

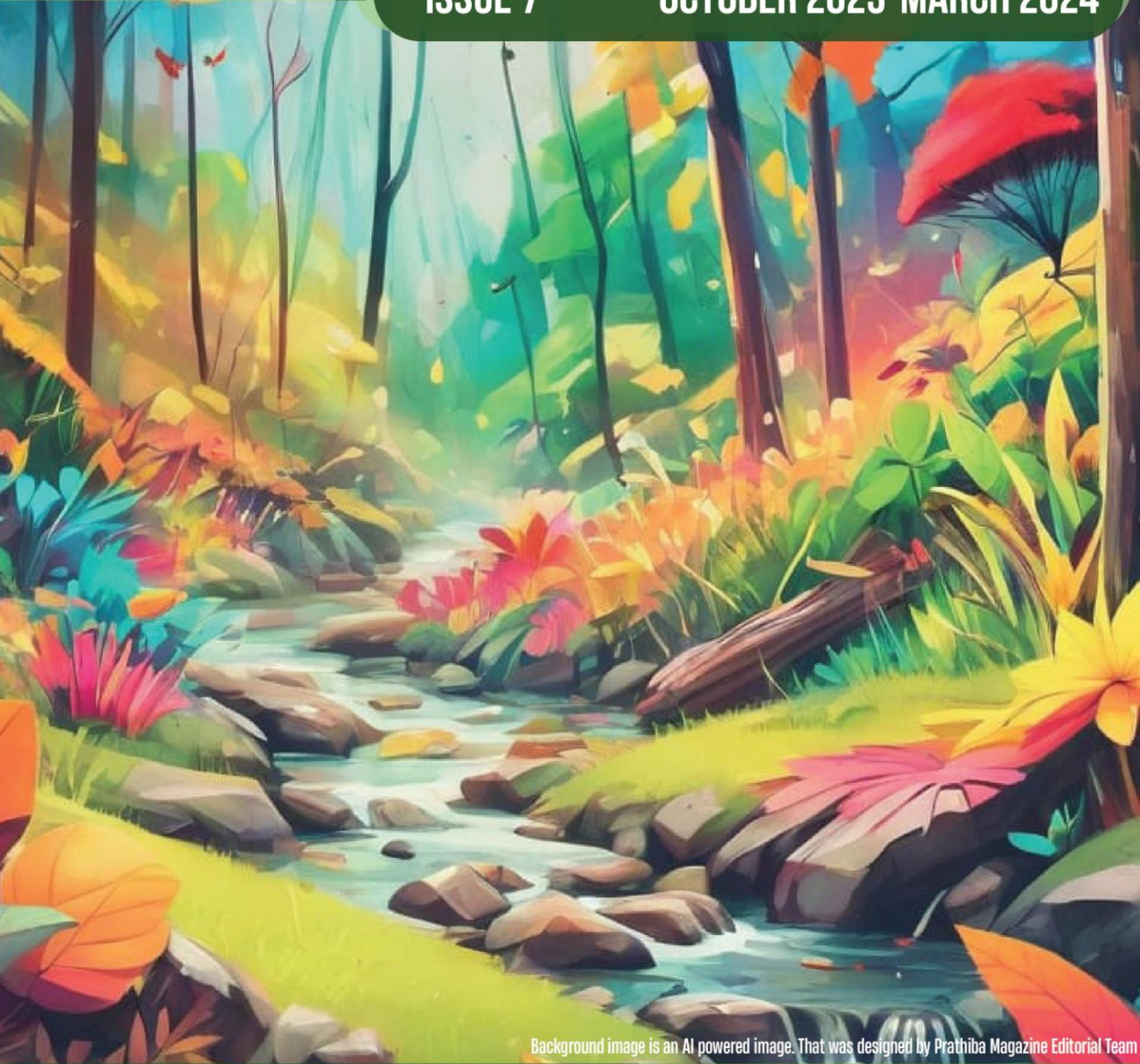


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PRATHIBHA

ISSUE 7

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AURA Media Ragama
Faculty of Medicine, University of Kelaniya



AURA
R A G A

EDITORIAL

Welcome to the 7th edition of 'Prathibha' magazine, published by Ragama Aura Media and the Medical Faculty Students' Union. Ragama Medical Faculty not only produces the best doctors of the nation, but also makes them excellent human beings. Aura Media, Art Circle, Sports Society and Green Society create new events every month to sharpen students' skills and develop their creativity. Buddhist Society, Catholic Students' Movement, Islamic Students' Society and Hindu Students' Association organize religious activities to develop inner qualities of students. In this latest edition we have included some events organized by these societies and some achievements of our colleagues. Adding another feature to the magazine this year, we decided to publish some articles with new creations from our colleagues and academic staff. We hope you all enjoy reading about these colorful events in this Faculty Newsletter.

Aura Media - Ragama

Acknowledgements

Special thanks to all the associations who supported, those who helped to find the information and to all those who sent their creations.

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Ragama shines with golden letters in final MBBS merit list – Top Achievers from 28th Batch

The Faculty of Medicine of the University of Kelaniya proudly acknowledges the outstanding achievements of the following MBBS students from Batch 28 (2015/2016 intake) for their exceptional performance in the final examination.

Dr. S.M.K.I Senanayake secured the first position in the merit order list, demonstrating remarkable dedication and academic excellence. Following closely, Dr. A.M.H.S. Abeysinghe attained the second position, showcasing commendable commitment to her studies. Additionally, Dr. C.K. Pathirage's achievement of securing the sixth position reflects his hard work and proficiency in medical education.



Dr.S.M.K.I.Senanayake.
1st Place

Their accomplishments not only reflect their individual efforts but also serve as a testament to the quality of education and the academic standards upheld by the Faculty of Medicine, University of Kelaniya. We extend our heartfelt congratulations to these exceptional students and wish them continued success in their medical careers.



From left to right:

Dr. C.K. Pathirage – 6th

Dr. A.M.H.S. Abeysinghe – 2nd

Dr. S.M.K.I. Senanayake – 1st

Microbiology Quiz

A real-time online quiz program on antimicrobial resistance (AMR) related topics was organized by the Sri Lankan Society of Microbiologists as part of the World Antimicrobial Awareness Week 2023. UOK FOM placed first while UOC was placed second and KDU.

Team members were,

Ahmed Saajith
Charindie Peiris
Ravini Premaratna
Sandani Rodrigo
Randula Mallawa

This will not be possible without the help of our beloved staff members of Microbiology Department.

Dr. Nadisha Badanasinghe

Dr. Gayana Gunaratne

Dr. Indira Fonseka



Varsity Battles

Varsity Battles 2023 , an inter-university quiz competition which was organized by the Securities and Exchange Commission of Sri Lanka and the Colombo Stock Exchange was held in two phases. The competition was organized with the intention of educating the state university students on the capital markets.

In phase 01, more than 20 teams representing all faculties in University of Kelaniya participated and three teams represented Faculty of Medicine including batch 32, 33 and 34. Team 33 became first runners-up and Team 32 became second runners-up and qualified for the final round. The Grand Finale was held on 7th December 2023 at Grand Kandyan Hotel, Kandy with the participation of top three teams representing all 13 state universities.

Team 33

01. Thishan Abeysekara
02. Flavia Gunarathne
03. Luvini Jayalath
04. Chethaka Senadheera

Team 32

01. Malith Suraweera
02. Sanjula Wickramasinghe
03. Malindra Uduwawala
04. Heshan Warnakula



Names of the members in the photo from left to right



Names of the members in the photo from left to right

Paramount 3.0 Champions

PARAMOUNT 3.0, an Inter-faculty Mathematics Competition was organized by the Mathematics Students' Society, University of Kelaniya in collaboration with the Department of Mathematics, University of Kelaniya.

