

Department of Health Promotion Annual Report

2021



**Department of Health Promotion
Faculty of Applied Sciences
Rajarata University of Sri Lanka
13/12/2022**

**Vision of the Rajarata University of
Sri Lanka**

To be a centre of excellence in higher education and research.

**Mission of the Rajarata University of
Sri Lanka**

To produce innovative intellectuals capable of taking challenges in the context of global development through the competencies developed from the academic programmers, research and training of wide nature.

**Vision and
Mission**

Vision of the Faculty of Applied Sciences

The Faculty of Applied Sciences, of Rajarata University of Sri Lanka envisions to be a dynamic, innovative and renowned centre of excellence in learning, research, training and consultancy with emphasis on national relevance and international recognition in different disciplines of Applied Sciences.

Mission of the Faculty of Applied Sciences

To promote learning, research and training among all members of the university, industry and community and to help individuals achieve their full potential through development of the whole person with a view to making significant contributions to the regional, national and global needs.

**Mission of the Department of
Health Promotion**

The mission of the Health Promotion Study Programme is to acquire, promote, develop and propagate sound knowledge of health promotion and its applications to improve quality of life and, in particular, to equip students with knowledge, skills and attitudes to reach a competency level as a professional health promoter, and to interact with different sectors and community for accomplishing the fullest potential of health promotion activities.

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Message by the Vice Chancellor, Rajarata University of Sri Lanka



I am writing this message to the Department of Health Promotion (DHP) of the Faculty of Applied Sciences, Rajarata University of Sri Lanka, with great pleasure. This is the DHP's third annual report.

I am aware that the DHP has established a number of best practices to raise the standard of instruction provided by the institution. An example of this practice is the department's practice of creating its own yearly report. Despite the fact that the department has consistently followed this approach, it still demands additional effort and dedication.

The graduate profile of the health promotion study program is similar to that of a competent graduate, as it incorporates practical methods for creating a safe learning environment for its students through a variety of teaching and learning experiences. With the assistance of numerous organizations, the DHP, as an academic institution, not only serves its students but also the community on a greater scale. The department is actively promoting health in Sri Lanka and has given local communities the tools they need to address a variety of health issues, such as COVID-19. Because of its technological contributions to improving the lives of people in many communities, the DHP has also been able to attract the attention of national and international organizations.

I extend my congratulations to the team led by Dr. Manoj Fernando, the department's head, as well as to all the faculty, staff, and students who have worked to make the Department of Health Promotion successful in 2021. I'd also like to express my hopes for a fruitful future.

*Prof. (Mrs.) G.A.S. Ginigaddara,
Vice Chancellor,
Rajarata University of Sri Lanka.*

Message by the Dean, Faculty of Applied Sciences



As the Dean of the faculty I am honoured to deliver a message to the 3rd Annual Report of the Department of Health Promotion (DHP) of the Faculty of Applied Sciences, Rajarata University of Sri Lanka.

After establishing as a separate department in 2018, the DHP has taken its practice to develop its own Annual Report to summarize the highlights of the year including academic, co-curricular and other activities of the department. The DHP aims to produce professionals who could confidently empower people to improve and control their own health while being dedicated to learning, research, training and consultancies in the field of health promotion. The DHP was committed in this task and was facing many challenges due to the prevailing conditions in continuing university education with the pandemic situation. However, I believe, DHP was very much capable to continue its academic programmes as well as other programmes and projects to an acceptable level with the available technologies and methods.

The commitment and the enthusiasm of the DHP staff is much appreciated. The team lead by Dr. Manoj Fernando have immensely contributed for the success of the faculty as well and I am wishing all the very best for the future endeavour.

*Prof. E.M.R.K.B. Edirisinghe,
Dean,
Faculty of Applied Sciences,
Rajarata University of Sri Lanka.*

Message by the Head, Department of Health Promotion



The concept of preparing an Annual Report was introduced by the former Head of the Department, Dr. Duminda Guruge in 2019. Indeed, I am happy to continue this practice and glad to include my message to the 3rd Annual Report of the Department of Health Promotion.

The DHP being the only university department in Sri Lanka that offers the degrees *BSc in Health Promotion* and *BScHons in Health Promotion* has the key responsibility of producing quality graduates who are skilled in conceptualizing and delivering Health Promotion programmes. In the year 2021, education was challenged by COVID – 19 epidemic and the DHP along with the other academic bodies adopted effective methods to continue teaching and learning via distant mode and found its own way of continuing its community engagement. Despite several challenges, the department has strived to become a strong academic body even during the year 2021 to improve the health of Sri Lankan communities while being dedicated in teaching, training and providing consultations in the field of health promotion.

The leadership of the former and the present Vice Chancellors, guidance by the Dean of the faculty, the support by the faculty staff members and the contribution of the students are much appreciated for achieving the targets during the year 2021.

