

2019

DEPARTMENT OF HEALTH PROMOTION
ANNUAL REPORT



Department of Health Promotion
Faculty of Applied Sciences
Rajarata University of Sri Lanka
12/31/2019

The Vision and the Mission

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 programmes, research and training of wide nature.

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 Study Programme - Bachelor of Science in Health Promotion, 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



It is with great pleasure I deliver a message to the first Annual Report prepared by the Department of Health Promotion, Faculty of Applied Sciences, Rajarata University of Sri Lanka. I appreciate the thought of developing this report and it reflects the productive journey followed in 2019 though recently established as a separate department.

I have witnessed the growth of the Health Promotion study programme and appreciate the supportive learning environment that encourage diverse teaching and learning for its students. The department has lead community based health promotion in Sri Lanka and always strived to empower lay communities and health promotion capacity building. I believe the department offers the most active academic programme in the country that directly benefits the lay communities. Health promotion programmes and research focus the betterment of the communities and it has been well acknowledged by leading international universities and organizations. Hence, the efforts of the department has attracted foreign universities and institutions to sign several Memorandum of Understandings for strengthening academic activities and community projects and programmes.

I extend my gratitude to the team lead .by Dr. Duminda Guruge, Head of the Department and the commitment of all staff members and students who have contributed for their achievements during the year 2019. I wish all the very best for the upcoming years.

*Dr. B. A. Karunaratne,
Vice Chancellor,
Rajarata University of Sri Lanka.*

Message by the Head of the Department



The Department of Health Promotion of the Faculty of Applied Sciences, Rajarata University of Sri Lanka was established in July, 2018 with a focus to be a nationally relevant and internationally recognized academic body producing 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. In 2005 the B.Sc. (General) and (Special) degree programmes in Health Promotion was introduced by the Department of Biological Sciences of the Faculty of Applied Sciences, Rajarata University of Sri Lanka under a separate Health Promotion unit/division.

The staff of the department work together with the other departments of the faculty with a mission 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.

The Department of Health Promotion has been an important part of the faculty and the university by promoting community engagement, health research and international collaboration. Since the inception of the department, we have tried to maintain the quality of the department with innovative approaches and I believe the proposal to prepare the Department Annual Report is an example for it. The team of health promotion consisting of the students and staff have immensely contributed for the growth of the department and we are pleased to compile the first Annual Report expressing the highlights during the year 2019.

The contribution of the Vice Chancellor, Dean of the Faculty and the effort of every single staff member and student are much appreciated for the productive journey during 2019.

*Dr. Duminda Guruge,
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 serve as the 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 of changing human behaviour and developing optimum wellbeing in individuals and communities. At present, RUSL is the only university in the South Asian Region that offers a B.Sc. degree in Health Promotion. The curriculum provides a combination of theory and field practical work courses. The B.Sc. degree (three years) comprises a total of six semesters and 90 credits must be completed to be eligible for the degree. The B.Sc. Honours degree (four years) 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 year 2019, there were 88 students in the study programme including four B.Sc. Honours Degree students. Until the establishment as a separate department in 2018, the degree programs were offered by the Department of Biological Sciences of the FASc since 2005.

Staff of the Department of Health Promotion

The Academic staff constitute of three Senior Lecturers, four Probationary Lecturers and ten Demonstrators during the year 2019. There were 03 nonacademic staff members attached to the department. The staff of the DHP streamed towards its aims and objectives with the assistance of following staff members directly attached to the department and others serving as visiting lecturers and external examiners.

Academic staff

1. Dr. Duminda Guruge - Head, DHP/ Senior Lecturer
2. Dr. Manoj Fernando - Senior Lecturer
3. Dr. Lalith Senarathna - Senior Lecturer
4. Ms. Parween Reyah - Lecturer (Prob.)
5. Ms. Prabuddhika Kandegedara - Lecturer (Prob.)
6. Mr. Chamil Senaviratne - Lecturer (Prob.)
7. Ms. Nayomi Dissanayake - Lecturer (Prob.)