ALPHA 1, the one and only team that represented the Faculty of Medicine, University of Kelaniya, beat more than 20 teams and became champions of the competition. The team consisted of four members, all from the 34th batch. The team members were Tharusha Gimhana (Captain), Jhaamallai Uthayaselvam, Divyani Perera and Arulpracasiny George Arulnather. Seniru Minthaka was a past member of the team.

The competition consisted of 3 rounds. The first round was conducted on the 20th of February 2024 and the top ten teams were chosen for the next round. The intermediate round was conducted on the 25th of February 2024 and the top six

teams were selected for the next round. The finals were also conducted on the same day as the intermediate round and team ALPHA 1 emerged as champions. Medals and certificates were awarded to the members of the team.



PROFESSOR CARLO FONSEKA MEMORIAL INTERSCHOOL DEBATE TOURNAMENT

The Professor Carlo Fonseka Interschool Debate Tournament, the first ever Interschool Debate

Tournament organized by a Medical Faculty, was hosted by Aura Media Ragama in honor of Professor Carlo Fonseka in 2023 and took place on the 1st October with the aim of promoting University of Kelaniya Faculty of Medicine as the ideal choice for school students aspiring to pursue medicine. Moreover, the tournament served as a platform for young debaters to display their talents.

With approximately 50 schools participating, the tournament witnessed a notable level of interest and engagement. Following three rounds of

of debates, and the first round being on online platform, Pandura Sri Sumangala, Sirimavo Vidyalaya, Royal College and Nalanda College qualified for the semi finals. Pandura Sri Sumangala Vidyalaya emerged victorious, triumphing over Sirimavo Vidyalaya Colombo in the final.

The organization of the event provided exceptional learning experiences for the medical students affiliated with the Aura Media Club. It enabled them to refine their organizational and communication skills crucial for future doctors in effectively engaging with patients and colleagues. In essence, the tournament not only acted as a promotional avenue for the University of Kelaniya's Faculty of Medicine but also fostered the development of young debating talent.





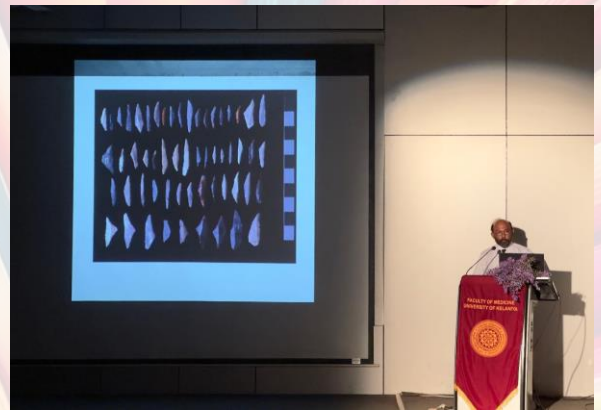




“WHO ARE WE?” By Professor Raj Somadeva

AURA MEDIA RAGAMA's captivating discussion series, coordinated by Professor Rohan Siriwardhana, commenced with an intriguing theme: "Who Are We?" led by the erudite Professor Raj Somadeva, a distinguished figure in Archaeology at the Postgraduate Institute of Archaeology, University of Kelaniya in Sri Lanka and a Senior Fellow of the Sri Lanka Council of Archaeologists.

This session whisked the medical student body into an extraordinary journey. Departing from their familiar terrain of anatomical and physiological studies, they embarked on an exhilarating exploration of the human story through an archaeological lens. It was a spellbinding departure from convention, sparking fresh insights and igniting intellectual curiosity among the participants.



Inter-batch 2023

The Sports Society of Faculty of Medicine, University of Kelaniya holds the fame of cheering up the whole student community by organizing several exciting sports events throughout the year.

The **Inter-batch Sports Encounter** is a vibrant sports event in the faculty, where all MBBS and DDS batches compete against each other in a variety of sports and games including Volleyball,

Basketball, Football, Carrom, Chess and Table Tennis.

This year, HPL was held on 26th, 27th and 28th of January, with the 33rd batch emerging as champions.

Hostel Premier League (HPL), a famous inter-batch cricket encounter which takes place every year at the hostel grounds, marks the beginning of many compelling moments of sportsmanship.



Figure 1: Inter – Batch Sports Encounter

The sports that build brotherhood friendly encounters

Apart from these internal sports events, the Faculty of Medicine, University of Kelaniya actively participated in several **friendly sports encounters** with other medical faculties around the island.

Ragama vs Sabaragamuwa friendly Volleyball and Netball encounter took place on 26th February 2023. The matches were held at the medical faculty Basketball Court premises. The Ragama Medical Faculty students were able to win both the Boys Volleyball match and the Girls Netball encounter. **Ragama vs Sabaragamuwa friendly Cricket encounter** was held at the Rathnapura Sivali College School ground. Our talented medical faculty players were the champions of the match.

Another friendly **Volleyball Encounter between Ragama and Rajarata** undergraduates was held in the indoor stadium of the Rajarata University, Sri Lanka. Our medical faculty team won the tournament.

A **Ragama vs Rajarata friendly Football encounter** was also held in the Kelaniya football grounds, where our medical faculty team was crowned as champions.

The inter-medical faculty **Volleyball tournament between Ragama and Peradeniya** medical students, was held at Peradeniya indoor stadium, which was won by the Peradeniya Volleyball team. The friendly cricket encounter, which was held in the cricket ground at Peradeniya University premises, was won by the Peradeniya University Cricket team.

Also, a **Ragama vs Jaffna friendly Basketball Encounter** was held at Ragama medical faculty, basketball court premises. The winner of the match was the Ragama Medical Faculty team.





Figure 2 : Ragama vs Sabaragamuwa Volleyball and Netball Encounter



Figure 3 : Ragama vs Sabaragamuwa Cricket Encounter



Figure 4 : Ragama vs Jaffna Basketball tournament



Figure 5 : Ragama vs Peradeniya Cricket tournament



Figure 6 : Ragama vs Rajarata Volleyball Encounter



Figure 7 : Ragama vs Rajarata – Football Encounter

Fresher's Meet - 2023

Inter-faculty Freshers' Meet at which the first-year students of each faculty compete against each other, is a significant sports event organized by University of Kelaniya, offering a huge opportunity to highlight the talented sports personalities within the freshmen. This year, Faculty of Medicine was able to produce winners at the following events.

Athletic

1. Long jump (girls)

- 1st - Uthpala Ranasinghe
3rd - Sashini Bandara (SHS)

2. 100 × 4 Relay (Girls)

- 3rd Place
Sashini Bandara
Giwanthi De Silva
Jhamallei Udhayaselvam
Uthpala Ranasinghe

3. 200m Girls

- 4th - Giwanthi De Silva

4. Tripple Jump (Girls)

- 1st - Uthpala Ranasinghe
2nd - Sashini Bandara

5. 100m (Girls)

- 2nd - Sashini Bandara
4th - Uthpala Ranasinghe

6. 100m (Boys)

- 4th - Akalanka Samarakoon

Badminton (boys)

- 3rd - Bimsara Devanarayana
4th - Matheesha Wanigasekara

Badminton (girls)

- 4th - Yashini Paranamana

Basketball (boys)

- 3rd Place

Basketball (girls)

- 4th place

Carrom

- 1st - Shenal Sanshika

Chess (girls)

- 2nd - Savindi Gayanjana

Table Tennis (Boys)

- 4th - Matheesha Wanigasekara

Table Tennis (Girls)

- 3rd - Nethma Rashmindi
4th - Jadhursiya Balasubramaniam



Figure 8 : Inter Faculty Freshers' Meet



Excellence of Ragama Sport Personalities

Colours Night UOK

With all these performances and victories, we have produced many brilliant sports personalities, captains and vice captains over the years in the University of Kelaniya sports teams. The excellence of Ragama sports personalities was appreciated at the prestigious **Colours Night of University of Kelaniya** which took place on the 27th of July in the Dharmaloka Hall of the University, celebrating the glory of supreme sportsmanship and camaraderie. The chief guest was Professor Nilanthi de Silva, the Vice chancellor of University of Kelaniya.