*Dr. Manoj Fernando,
Head,
Department of Health Promotion,
Faculty of Applied Sciences,
Rajarata University of Sri Lanka.*

Introduction

Overview of the Department

The Rajarata University of Sri Lanka (RUSL) was established on 31st January 1996 under section 21 of the University Act No. 16 of 1978 as the 13th state university of Sri Lanka. Presently the university is comprised of six faculties including the Faculty of Applied Sciences (FASc). The Department of Health Promotion (DHP) was established on 09th July 2018 by the Gazette Notification No: 2079/13 as the fifth department of the FASc, RUSL and Dr. Duminda Guruge served for three years as the first Head of the Department. On the 1st of August 2021, Dr. Manoj Fernando was appointed as the new Head of the Department.

Introduction to the Degree Programmes

Health promotion is one of the recently established disciplines in Sri Lanka and it contains effective principles for changing human behaviour and developing optimum well-being in individuals and communities. At present, RUSL is the only university in the South Asian Region that offers a BSc in Health Promotion and a BSc Hons in Health Promotion. The curriculum provides a combination of theory and field practical work courses. The BSc in Health Promotion study programme comprises a total of six semesters and 90 credits must be completed to be eligible for the degree. The BScHons in Health Promotion comprises a total of eight semesters and 120 credits must be completed to be eligible for the degree. During the fourth year, four courses covering 14 credits and a specified research project (16 credits) on a given topic under the supervision of a senior academic member has to be completed. At the end of the year 2021, there were 215 students in the study programme including five BSc Honours students.

The staff of the Department of Health Promotion

The academic staff constitute one Honorary Professor, five Senior Lecturers, two Probationary Lecturers, two Temporary Lecturers and ten Demonstrators during the year 2021. There was only one nonacademic staff member attached to the department. The staff of the DHP streamed towards its mission with the assistance of the following staff members directly attached to the department and others serving from other departments and as visiting lecturers and external supervisors.

Academic staff

- | | | |
|----|---|------------------------------|
| 1. | Dr. Manoj Fernando
(since 01 st August, 2021) | - Head, DHP/ Senior Lecturer |
| 2. | Prof. Diyanath Samarasinghe | - Honorary Professor |
| 3. | Dr. Duminda Guruge | - Senior Lecturer |
| 4. | Dr. Lalith Senarathna | - Senior Lecturer |
| 5. | Ms. Parween Reyah | - Senior Lecturer |
| 6. | Ms. Prabuddhika Kandegedara | - Senior Lecturer |
| 7. | Mr. Chamil Senaviratne | - Lecturer (Prob.) |
| 8. | Ms. Nayomi Dissanayake | - Lecturer (Prob.) |

Academic support staff

- | | | |
|----|----------------------------|------------------------|
| 1 | Ms. Nadeeka Rathnayake | - Lecturer (Temporary) |
| 2 | Ms. Ruwanmali Karunarathne | - Lecturer (Temporary) |
| 3 | Mr. Harsha Bandara | - Demonstrator |
| 4 | Mrs. Charuni Wijesooriya | - Demonstrator |
| 5 | Mrs. Sajeeda Rasheed | - Demonstrator |
| 6 | Ms. Dilini Ranasinghe | - Demonstrator |
| 7 | Ms. Nimesha Karunarathne | - Demonstrator |
| 8 | Ms. Asinsala Wijerathne | - Demonstrator |
| 9 | Ms. Jathusha Kanmaniraja | - Demonstrator |
| 10 | Ms. Tharshvini Seelan | - Demonstrator |
| 11 | Ms. Nadeesha Sewwandi | - Demonstrator |
| 12 | Mr. Eshan Madhumadawa | - Demonstrator |

Non-academic staff

- | | | |
|----|-------------------------|------------|
| 1. | Mr. Ushantha Rathnayake | - Work Aid |
|----|-------------------------|------------|

Visiting lecturers and external supervisors

1. Dr. Neelamani Rajapaksa Hewageegana - Former Deputy Director General of Health Services Planning, Ministry of Health
2. Prof. Nalika Gunawardena National Professional officer at World Health Organization, (WHO), Regional Office for South East Asia
3. Mr. Shakya Nanayakkara, General Secretary of FISD and Healthy Lanka Alliance for Development
4. Mr. Mangala Randeniya Deputy General Manager, Sri Lanka Bureau of Foreign Employment
5. Dr. K.K.M. Damitha Chandradasa Consultant Pediatrician, Teaching hospital- Anuradhapura
6. Dr. Jayamal De Silva Senior Lecturer, Faculty of Medical Sciences, University of Sri Jayawardanapura
7. Dr. Ruwan Ferdinando Consultant Community Physician (Planning), National Institute of Health Sciences, Sri Lanka
8. Dr.Nadeeka Chandrarathne Consultant Community Physician, Ministry of Health
9. Dr. Anuprabha Wickramasinghe, Senior Lecturer and honorary consultant, Department of Psychiatry, Faculty of Medicine, RUSL
10. Dr. Ajith Karawita, Consultant Venereologist, Teaching hospital, Anuradhapura
11. Dr. Nuwan Wickramasinghe, Head/Department of Community Medicine, Faculty of Medicine and Allied Sciences, RUSL
12. Dr.Sumudu Avanthi Hewage, Consultant Community Physician, National Programme for Tuberculosis Control and Chest Diseases, Ministry of Health
13. Mr. Asoka Dias, Director at MTV channel (Pvt) Limited and MBC Networks (Pvt) Limited
14. Mrs. Mano Basnayake, Lecturer, First Friends Campus, Kandy
15. Dr. Kaushalya Jayaweera, Lead Biomedical Research Coordinator, Sri Lankan Twin Register & Research Projects Coordinator, Institute for Research & Development in Health and Social Care, Sri Lanka
16. Dr. Sameera Hewage, Regional Epidemiologist, RDHS Kandy
17. Dr. Sansfica M Young, Senior Lecturer, Department of Environmental Technology, University of Colombo

