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PRATHIBHA



EDITORIAL

Welcome to the fifth edition of the Prathiba newsletter, highlighting activities and achievements of students of the Faculty of Medicine, University of Kelaniya.

The past few months have been busy with a surge of activities in the Faculty. Our students have enthusiastically participated in many events in the fields of sports, music, drama, and other extra-curricular activities, despite their busy academic schedules. We note with great pride the many awards and achievements of our students in diverse fields over the past months.

We hope you will enjoy reading all about the many colourful happenings in the Faculty in our newsletter.

Prof Shamila De Silva, Editor

If you wish to contribute to the newsletter, please get in touch – shamiladp@kln.ac.lk

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NIMTHERA 2023



“Ladies and gentlemen, prepare to witness an extravaganza for the senses”... is what they said. However, what took place was much much more than that. On 16th February the entire University of Kelaniya stood still to revel in a momentous occasion...a momentous event...that called itself “Nimthera 2023”.



Work started in October 2022. Students from all MBBS batches were involved in just about every aspect of the event. Additionally, students of the OT and SHS batches were also heavily involved and contributed immensely towards the event. All the background work, from raising money and ticket selling to decorations and choreography, went on for four months filled with hurdles and obstacles at every turn. The work was indeed grueling but it all very much paid off at the end.



Historically, Nimthera is one of the largest cultural events organized by medical students of the Faculty of Medicine, University of Kelaniya. However, it has been 8 years since this event was last held.

To make matters even more difficult, since it was so long since the last Nimthera, it was decided to add a bit of a twist to things - to organize the event for the first time ever as a ticket show to raise funds to conduct the health camp that is carried out every year by the faculty in an under-served area of the country. Multiple teams were created and the process of bringing this 8 year long wait to a stop was initiated.





MBBS, OT, SHS STUDENTS

ALL TOGETHER

The annual Health Camp was successfully carried out this year in the Kurunegala Districts Galgamuwa area, at Mahananneriya Maha Vidyalaya on the 30th April. But Nimthera also achieved something else. Starting from essentially nothing, the event morphed itself into a decade-defining platform that showcased the many talents of medical students on a never-before-seen scale



showcasing the many talents of medical students



The show was jam-packed with musical numbers and dance acts of every possible genre, shape and form. Musical numbers took the stage in a trifecta fashion with numerous English, Sinhala and Hindi songs, rendered by a choir and occasionally by soloists, as well as an original song written by a medical student from the faculty. The stage was further graced by esteemed musical artists of the likes of Saman Lenin, Nilakshi Helapitiya, Darshana Pramod and Ashka Kulathunga who serenaded the sea of people that filled the Dharmaloka Hall at the University of Kelaniya that night. Eyes darted back forth as everyone stared, marvelling the ever-changing colorful cascade of dance acts, ranging from traditional, drama-infused, and Bollywood acts to Tamil and even hip-hop dance acts that all took the stage by storm. This entire aesthetic feast was served up by a breathtaking orchestra coupled with strenuous organizing and tight event coordination.



Above all, “Nimthera 2023” gave an opportunity for students to show who they were...to smile and to shine...in spectacular ways that they never even thought they could. And that alone is enough of a reason as to why this show...this night...will go down in history, not only as one of the greatest shows organized by any medical faculty in Sri Lanka, but as a decade-defining moment that will be talked about for generations to come.

“Nimthera 2023” became the legendary night that it was from almost nothing. A small and simple group of medical students who believed in togetherness and hard work went against unsurmountable odds and made the impossible happen. A long-awaited gap was filled. A night was stolen. A moment was captured.



SHORT VIDEO COMPETITION ON BASIC RESEARCH FOR SUSTAINABILITY OF SRI LANKA

Three-
minute
short video
competition.

The National Institute of Fundamental Studies organized a national competition to promote the importance of research in fundamental science among postgraduate and undergraduate students.

Three students of the Faculty of Medicine, University of Kelaniya received certificates of participation.

Mr I.C. Aarewatte

Mr K.I.W.G.M.N.Jayaratne

Mr J.A.Y.S.Amarathunge



AWARD OF SLMA PRIZES

Cannabis promotion via Facebook in Sri Lanka:

A content analysis

*Senarath GUC, Sandaraje JDSAM,
Sandaruwan KADH, Selvaratnam U,*

Senanayake SMAH, Perera KMN

This research presentation was awarded the “**S E Seneviratna Prize**” at the SLMA 135th Anniversary International Medical Congress 2022





The 3rd webinar of the webinar series organized by Aura Media together with the Student Affairs Division of the Faculty of Medicine, University of Kelaniya was held on 19th October 2022 from 7.30pm onwards via Zoom.