Academic support staff

1. Ms.Nadeeka Rathnayake - Demonstrator
2. Ms. S.D.Gunasekara - Demonstrator
3. Ms. W.M.R.A.Wanninayake - Demonstrator
4. Ms.S.D.S.R.Karunarathne - Demonstrator
5. Ms. H.M.H.N.T.Wickramasooriya - Demonstrator
6. Mr. Harsha Bandara - Demonstrator
7. Ms. Subhani Perera - Demonstrator
8. Mr. Dilum Prabhath Samarasingha - Demonstrator
9. Mr.S. Anojan - Demonstrator
10. Ms.R.Gowthry - Demonstrator

Non-academic staff

1. Ms. Nadeera Dilhani - Management Assistant
2. Ms. Dilhara Rupasena - Trainee
3. Mr. Ushantha Rathanayake - Work Aid



Seated from left to right: Ms. Nayomi Dissanayake, Mr. Chamil Senaviratne, Dr. Duminda Guruge, Dr. Manoj Fernando, Dr. Lalith Senarathna, Ms. Parween Reyah
Standing from left to right: Ms. H.M.H.N.T.Wickramasooriya, Ms. W.M.R.A.Wanninayake, Ms. Nadeera Dilhani, Mr. S.Anojan, Mr. Ushantha Rathanayake, Ms. S.D.Gunasekara, Ms.Nadeeka Rathnayake, Ms.S.D.S.R.Karunarathne, Ms.R.Gowthry
Absent: Ms. Prabuddhika Kandedgedara, Mr. Dilum Prabhath Samarasingha, Ms. Subhani Perera, Mr. Harsha Bandara, Ms. Dilhara Rupasena

Visiting lecturers and external examiners

1. Prof. Diyanath Samarasinghe - Professor (Retired) in Psychiatry University of Colombo and Honorary Professor in Psychiatry, RUSL
2. Dr.Sarath Kumara Amunugama - Former Deputy Director General of Public Health Service under the Ministry of Health
3. Dr.Neelamani Sandhaya Rajapaksa Hewageegana - Former Deputy Director General of Health Services Planning, Ministry of Health
4. Prof. Nalika Gunawardena National Professional officer at World Health Organization, (WHO), Regional Office for South East Asia
5. Dr. Samantha Kumara Kithalawaarachchi, Deputy Director, Oral Cancer Research Center, University of Peradeniya
6. Mr. Shakya Nanayakkara, General Secretary of FISD and Healthy Lanka Alliance for Development
7. Mr. Mangala Randeniya Deputy General Manager, Sri Lanka Bureau of Foreign Employment

8. Dr. K.K.M. Damitha Chandradasa Consultant Pediatrician, Teaching hospital- Anuradhapura
9. Dr. Jayamal De Silva Senior Lecturer, Faculty of Medical Sciences, University of Sri Jayawardanapura
10. Dr. Ruwan Ferdinando Consultant Community Physician (Planning), National Institute of Health Sciences, Sri Lanka
11. Dr.Nadeeka Chandrarathne Consultant Community Physician, Ministry of Health
12. Dr. Darshani Wijayawickrama, Consultant Venereologist, STD clinic, Teaching Hospital, Mahamodara
13. Dr. Anuprabha Wickramasinghe, Senior Lecturer and honorary consultant, Department of Psychiatry, Faculty of Medicine, RUSL
14. Dr. Ajith Karawita, Consultant Venereologist, Teaching hospital, Anuradhapura
15. Dr. Nuwan Wickramasinghe, Head/Department of Community Medicine, Faculty of Medicine and Allied Sciences, RUSL
16. Dr.Sumudu Avanthi Hewage, Consultant Community Physician, National Programme for Tuberculosis Control and Chest Diseases, Ministry of Health
17. Mr. Asoka Dias, Director at MTV channel (Pvt) Limited and MBC Networks (Pvt) Limited
18. Mrs. Mano Basnayake, Lecturer, First Friends Campus, Kandy
19. 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
20. Dr.Sameera Hewage, Regional Epidemiologist, RDHS Kandy
21. Dr. Sansfica M Young, Senior Lecturer, Department of Environmental Technology, University of Colombo
22. Dr. S.H. Piyasumana, Medical Officer, Medical Officer of Health (MOH) Office, Buttala

Introduction to the Annual Report

The DHP compiles its first Annual Report in 2019 on the activities conducted by the department throughout the time period from 01st January, 2019 to 31st December, 2019. The objectives of the Annual Report are to provide information about the department activities and to summarize the department achievements in the past year. The group of academic staff members appointed for the compilation of the Annual Report was assisted by the other academic and non-academic staff by providing the required information during the preceding year. The assigned group contacted the administrative branch and the other university branches and officers to access the relevant necessary information.