Achievers of Faculty of Medicine in the Colours Awarding Ceremony of University of Kelaniya were as follows.

30th batch

A D T S Jayawardhane (*Baseball, Track and Field*)

W L T Senarathne (*Baseball*)

S A N Samarasundara (*Basketball*)

J D Karunarathne (*Scrabble*)

N M Rupasinghe (*Scrabble*)

W M P H Walisinghe (*Tennis*)

A S Abeywardena (*Track and Field*)

PS K Monarawila (*Basketball*)

L C D Peiris (*Chess*)

B E Premaratne (*Hockey*)

A L S N Gunaratne (*Swimming*)

P M S T Pathinisekara (*Tennis*)

31st batch

B M C R Basnayake (*Tennis*)

C D Thanthriwattha (*Basketball*)

T M K M Tennakoon (*Scrabble*)

32nd batch

I M Imshad (*Football*)

H S V I Fernando (*Scrabble*)

P R C Peiris (*Swimming*)

A A P D Karunananda (*Table tennis*)

P L A Anuradha (*Table tennis*)

K N N R Perera (*Basketball*)

G W J K Weerasinghe (*Chess*)

33rd batch

D A T Abeysekera (*Basketball*)

U Wangchuck (*Football*)

T A Gunaruwan (*Badminton*)

T A T Jayakody (*Swimming*)

S.M..W.A.Subasinghe (*Rugby*)

Special Awards

30th batch

J.D. Karunaratne – National representation Award & Best male player of the year (*Scrabble*)

W M P H Walisinghe – Best male player of the year (*Tennis*)

31st batch

T M K M Tennakoon (*Scrabble*) best player women

32nd batch

A A P D Karunananda (*Table tennis*) best player men



Figure 9 : Colours Night

Health Camp 2023

Extended Community Service Project series

We organized a series of community service projects using the funds raised for Health Camp 2023, aiming to enhance the quality of prospects for selected areas. This project series was launched in four phases.

First phase - Drug Distribution Project

The drugs left from the Health Camp by conducting a drug distribution project. This initiative involved donating drugs to Nanneriya district Hospital, clinics at North Colombo Teaching Hospital (Eye Clinic, Dermatology Clinic, Nutrition Clinic), Walisera Chest Hospital and the medical center of Kelaniya University. Also, we were able to cover the full drug requirement of the health camp held at Wakare, which was organized by the Department of Family Medicine.



Second phase - Books and School Equipment Donation Project

On the 27th of July 2023, we were able to donate nearly Rs. 500,000 worth of school equipment and stationery to Ihala Nanneriya Vidayala at Galgamuwa.

We also conducted a motivational session for the students with the aim of enhancing their passion for education.



Third phase – Donating a fully equipped laboratory

On the 11th of November 2023, a fully equipped laboratory was handed over to the students of Ihala Nanneriya Vidyalyaya in Galgamuwa, marking the second phase of the community service project series.

A dilapidated building in the school was completely renovated and equipped with all the necessary facilities, thanks to the immense support from villagers, parents, and staff of the school. Constructions took almost 6 months, and the cost of the project was nearly 1.5 million rupees.



Fourth phase – Donating a multipurpose Pavilion Building

A newly built multipurpose pavilion building was handed over to the students of Mahananneriya Maha Vidyalyaya in Galgamuwa, where the Health Camp was held,

to enhance and enrich the quality of their future affairs on the 17th of December 2023. Constructions took 4 months and the cost of the project was nearly 1.5 million rupees.



"Thaala "

Thaala, a cultural extravaganza, organized as a concept of the Art Society, stands as a vibrant showcase for the multifaceted talents of medical students. Beyond mere academic pursuits, it fosters a profound sense of community within the faculty, uniting individuals through the universal language of music, dance, and drama. With its inclusive participation policy, Thaala invites all medical students to partake in this celebration of creativity and expression.

The first edition, held on October 19, 2023, marked the beginning of what promises to be an enduring tradition of artistic excellence within the medical students' community. Held with the theme of "love" it was a mesmerizing event which was witnessed by many students and academic and non-academic staff members. The evening was filled with magical songs along with music provided by the orchestra which created a tranquil atmosphere. Thaala first episode undoubtedly was able to provide relaxation and joy to the audience marking its success.



Thaala 2.0, the second edition as the continuation of the event series was held on the 31st of January 2024 with the theme of melodies in popularity in the 2000s decade. An orchestra composed with only guitars provided an acoustic nature to the songs of that era, which the majority of the audience grew up in.

The event was able to provide memories of nostalgia which led to peace of mind of students in the faculty of medicine.



Thaala

Sarasavi Ras Walalla

Sarasavi Ras Walalla, a renowned musical programme hosted by SLBC (Sri Lanka Broadcasting Corporation), aimed to spotlight the artistic skills of university students across the island.

On the 3rd of August 2023, the Faculty of Medicine, University of Kelaniya was graciously invited to showcase their talents in music which was broadcast live.

With a stellar ensemble of musicians from the student orchestra and talented vocalists of the faculty, the performance captivated audiences, ensuring the event's resounding success. Such was the impact that the faculty has been extended another invitation for another episode of the program in the near future.



“Kebali”

Mr. Amila Wijethilaka, a final-year medical student of the 29th batch at the Faculty of Medicine, University of Kelaniya, unveiled his debut book, "Kebali," on September 7, 2023, at the faculty's main auditorium.

The book comprises eight short stories, lauded with numerous national awards, including the Martin Wickramasinghe Memorial Award, two accolades at the 'Mage Deshaya Awadi Karanu Mana' award ceremony by the University of Peradeniya and clinching the top spot in science fiction, among others.

In an interview, the author expressed gratitude to everyone who contributed to the book's success, particularly Mr. Atula Jayakodi, President of Suriya Publishers, former Dean, Senior Prof. Janaki Hewavisenth, Prof. Nirmala Perera, Head, Department of Forensic Medicine, and the esteemed members of Batch 34.



A plea to new doctors-to-be

Our Faculty's Final Year students completed their Final Year exams and had their 'Going Down' recently. Amidst all the fun I was saddened to hear the frequent refrain of this one and that one going abroad, some without even completing internship.

I do not want to talk about taxpayers' money and what new medical graduates owe this country. All students at all state universities (and government schools) study on taxpayers' money, not only medical students.

I want to ask you to stay, just for a few years, for all the patients who helped you in your three years of clinical training. The elderly fathers who were generous with their time even when they did not feel like talking, the pregnant mothers who told you of their hopes and dreams for a new baby, men and women who let you examine them even when they were in pain, children who played with you while you talked to their mothers about what was wrong with their precious kids, stay for them because they all gave you something of themselves freely and unhesitatingly.

Stay for the kind, helpful and hard-working ordinary people of this country that you will meet in government hospitals, who will always have a smile for you through their pain and ill health and who will always be grateful because you made them well with your treatment.

Stay for a few years and see if this beautiful country and its wonderful ordinary people work their magic on you.

So please, just stay.....

Prof Shamila De Silva

Faculty of Medicine

University of Kelaniya

'Community Empowerment', another ambiguous term that Methushan learnt in his Public Health lecture. "Health Promotion is about changing behaviours and empowering entire communities to control the determinants that decide the fate of their health" this was what his lecturer had said but methushan knew that people won't change especially when a stranger asks them to do so. After the lecture, Methushan met his good friend Sadish. Sadish was a volunteer at an organisation that helped in Health promotion and Community Empowerment. Despite his busy schedule as a medical student, Sadish made sure to make time to join and support as many Community Empowerment Programmes as possible.

"Mahcn, Health Promotion are just fairy tales, I don't know why they teach these stuff. No one is going to change just because a doctor came and asked them to do so. Especially someone who is not sick" "Well, that's what you think, Bro. I've seen a lot of people change for the better and I think you've got it all wrong. We don't ask them to change, they do it themselves. We are just there to facilitate that change. There's a Health promotion programme tomorrow, come join me and I'll show you" replied Sadish.