Introduction to the Annual Report

The DHP introduced the practice of developing a department-level Annual Report in 2019. This is the 3rd Annual report presenting the activities conducted by the department throughout the time period from 01st January 2021 to 31st December 2021. The objectives of the Annual Report are to provide information about the department's activities and to summarize the department's achievements in the past year.

Highlights of the Year 2021

Programme review - 2020 self-evaluation report preparation

The site visit of the programme review was scheduled to be held in 2021. Although it was not held, the department continued its practices and staff was replaced for each criterion whenever there were changes in supporting staff with their short-term tenures. The self-evaluation report (SER) referring to this site visit was submitted on 29th June 2020.

Curriculum revision

The revised curriculum recommended by the 3rd meeting of the Academic Development and Planning Committee of the Faculty of Applied Sciences held on 2nd June 2020 and the 201st meeting of the Faculty Board of the Faculty of Applied Sciences held on 9th June 2020 were recommended by the Curriculum Development Committee of the Rajarata University of Sri Lanka at its 31st meeting held on 3rd February 2021. Finally, the revised curriculum was approved by the Senate of the Rajarata University of Sri Lanka at its 233rd meeting held on 25th March 2021. The revised curriculum was introduced to the 2019/20 batch.

General convocation

The 20th General Convocation was held on 14th December 2021 at the convocation hall of the RUSL. There were two postgraduate students who were conferred the degree of Master of Philosophy in the field of health promotion. Among the graduates, four students of the 2013/14 batch were conferred the degree of BSc Honours in Health Promotion and five students of the 2014/15 batch were conferred the degree of BSc Honours in Health Promotion. At the 20th convocation, Ms Sonali Dinushika Gunasekara was awarded the Data Systems Gold Medal for the highest cumulative GPA in Bachelor of Science Honours in Health Promotion.

Establishment of quality circles

As an action taken by the DHP to improve the performance of the department, a team-based concept called ‘quality circles’ (QCs) was continued under the following eight groups.

- 1) Programme Management
- 2) Human and Physical Resources
- 3) Programme Design and Development
- 4) Course/ Module Design and Development
- 5) Teaching and Learning
- 6) Learning environment, Student Support and Progression
- 7) Student Assessment and Awards
- 8) Innovative and Healthy Practices.

The newly enrolled students as well as the newly recruited supporting staff were also divided into these groups.

Department meetings of the year 2021

Department meetings were regularly conducted. Although face-to-face meetings were difficult to conduct with the COVID–19 restrictions, online zoom meetings were arranged. The number of department meetings held during the year 2021 is given in Table 1.

Table 1: Department meetings conducted during the year 2021

Meeting No.	Date	Time
Meeting No. 20	01 st January, 2021	12.30 p.m. to 03.00 p.m.
Meeting No. 21	31 st March, 2021	03.00 p.m. to 05.30 p.m.
Meeting No. 22	28 th May, 2021	01.30 p.m. to 03.00 p.m.
Meeting No. 23	30 th July, 2021	05.00 p.m. to 06.30 p.m.
Meeting No. 24	13 th September, 2021	10.00 a.m. to 01.00 p.m.
Meeting No. 25	16 th November, 2021	03.00 p.m. to 04.30 p.m.
Meeting No. 26	31 st December, 2021	09.00 a.m. to 11.00 a.m.

Academic Calendar

The academic activities of the year 2021 were challenged by the COVID-19 situation and the faculty continued teaching, learning and assessment via online platforms and resources.

Table 2: Academic calendar of the year 2021/2022

Semester II			
Batch	Description	Period	
		From	To
Year 4 (2015/2016) Year 3 (2016/2017) Year 2 (2017/2018)	Study Session (15 weeks)	22.03.2021	09.04.2021
	Excluding 1 week of vacation (10.04.2021-18.04.2021)	19.04.2021	09.07.2021
	Study Leave (2 weeks)	10.07.2021	25.07.2021
	Examination (05 weeks)	26.07.2021	29.08.2021
	Vacation (01 week)	30.08.2021	05.09.2021
Year 1 (2018/2019)	Study Session (15 weeks)	19.04.2021	30.07.2021
	Study Leave (2 weeks)	31.07.2021	15.08.2021
	Examination (05 weeks)	16.08.2021	18.09.2021
	Vacation (01 week)	19.09.2021	26.09.2021
Batch	Pre - Semester	From	To
Year 1 (2019/2020)	Intensive English Course & Foundation Course	01.06.2021	31.08.2021

(Source: Faculty Board memo no.: 209th Faculty Board)

Students of the Department of Health Promotion

Details of the undergraduate and postgraduate students attached to the DHP during the year 2021 are given below.