Highlights of the Year 2019

Programme review - 2020 self-evaluation report preparation

The self-evaluation report (SER) writing team was appointed by the DHP and submitted to the Dean. The Dr. Manoj Fernando was appointed as the team leader and the SER team was divided into eight sub teams as working groups in charge of each criteria. The teams had to familiarize the best practices and standards given in the programme review manual and collected information and data as evidence to support the claims given on each standards identified by the criteria. The sub teams were given deadlines to compile and submit the first draft of the chapter three and it was reviewed by the comments of other working teams. The first draft of the chapter 1, 2 and 4 were separately reviewed by the coordinators. The revised draft was submitted to the final review and edited during the final edition before submitting to the panel.

Curriculum revision

The DHP has initiated the process of revising the existing curriculum of the B.Sc. in Health Promotion and B.Sc. Honours in Health Promotion. The Faculty appointed Prof. Diyanath Samarasinghe, as the consultant of the of the curriculum revision with a panel of experts in the relevant subject areas. The department adopted a participatory approach inclusive of academic staff, visiting staff, students, alumni, employers and communities to collect data and information for the curriculum revision process.

General convocation

The 19th General Convocation was held on 11th and 12th July 2019 at the Examination Hall, RUSL, Mihintale convocation was held on 5th July, 2019 at the convocation hall of the RUSL. Among the graduates there were four students who completed the B.Sc. Honours in Health Promotion from the DHP.

Enrollment of students to the degree programme from the Ministry of Health

The DHP enrolled the first batch of students from the Ministry of Health, Nutrition & Indigenous Medicine to follow the B.Sc. degree programme in Health Promotion on 01st August, 2019. The ten students included nine Public Health Inspectors and one Nursing Officer. The inauguration was held at the FASc with the presence of the Vice Chancellor, Dr. B. A. Karunaratne, Dean of the Faculty, Dr. (Mrs.) Sriyani Wickramasinghe, Former Deputy Director General of Health Services Planning, Ministry of Health, Dr. (Mrs.) Neelamani Hewageegana and the staff of the FASc including the Heads of the Departments and the Deputy Registrar.

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 identified as important and implemented having six QCs. It is a student led mechanism to encourage continuous feedback from students for the improvement of administrative and teaching learning activities of the department. A revision was made for existing QCs in accordance with the program review (PR) process which is scheduled to be conducted in 2020. As PR is mainly carried out with 8 criteria, it was decided to form 8 QCs parallel to each criterion of the PR process; 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 and 8) Innovative and Healthy Practices. Each quality circle consisted of student representations from all four batches and one member each from the academic, academic support and non-academic staff of the department. The quality circles met regularly and met together in a forum called Department Quality Circle at monthly intervals, chaired by the Head of the Department.

Department meetings of the year 2019

The staff of the department met at the department meeting regularly and other staff meetings arranged by the department. The number of department meetings held during the year 2019 is given in the Table 1.

Table 1: Department meetings conducted during the year 2019

Meeting No.	Date	Time
Meeting No. 05	09 th January, 2019	11.30 a.m. to 1.00 a.m.
Meeting No. 06	15 th February, 2019	10.00 a. m. to 2.00 p.m.
Meeting No. 07	26 th February, 2019	4.00 p.m. to 5.30 p.m.
Meeting No. 08	04 th April, 2019	10.30 a.m. to 11.30 a.m.
Meeting No. 09	07 th May, 2019	10.30 a.m. to 11.30 a.m.
Meeting No. 10	13 th June, 2019	3.00 p.m. to 5.30 p.m.
Meeting No. 11	18 th July, 2019	10.00 a.m. to 11.00 a.m.
Meeting No. 12	19 th December, 2019	2.45 p.m. to 5.30 p.m.

Academic calendar

The year 2019 consisted of two semesters, semester two commenced from January, 2019 to May/June, 2019 and the semester one commenced from May/June, 2019 - December, 2019. The academic calendar of the year 2017/18 (4th revision) is depicted in the Table 2.