Early next morning, Sadish and Methushan got on to the first bus to the village of to join the programme. "This is how we are going to start the programme. This village is filled with farmers, they grow paddy and some kinds of vegetables but most of the kids here are under nourished. They already have a lot of resources but

they don't know how to use them. What we can do is to get everyone together and start a conversation. Both of them got down by the village bus halt and met Tania. Tania was an experienced Health promoter. The three of them went to meet Mr. Gunadasa who had asked them to come help solve the problem of malnutrition in the village. While they walked to his house, Methushan asked "Tania, how do you plan to get the malnutrition problem resolved?". Tania smiled and replied "I am not going to solve it, they already have the potential to increase their wellbeing. All I am going to do is show them that there's another way so that they can decide on how they can get to that level of well being." "The people need to first get together and identify that their health is controlled by different determinants and that their health can only be changed if they change those determinants. For an example, The advertisements on TV will affect the types of food you eat. The knowledge about nutrition in food and The amount of money that you're willing to spend for food in your household will determine the quality and quantity of what you eat. We need to get the community to identify these determinants and encourage them to come up with ideas to modify these determinants to increase the level of nutrition in their village. This is a continuous process, not a single activity. The hope is that even after we leave, the process would go on" Sadish added.

On reaching Mrs.Gunadasa's house, there was a group of women and children sitting in the garden. "Good Morning Tania, did you bring your friends today?" Mrs Gunadasa said as she brought out three chairs for them to sit. "Yes, this is Sadish and Methushan, they are here to help"

After sitting down, Mrs Niranjala got up and started taking, "Welcome everyone to our weekly get together, as you all know. 5 months ago we started talking about the problem of malnutrition in our village and how we could solve it. In our discussions we all noticed that our food habits were not good and that we didn't spend enough money on food. Miss Karuna suggested that we can start writing our expenses and see if we can cut down on unnecessary expenses and save that money to buy nutritious products to enrich our meals. So last week as I said in the discussion, I found out that we spent 3500 rupees for buying milk powder. This week instead of spending that money for milk powder I brought eggs to eat along with our normal dinner."

Miss Kamala also started speaking saying "I also wrote down the expenses and found that my husband had spent 2300 rupees for cigarettes. I talked to my husband and now he is willing to reduce cigarettes and collect that money to buy some meat for the children once a week. I hope that at least this will help him stop wasting money on those useless things and stop smelling bad all the time."

"We can also try to share our excess vegetables with each other" Another women shouted." I have a lot of polos

fruits at home and I've heard its a nutritious meal. I also have some murunga leaves if anyone wants. I tried adding it to my malluma and everyone at home liked it."

"Yes, Ms Bandara that's good. murunga leaves are very nutritious and filled with many micronutrients. It's a superfood. It's nice if we can share these in the village" Tania added. "You can also add murunga to your everyday meals, like your dhal curry or even your pittu ".

"Yes Miss Tania we brought the vegetables to make a special rotti that Mrs. Ira had made at home. She told us that she will explain the recipe so that we can get together and make it today. The kids are at the 'lama samithiya' so we can give them the rotti. Mrs. Gunawardana said.

After going around discussing their expenses and sharing the success stories of saving money for better food, the women got together and started cooking the rotti for the children.

Meanwhile Tania went next door to where the 'lama samithiya' was held. The aiyala akkala were helping the children to read their BMI in their CHDR. "Miss Tania, come and see my BMI, it's now in the orange zone but its increasing every month. I think by next month I can reach the Green zone."

"Yes Patio, If you keep eating nutritious food and stop fast foods you'll be able to reach there very soon. Do you know what kind of food they are?"

“Yes, we discussed it today in the ‘lama samithiya’ and we made a poster to paste on the wall. she replied

“That’s very good, Patio. Ah they’re serving rotti you can go and have some.”

Methushan took some of the CHDR and checked their growth charts. There really was an increase in BMI of all the children since about 2 months. Sadish saw and smiled at him “This is what Health promotion is, it’s about empowering the people in the community, helping them to take the decisions that will increase their wellbeing. We are just here to

mediate and guide them to reach that level. Collective action, effective interventions and creating a supportive environment will help to change the health policy of the village to one that will increase their wellbeing being.”

Dion Shashen

32nd Batch

The Past Day

It's getting darker
And quiet as a place can be
Voices start to whisper
It wasn't quite quiet
As it should be

Scenes start to display
Of the movie called 'The past day'
Where that one person facing to people
Who bring memories and lessons on
her way

Clips didn't play well
As it was directed
Movie is a whole different story
Where no sorrow if it was

Days will go on
Not in the way you direct it to
Life just goes on
We just have to deal with too.....

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ගැහෙන බව අමතක හිතක්
ලොවේ තනි කළ මැද දහක්
නුඹ අයිතියක් නැති ප්‍රේමයක්

සත්සරණ සඳරේඛා
33 කණ්ඩායම

ග්‍රෙගරි ඉවුරේ සිට

නුවරඑළියෙහි එකෝමන් එක,

සිහිල් සුව ගෙන ආ රැයක් විය
අඳුරු අභසක රු මවන්නට
දහස් වෙඩි මල් වෙහෙසුණ,

නුහුරු හැඟමත් දුන් රැයකි එය
සොඳුරු සැණකෙළි එළි දහස් මැද
නෙක සිතහ කැන් පිදුණ,

මතක පිටු ලියැවුණා රැයෙ එම
ග්‍රෙගරි ඉවුරේ සිට ඔබව මම
දුරකථනයෙන් හමුවුණ,

එනමුදුත් එය,

සිහිනයක් මෙන්
හැඟෙනවා මට දැන්
රිදෙනවා හඳෙ තැන්
සෙනෙහසින් පිරි ඔබෙ සුමුදු සුරතල්
බස් යලිත් මා වෙනුවෙන්ම පමණක්

පුද නොවෙන බව
සිහියට නැගෙන විට

- මතක පොත -

ටික් ටික් ටික් ටික්

අවදිවෙන්න ඇරයුමක්

නෑ පෙනුණේ කිසි අලසක්

කඩිමුඩියේ යන ගමනක්

ලිපට ආයෙන් අලුත් වැඩක්

හු හඬ නංවන කේතලයක්

දුම් දමනා කිරි කෝප්පයක්

සාලෙ පැත්තෙන් පිරිත් හඬක්

මාගේ නින්දට නැවතුමක්

දෙන්නට ඇයගේ වෑයමක්

බතක් හා මාළු පිනි දෙකක්

ගේ පුරා ම හමනා සුවඳක්

පොත් බැග් සොයන්නෙක්

ඒ අස්සෙන් බැනුම් ගොඩක්

උදෑසන ම මහ ජරමරයක්

වාහන නළා සද්දයක්

යන ගමන් ඔවදන් පෙළක්

වෙන්නලු හොඳ නෝනා කෙනෙක්

යන්නට කලින් දෙපා වැළුමක්

තැග්ගක් ලෙස එක හඳුවක්

උදේ වැඩවල ඉවරයක්

ඇයට දැන් පොඩි නිදහසක්

ආයෙන් වැඩ කෝටියක්

නෑනේ කිසි විරාමයක්

ඇත එක ම එක පැතුමක්

ලැබේවා සසරේම මෙවන් අම්මෙක්

දේවින්දි දිසානායක

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නව පරිච්ඡේදය

දහතුන් වසරක දිගු කාලයක් පුරා
කැපකෙරුවා පියමැන්නට වෙද පියස පුරා
පුළුවන් උනා ජයගන්නට වෙද සිහිනයක්
දුටුවා දෙමාපිය දෑසේ කඳුළු මෙමා

රාගම වෙද පියස මාගේ නව නිවහනයි
ත්‍රිමා වෙනුර විරුවෝ දිනාදුන් පින්බිමයි
දැනුමින් ගුණදමින් පිරිපුන් භූමියයි
වෙද දෙව්වරු බිහිකරනා නිජ බිමයි

වෙන්නට ඕන ලෝකේ හොඳ ම දොස්තර
යන්නට තිබේ පස් වසරක දිගුදුර
කන්නට වේවි ලොකු කටු මේ ටික දුර
ඔව් මම වෙමි මේ ලොව හොඳ දොස්තර

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වියළි කකර්ග බිම් කඩක හිස
ඉහිරි ඩැන්ඩේලයන් රොන් රැස

වහ වහා ඉන් පිසහරින්නට

නොහැක ඔබ ඔය අයැදිනා ලෙස...