Details of the undergraduate students

Student intake from 2016 to the present is presented in Table 3 below:

Table 3: Undergraduates of the study programme

Academic year	2015/16	2016/17	2017/18	2018/19	2019/20
No. of students	5	36	36	64	74
Female	5	29	21	49	68
Male	0	7	15	15	6

The following Table 4, presents the details of the undergraduate students during the 2nd Semester of 2021.

Table 4: Details of undergraduates during the 2nd Semester of 2021

Batch	Academic year	No. of students
First year students	2018/19 – 2 nd Semester	64
Second year students	2017/18 – 2 nd Semester	36
Third year students	2016/17 – 2 nd Semester	36
Fourth year students	2015/16 – 2 nd Semester	05

Details of the postgraduate students

During the year 2021, the following postgraduate student was registered for the M.Phil. programme offered by the FASc under the DHP (Table 6).

Table 6: Details of the M.Phil. student

Name of the student:	<i>Ms. WMNUK Rathnayake</i>
Title of the research:	A health promotion intervention to address youth violence among students in a selected technical college in Matale district, Sri Lanka: A participatory action research
Duration:	31st December 2020 - to date (Part-time – three years)
Supervisors:	Supervisor I: Dr. Duminda Guruge (internal) Supervisor II: Dr. Kalpani Abhayasinghe (external) Supervisor III: Dr. Jayamal De Silva (external)

Details of the foreign students

Table 7 presents the details of the foreign students enrolled for courses under the DHP in the year, 2021.

Table 7: Details of the foreign students

Name of the student:	Ms. Satu Susanna Lättilä
Country:	Sweden
University:	Sahlgrenska Academy, University of Gothenburg
Study program:	Master of Global Health
Type of the program:	Internship
Duration of the study:	From 3 rd to 30 th November, 2021 (online) From 1 st December, 2021 to 16 th January, 2022 (on site)

Name of the student:	Ms. Christine Joyce Awuor
Country:	Australia
University:	School of Public Health of the University of Sydney
Study program:	Master of Global Health
Type of the program:	Placement
Duration of the study:	From April to June, 2021 (online) From 1 st December, 2021 to 16 th January, 2022 (on site)

Field practical attachment

The most significant component of the degree programme is the field practical attachment which improves practical knowledge, attitudes and skills required by students to promote well-being and to address major public health issues in the country. The curriculum consists of a two-year field practical attachment with a mandatory procedure of allocating students into small groups consisting of 4 – 10 students on average and these groups are directly monitored by a demonstrator under the guidance of a field coordinator and supervised by a senior academic member. Although the prevailing frequent lockdowns and travel restrictions affected the conventional field allocation system, the DHP adopted methods to allow students to identify field settings on an individual basis within the reach of their own residential area. However, the 2016/17 students continued their fieldwork in the same settings as they were about to complete their field practical placements. The same mechanism of group discussions and monitoring was done via online mode. Apart from the field practical attachments to villages commencing in the second year, students are allocated into student groups in the first year to conduct student group field work spread across four semesters. The following Table 8 presents the areas where the students have engaged in the field practical placement during the year 2021.

Table 8: Areas of field practical placement

Batch	Group No.	Field area
2016/2017	01	Henewatta
	02	Ambathalagama
	03	Mihinthale
	04	Kunchikulama
	05	Kurundankulama
2017/2018	01	Secondary school, Mannar
		Families in Kalalgoda, Colombo
		Families in Nintavur, Ampara
		Families in Pothuwila, Kaluthara
		Railway town, Kekirawa
		A temple, Puttalam
		Families in Maradankadawala
	02	05 families and 11 children in Polonnaruwa
		09 families and a girls' group in Gampaha
		08 families and 11 children in Rathnapura
		10 families and a youth group in Walasmulla
		Mothers' group and a girls' group in Jaffna
		08 families and special needs children's school in Nochchiyagama
		Childrens' group in Ampara
	03	05 families, Boralanda, Badulla
		07 families, Aluthgama, Anuradhapura
		12 families, Kahawatta, Hambantota
		Mothers group, Kilinochchi
		Tuition class, Hambantota
		11 families, PahalaIbulgoda, Gampaha
		4 families, Okewala, Hambantota
		08 families, Karuwalagaswewa, Puttalam

2018/ 2019	04	Tailoring shop, Nuwara Eliya
		Beach boys, Galle
		05 families, Thanamalwila
		05 families, Kandy
		06 families, Kandy
		07 families, Anuradhapura
		05 families, Jaffna
	05	04 families in Nuwara eliya and Kandy
		05 families in Mullativ
		Group of adolescents in Kaluthara and Galle districts
		05 families in Puttlam
		04 families in Anuradhapura
		Group of children in Epalogama
		04 families in Eppawala
	A	Mothers' group, Gampaha
		Mothers' group, Kurunegala
		Cricket Club, Kurunegala
		A secondary school, Badulla
		Preschool, Kuliypitiya
		Preschool, Gelioya, Kandy
		Ulapane Maha Vidyalaya, Kandy
		Secondary school, Ambewela, Badulla
		Preschool, Anuradhapura
	B	A school in Aparakka, Matale
		Three wheel park, Anuradhapura
		04 families in Galenbindunuwewa
		05 families in Kilinochchi
		Preschool in Colombo
		05 families in Mullativu
		05 families in Embilipitiya