Table 2: Academic calendar of the year 2017/18 (4th revision)

Description (Academic year/semester/batch)	From	To	
Year 4 Semester I 2014/2015	Study session I (07 weeks)	27.05.2019	12.07.2019
Year 3 Semester I 2015/2016	Mid semester examination	15.07.2019	19.07.2019
Year 2 Semester I 2016/2017	Study session II (07 weeks)	22.07.2019	06.09.2019
Year 1 Semester I 2017/2018	Study leave (02 weeks)	07.09.2019	22.09.2019
Examination from 23.09.2019 to 18.10.2019 were not conducted due to trade union action			
	Examination (Session I)	21.10.2019	01.11.2019
Examination from 02.11.2019 to 24.11.2019 was postponed due to spread of a fever among students			
	Examination (Session II)	25.11.2019	07.12.2019
	Vacation	08.12.2019	29.12.2019
Commencement of the semester II		30.12.2019	

(Source: Faculty Board memo no.; 197/01)

Students of the Department of Health Promotion

Details of the undergraduate, postgraduate and foreign students attached to the DHP during the year 2019 is given below.

Details of the undergraduate students

Student intake during 2016, 2017, 2018 and 2019 is presented in the Table 3 below:

Table 3: Undergraduate student intake

Academic year	2013/14	2014/15	2015/16	2016/17	2017/18
No. of students	17	15	16	37	38
Female	14	10	12	30	23
Male	3	5	4	7	15

The following Table 4, present the details of the undergraduate students during the 2nd Semester of 2019 (January, 2019 to May/June, 2019) and the Table 5, present details of the undergraduate students details during the 1st Semester of 2019 (May/June, 2019 to December 2019)

Table 4: Undergraduate students details during the 2nd Semester of 2019 (January, 2019 to May/June, 2019)

Batch	Academic year	No. of students
First year students	2016/17 – 2 nd Semester	34
Second year students	2015/16 – 2 nd Semester	13
Third year students	2014/15 – 2 nd Semester	09
Fourth year students	2013/14 – 2 nd Semester	04

Table 5: Undergraduate students details during the 1st Semester of 2019 (May/June, 2019 - December, 2019)

Batch	Academic year	Number of students
First year students	2017/18 – 1 st Semester	37
Second year students	2016/17 – 1 st Semester	34
Third year students	2015/16 – 1 st Semester	13
Fourth year students	2014/15 – 1 st Semester	04

Details of the postgraduate students

During the year 2019 following two postgraduate students were registered for the M.Phil. programmes offered by the FASc under the DHP (Table 6).

Table 6: Details of the M.Phil. students

<i>Name of the student:</i>	<i>Ms. Parween Reyal</i>
<i>Title of the research:</i>	Effectiveness of a Health Promotion Intervention to Address Perceived Determinants of Intimate Partner Violence in the Nawalapitiya Medical Officer of Health Area
<i>Duration:</i>	24.03. 2016 - 23.03. 2017 (Part time) 24.03. 2017 - 18.07.2019(Full time)
<i>Supervisors:</i>	Supervisor I: Dr. Duminda Guruge Supervisor II: Dr. (Ms.) Manuja N. Perera

<i>Name of the student:</i>	<i>Ms. Prabuddhika Kandegedara</i>
<i>Title of the research:</i>	A Health Promotion Intervention in School Settings to Promote Psychosocial Well-being and Educational Performance of Early Adolescents in Kotmale Educational Zone
<i>Duration:</i>	2017.10.13 - 2019.10.12
<i>Supervisors:</i>	Supervisor I: Dr. Duminda Guruge Supervisor II: Dr. (Ms.) Manuja N. Perera

Details of the foreign students

The Table 7 presents the details of the foreign students enrolled for courses under the DHP in the year, 2019.

Table 7: Details of the foreign students

<i>Name of the student:</i>	<i>Ms. Veera Teittinen</i>
<i>Country:</i>	Finland
<i>University:</i>	University of Gothenburg
<i>Study program:</i>	Master's Programme in Social Work and Human Rights
<i>Type of the program:</i>	Internship (05 weeks)
<i>Duration of the study:</i>	23 rd April 2019 - 31 st May 2019

<i>Name of the student:</i>	<i>Ms. Jessica Hallikainen</i>
<i>Country:</i>	Finland
<i>University:</i>	University of Gothenburg
<i>Study program:</i>	Master's Programme in Social Work and Human Rights
<i>Type of the program:</i>	Internship (05 weeks)
<i>Duration of the stay:</i>	23 rd April 2019 - 31 st May 2019

<i>Name of the student:</i>	<i>Ms. Melissa Mjöberg</i>
<i>Country:</i>	Sweden
<i>University:</i>	The Sahlgrenska Academy, University of Gothenburg
<i>Study program:</i>	Public Health Science Program
<i>Type of the program:</i>	Practical Training
<i>Duration of the stay:</i>	5 th November 2019 - 20 th December 2019

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 wellbeing and to address major public health issues in the country. The curriculum consist of a two years field practical attachment with a mandatory procedure of allocating students into small groups consists of 4 – 8 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. 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 present the areas where the students are engaged in the field practical placement during the year 2019.