The guest speaker was Dr Ashwini De Abrew, Lecturer in the Department of Medical Education, Faculty of Medicine, University of Colombo. With more than 12 years of experience teaching undergraduates in Medicine & allied health professions, her perspective and notions were thought-provoking to our undergraduates.

The session was moderated by Abhishek Kumara, an undergraduate from the Faculty of Medicine, University of Kelaniya.

<https://youtu.be/Z8Bg9JREooc>



The insightful topic “Relationships: For better or for worse?” is of paramount importance to youth following a demanding course of study such as Medicine. The discussion effectively explained the different types of relationships, the emotional aspect of good relationships and advice on how to maintain wholesome relationships.

RELATIONSHIPS: For better or for worse?



Webinar 4: Beyond the State Health Services



AURA MEDIA TOGETHER WITH THE STUDENT AFFAIRS DEVISION PRESENTS

Webinar 4

Topic:
Beyond the State Health Services

This time we are featuring two of our own alumni.....
Who have successful careers beyond the state health service.

Our Guests

Moderated by

Sanduni Herath


Dr. Prasad S. Medawatte


Dr. P. H. R. Suraweera

16th of November 7:30 p.m. onwards



Aura Media together with the Student Affairs Division of the Faculty of Medicine, University of Kelaniya organized the 4th webinar of the series on 16th November 2022 from 7.30pm onwards via Zoom.

The guest speakers were Dr Prasad S Medawatte & Dr P. H. R. Suraweera, both alumni of the Faculty of Medicine, University of Kelaniya. Dr Medawatte is currently the Director of Operations at Asiri Hospital, Kandy and Dr Suraweera is Chairman of Seth Sevana Hospital Pvt Ltd and Managing Director of Wayamba Laboratories Pvt Ltd. Their journey beyond the state health services and their achievements were an inspiration to the young minds of the audience.

The session was moderated by Sanduni Herath, from the 32nd MBBS batch of the Faculty of Medicine, University of Kelaniya.

<https://youtu.be/OwbOJleerG>

The topic of discussion was “Beyond the state health services” The session covered the journey of these prodigious individuals from the state health sector to the private health sector, the pros and cons of the private health sector and what a career beyond the state health sector would entail.



Webinar 5: Better Professionals for a Better Society

The 4th webinar of the webinar series organized by Aura Media together with the Student Affairs Division of the Faculty of Medicine, University of Kelaniya was held on 21st December 2022 from 7.30pm onwards via Zoom.

The discussion was with retired national cricketer, former captain and member of the 1996 World Cup winning team, well-known batsman, Elite Panel Match Referee and outstanding cricket commentator, Mr. Roshan Mahanama. A person of humble beginnings who dedicated his life to achieving his dream of representing Sri Lanka in cricket, Mr Mahanama's views on professionalism and how it can affect society were insightful.

The session was moderated by Mahdi Siraj, an undergraduate from the Faculty of Medicine, University of Kelaniya.



The topic of the session, “Better professionals for a better society”, is discussed at a time when the morals of professionals are being questioned on a daily basis. As a person with experience in different aspects of society our guest speaker's thoughts gave young professionals a new outlook on what it means to be a “professional” in today's society.

<https://youtu.be/-rZFfOvrKEs>





The 6th webinar of the webinar series organized by Aura media unit in collaboration with the Student Affairs Division and Career Guidance Unit of the University of Kelaniya was held via Zoom on January 19th 2023.

The guest speakers for the session were Mr. Thanura Abeywardhena, founder of TASS Pvt Ltd and Mr. Shehan Thenuwara, Head of Physiotherapy and Research at TASS Pvt Ltd. Both individuals have contributed to revolutionize the fitness industry proving that fitness is not only about looks but also about having a healthy body. Their experience in working with a broad clientele have equipped them with insight on how people with busy lives can incorporate an active lifestyle into their daily schedule.

The session was moderated by Dinithi Senavirathne, an MBBS undergraduate of the Faculty of Medicine, University of Kelaniya.

https://youtu.be/aAp1CXRE_9

Webinar 6:

Active lifestyle and ergonomics for busy bodies



Webinar 7: Healthy coping skills

Aura Media together with the Student Affairs Division of the Faculty of Medicine, University of Kelaniya organized the 7th webinar of the series on 21st February 2023 from 8pm onwards via Zoom.

The topic “Healthy coping skills,” was discussed with the guest speaker, Consultant Psychiatrist and Senior Lecturer Dr. Roshan Fernando, a proud alumni of the 17th MBBS Batch of the Faculty of Medicine, University of Kelaniya. Being a lecturer that is very much involved with the student body, Dr Roshan has a unique outlook on the stressors and common coping mechanisms adopted by students. With the prevailing situation in the country stress is one thing that is common to all Sri Lankans. Healthier and more efficient ways to manage stress and ways to adopt coping mechanisms was highlighted during the discussion.