		05 families in Gampaha
		M/Weeragama Parakrama School, Matale
	C	05 families in Maruthumunai
		Pre School in Rideegama
		University students in Rajarata University
		Grade 8 students in Medagama School
		Employees in Navigata Food Company in Kurunegala
		Mothers group in Orr's hill
		Pre School in Thissamaharama
		05 families in Kaththankudy
		Pre School in Padalangala
	D	10 families, Vavuniya
		05 families, Elakaka
		10 A/L students, Matale
		P/Kal/Iyoob G.M.M.V Secondary School, Kalpitiya
		05 families, Embilipitiya
		Saraswathy Central College, Badulla
		05 families, Makewita
		05 families, Yatiyanthota
		05 families, Thambuttegama
	E	Mothers' group (10 mothers) in Badalkumbura
		Primary School in Puttalam
		05 families in Jaffna
		Primary School in Ethumalpitiya
		Preschool in Meetiyagoda
		Preschool in Mannar
		Preschool in Puttalam
		05 families in Dambulla
		Preschool in Hikkaduwa

	F	Families in Kalviyankada village, Jaffna
		Teacher training school, Weyangoda, Gampaha
		Families in Oddamavadi village, Batticaloa
		Families in Ranmuduwewa village, Hambantota
		Families in Vishaka Mawatha village, Gampaha
		Families in Puttalam
		Families in Edurapotha village, Kegalle
		Families in Keerikkulama village, Anuradhapura
		SOS children' village, Galle
	G	Mothers' group, Kandy
		Elders society, Ratnapura
		05 Families, Batticaloa
		Children society, Mawanella
		Ata gammanaya, Anuradhapura
		Preschool , Sithawaka, Colombo
		Anuradhapura Tamil Maha Vidyalaya, Anuradhapura
		05 families in Veluwanarama Road, Colombo 06

Special degree projects

Following Table 9 presents the special degree research projects conducted by the 2014/15 batch in 2021 and Table 10 presents the special degree research projects started by the 2015/16 batch in 2021.

Table 9: Details of the special degree research projects of the 2014/2015 batch

Name of the students	Title of the research project	Supervisors
Ms. M.W.Dilini Shashikala Ranasinghe	Effectiveness of a health promotion intervention on addressing selected determinants of well-being in the gem mining community in Rathnapura district	Dr. Duminda Guruge Dr. Sansfica M.Young
Ms. W.G.Nadeesha Sewwandi	Effectiveness of a health promotion intervention on addressing selected determinants of employee engagement of sawing machine operators through improving their well-being in an Apparel factory in Kegalle district.	Dr. Duminda Guruge Dr. Sansfica M.Young
Ms. P.K. Nimesha Dulanjalee Karunarathna	Evaluate the Effectiveness of health promotion principles to improving emotional well-being among children homes children in selected children homes in Gampaha district	Dr. Manoj Fernando Dr. Lalith Senarathna
Ms. W.M. Asinsala Madhumali Wijerathne	Changing negative health-related practices of paddy farmers in Polonnaruwa district through a health promotion approach	Dr. Manoj Fernando Dr. Lalith Senarathna

Table 10: Details of the special degree research projects of the 2015/2016 batch

Name of the students	Title of the research project	Supervisors
M.W.A.K.Airawansha	Effectiveness of a health promotion intervention in reducing child abuse in an inland fishing community, Badulla District	Dr. Manoj Fernando Dr. Lalith Senarathne
W.M.S.A. Wijesundara	Effectiveness of a health promotion intervention in changing lifestyle practices that increase the risk of Type 2 Diabetes Mellitus (T2DM) in Kebillewela - North, Bandarawela MOH area, Badulla District.	Dr. G.N. Duminda Guruge Dr. Kalpani Abhayasinghe
S.P. Senavirathne	Effectiveness of a health promotion intervention in promoting sexual and reproductive health among youth at the Technical College, Anuradhapura	Dr. Duminda Guruge Dr. Sansfica Marlyn Young
H.N.D. Soysa	Effectiveness of a health promotion intervention to promote mental well-being among working women in selected tea estates in Nuwara Eliya District	Dr. Manoj Fernando Dr. Ruwan Ferdinando
F.B.N. S. Baduge	Effectiveness of an intervention to promote home-based early childhood care and development practices among mothers of children between 1 to 5 years in tea estate sector, Kegalle District.	Dr. G.N. Duminda Guruge Dr. W.A.N.D. Wickramasinghe

Details of Research and Publications

Research and publications by staff

Research articles by staff

Journal articles (Indexed):