Table 8: Areas of field practical placement

Batch	Group No.	Field area
2013/2014	01	Henewatta
	02	Ashokapura
	03	Ambathalagama
2014/2015	A	Welankulama
	B	Karuwalagashinna

Batch	Group No.	Field area
2015/2016	A	Samangipura
	B	Palugaswewa
	C	Illuppukanniya -North
2016/2017	01	Henewatta
	02	Ambathalagama
	03	Mihinthale
	04	Kunchikulama
	05	Kurundankulama

Special degree projects

Following Table 9 present the special degree research projects conducted by the 2013/14 batch in 2019 and the Table 10 present the special degree research projects started by the 2014/15 batch in 2019.

Table 9: Details of the special degree research projects of the 2013/2014 batch

Name of the students	Title of the research project	Supervisors
Ms. W.M.R.A.Wanninayake	Reducing substance promotion among youths through social media; A health promotion study in FASc, RUSL	Dr. Duminda Guruge Dr. Lalith Senarathna
Ms. K.M.D.S.Karunarathne	Changing determinants of adolescent mental wellbeing through health promotion approach in selected urban schools, western province	Dr. Manoj Fernando Dr. Lalith Senarathna
Ms. H.M.H.N.T. Wickramasooriya	Improving academic engagement among adolescents in grade 6,7 and 8 in selected schools in Kandy district	Dr. Manoj Fernando Dr. Lalith Senarathna

Name of the students	Title of the research project	Supervisors
Ms. S.D.S.Ruwanmali	Effectiveness of a health promotion intervention to address determinants of substance consuming culture among workers in a construction site at Mahakanadarawa	Dr. Duminda Guruge Dr. Sansfica M.Young
Ms. S.D.Gunasekara	Effectiveness of a school based health promotion intervention in addressing selected determinants of bullying behaviours among grade 09 students in a rural school setting in Anuradhapura District	Dr. Duminda Guruge Dr. Sansfica M.Young

Table 10: 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 wellbeing in 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 wellbeing in	Dr. Duminda Guruge Dr. Sansfica M.Young

Name of the students	Title of the research project	Supervisors
	an Apparel factory in Kegalle district.	
Ms. P.K. Nimesha Dulanjalee Karunarathna	Evaluate the Effectiveness of health promotion principles to improving emotional wellbeing 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 health promotion approach	Dr. Manoj Fernando Dr. Lalith Senarathna

Details of Research and Publications

Research and publications by staff

Publication of books by staff

1. Mapitigama, N., Senanayake, L. & **Fernando, M.**, 2019. *National Guidelines for the first contact point health care providers on responding the survivors of GBV*, Family Health Bureau, Ministry of Health Sri Lanka.
2. Mapitigama, N., Senanayake, L. & **Fernando, M.**, 2019. Standard Operative Procedures for the first contact point health care providers on responding the survivors of GBV, Family Health Bureau, Ministry of Health Sri Lanka.

Research articles by staff

Journal articles (Indexed):

1. H. Lindqvist, **G.N.D. Guruge**, B. Trollfors, 2019. Age appropriateness of vaccination with recommended childhood vaccines in Sri Lanka. *Vaccine*: X.
Available at: <https://doi.org/10.1016/j.jvacx.2019.100016>
2. Knipe, D.W., Bandara, P., **Senarathna, L.**, Kidger, J., López-López, J. and Rajapakse, T., 2019. Childhood adversity and deliberate self-poisoning in Sri Lanka: a protocol for a hospital-based case-control study. *BMJ open*, 9(8), p.e027766.
3. Prasadi, G. A. M., Fahim Mohamed, **Senarathna, L** and Andrew Dawson. "Paediatric venomous bites in rural Sri Lanka." In *CLINICAL TOXICOLOGY*, vol. 57, no. 12, pp. 1202-1202. 2019.

