

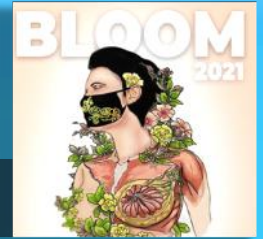


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ISSUE 03 SEPTEMBER OCTOBER 2022



BLOOM



Annual Sabbath Day



Perambara



Editorial

Welcome to the third issue of “Prathibha”, the newsletter of the Student Affairs Division of the Faculty of Medicine, University of Kelaniya. The first and second issues of Prathibha were well received. We are grateful to our staff and students who provided us with articles and gave us feedback.

Prathibha highlights the achievements of our students in sports, music and the performing arts, literature, social service, and other extracurricular activities. The newsletter will continue to showcase the talents of our students to the whole faculty as well as the university.

We are facing an unprecedented economic challenge as a country and times are difficult for everyone. It is heartening to note that students and staff are continuing to pursue extra-curricular activities despite these trying times. Such activities contribute to much-needed mental and physical relaxation and stability during the turbulent period we are facing as a country.

If you would like to contribute information about a student activity to this newsletter please email us on medsad@kln.ac.lk.

Prof Shamila De Silva
Editor Prathibha

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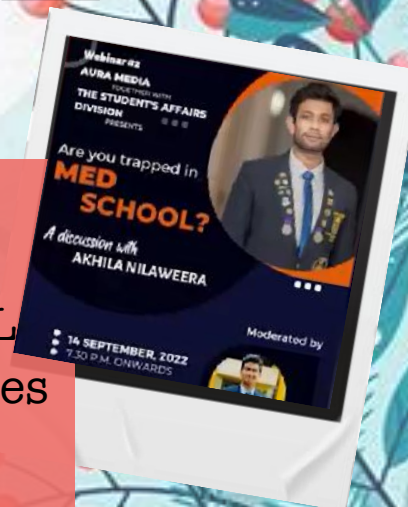
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Perambara can be introduced as one of the most important events in the art calendar of the ragama medical faculty. It's an evening filled with a collection of aesthetic acts, showcasing many talents of the freshers.



Perambara 2022

- An Eventful Evening

Perambara-2022 was successfully held on the 29th of September at the faculty premises from 5pm onwards. The event was conducted by the recently joined batches (medicine- 33rd batch, SHS - 14th batch & OT - 1st batch) of the ragama medical faculty, with the participation of academic staff and students from other batches.

To state that this event was visually and audibly satisfying for the audience present, is an understatement. Eyes were captivated by the plethora of frenetic cultural dances that decorated the evening, which included a Pooja dance, a Kandyan dance, a tamil dance and many more, while ears were cradled with a soothing collection of euphonious singing acts coupled with their accompanying orchestral music.

To top it all off, just when things could not have gone any better, a humorous and quite brilliant drama was enacted by a set of students, gloriously elevating the event to a level where it'll be permanently etched into the faculty's acclaimed amphitheatre.





The event's success however will always be second to the very reason behind its success; the hard work and collective effort put forth by the students. With Evindu Gunarathna and Sathsarani Sandarekha (students from the 33rd batch) taking the reigns, the entire 33rd batch gave it their all, and then some.

Countless hours of organizing and sleepless nights of relentless practice, all manifested itself into a seamless night filled with awe and wonder.

Perambara 2022

All in all, I'm proud to say that this year's Perambara, was indeed a thoroughly satisfying magical spectacle that will undoubtedly be forever encapsulated in time, as well as in the hearts and minds of all the students and spectators alike.



29th SEPTEMBER 2022

33rd BATCH
FACULTY OF MEDICINE
UNIVERSITY OF KELANIA

Annual Sabbath day



Annual Sabbath day of The Catholic Students' Movement, Faculty of Medicine, University of Kelaniya was held on Saturday, 16th Of July 2022 in the Preclinical Auditorium.



The event was graced by Rev. Fr. Dilan Perera, the NCTH chapel priest and was held under the patronage of Prof. Shaluka Jayamanne, (Senior Treasurer) and Rev. Fr. Saman Maximus (University Chaplain).

Students from University of Colombo, university of Kelaniya, University of Moratuwa, University of Sri Jayawardenapura participated to this event with great enthusiasm.

The afternoon session comprised of a series of showcasing talents. A number of items were performed by the MBBS and SHS faculty students varying from singing, dancing, music and drama.

Sabbath day is organized to enhance the religious well-being with a series of spiritual talks and engagements among students.