ඔබේ බමනා හද සුළිය මත

පතිත වී අසරණව තනිවම

ඔබේ අණ මත නිසල වන්නට

හනි ල ලා වෙර වඩන පත මම...

සහන් නදීර

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ලොකු ළමයෙක්

“හැමදාම වගේ ඉස්කෝලේ ඇරිලා ගෙදර යන්නේ මං තැලිවිව සැමන් ටිං එකක් වගේ සෙනග පුරෝපු බස් එකක තවත් තැලුණු එක අහිංසක සැමන් මාළුවෙක් වගේ පොඩි වෙලා.....

යාන්තමට ඉදගන්න ඔන්න මට හම්බෙනවා... “හම්මි.....අනේ ලොකු වාසනාවක්” හිනිත් හිනාන මං සිටි එකේ අයිනේ ලොකුවට කට ඇරන් ඉන්න ජනේලයෙන් එළියට මුණ ඔබාගෙන ඉස්කෝලේ මගේ ආදරණීය හඳුවක් තියෙන කොල්ලා එක්ක දවල් කාශ්ටක අහසේ සිහිනි ආදර ටප් මහලේ තනියෙන් තනි වෙලා සිහින ලෝකෙක

“හම්මෝ හම්මෝ..... මෙන්න බඩ... රිදෙන්න ගන්නවා..... හරියට නිකං කවුරු හරි මගේ බඩ ඇතුළට රිංගලා එළවළු පාත්තියක් දාන්න පස් බුරුල් කරලා භාරනවා වගේ.... අනේ අම්මෝ ඒක නම් මහ එපාකරපු නපුරුම නපුරු හිතක් පපුවක් නැති රිදිල්ලක්....” හත වසරේ ඉන්න මගේ සිහින ටප් මහලෙන් මං ඇහැරෙන්නේ මේ දඩබ්බර රිදිල්ලත් එක්ක.....

අමාරුවෙන් හරි ගේ-පාර හරිය වෙනකම් ඉවසන් ඉදලා ඉදලා යාන්තම් සුදු ගවුම් පොඩ්ඩ ඇදගෙන පිවිටි මලක් වගේ බැබළෙන මං බහින්න ඉස්සරහට යනකොට පිටිපස්සේ ඉන්න අයිසලාගේ මාම ලා ගේ මුණු වල හරි අමුතු සරදම් හිනාවල්....ඇන්ටිලා උන්ගේ ඇස්ගෙඩි මදටියඇට තරම් පොඩි කොරලා හිනියට මං දිහැ බලලා හෙමිට අනික් පැත්ත බලා ගන්නවා.....පොඩි එවුන් නම් හිටපු විදිහටම ඉන්නවා...

ඔන්න අම්මා හැමදාම වගේ ඇවිල්ලා තිබ්බා මාව එක්ක යන්න බස් එක නවත්තන කඩ කැල්ල හරියට.... හිනා වෙලා මාව ඇරගෙන ඒත් එකපාරට

පුදුම වෙලා ටිකක් විතර බයකිනුත් එක්කලා ඇවිදන් යන්න පුළුවන් පොඩි දුර හරි කලබලෙන් විල් එකක් කතාකොරොගෙන මාව නග්ගන් ගෙදර ගෙනැවා....

පස්සේ තමයි මං පිටිපස්ස බලද්දී දැක්කේ.... සුදු ගවුමේ රතුපාටින් ආඩම්බරකාර දේදුනු සිත්තමක් හිනාවෙලා ඉන්නවා.....

හම්....ඊට පස්සේ අම්මා තොරාතෝන්ටියක් නැතිව නෑ ගෙවල් වලට කතා කරනවා... ඔන්න අපේ ආවිච් අම්මාත් ආවා ලොකු හිනාවක් මුණේ ඇදගෙන ආඩම්බරකාර විදිහට.....

මං ඉතිං කාමරයක් අස්සට වෙලා ආවිච් අම්මා එක්ක උන්නා..... පහුවදා ඉදං දවස් හතක් පහුවෙනකම් මාව ඉස්කෝලේ යැව්වෙත් නෑ ඔන්න.....

හත් වෙනිදා උදැහැනැක්කේ සිල් අරං හිනාවෙන වතු සුද්ද එක්කලා මැටි කලේකින් ඔන්න මගේ ඔළුවට හිතල වතුර කැට වැටෙන්න අරගන්නා...

උඩට කරලා කවදාවත්ම නැතිව මට අම්මා අන්දපු මල් චිත්ත පොඩ්ඩ දිගේ ඒ වතුර බේරිලා හිනාවෙලා ගලනවා මං බලාන....

ආවිච්ඡි අම්මා මාව ඉඹගෙන කිව්වේ

“උඹ දැන් ලොකු ලස්සියක් “කියලා.....

එහෙම කියලා මට අපත් කරාබු කුට්ටමක්
දැමීමාඅම්මාත් ආදරෙන් හිනා
වෙනවා.....

තාත්තාටත් ඔන්න මං බුලත් දීලා වැන්දාම
තාත්තා වෙනදාට වඩා හරි බරකින්
ඒවගේම ලොකු වගකීමකින් මං දිහැ
බලනවා...

මට තේරුණා...අර ඉස්කොලේ ටීවර්
ලැප්පාවෙන් බාගෙට උගන්නලා යන
පාඩමේ තියෙන විදිහට මං.....

“ලොකු ළමයෙක්”

උනාය කියලා.....

ඒත් මට තාම හිතාගන්න බැරි ඇයි අර බස්
එකේ උන්තු මිනිස්සු ටික මාව දැකලා එදා
හිනා වුණේ කියලා...

ඉතිං “ලොකු ළමයෙක් “ වෙන එක
හොඳයි නේ..... එහෙම නේ..?

මට දැන් හිතෙනවා මිනිස්සු තාමත්
හිනාවෙන්නේ ඒ කාලේ ඉදංම ටීවර් ලා
ඔය පාඩම හරියට නොකර වහෙන් ඔරෝ
කරලා ලැප්පාවෙන් මග ඇරපු නිසා
කියලා.....

හරියට කළා නම් එහෙනම්....

අඩු ගාණේ එදා බස් එකේ හිටපු එක
ඇන්ටි කෙනෙක් හරි මාව දැකලා මට
උදව් වෙනවානේ.....

දැන් මාත් දුවෙකුගේ අම්මෙක්....

ඉස්කෝල වල සමහර වෙලේට තාමත් ඒ
ලැප්පා පාඩම් හරි හෙමිට හෙමිට
ලැප්පාවෙන් කියලා දෙන නිසා මං මගේ
කෙලී 6 යේ පන්තියට එනකොටම
ලස්සනට ටීවර් කියලා නොදුන්න....

අපේ අම්මාට උගන්නන අමතක උන....

ඒ ලැප්පා පාඩම මගේ කෙලීට කියලා
දුන්නා....

ඔන්න අද ඒකින්....

“ලොකු ළමයෙක්” උනා...