The session was moderated by Ayeshan Abeywardena of the 30th MBBS batch.

<https://youtu.be/iuwXyJ7lvlg>



WAY OF THE CROSS 2023

Lent is the 40 days from Ash Wednesday to the Saturday before Easter. It is a season of sacrifice and reflection to prepare ourselves for Easter with an opportunity to go deeper with God. This also gives us a chance to inculcate better habits and amend our sinful nature.

In celebration of Lent, the annual Way of the Cross of the Catholic Students Movement of the Faculty of Medicine, University of Kelaniya took place on Tuesday 28th March 2023 at the National Basilica, Thewatta. It was followed by Holy Mass held by Rev. Fr Dilan Perera. The service was held with devout meditations and devotional participation of students in culmination of the Lenten season.

"The very first Easter taught us this: that life never ends and love never dies."

Wishing you a prayerful Lent and a blessed Easter.







ANNUAL GENERAL MEETING OF CATHOLIC STUDENTS' MOVEMENT

The Annual General Meeting of Catholic Students' Movement, Faculty of Medicine, Ragama was held on 28th February at the Main Auditorium, together with a Holy Mass. The purpose of this meeting was to welcome the 34th MBBS Batch, bid farewell to the 28th Batch and appoint a new committee for the year 2023/24. Representatives of other societies, such as SLUCSM - Colombo Region and MFSU also joined the meeting.





SAHURDHA ASAPUWA

A glimpse of the aesthetic can always awaken fresh sentiments. With the aim of showcasing the performance art talents of staff members and students “Sahurdha Asapuwa” (Brotherly Retreat) was held on the evening of January 12th 2023 at the open air theater of the Faculty of Medicine, University of Kelaniya.

The concert included music and dance performances by choirs, an orchestra and dance troupes. The performances, event presentations, stage management, stage decorations, photography and video recording of the event were all carried out by staff members and students of the Faculty. The event was organized by the Cultural Center, Faculty of Medicine, University of Kelaniya with the cooperation and support of many members of the Faculty.





The chief guest of the event was Senior Prof. S.J. de Hewavisenethe, Dean, Faculty of Medicine, University of Kelaniya. The event was also graced by academic and non- academic staff, administrative officers and students of the Faculty of Medicine. Delivering the welcome speech, Dr.Thusitha Wickaramasinghe, Coordinator of the Cultural Center, emphasized the importance of organizing cultural events to promote interpersonal relationships and maintain mental well-being among academic and non-academic staff members as well as students of the Faculty.









INTER FACULTY SPORTS COMPETITION

Sports helps build character and make a person more complete. The Inter-faculty Championships of the University of Kelaniya for 2022 were held from 19th to 31st October 2022 at the University premises.

Our sportsmen and women toiled day and night made our faculty proud by standing tall and victorious amid heavy competition. The following places were achieved by students representing the Faculty of Medicine.

Swimming

It is no easy feat to battle the waters but our competitors managed to brave the obstacles.

This competition was held on the 28th and the following places were achieved:

Medley relay 2nd place - women:

Shavindi Nisansa Gunaratne

Akshi Jayakody

B.I. Pandithakoralege

Savindi Heshini Edirisinghe

Chess

The games of the mind are not for those weak at heart! Battling between black and white armies our students made the faculty proud.

This competition was held on the 26th and the following places were achieved:

Men's A team - first runners up

Women's A Team - second runners up

Football

An attractive sport that is needs stamina and a plan that is only successfully carried out with the strong unity of team members.

This competition was held on the 31st and the following places were achieved:

3rd place



Table Tennis

The coordination between mind and body to connect the ball to a racquet is never an easy feat. To win at one of the world's fastest games is truly a hard-fought battle!

This competition was held on the 19th and the following places were achieved.

1st both men & women

Basketball

A sport needing immense stamina and depending on the input of every member. Once again, our students have proved their abilities.

This competition was held on the 28th and the following places were achieved.

Girls team - 2nd runners up

Boys team - 1st runners up

Track & Field

The most exciting competition which is loved by all!

The athletes fared exceptionally well in the field events.