Catholic Students' Movement
Faculty of Medicine- Ragama



The Student Affairs Division together with Aura Media from the Faculty of Medicine, University of Kelaniya organized a webinar series. The second Webinar of the series was held on the 14th of September 2022 from 7.30pm onwards on the Zoom platform.

Are you trapped in **MED SCHOOL? -** Webinar Series

Guest speaker was Dr. Akhila Nilaweera, a Colombo Medical faculty graduate well qualified to speak on the topic as his Medical School career was well balanced with a stellar academic streak as well as many achievements in Sports, Music and Dance. He was also involved in research from during his undergraduate times.

The discussion was moderated by Nilupul Rupasinghe, from the 30th Batch who did a brilliant job at directing the discussion.

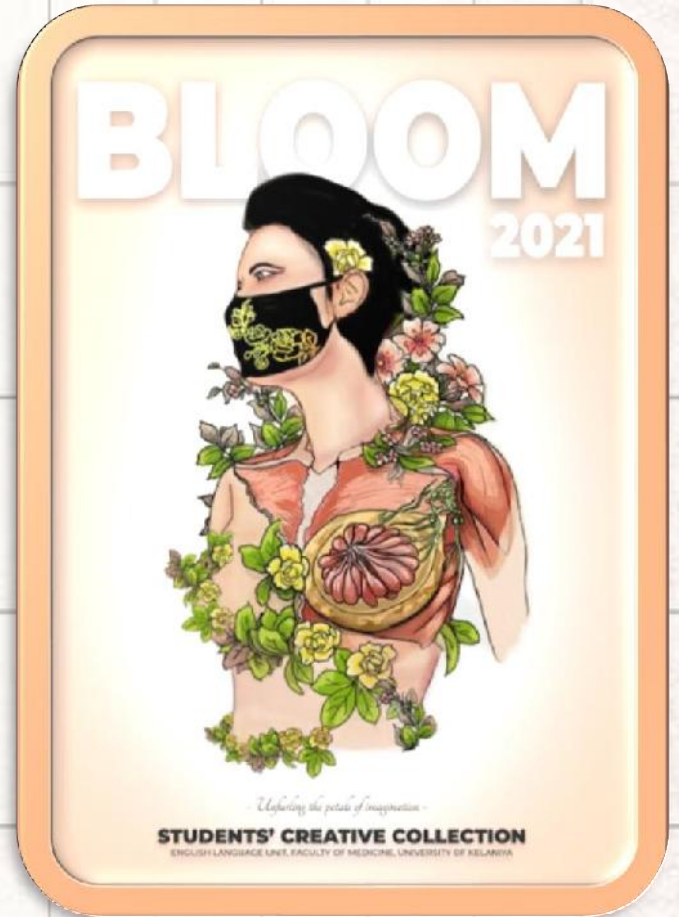


The topic of discussion was “Are you trapped in Med School.” And was targeted towards medical students who feel their daily lives are restricted due to the demands of the medical school curriculum. The webinar was eye opening on how to define your own boundaries to obtain satisfactory work life balance.



BLOOM 2021

“Flowers in bloom are absolutely beautiful. However, behind that beauty is a journey through the tempest and favorable conditions to grow in...” These flowers in the state of bloom, unveiled their potential this October 2022 with the nurturing of the English Language Unit under the guidance of the Department of Medical Education with their official Magazine Launch - BLOOM 2020/2021. Passing the light of creativity and ideas from generation to generation, BLOOM Magazine Launch happened over many consecutive years at the Faculty of Medicine, University of Kelaniya, under the guidance of the Dean, Senior Prof Janaki Hewavisenthi, Head of the Department of Medical Education Prof Madawa Chandrathilake, and lecturers of the English Language Unit. BLOOM was initiated to give a platform for medical students to unleash their creativity and to shape their unexpressed ideas into a magazine. BLOOM magazine portrays the idea that professional education is not the only avenue where one should achieve creativity, wisdom and innovation.



“BLOOM magazine portrays the idea that professional education is not the only avenue where one should achieve creativity, wisdom and innovation.”

The magazine showcases creativity of students in the forms of articles, poems, illustrations, and short stories. BLOOM paves the way for the students to improve English language skills, cognitive abilities, inter-personal and communication skills and leadership. 'Improving' English medium education should be nurtured in fostering humanism in patient care since creativity is not just an aspect of self-fulfillment; it is also a mode of enhancing benevolence. Therefore, BLOOM is a platform where undergraduates are directed to enhance their creative writing skills, while working as a team to make the magazine and the launching ceremony a success.



