1978 ஆம் ஆண்டு
'பைலட் பிரேம்நாத்'
படப்பிடிப்புக்காக
சிவாஜி இலங்கை
வந்தபோது பதிவு
செய்யப்பட்டது.

Courtesy:
The Rise Nalla Cinema
Aug 2, 2023



“ஆரம்பத்தில் வாழ்க்கைக்காகவும், பணத்திற்காகவும் சில படங்களிலே நடிக்க வேண்டியிருந்தது
மக்களுக்காக வாழ்ந்த பெரியோர்கள், மக்களுக்காகத் தியாகம் செய்த பெரியோர்கள், இவர்களைப்
பற்றியெல்லாம் இளைஞர்களுக்கு ஞாபகப்படுத்த வேண்டியதை என்னுடைய வாழ்க்கை இலட்சியமாக
கொண்டவன் நான்
ஆண்களுக்கு மிகவும் சுலபமாக வரக்கூடிய வேலை பெண்பாத்திரத்தை ஏற்று நடிப்பது! ...
பெண்களைவிட ஆண்களுக்கு சற்று நளினம் அதிகம்!!” — சிவாஜி கணேசன்

<https://www.youtube.com/watch?v=8eJLBdpk5IU> [17:46]

How much longer should we wait to experience this?

Classmates getting up after group photograph during reunion, exhibiting the true spirit of camaraderie and happiness!

<https://www.youtube.com/watch?v=2eNcRy92udo> [0:48 seconds]

60th Anniversary of the Jaffna Kachcheri:

A Special Commemorative Cover was issued by the Sri Lanka Post on 1st September 2025 to mark the 60th anniversary of the **District Secretariat - Jaffna (Jaffna Kachcheri)**. Sri Lanka's President Anura Kumara Disanayake graced the occasion, with Mr. Suganthan Shanmuganathan, Chair of the Chamber of Northern Exporters (CNE) accepting it with honour.