This competition was held on the 29th and the following places were achieved:

A D T S Jayawardane - *Javelin 3rd place*

Ayeshan Abeywardena- *Discuss Throw 3rd place*

N.A.Dulmi Neththasinghe - *Long jump 2nd place*



Shramadana campaign-2023

On the evening of February 15th, 2023, the Islamic Students' Society orchestrated a remarkable shramadhana campaign at the Green Society Garden nestled within the faculty premises. A team of over 60 dedicated members were present lending their support to the cause. The revered senior advisor of the society, Professor Nayana Gunathilaka, led the charge with his expert guidance and unwavering commitment. The main aim of the campaign was to assist in the cleaning of the vegetable garden providing ample space for future cultivation, and to foster a sense of camaraderie among members.

The event was a resounding success. The students relished the opportunity to take a break from their busy schedules and engage in relaxing activities, tending to the garden and partaking in refreshments. The event concluded on a joyous note with a sense of fulfilment and accomplishment evident on the faces of all participants. The Islamic Students' Society can take pride in the positive impact they have made on their community through this remarkable shramadhana campaign.



INTER UNIVERSITY ARTICLE COMPETITION - WINNER!

The Edify 2021, an inter-university article competition, was organized by the Department of Industrial Management, Faculty of Science, University of Kelaniya, parallel to the launch of the outstanding University Business Magazine "Exposition" Issue 17. Ms. Nethra Theekshanari Silva, a third-year BSc (Honours) Speech and Hearing Sciences undergraduate student of the Faculty of Medicine, University of Kelaniya won first place in this inter-university article competition. Her article titled "Establishing equity and accessibility in entrepreneurship" was published in Exposition business magazine and the blog.

Read full article here - <https://blog.exposition.lk/establishing-equity-and-accessibility-in-entrepreneurship/>

Winner

Nethra Theekshanari
University of Kelaniya

1st Runner up

Sanduni Opatha
SLIIT

2nd Runner up

Subodha Paramie
University of Peradeniya



Best speaker competition- 2022

Best Speaker is an All Island Inter University Public Speaking Competition, organized by the Gavel Club of the University of Kelaniya for the 17th year.

Gavel Club is an affiliate to Toastmasters International USA.



The 'Best Speaker' contest commenced in 2004 as a project of the University of Kelaniya Gavel Club. Ever since, the competition has progressed into a series that is flourishing. It has now become the biggest inter-university speech contest among undergraduates in Sri Lanka. The club believes that the title should be earned by a well-rounded personality who is agile in both prepared and impromptu speech.

Registrations for Best Speaker 22' began in October 2022. The preliminary rounds commenced in November with the participation of over 200 applicants. 21 semi-finalists competed on the 8th of January 2023.

The Final was held on 12th February 2023 with 6 competitors at the Dharmaloka Hall, University of Kelaniya, where Ayeshan Abeywardena from the Faculty of Medicine, University of Kelaniya was crowned the Best Speaker 2022.



Ayeshan was a semi-finalist of the 2021 Best speaker competition, a finalist of Viva voce 2022 of the Faculty of Medicine and Salutare organized by SIRHA club and Gavel club of University of Colombo. He was President of 2021 Inter-batch Debate competition and Sports committee, Faculty of Medicine, University of Kelaniya.



Separate awards were given for two categories with Dewmini Fernando winning best prepared speech and Ayeshan Abeywardena winning best impromptu speech.

Overall awards were as follows.

First runner up – Dewmini Fernando of University of Kelaniya

Second runner up – Shehan Paul of University of Moratuwa



WORLD ANTIBIOTIC AWARENESS WEEK

Students of the Faculty of Medicine, University of Kelaniya, have been awarded cash prizes and certificates of participation at the Inter-Faculty Quiz and poster competition for the World

Antibiotic Awareness Week 2022 organized by Sri Lanka College of Microbiologists in collaboration with WHO to commemorate the World Antimicrobial Awareness Week 2022 from 18th to 24th November 2022 in Colombo Sri Lanka.

5th place with Rs.10,000.00 cash prize in the Quiz

1. Ms. R.A.T.H. Ranawaka (ME/2016/120)
2. Ms. K.V.A.S.H. Edirisinghe (ME/2016/040)
3. Mr. D.J.A. Gnanarathna (ME/2016/048)
4. Mr. M.A.A. Ahamed (ME/2016/008)
5. Ms. A.A.V.Thilakarathne (ME/2016/150)

4th Place with Rs.7,500.00 cash price in the Poster competition

Ms. Bagya Pandithakoralage (ME/2019/100)

Certificates of participation in the poster competition

- H.P.M. Somasiri
- P.M.P.S. Jinadasa
- Ishad Idris
- F.A. Gaffar

Certificates of participation in the video competition organized by the National Institute of Fundamental Studies, Sri Lanka (No winners declared)

- I.C. Aarewatte
- K.I.W.G.M.N. Jayaratne
- J.A.Y.S. Amarathunge