Abstracts by staff

1. Kithalawaarachchi, S.K., Young, S.M., **Guruge, G.N.D.** 2019. Preferences and attitudes of the tourists towards alcohol availability and the policies in Sri Lanka. Proceeding of the 3rd International Research Symposium, Uva Wellassa University.
2. **G.N.D. Guruge**, 'Reducing availability of cigarettes at the point of sales to reduce tobacco consumption in Anuradhapura, Sri Lanka', 23rd World Conference on Health Promotion, 7-11 April 2019, Rotorua, Aotearoa, New Zealand.
3. **G.N.D. Guruge**, 'Engaging a rural community in identifying actions to address household level-determinants of low birth weight', 23rd World Conference on Health Promotion, 7-11 April 2019, Rotorua, Aotearoa, New Zealand.

4. **G.N.D. Guruge**, ‘Reduction of tobacco consumption among military groups using interventions to increase knowledge of industry strategies and harm’, 23rd World Conference on Health Promotion, 7-11 April 2019, Rotorua, Aotearoa, New Zealand.
5. **G.N.D. Guruge**, ‘Creating atobacco free village by empowering children to address attitudes among tobacco users’, 23rd World Conference on Health Promotion, 7-11 April 2019, Rotorua, Aotearoa, New Zealand.
6. **G.N.D. Guruge**, ‘Involvement of women in household level decisions in the perinatal period: Findings from a rural community in Sri Lanka’, 23rd World Conference on Health Promotion, 7-11 April 2019, Rotorua, Aotearoa, New Zealand.

Publications by students

World Conference on Child and Youth 2019

World Conference on Child and Youth was held at Colombo from 04th to 05th of July, 2019. From the DHP following eight students were selected for this conference and among them there were two oral presentations, one poster presentation and five virtual presentations.

Oral presentations:

- Dilukshi Soyza (2015/2016-Oral)
- Shakila Achalani (2015/2016-Oral)

Poster presentations:

- Sandalika Senevirathena (2015/2016-Poster)

Virtual presentations:

- Naradi Baduge
- EshnMadumadawa
- Anurdha Ariyawansa
- Yalani Robert
- K.Jathusha (2015/2016)

The following abstracts were published by the students in this conference:

1. Wijesundara, W.M.S. A., Airawansha, M.W.A.K., Zahra, F., Yalini, M., Vishalka, J.P.P., Perera, S., Rasiah, G., Rathnayake, N., Kumara, R.M.S. & Guruge, G.N.D., 2019, Empowering mothers to address high prevalence of junk food consumption among under 5-year-old children in Samagipura village, Mihintale, Anuradhapura District, Sri Lanka; Through Health Promotion approach, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019.*

2. Senevirathne, S.P., Wijesundara, W.M.S.A., Madhumadawa, J.A.E., Airawansha, M.W.A.K., Gunarathne, H., Wijerathne, A., Rathnayake, W.M.P.K.K., Jayarathne, W.O.K., Wanninayake, W.M.R.A., Rathnayake, N. & Guruge, G.N.D., 2019, Empowering mothers to address the determinants for poor Early Childhood Care and Development of under 8-year-old children in Thuppitiyawa, Anuradhapura District, Sri Lanka through Health Promotion approach, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019*.
3. Airawansha, M.W.A.K., Wijesundara, W.M.S.A., Patabadi, J.P.P.V., Zahara, F., Yalini, M., Sewwandi, N., Rasiyah, G., Perera, H.D.S.P., Rathnayake, N. & Guruge, G.N.D., 2019, Improving Early Childhood Care and Development practices of Caregivers by addressing poor fathers' support using community based Health Promotion approach in a rural community in Sri Lanka, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019*.
4. Jathusha, K., Soysa, H.D.N., Senevirathne, S.P., Nasman, M., Wijerathne, A., Wanninayake, A., Rathnayake, N., Perera, S. & Guruge, G.N.D., 2019, Improving Early Childhood Care and Development through health promotion interventions among mothers in Illupakanniya- North in Anuradhapura District, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019*.
5. Baduge, F.B.N.S., Mathankumar, L., Madumadhawa, E., Dissanayake, S.C., Rathnayake, N. & Guruge, G.N.D., 2019, Engage mothers of a rural community to identify the influential determinants for poor child protection using health promotion approach, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019*.
6. Madhumadawa, J.A.E., Neranjana, R., Airawansha, M.W.A.K., Baduge, F.B.N.S., Wijesundara, W.M.S.A., Kanapathy, R., Gunarathna, H., Manamperi, M., Madhubashini, B.A.N., Rasiyah, G., Anojan, S., Rathnayake, N. & Guruge, G.N.D., 2019, Empowering adolescents to identify media and company strategies that target youth through health promotion interventions in Kothmale, Nuwara Eliya District, Sri Lanka, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019*.
7. Mathanakumar, L., Baduge, F.B.N. S., Dissanayake, S., Madhumadhawa, E., Rathnayake, N., Yalini, M., Airawansha, M.W.A.K. & Guruge, G.N.D., 2019, Empowering mothers in a rural community to identify and prioritize determinants affect for underweight of under five year children using community based health promotion

