

## Project Proposal

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<b>1. Name of the project :</b>	In order to obtain a building for the Weight Lifting Training Center – Sevanapitiya.
<b>2. Development field :</b>	Sports
<b>3. Introduction :</b>	<p>Sport plays a vital role in the creation of disciplined and mentally, physically balanced person. Specially, sport is a successful answer for the early marriages prevailed in the Welikanda Division. Also sport assists to improve the level of education too. Accordingly both sports and education of a child should be equally improved. Sports pave the way to produce a set of children with balanced personalities. Unfortunately, the talented children in this division who can win their lives with sports are unable to cope up with engaging in practices, due to the poor sports facilities. Weight Lifting has been initiated associating Sevanapitiya Maha Vidyalaya of Welikanda Divisional Secretariat, Polonnaruwa in 2014. The following are the achievements obtained so far by Welikanda division in Weight Lifting.</p> <ul style="list-style-type: none"><li>• International Medals – 01</li><li>• Participation in international tournaments – 03</li><li>• National Champion Medals – 13</li><li>• National Sports Meet Medals – 03</li><li>• National School Medals – 17</li></ul> <p>Accordingly through developing physical resources which are in need of Weight Lifting in the Divisional Secretariat Welikanda, further the talents of children can be enhanced. At the same time education of children also can be improved.</p>
<b>4. Institution which produce the project : proposal</b>	Divisional Secretariat
<b>5. Goal of the project :</b>	Achieving the economic goals of the country by means of producing a healthy and disciplined future generation.
<b>6. Objectives of the project :</b>	<p><b>Long Term Objectives</b></p> <ul style="list-style-type: none"><li>• In order to pave the way for an Olympic victory.</li><li>• In order to produce a healthy generation to the country.</li><li>• In order to accelerate the Physical Living Condition Index.</li><li>• In order to produce national and international level sport personalities.</li><li>• In order to show the importance of sports in a society without drugs.</li></ul> <p><b>Short Term Objectives</b></p> <ul style="list-style-type: none"><li>• In order to obtain a full facilitated Weight Lifting Center to Welikanda area.</li><li>• In order to produce national and international level sport personalities.</li><li>• In order to avoid young generation from drug menace.</li><li>• In order to improve school sports.</li></ul>

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- 7. Expected outcome of this project :** Backwardness of an area like Welikanda which was directly exposed to war is an unavoidable fact. In such a condition priority should be given to produce a generation with good virtues who can contribute for the development of this area as well as the country. Ultimately, this project provides opportunities for practices, creating an environment suitable for sports
- 8. Beneficiaries :** Children of Welikanda area
- 9. Measuring Criteria :**
- The number of International Level Championships.
  - The number of National Level Championships.
  - The percentage of students engaging in sports.
  - The number of people who utilize the building for a day.
- 10. Time Frame :**

Serial No.	Main Activities	Sub Activities	1 <sup>st</sup> Month	2 <sup>nd</sup> Month	3 <sup>rd</sup> Month	4 <sup>th</sup> Month	5 <sup>th</sup> Month
1)	Making and approving the Project Proposal.	✓ Making the Project Proposal.					
		✓ Approving.					
		✓ Making the estimate.					
		✓ Allocating the grants.					
2)	Initiating the construction work of Weight Lifting Training Center.	✓ Making agreement.					
		✓ Preparing the exact estimate.					
		✓ Initiating work.					
3)	Handing over for usage.						

#### 11. Expenditure Estimate:

Serial No.	Main Activities	Expenditure Estimate (Rs. Lakhs)
1.	Construction Estimate for the Weight Lifting Center Building. (This only for raw materials. Labour should be accumulated. )	1200000.00
<b>Total</b>		

- 12. Stakeholders :** Sri Lanka Mahaweli Authority
- 13. Grant supplying institution :** Damien Dias United States of America
- 14. Relationship to main plans of town development :** Should be included to Town Development Plan of Sevanapitiya. (It is the rapidly developing commercial city in Welikanda division.)

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<b>15. Supervision &amp; Progress Review</b>	:	Supervision is by District Engineer, District Secretariat, Divisional Secretariat and Pradeshiya Sabha Welikanda along with Sri Lanka Mahaweli Authority and it is proposed to conduct a progress review divisional level, once a week and district level, once in a month.
<b>16. The necessity of the Project Proposal</b>	:	The basic and the fundamental factor that influences the existence of any community is the health. Physical activities are of paramount importance in sound health, specially the regular and systematic exercises and sports. In such a situation, and in an era, jogging tracks are being constructed in urban areas, it is very much fruitful to have a full accomplished facilitated Weight Lifting Training Center in a rural area like Welikanda.
<b>17. Preparation and Approval of the Project Proposal</b>	:	

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❖ Preparation

Name of the officer -  
Designation -  
Official Address -  
Telephone Number -  
Email Address -  
Official seal -

❖ Approval of Assistant Director of Planning

Name of the officer -  
Designation -  
Official Address -  
Telephone Number -  
Email Address -  
Official seal -

❖ Approval of Divisional Secretary

Name of the officer -  
Designation -  
Official Address -  
Telephone Number -  
Email Address -  
Official seal -

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