The Freestyle Prodigy

Mr Amila Madushan Wijethilaka (4th year, MBBS) won first place in the inter university freestyle poetry competition at Mage Deshaya Awadi Karanu Mana '22 - Annual Kala Ulela of the University of Peradeniya. This event was held for the twentieth time since its conception with the participation of several other universities.

Amila has won multiple other poetry as well as short story competitions throughout his medical career, including first place in poetry at the National Youth Awards.

We congratulate Amila on his excellent achievement and wish him the best of luck in his future literary endeavors.



Amila Madushan

“ කියටරේ සිතලට
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ලෙලෙන රත් රුවන් බඳ
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චර්මේ යට තෙල් මන්ද
දියකරන්නට විය ”



FILM FESTIVAL –

Indulge Yourself in a World of Fantasy

A film festival organized by Batch 32 with the guidance of Medical Faculty Student Union was held on 19-21st of September at the Medical Faculty Main Auditorium.



This was organized for the entertainment of students to provide them with an opportunity for relaxation in the midst of their grueling work schedules.

19th September

Scream

20th September

Top Gun: Maverick

21st- September

Suhada Koka



R & R at Ragama...but with SPORTS?!!!

Unlike a lot of other medical faculties, life at the medical faculty of Ragama is for the most part, quite vibrant and exciting.

In a way it's every medical student's place of paradise. With its own exclusivity, neighboring teaching hospital, friendly town folk, scenic beauty, an enthusiastic staff and a teeming population of medical students, how can it not be. However, sometimes things can get a bit monotonous.

Students can get a bit overcrowded when faced with a never ending set of daily lectures and practicals. Especially when it comes to the junior most batch. Studying obviously comes first. However, once in a while, a little break of fun and excitement is needed to break the monotony. And that's exactly what the 'Students and Staff Sports Day (2022)' was all about.

The students from the 33rd batch got together and organized a 'Sports Day', on the 11th of October 2022, offering a much needed refreshing break to the students and staff members alike. And refreshing it was indeed. A friendly game of morning cricket started the day. Dr. Prasad Fernando, Dr. Thusitha Wickramasinghe, Dr. Lanka Ranaweera, Dr. Padmapani Padeniya and several other lecturers along with some of the lab demonstrators, affectionately referred to by the students as "demo aiyyla", graced the field to battle students. The student teams and staff teams battled each other across four matches, with the lecturers eventually coming out on top, proving their superiority not just in academics but in the realm of sports as well. But these weren't grueling battles that ended in a rain of blood. They were, by all means, fun filled light matches that were littered and echoing with laughter and joy. Not to mention a wee bit of humorous commentating to spice things up.



The Students and Staff Sports Day - 2022



The whole hearted smiles constantly etched on the faces of both the players and spectators, alike, quite said it all.

Lunch followed with a short break. And then it was a set of friendly badminton matches that brought the day to an end. The students were in awe as they gazed at their lecturers, Dr. Prasad Fernando, Dr. Lanka Ranaweera and Dr. Hemanthi, as well as Gayan (one of the lab demonstrators), as they all walked into the indoor gym, in never before seen sports attire, all prepped up and more than ready to take down the students.

The students were then in even more awe as they watched their beloved lecturers demolish them and victoriously win the men's and women's doubles matches. The students somehow managed to cling on and win the mixed doubles but it was the lecturers' stellar performance that stole the show.

The laughter and cheers however never stopped on the cricket ground. From the field they found their way indoors and likewise, enveloped the badminton matches with nothing but fun and glee. So in essence, to sum this whole fun-filled 'Students and Staff Sports day' up;

The laughter was short, the day was shorter, but the memories... the memories were for a lifetime.



Gateway to UOK-Badminton



Captain- Badminton (Men)

Wishwa Wijesuriya
Batch 30
0710448089

wishwanathwijesuriya@gmail.com



Team selection trials for the Team Badminton of the University of Kelaniya were held on the 18th of June 2022.

After the trials, Wishwa Wijesuriya (ME/2017/166) a student from the 30th batch and Anusara Gunaruwan (ME/2020/138) a student from the 33rd batch of the Faculty of Medicine, University of Kelaniya have been selected respectively to the Mens' and Womens' Badminton teams of University of Kelaniya. Moreover, Wishwa Wijesuriya has been appointed as the Captain of the Mens' Badminton team of the University of Kelaniya for the current academic year.