1. Herath, Prasanna & Wimalasekera, Savithri & Amarasekara, Thamara & Fernando, Manoj & Turale, Sue. (2021). Adverse effects of cigarette smoking on exhaled breath carbon monoxide, blood carboxyhemoglobin, and hematological parameters amongst Sri Lankan adult tobacco smokers: A descriptive study. *Population Medicine*. 3. 1-10. 10.18332/popmed/143076.
2. Herath, Prasanna & Wimalasekera, Savithri & Amarasekara, Thamara & Fernando, Manoj & Turale, Sue. (2021). Effect of cigarette smoking on smoking biomarkers, blood pressure and blood lipid levels among Sri Lankan male smokers. *Postgraduate Medical Journal*. 98. postgradmedj-2021. 10.1136/postgradmedj-2021-141016.
3. Herath, Prasanna & Wimalasekera, Savithri & Amarasekara, Thamara & Fernando, Manoj. (2021). Effect of Smoking Cessation Interventions on Adult Tobacco Smokers in Colombo District, Sri Lanka.
4. Kuruwita, A & Perera, Whdc & Paramika, Kps & Keerthisinghe, Imdcb & Rajasekara, Rwc & Herath, Prasanna & Fernando, Manoj. (2021). Knowledge, Attitudes, and Practices Regarding Secondhand Smoking among Pregnant Mothers in Selected Peri-urban Areas in Colombo District.
5. Gunasekara, Sonali & Wickramasinghe, Nuwan & Fernando, Manoj & Agampodi, Thilini & Agampodi, Suneth. (2021). Pandemic on the Social Wellbeing and Resilience Mechanisms of Three Rural Communities in Anuradhapura District, Sri Lanka.
6. Reyal, H.P., Perera, M.N. and Guruge, D., 2021. Prevalence of Intimate Partner Violence Across Urban, Rural and Estate Sectors: A Preliminary Study. *Journal of the College of Community Physicians of Sri Lanka*, 27(2), pp.389–398. DOI: <http://doi.org/10.4038/jccpsl.v27i2.8399>
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Abstracts by staff

1. Dissanayake, D.R.N., Senevirathna, C.P. and Senarathne, D.L. 2021. Level of Knowledge on Sexual and Reproductive Health among Undergraduate Students in Sri Lanka. International Symposium of Rajarata University of Sri Lanka, Faculty of Technology

Publications by students

- Dilan Udayanga, MAH Kaushani, TBB Makawela, KGDR Kodikara, AMF Zamra, HMF Nuha, HA Wickramasinghe, N Rathnayake, “Exploring knowledge, attitude and practices on Tobacco and Alcohol use among a group of university students”, National Symposium on Tobacco and Alcohol Prevention, National Authority of Tobacco and Alcohol (NATA), 2021
- D Ranasinghe, N Sewwandi, R Kanapathy, S Viyasan, N Rathnayake, EKS Preethika, RMS Kumara, GND Guruge, “Empowering caregivers to provide proper nutrition for children during early childhood: A health promotion intervention”, Annual Scientific Sessions of the Nutrition Society of Sri Lanka, 2021
- RMS Thilokshika, GND Guruge, “An analysis of changes in patterns of substance usage among substance users during COVID-19 pandemic period in Gampaha district, Sri Lanka”, National Symposium on Tobacco and Alcohol Prevention(NSTAP 2021), Colombo, Sri Lanka, 2021
- KDDU Jayarathne, MAH Kaushani, TBB Makelwala, KGDR Kodikara, AMF Zamra, HMF Nuha, HA Wickramasinghe, N Rathnayake, GND Guruge, “Exploring Knowledge , Attitudes , Practices on Tobacco & Alcohol use among a group of university student”, National Symposium on Tobacco and Alcohol Prevention(NSTAP 2021), Colombo, Sri Lanka, 2021
- HDN Soysa, SP Senevirathne, J Kanmanirajah, NM Nasman, R Karunarathne, GND Guruge, “Empowering community to address the economic impact of tobacco smoking by using health promotion approach in a selected rural village in Anuradhapura district, Sri Lanka”, National Symposium on Tobacco and Alcohol Prevention(NSTAP 2021), Colombo, Sri Lanka, 2021

- RMSThilokshika, RMCD Rathnayake, SDS Ruwanmali, N Rathnayake, GND Guruge, “Improving ‘happiness’: an aspect of mental wellbeing among adolescents by using health promotion approach”, 134th Anniversary International Medical Congress Organized by Sri Lanka Medical Association, 2021
- RMCD Rathnayake, SP Senewirathne, WMRA Wanninayake, N Sewwandi, N Rathnayake, GND Guruge, “Mobilizing shopkeepers to take measures to avoid passive smoking using health promotion approach”, 134th Anniversary International Medical Congress Organized by Sri Lanka Medical Association, 2021
- PKND Karunarathna, MS Fernando and L Senarathna, “Empowering children for identifying determinants on child emotional wellbeing using health promotion principles”, 134th Anniversary International Medical Congress Organized by Sri Lanka Medical Association, 2021
- FBNS Baduge, MWAK Airawansha, HDN Soysa, SR Karunarathne, N Rathnayake, GND Guruge, “Engaging rural mothers to identify and decide measures on most influential determinants to reduce tobacco consumption in Sri Lanka”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- MWAK Airawansha, HDN Soysa, FBNS Baduge, HMMHT Wickramasooriya, S Perera, N Rathnayake, GND Guruge, “Raising awareness on economic burden and health impacts of tobacco smoking to reduce smoking behaviour among constructing site workers in Anuradhapura district, Sri Lanka”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- E Madhumadawa, N Baduge, HMSC Sulochana, L Mathanakumar, S Gunasekara, N Rathnayake, GND Guruge, “Identifying determinants and deciding measures with children to reduce the attraction towards tobacco consumption using community-based intervention” 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- U Kitulagoda, S Wijesundara, N Sewwandi, N Rathnayaka, GND Guruge, “Initiating a discussion, nourished by health promotion approach with young adults, in 'Yowunouraya' national exhibition, Sri Lanka about tobacco smoking”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)