එක දම්පාට දවසක
මල් වැස්සක් හිනාවෙව් වැස්සා
වලිනය විභවය අනුනාදය
කළු පාළුව හුනු කුරේ උනුහුම වින්දා
එක දම්පාට දවසක

ගෙතු වරල දණහිස ගාව
නෙතු පුරා නුහුරු අභිංසක හිනාව
පාඩමේ අවසානට වූ විරාමය
හිත කියන්නේම ඔය දෑස වැළඳ ගන්න

අද බොරදාට ගංදිය
පිනි ගින්නක් හිතේ දැව් දැව් ඉස්සා
ඇය නාවත් අද විභග පුහුණුවට
හෙට ආයෙත් කරනවා අද ඉගෙනුම් මාලා
එක දම්පාට දවසක

උළු සෙවිලි පිදුරු මතින් වැටී
හිත පැරි වැහි දිය වැටෙන හැටි
දිළිඳු සහෝදර සිනහ රැළි
පාට දෙන්න ඒ දැස් වලට අපි ආවේ මෙහි
එක දම්පාට දවසක.....

රැස්ම තේකලා මධුවන්ති
OT - 2020

සිතල ම දුරුත්තක
සිත නිවන හවස්වල
සඳත් කොඳුරා කිව්වේ
ප්‍රේමයයි තරුවකට

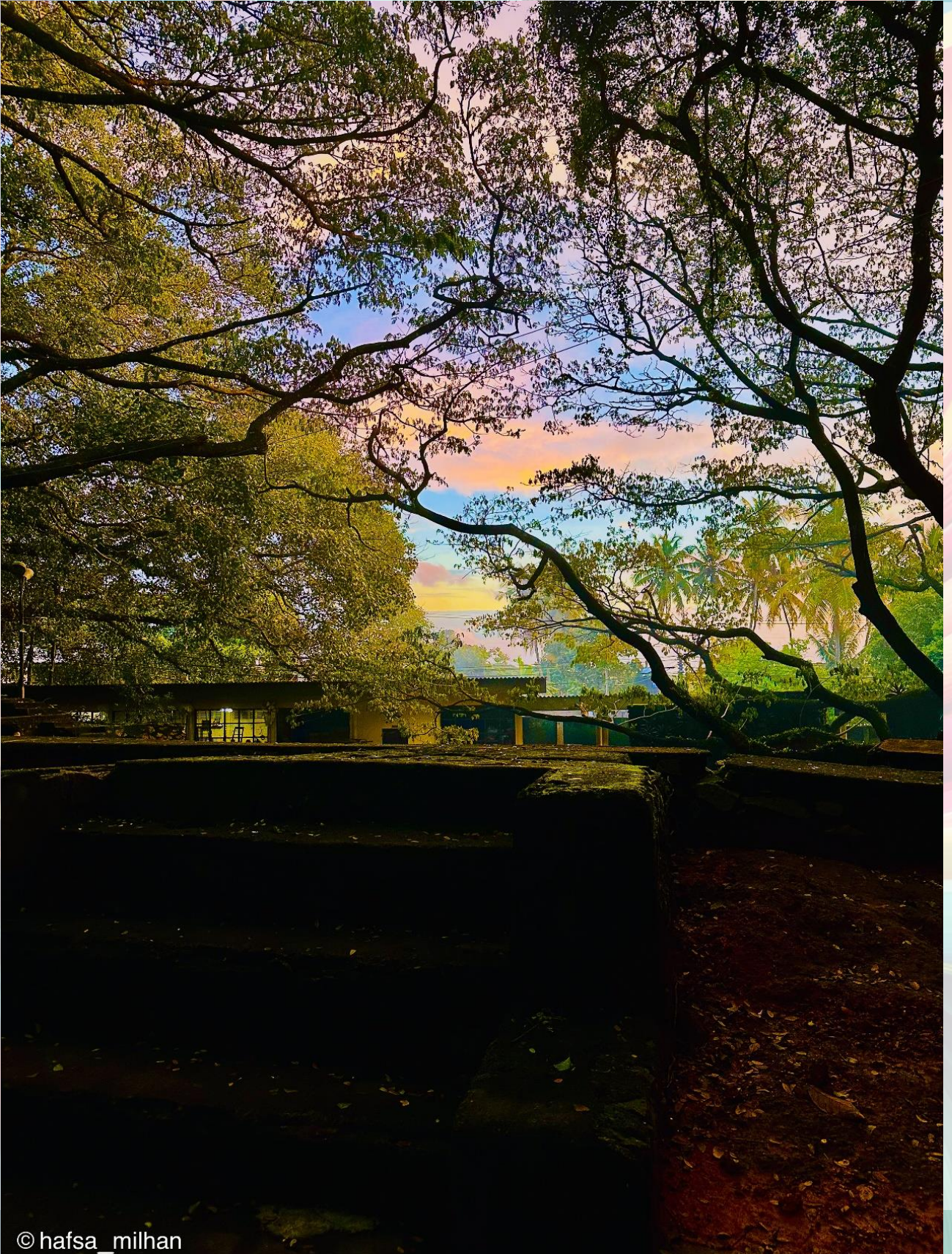
තාම වැහි දවස්වල
අසනි වැස්සට හසුව
බොඳව ගිය සිහිනයේ
සඳවනිය මැවේ නුඹ

පියාපත් අවසභ ව
කුරුළු ගී නිවෙන විට
කැබලි වුණු හදවතින්
ඇසෙයි යළි බිඳෙන හඬ

ඉකිබිඳුම් නතර කර
හදවතින් දරා ගෙන
නුඹ තේන මාවතේ
මල් පිපේ නුඹට තව

වාරුකා අමන්ති

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Dhamma Sermon and Bodhi Pooja

Religion gives meaning and purpose to life, reinforces social unity and stability, serves as an agent of social control and promotes psychological and physical well-being. The Buddhist Society of the Faculty of Medicine, University of Kelaniya was established with the hope of enlightening the students on the path of Buddhism. As a society, we assembled various activities to shape the lives of students in a positive manner and invoke blessings on everyone.

Department of Medicine and the Buddhist society of the Faculty of Medicine, University of Kelaniya recently organized a special dhamma sermon to honor the retirement of Prof. Yasoma Thilakarathne, Senior Lecturer at the Department of Medicine. The sermon was carried out with the main goal of honoring her dedicated service, as well as blessing and wishing well upon students, academic and nonacademic staff. The dhamma sermon was delivered by Ven. Hasalaka Seelawimala Thero at the new common room of the Faculty of Medicine, University of Kelaniya.

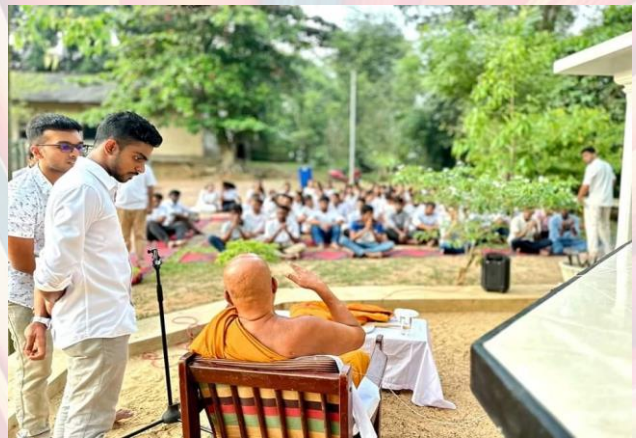




Under the guidance of the Buddhist Society of the Faculty of Medicine, University of Kelaniya, the 13th batch of Speech and Hearing Sciences organized a bodhi pooja with the goal of invoking blessings on the 12th batch of Speech and Hearing Sciences for their final examinations. The bodhi pooja was held under the leadership of Ven. Thuruvila Wimaladhamma Thero at the faculty premises on 11th January 2024.

The Society also organized a bodhi pooja with the aim of thanking all those who contributed with labor and financial support for the construction of the **new Hostel Bodhi**. The occasion was held under the blessings of Ven. Thuruvila Wimaladhamma Thero of Ragama Ihalagama Sri Sugatharama temple on February 8th, 2024, at the hostel bodhi premises.