SMASHES 2022 - 1st Runner-up



The badminton tournament "SMASHES 2022" organized by the University of Sri Jayawardanapura was held from 13th to 17th of July 2022 at the Mercantile Badminton Courts, Colombo 07. There were 9 teams battling in the Invitational University championship category. The team Kelaniya got selected for the Finals after beating the National School of Business Management (NSBM) Team B and Asia Pacific Institute of Information Technology (APIIT) in the Group stage, and NSBM Team A in the Semi-finals. After a hard-fought battle with Team Sri Jayawardenapura, Team Kelaniya managed to win the 1st Runner-up. Wishwa Wijesuriya from the 30th batch and Anusara Gunaruwan from the 33rd batch of the Faculty of Medicine, University of Kelaniya have represented the Team Kelaniya.



Chessminds 2022-WINNER!



**Winner of “Chessminds 2022”- Randula Gajabahu
Yapa from 31st Batch**

The Chess Club of the University of Kelaniya organized a friendly chess tournament ‘Chessminds 2022’ to introduce virtual chess tournaments to university students. The tournament which was held on 9th of July 2022 through lichess.org, was open to all undergraduates of the University of Kelaniya.

Ishad Iris from 29th batch, Gajabahu Yapa, Sachinthaka Jayalath, Pumala Irudini and Thilina Wijebahu from 31st batch, and Praveen Jayasinghe from 32nd batch of Faculty of Medicine, University of Kelaniya participated in this event.

Randula Gajabahu Yapa, a student from 31st batch of Faculty of Medicine won the 1st place in the competition.

The Freshers' Sports Tournament 2019/2020 and 2020/2021

This year's Freshers' Sports Tournament was held from the 12th – 21st of September at the main grounds and gymnasium of the University of Kelaniya, and what a tournament it was! Jam packed with a plethora of sports such as badminton, table tennis, football, elle, netball, cricket, basketball, carrom and many more, the tournament was filled with joy, laughter, enthusiasm, commitment, and celebration from students of all Batches. It was quite an event indeed for the students of the Faculty of Medicine, Ragama as they scored incredible victories against equally incredible odds in almost every category of sport, showcasing talent, passion, and dedication in many different sporting activities.

A kick and a goal to score the silver in Football – Football (Men's) 2nd runners up

The Fresher's Men's football matches were held on the 13th of September 2022. With little to no practice the students of the Faculty of Medicine still managed to shine through once again and through, this time by securing third place in Football.

With solid performances by multiple players and a spectacular display of effective shooting by Thisara Sanjaya (33rd Batch), the team won the first round. However, they lost the second round, and the stakes were higher than ever in the third and final round. In a dramatic turn of events, with the opposing team injured, it was decided that the final match would be carried out as a penalty shoot-out. The boys were not keen on this, but they still took up the challenge. With a magnificent display of goal keeping by Chamod Alahakoon (33rd Batch) and an exceptionally effective display of shooting, the boys dramatically immobilized the opposing team to win third place, as the crowd roared in appreciation.

Anusara comes to the rescue! Badminton Women's 2nd Runners up

The Fresher's men and women's badminton matches were held on the 12th of September 2022. Anusara Gunaruwan came to the rescue and did not allow her faculty to leave empty handed. Delivering a stunning performance that garnered immense praise Anusara went toe to toe with players vastly more experienced than her and managed to secure third place, bringing glory to herself and to her faculty.



Stating that these girls are unstoppable is an understatement! Netball First Runners up

The Freshers' netball matches were held on the 14th of September 2022 and the team from the Faculty of Medicine came in as underdogs and stepped up to the plate winning second place in the competition. With little practice, almost no experience and 11 high caliber teams in front of them, the girls beat insurmountable odds, when any other team in their position would have faltered. To make matters worse their most experienced player Dulmie Nettasinghe (33rd Batch) was injured and was not permitted to compete.

However, the team was determined and not at all prepared to give up. What they had in their arsenal was 'teamwork' and a 'fighting spirit' and utilizing this arsenal of theirs to the maximum is what they most certainly did. They held on to each other, played the game with unity and an intensity second to none, won every single match they were faced with and advanced to the finals in spectacular fashion where they managed to secure second place. Stating that these girls are unstoppable is clearly an understatement.



Ragama wins silver against all odds – Basketball Men's First Runners Up

The Freshers' men and women's basketball matches were held on the 16th of September 2022 and it was the Freshers' Men's team from the Faculty of Medicine that rose to the occasion by heading into the finals and winning second place. With little practice and their key player Thishan Abeysekara (33rd Batch) injured, the team went into the competition with the odds stacked against them.