approach, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019.*

8. Soysa, H.D.N., Senevirathna, S.P., Kanmaniraja, J., Nazman, N.M., Perera, H.D.S.P. & Guruge, G.N.D., 2019, Improving Early Childhood and Care Development (ECCD) Practices of under 5 year children in Illuppukanniya- North in Anuradhapura District by using Health Promotion Interventions, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019.*
9. Yalini, R.M., Patabendi, R.M., Irrawansha, A., Zahra, F., Achalani, S., Perera, H.D.S.P., Rasiah, G. & Guruge, G.N.D., 2019, Engaging mothers in a rural community to identify the determinants for underweight among under 5 year children- community based health promotion interventions, *The World Conference on Child and Youth, Colombo, Sri Lanka, 04-05 July 2019.*

5th International Conference on Public Health 2019

The 5th International Conference on Public Health was held at Malaysia from 10th to 12th of July 2019 and seven students published their abstracts virtually.

The following abstracts were published by the students in this conference:

1. Soysa, H.D.N., Senevirathna, S.P., Kanmaniraja, J., Nazman, N.M., Perera, H.D.S.P. & Guruge, G.N. D., 2019. Effectiveness of a Health Promotion Intervention to Empower Children for Reducing Risk for Non Communicable Diseases (NCDs) in Illuppukanniya North, Sri Lanka, *5th International Conference on Public Health, Malaysia, 10-12 July 2019.*
2. Senevirathne, S.P., Soysa, H.D.N., Kanmaniraja, J., Nazman, N.M., Perera, Preethika, S., Bibile, S.K., Perera, S., Rathnayake, N. & Guruge, G.N.D., 2019. Empowering Mothers Who Have Children under 05 Years Old to Spend a Quality Time With Children In Illuppukanniya -North, Anuradhapura District, Sri Lanka, through Health Promotion Approach, *5th International Conference on Public Health, Malaysia, 10-12 July 2019.*
3. Dissanayake, H.M.S.C., Baduge, F. B. N.S., Mathanakumar, L., Madhumadhawa, J.A.E., Rathnayake, N. & Guruge, G.N.D., 2019. Identifying the Most Influential Determinants of Non-Communicable Diseases among Women in a Rural Sri Lankan Community Using Health Promotion Approach, *5th International Conference on Public Health, Malaysia, 10-12 July 2019.*

4. Baduge, F. B. N.S., Mathanakumar, L., Madhumadhawa, J.A.E., Dissanayake, H.M.S.C., Rathnayake, N. & Guruge, G.N.D., 2019. Engaging Obese Women in a Rural Community, Sri Lanka for Identifying and Deciding Measures to Address Most Influential Determinants of Obesity Using Health Promotion Approach, *5th International Conference on Public Health, Malaysia, 10-12 July 2019.*
5. Wijesundara, W.M.S.A., Airawansha, M.W.A.K., Zahra, F., Yalini, M., Vishalka, J.P.P., Perera, S., Rasiyah, G., Rathnayake, N., Bibile, S.K. & Guruge, G.N.D., 2019. Engaging with Children under 14 Years and Their Mothers to Address Corporal Punishment in Samangipura, Anuradhapura District, Sri Lanka with the Use of Health Promotion Approach, *5th International Conference on Public Health, Malaysia, 10-12 July 2019.*
6. Mathanakumar, L., Baduge, F. B. N.S., Madhumadhawa, J.A.E., Dissanayake, H.M.S.C., Rathnayake, N. & Guruge, G.N.D., 2019. Engaging Mothers and Children in a Rural Sri Lankan Community in Deciding Measures on Most Influential Determinants to Reduce the Risk of Non-Communicable Diseases Using Health Promotion Approach, *5th International Conference on Public Health, Malaysia, 10-12 July 2019.*
7. Madhumadawa, J.A.E.¹, Baduge, F.B.N.S.¹, Mathanakumar, L.¹, Dissanayake, H.M.S.C.¹, Rathnayake, N.¹, Guruge, G.N.D.¹ -2019. Approaching mothers to reduce the underweight among under 05-year children in Palugaswewa village, Sri Lanka using health promotion approach. *5th International Conference on Public Health, Malaysia, 10-12 July 2019.*