- DN Soysa, S Perera, SR Karunarathna, NS Baduge, AK Airawansa, S Kithalawaarachchi, GND Guruge, “Involving selected Sri Lankan military corps to reduce tobacco consumption within camps: An example for the application of health promotion approach”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- WGN Sewwandi, D Ranasinge, AM Wijerathne, ND Karunarathne, N Rathnayake, S Perera, GND Guruge, “Using health promotion approach for increasing knowledge on harms of tobacco smoking and deciding actions to reduce tobacco smoking among undergraduates in Rajarata University of Sri Lanka” 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- L Mathanakumar, J Kanmanirajah, N Baduge, A Airawansa, N Soysa, N Rathnayake, G Raisah, GND Guruge, “Raising awareness among youths to reduce the positive image and attractiveness towards smoking”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- A Wijerathne, N Sewwandi, D Ranasinghe, N Karunarathne, N Rathnayake, GND Guruge, “Empowering university students to take actions to reduce tobacco smoking in Rajarata University of Sri Lanka”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- D Ranasinghe, N Sewwandi, A Wijerathne, N Dulanjalee, S Perera, N Rathnayake, GND Guruge, “Using health promotion approach for reducing the attractive image on tobacco smoking among university students in Rajarata University of Sri Lanka”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- J Kanmanirajah, L Mathanakumar, Z Lafir, M Yalini, A Suthesuthan, N Rathnayake, GND Guruge, “Improving awareness among teenagers about the “harmful effects of tobacco” and industrial strategies used to promote smoking”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- D Ranasinghe, WGN Sewwandi, R Kanapathy, S Viyasan, N Rathnayake, S Preethika, RMS Kumara, GND Guruge, “A school-based health promotion intervention to address the smoking behaviours of school children in Walisinghe Harishchandra secondary

school, Sri Lanka”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)

- N Karunarathna, A Wijerathne, H Bandara, M Rousan, S Perera, N Rathnayake, GND Guruge, “Empowering school students to reduce the attractiveness of tobacco use through health promotion principles in Anuradhapura District of Sri Lanka”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- WGN Sewwandi, MWDS Ranasinghe, R Kanapathy, S Viyasan, S Preethika, N Rathnayake, RMS Kumara, GND Guruge, “Using effective health promotion interventions to reduce attractiveness for tobacco smoking among school students in Sri Lanka”, 13th Asia Pacific Conference on Tobacco or Health, 2021(APACT 2021)
- RMS Thilokshika, AHFS Harlik, WMID Dissanayake, WSK Dedunupitiya, V Nithushan, AS Niroshan, KMLB Abeyrathna, A Ranasingha, SDS Ruwanmali, GND Guruge, “An Analysis of Changes in Patterns of Substance Usage among Substance Users during the COVID-19 Pandemic Period in Gampaha, Ampara, Mannar, Anuradhapura, Badulla, Vavuniya and Kandy Districts, Sri Lanka”, General Sir John kothelawala Defence University - 14th International Research conference, 2021 (KDUIRC 2021)

134th Anniversary International Medical Congress 2021

This conference was organized by the Sri Lanka Medical association and conduct virtually on 11th August 2021. Two health promotion students participated and presented abstracts.

13th Asia Pacific Conference on Tobacco or Health-2021

This conference was held on 3rd and 4th September 2021, Bangkok, Thailand. Two students from the Department of Health Promotion virtually presented abstracts.

National symposium on Tobacco and alcohol prevention (NSTAP) – 2021

This national symposium was organized by National Authority on Tobacco & Alcohol and it was held on 26th November 2021 at Waters Edge, Colombo. Three students from the Department of Health Promotion presented abstracts.

Research grants/funding

Grants received by staff members

Swedish Linnaeus-Palme Grant 2021

The DHP with the Sahlgrenska Academy, University of Gothenburg applied for Swedish Linnaeus-Palme Grant 2021. It is a competitive grant and won a sum of SLR 1.7 Million. This grant aims to support student and teacher exchange programs between Gothenburg University and the Department of Health Promotion, Rajarata University of Sri Lanka.

University Research Grant

Mr. CP Senevirathne, and Mrs. KGPH Kandegedara, of the Department of Health Promotion have received university research grant for the following two research project.