Annual Pirith Ceremony

The annual Pirith Ceremony and Alms giving was held delightfully at the faculty premises for blessing and wishing well upon faculty staff, non-academics and students. The venerable monks blessed the occasion with their presence.

After the “Sarvarathrika Pirith Ceramony” , along with the help of students, staff and non-academic staff, the almsgiving was successfully completed.



New Hostel Bodhi

The Hostel bodhi which was build up in 1921 by the Maha Bhodi Society, Colombo, was in a dilapidated condition. It was newly built under the blessing of Ven. Thuruvila Wimaladhamma Thero of Ragama Ihalagama Sri Sugatharama temple with the initial financial donation by Dr. Piyal Rangana Herath, a member of the 18th Batch of

The Faculty of Medicine, University of Kelaniya. Donations from the members of 25th and 26th batches helped to make this a success. This event was organized by the Buddhist Society with the help of students of the Faculty.



The Annual Sabbath Day

The Annual Sabbath Day of the Catholic Students Movement of the Faculty of Medicine, University of Kelaniya was held on Sunday 30th September. It was graced by Rev. Father Saman Maximus, Chaplain of Sri Lanka University Catholic Students Movement - Colombo region and Rev. Father Sanjeewa Mendis, Guest Speaker and Rector at St. Sebastian's College Moratuwa. Students representing many different universities took part in the event.

The Sabbath Day is an event hosted by each of the units of the Catholic Students Movement in the Universities of the Colombo region of the Sri Lanka Catholic Students Movement. **It is meant to foster brotherhood and unity among universities and to create a stage to showcase the talents of their members.** The event started off with an address by the guest speaker, who explained the importance of trying to be perfect in all we do, and the session ended for lunch after celebrating Holy Mass.

The rest of the afternoon was filled with entertainment items with impressive dances and soothing songs performed by the students of CSM Ragama. The event concluded with an interactive session with the participation of all the participants where they had to dress up using scrap material provided. All the participants enjoyed themselves and had a meaningful day with lessons learnt and cheerful laughs.









Thai Pongal Celebration

Thai Pongal is a harvest festival celebrated by Hindus. It is a celebration to pay our gratitude to the Sun and Mother Nature that help to contribute to a bountiful harvest. The festival symbolizes gratitude, prosperity and the spirit of togetherness and holds immense cultural significance, symbolizing gratitude for a bountiful harvest and fostering unity among diverse communities.

Hindu Students' Society of Ragama Medical Faculty has celebrated the Thai Pongal Festival on February 4th 2024, at the main examination hall of our faculty. Last year, our Thai Pongal celebration took place on a modest scale within the hostel premises, with a small gathering of individuals interested in commemorating this cultural event. Notably, this occurred before the establishment of the Hindu Students Society.

In contrast to the previous year, this year the Thai Pongal celebration was conducted on a much larger scale. Our society has played a pivotal role in bringing together individuals interested in Hindu culture and traditions, fostering a sense of community within our medical faculty.

The festivities included traditional rituals such as the preparation of Pongal. First, we had the traditional games and then cultural performances. Kolam competition and lemon and spoon were organized under traditional games. We managed to provide everyone with fair opportunities to participate in every event. Non-Hindu students were very enthusiastic about participating in the games, especially the Kolam competition. **Five students from the 32nd batch came up with a unique Kolam design and won first place in the competition.**

Cultural performances showcased traditional dances such as classical dance, folk dance and village dance and music events such as duets and group songs, added vibrancy to the celebration. The diverse participation reflected the inclusive nature of the event, bringing together students from various religions.

The Dean of the faculty was invited as the chief guest. Professors and Lecturers from our faculty were invited as special guests. Students from other religions gave beauty to the event by participating in the events such as dances and traditional games.

Primary aim of the event is to build bridges of understanding and cooperation among students from different religious beliefs, turning the celebration into a symbol of religious harmony.

Ragama Medical Faculty, despite having a limited number of Hindu students, demonstrated exceptional religious harmony. The active participation and support of students from different religious beliefs contributed to the success of the Thai Pongal celebration, fostering a sense of unity and understanding among the diverse student body.

The enhanced scale of this year's Thai Pongal celebration, attributed to the formation of our Hindu Students Society, not only showcases the positive impact of cultural societies but also highlights the exceptional religious harmony within our faculty. The collaborative effort of students from various religious backgrounds added a unique dimension to our celebration, making it a standout and enriching experience. This harmony sets our faculty apart, emphasizing the benefits of unity in diversity, which stands as a valuable example when compared with other faculties.









Annual Shramadana Campaign

Islamic Students' Society

A Shramadana campaign was organized by the Islamic Students' Society of the Faculty of Medicine, University of Kelaniya. It was held on 8th of February 2024 from 3:30 PM to 5 PM in the faculty garden.

The session was a tremendous success and we received positive feedback from the participants. We look forward to carrying out more projects in various schools and institutes as part of this initiative in the upcoming days.





The Rahma Guidance Program Launch

We are thrilled to announce the launch of The Rahma Guidance Program, an initiative by the Islamic Student Society - Faculty of Medicine, University of Kelaniya, to reach out and assist aspiring students across the country.

The first project under this initiative was a guidance and motivation workshop for A/L students, conducted in collaboration with Dr. Rumie Hashim Foundation, Dharga Town Science Project, Aluthgama on 16th of December 2023.

The session was a tremendous success and we received positive feedback from the participants. We look forward to carrying out more projects in various schools and institutes as part of this initiative in the upcoming days.

Rahma Guidance Program # 2

The Islamic Students' Society conducted an A/L guidance and motivation workshop for the students at Muslim Ladies College, Colombo on 18th December 2023.

The session was a great success, and the energy was inspiring. We are determined to keep empowering more minds on this journey to success.

We sincerely thank all the participants, teachers, and staff for their cooperation and hospitality.



Reduce, Reuse & Recycle!

The Green Practice Committee of the Faculty of Medicine, University of Kelaniya has embarked on a commendable sustainable initiative for years by collecting and recycling various items from the outgoing batch of the university every year. By focusing on recycling materials such as books, notes, scrub suits, clothes, and electronic items the committee is actively contributing to waste reduction and resource conservation efforts.

The collection of these items from the outgoing batch serves multiple purposes. It helps to divert reusable materials from ending up in landfills, thereby reducing the environmental burden associated with waste disposal. The collection of scrubs and clothes promotes the concept of reusing. Books and paper waste is sent for recycling together with the faculty waste.

Moreover, this initiative fosters a culture of sustainability and responsible consumption among students, faculty, and staff members of the Faculty of Medicine. It serves as an educational opportunity to raise awareness about the importance of waste management and the environmental impacts of our consumption habits. By actively engaging the outgoing batch in these recycling efforts, the Green Practice Committee is instilling values of environmental stewardship and social responsibility among future healthcare professionals.

This year's outgoing batch which was the students of Batch 29 were appreciated at the faculty board for the recycling and cleaning process.



Commemorating World Wetlands Day : A Mangrove Plantation and Awareness Project

In the tapestry of nature, mangrove forests weave a tale of resilience, beauty, and interconnectedness, reminding us of our duty to safeguard these precious ecosystems.

Mangrove forests are unique coastal ecosystems found in tropical and subtropical regions. Sri Lanka consists of several mangrove ecosystems such as Rekawa mangrove forest, Pambala-Chilaw mangrove forest, Madu-Ganga estuary, Negombo lagoon, and Koggala Lake. The mangroves in Sri Lanka are composed of 14 species of true mangroves and 12 species of mangrove associates. The most extensive mangroves occur in Puttalam – Kalpitiya area in association with estuaries. Dense localized stands also occur in association with estuaries in the Southern, Southwestern and Northeastern coasts e.g. Koggala lagoon, Kalamatiya lagoon and Kokilai lagoon.