They lost the first match with a lackluster performance but stepped up their game spectacularly with Thishan coming in despite his injury along with a brilliant spell of shooting by Rashmika Molagoda (33rd Batch). The team won all the remaining matches to advance to the finals, ultimately winning second place. The boys showed real skill, resilience and a die-hard attitude that gained them the appreciation but respect of everyone.



Cricket lifts the bronze – Cricket Men's Second Runners up

The Freshers' Men's Cricket tournament was held on the 16th of September 2022 and the medical students managed to get this in their bag as well. The boys from the 33rd batch of the faculty, after going through a grueling set of matches, successfully secured third place in this year's Freshers' cricket tournament.

Board games in control! Gold for the girls, silver for the boys...and more!

Carrom Women's Champion, Men's First runners up

The Freshers' men and women's carrom matches were held on the 14th of September 2022, and boys and girls from the Faculty of Medicine excelled.

Evindu Gunarathna (33rd Batch) secured second place with a display of true skill and professionalism after a grueling five match set. Despite a relatively strong start Evindu faced defeat in his third match. With subtle differences in points among players across the board, it was anyone's game. The competition was intense. What before was a board game of silence turned into an unpredictable game of adrenaline. With a clear head, a determined Evindu fought his way through the game, winning the remaining matches and securing second place.

Meanwhile the competition bowed before W.A.N Shehani Kaushalya (32nd Batch), as she breezed her way through all her matches in excellent fashion and emerged as the crowned champion of women's carrom. Also, Shashini (33rd Batch) managed to secure third place in Women's carrom.

The Faculty of Medicine tasted success in another board game, Chess. G.W.J.K Weerasinghe (32nd Batch) won third place in the individual chess matches.

In Scrabble, Abhishek Kumarage (33rd Batch) secured third place in the Freshers' Scrabble tournament.



The Faculty of Medicine lights up the track, the field and the pavilion – Track and field (Men/Women)

The Freshers' men and women's track and field events took place on the 17th of September 2022. Girls and boys alike, the medical students showcased their innate athletic prowess and won places in almost all the track and field events.

- Bhagya Pandithakoralage (32nd Batch) won 3rd place in the women's triple jump event.
- Dewni Ranaweera (33rd Batch) and Vindya Wickramasinghe (33rd Batch) won 1st and 3rd places respectively, in the women's 1000m walking event. Dewni impressively also won 2nd place in the women's 3000m running event.
- Flavia Gunarathna (33rd Batch) won 3rd place in the discus throw event.
- Peshala Withanapathirana (33rd Batch) won 3rd place in the men's 3000m running event.
- Pathum Mendis (33rd Batch) won 3rd place in the men's 1500m running event.

The Ragama Medical Faculty of the University of Kelaniya and the Medical Faculty of the University of Peradeniya faced off in a friendly sports encounter at the Ragama medical faculty premises on Sunday, the 7th of August. This friendly encounter saw both the men's and women's teams of basketball and badminton battle it out, delivering nail biting action.

The encounter started off with the face-off between the women's basketball teams of the two faculties. After a few tense moments the ladies from Ragama led by Paramitha Monarawila were able to overcome the ladies from Peradeniya and win the match 10-8.



RAGAMA VS PERA

Friendly encounter '22

Soon after, a thrilling match ensued between the men's basketball teams. The lads from Peradeniya came off the blocks with all guns blazing and posed a tough match-up for Ragama led by Neranjan Samarasundara. The tight encounter saw a back and forth battle between the two teams where Peradeniya was able to jump ahead to a slight lead heading into the final few minutes. But a late surge from Ragama both on the offensive and defensive end saw them win the contest at the end quite comfortably with the score line reading 45-37.

The evening action of the day saw the men's badminton team led by Wishwa Wijesuriya and women's badminton team led by Sangani Rodrigo take on their respective counterparts.

In the women's category Ragama was able to win quite convincingly, emerging victorious in the three singles matches and winning the encounter 3-0. The ladies who headlined this dominating performance were Anusara Gunaruwan, Sandani Rodrigo and Tharani Gayantha.

The men's category saw a more evenly balanced contest with the encounter going up to the fifth game where Ragama was able to win 3-2. Wishwa Wijesuriya, Vidusha Nethsara were able to win the singles matches for Ragama while the duo of Mayukha Gangoda and Jeewantha Weerakoon was able to win the doubles matches for Ragama.

As always, the encounter showed great sportsmanship and cordiality between the students, a testament to the great camaraderie between Ragama and Pera.