- Mr. CP Senevirathne -2021

Health promotion intervention to improve the physical and mental health condition of bus drivers in Anuradhapura: A pilot study

- Mrs. KGPH Kandegedara -2021

Academic engagement of school children during the COVID – 19 pandemic situation: Cross-sectional study in the Anuradhapura District

Grants received by students

National Award

Mr. P.R.B.Wimukthi Dananjaya, a third year student of the Department of Health Promotion was selected to the top ten finalists of National Science Projects 2021 organized by the State Ministry of Skills Development, Vocational Education, Research and Innovation.

Projects and Programs

Project with the World Food Program

The Foundation for Health Promotion joined with the DHP to carry out community-based health promotion interventions to improve nutrition and selected nutrition-related aspects of community members in areas of Moneragala, Mannar, Batticola, Matale and Mulativ from February 2021 to March 2022. Student volunteers and demonstrators of the department took part in implementing health promotion interventions in these districts.

Community-level social and behaviour change communication, health and nutrition promotion activities – Funded by Save the Children

The Department of Health Promotion completed a project on ‘community-level social and behaviour change communication/health and nutrition promotion activities: special focus on improving infant and young child feeding and increase male participation at the health and nutrition promotion’ in 24 Public Health Midwife (PHM) divisions of three Medical Officer of Health (MOH) areas: Kotapola, Pasgoda and Morawaka in Matara district in collaboration with Save the Children (2020 - 2021).

Healthy Setting Approach in COVID-19 response

The Department of Health Promotion joined hands with the Foundation for Health Promotion a project on titled 'community engagement through healthy setting approach in COVID-19 response' in Alawwa MOH area. (2020 - 2021).

Capacity Building of Field Officers of the Ministry of Women and Child Development

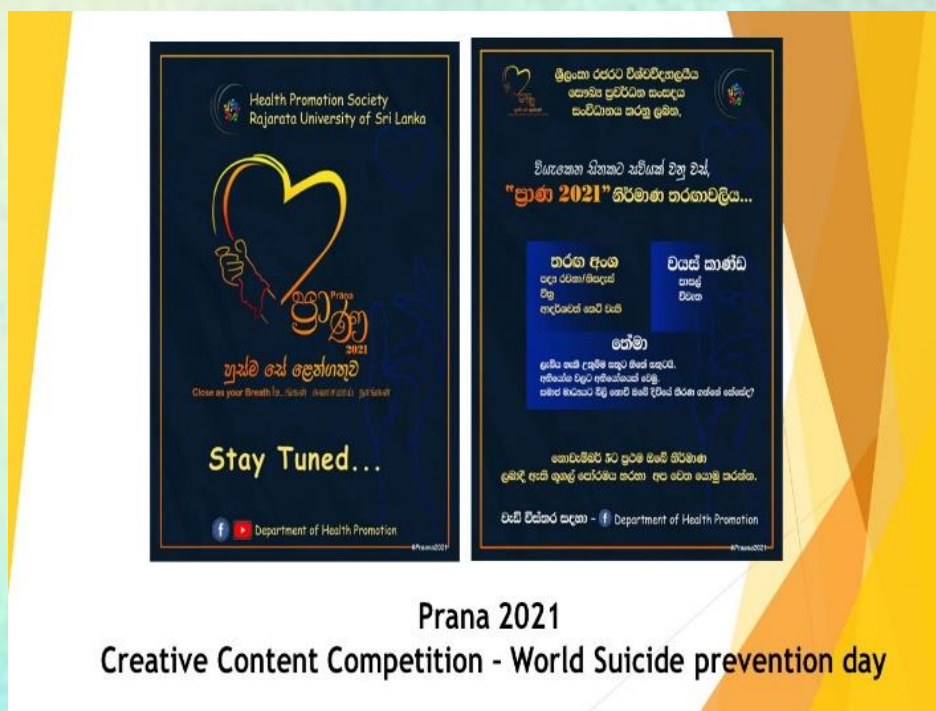
The DHP submitted a bid and earned the opportunity to conduct a project for the State Ministry of Women and Child Development, Pre-school and Primary Education, School Infrastructure and Education Services. The project title is “Capacity building of field officers in women and child development units in selected district and divisional secretariats to empower the communities to improve their well-being”. In December, 2021 the DHP submitted a training manual laying out the content to train field officers in selected 25 villages within a period of six months from January to June 2022. The project aims to enable families and communities to implement actions to improve their well-being through trained field officers.

Student Affairs

Health Promotion Society

“Prana” 2021 – Creation Competition conducted by the Health Promotion Society, Department of Health Promotion

“Prana” was a competition organized by the Health Promotion Society of the Faculty of Applied Sciences focusing on “World Suicide Prevention” day. It was an online competition aimed to increase public awareness of suicide prevention and the theme of this year was “භූස්ම සේ ලෙන්ගනුව” (Close as your breath to life). The competition was held in three types as writing poems, inspirational quotes and drawing arts under the given themes: ලැබිය හැකි හොඳම සතුට හිතේ සතුටයි, අභියෝග වලට අභියෝගයක් වෙමු, සමාජ මාධය වලට බිලි නොවී ඔබේ දිවියේ තීරණ ගන්නේ කෙසේද? The completion mainly targeted, school students and social media users under two categories; school category and open category. A total of 125 creations were received from both categories and the best six creations were selected. The winners were awarded an e-certificate and a book.





E-Certificate for
winners