Some examples for common mangrove species are *Rhizophore mucronata* (Kadol), *Bruguiera gymnorhiza* (Malkadol, Sirikanda), *Sonneratia caseolaris* (kirilla), and *Rhizophora mucronate* (Maha Kadol).

150,000 native mangrove plants were put into the Puttalam lagoon. The project's objective was to enhance tropical mangrove forests' extent, local biodiversity, and provide sustainable forest goods and services to the community, ensuring long-term conservation and management.

Over 50 enthusiastic university students participated, planting over 200 Maha Kadol (*Rhizophora mucronata*) plants, symbolizing their collective commitment to environmental sustainability and biodiversity conservation.

Their dense root systems also trap sediments and filter pollutants, improving water quality and mitigating the impacts of pollution on marine life and human health. Moreover, mangrove forests contribute to carbon sequestration, helping to mitigate climate change by storing significant amounts of carbon dioxide.

The overarching message of this event was recognition of the invaluable ecological, economic, and social benefits provided by these ecosystems, coupled with the urgent need to protect and restore them.



Beyond the Beat 2023

An awareness programme

On 27th October 2023, 3rd year audiology students of Department of Disability Studies, Faculty of Medicine, University of Kelaniya held an awareness programme “Beyond the beat” for 1st year Occupation Therapy and 1st year MBBS students at faculty main auditorium, as October was Audiology Awareness Month. 15 students were divided into 2 groups and eight students planned and conducted this event. Mrs. Dinukshi Illeperuma, Senior Lecturer of the Department, guided us all the way.

As Audiology awareness month for 2023 was mainly focusing on noise and hearing loss, the programme focused on Recreation Noise Induced Hearing Loss (RNIHL). It was an hour-long programme where the content was divided into 4 parts and there was a crossword puzzle session between subtopics. Pre-questions were asked before stepping into the session to get a rough idea from the audience on recreational noise and hearing loss. A loud sound presentation was initially made to make the audience experience the instant effects of loud noise. Handouts were distributed at the end of the session.

DO YOU ENJOY LOUD MUSIC?

Then, this is for you

Beyond the BEAT

Venue: Main Auditorium
Date: 27.10.2023, Friday
Time: 2.30 - 3.30 pm

FOR OT 2 AND MBBS 34 STUDENTS

Organized by: Audiology Students, Batch 13

SAFE LISTENING

At all ages, you can permanently damage hearing by listening to loud sounds for a long time. Noise induced hearing loss (NIHL) cannot be cured or reversed, however there are ways to prevent it.

HARMFUL EFFECTS OF LOUD NOISE

- Hearing loss (Temporary or Permanent)
- Ringing in the ear
- Ear pain
- High blood pressure

Loud noise greater than 80dB can cause hearing loss.

The louder the sound, the quicker it can damage your hearing.

DANGEROUS NOISE LEVELS MORE THAN 80dB

94-120 dBA: Loudness, singing events and concerts, 10 minutes at 100 dBA can damage your hearing.

DO NOT LISTEN TO NOISE, THAT IS TOO LOUD, FOR TOO LONG, AND FOR TOO OFTEN!

Word search puzzle

DON'T MAKE SO MUCH NOISE!

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

ALARM	BUZZ	JET	SIREN
BANG	CLAP	KIDS	THUNDER
BARK	DRUM	MOWER	TRUMPET
BELL	HAMMER	RATTLE	
BLAST	HORN	ROAR	
BOOM		SCREAM	

Beyond The Beat
Safeguarding your ears from recreational noise

Presented by: Audiology Batch 13



“Hear Your Future 2023” A Hearing Awareness programme

“Y our Hearing, Your Future” was a thought-provoking program held on October 27, 2023, at the Faculty of Medicine by batch 13 Audiology students. The primary objective of this event was to raise awareness among non-academic staff members in the medical faculty about the importance of hearing health and its impact on their future well-being.

The program was structured with presentations, engaging games, and open-ended discussions. This varied format was designed to capture the participants' attention and provide them with valuable insights into the significance of preserving their hearing. The presentation segment featured experts who shared crucial information on the importance of hearing health and how it relates to one's future quality of life. The informative talks aimed to equip participants with the knowledge to make informed decisions regarding their hearing health.

AUDIOLOGY AWARENESS MONTH

AUDIOLOGY UNIT PRESENTS.

**HEAR BETTER
LIVE BETTER**

HEARING IS A GIFT; CHERISH EVERY SOUND

DATE: 27 OCTOBER 2023

TIME: 12.30 PM TO 1.30 PM

VENUE: MPB TUTE ROOM-1

LET'S COME TOGETHER
TO RAISE AWARENESS ABOUT HEARING
HEALTH
WE LOOK FORWARD TO YOUR ACTIVE
PARTICIPATION

ALL NON ACADEMIC STAFFS ARE INVITED

AUDIOLOGY UNIT, DEPARTMENT OF DISABILITY STUDIES, FACULTY OF
MEDICINE, UNIVERSITY OF KELENIYA



Several interactive games were incorporated to make the program both fun and educational. These games were designed to emphasize the consequences of neglecting one's hearing and to encourage participants to take active steps toward maintaining good hearing. The open-ended question sessions allowed participants to share their thoughts, concerns, and personal experiences related to hearing health. This facilitated a meaningful exchange of ideas and encouraged participants to reflect on their own hearing and future well-being.

"Your Hearing, Your Future" successfully achieved its purpose by creating awareness and motivating non-academic staff in the medical faculty to take proactive measures in safeguarding their hearing, ultimately ensuring a healthier and happier future.



Health Camp : Makandura, Kurunegala

Participating in the recent health camp as audiology students provided invaluable insights into the intersection of hearing health and community well-being. The camp, held in Welcome Village, Makandura on 23rd of November 2023 aimed to address immediate health needs, promote awareness, and facilitate preventive care within an underserved community. The event was organized by Medical Library, Faculty of Medicine, University of Kelaniya.

As the audiology team which included 6 audiology students from Batch 13 and 3 academic staff, our role involved conducting hearing screenings, identifying impairments and providing counselling. The experience illuminated the prevalence of untreated hearing issues within the community, emphasizing the importance of accessible audiological services.

Engaging with community members revealed diverse health needs, particularly among the elderly

population. Of the 74 elderly individuals present, 25 were able to participate in hearing screenings which include Otoscopic examination, Pure Tone Audiometry screening and counselling, contributing to the immediate positive impact of the program. For bedridden elderly individuals unable to undergo traditional hearing screenings, we conducted otoscopic examinations and provided counselling, ensuring personalized audiological care for all.

Participating in the health camp was a transformative experience, emphasizing the potential for positive change through a holistic approach to healthcare in underserved communities. This reflection, including the collaborative efforts and specific services provided, contributes to the broader discourse on the importance of integrating various healthcare dimensions into comprehensive community health initiatives.



Hearing Conservation Program in an educational setting

Audiology Batch 13 students of Department of Disability Studies,

Faculty of Medicine, University of Kelaniya, Sri Lanka held a hearing conservation program for Grade 5 students at Al Ashraff Maha Vidhyalaya, Mabola, Wattala. The program consists of workshop for 50 students and a screening program 20 students. Students were from Tamil medium and Sinhala medium. The program conducted by both Tamil and Sinhala language. Mrs. Dinukshi Illeperuma - senior lecturer of the department, and Ms. Chanuli Jayathilake - lecturer of the department, guided us to make this program a success.

We focused on noise in the school environment and hearing loss

among school children. Pre-questions and post-questions were given before and after the program to clarify the knowledge before and after the session. We had four stations in the workshop which consists of anatomy of the ear, pathology of hearing loss, signs and symptoms of the hearing loss and noise control. This information delivered via an animation video, exhibition, games and hand on practical.

Checklists were obtained from class teachers. Otoscopic examination, screening Pure Tone Audiometry and counselling were performed as a screening program.







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PRATHIBHA



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AURA Media Ragama
Faculty of Medicine, University of Kelaniya

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