Galoya Nimna Clinical Society - 11th Annual Scientific Sessions 2019

The Galoya Nimna Clinical Society (GNCS) conducted 11th Annual Scientific Sessions at the District General Hospital, Ampara from 31st July to 2nd August, 2019 with the theme of “Broadening Competencies to Foster Healthy Communities”. Following six students from the DHP presented their abstract in the poster sessions.

- P.K Nimesha Dulanjalee
- W.G Nadeesha Sewwandi
- W.M Asinsala Madhumali
- M.W.D.S.Ranasinghe
- K. Jathusha
- R.M.C.D Rathnayake

The following abstracts were published by the students in this conference:

1. Rathnayake, R.M.C.D., Saththiyamohan, S., Samarasinghe, R.L., Fonseka, H., Senevirathne, S., Sewwandhi, N., Suthesuthan, A., Rathnayake, N., Perera, S., & Guruge, G.N.D., 2019. Using health promotion approach for empowering youth to realize that social media can influence tobacco use, *11th Annual Scientific Sessions- Gal Oya Nimma Clinical Society (GNCS), Ampara, Sri Lanka, 01 – 02 August 2019.*
2. Jathusha, K., Soysa, H.D.N., Senevirathne, S.P., Nazman, M., Rathnayake, N., Rasiah, G., Perera, S., & Guruge, G.N.D., 2019. Reducing the non-communicable disease risk of a rural community by addressing the most influential determinants- Experience from a Sri Lanka Health Promotion study, *11th Annual Scientific Sessions- Gal Oya Nimma Clinical Society (GNCS), Ampara, Sri Lanka, 01 – 02 August 2019.*
3. Ranasinghe, D., Sewwandhi, N., Kanapathy, R., Viyasan, S., Rathnayake, N., Preethika, S., Kumara, S., & Guruge, G.N.D., 2019. Reducing the risk of non-communicable diseases by changing unhealthy dietary patterns of grade 6-7 students in ‘Walisinghe Harischandra’ Secondary school in Sri Lanka, *11th Annual Scientific Sessions- Gal Oya Nimma Clinical Society (GNCS), Ampara, Sri Lanka, 01 – 02 August 2019.*
4. Sewwandhi, W.G.N., S.Ranasinghe, M.W.D., Kanapathy, R., Viyasan, S., Rathnayake, N., Preethika, S., Kumara, R.M.S., & Guruge, G.N.D., 2019. Using health promotion concept for improving child protection in a rural community which has more child abuse and delinquencies in Sri Lanka, *11th Annual Scientific Sessions- Gal Oya Nimma Clinical Society (GNCS), Ampara, Sri Lanka, 01 – 02 August 2019.*
5. Dulanjalee, N., Wijerathna, A., Rousan, M., Madushanka, H., Perera, S., & Guruge, G.N.D., 2019. Community based intervention to address poor early childhood care and development (ECCD) in Karuwalagashinna in Mihintale MOH area, *11th Annual Scientific Sessions- Gal Oya Nimma Clinical Society (GNCS), Ampara, Sri Lanka, 01 – 02 August 2019.*
6. Wijerathna WMA, Karunarathna PKND, Gunarathna MGBH, Roushan MIM, Perera HD, Guruge GN. Using health promotion interventions, to address the selected determinants of brain development of 0 -5 year children in Karuwalagashinna village, Sri Lanka. *11th Annual Scientific Sessions-GalOya Nimma Clinical Society(GNCS), Ampara, Sri Lanka.1-2 August 2019.*

Applied Sciences Undergraduate Research Sessions 2019

The Applied Sciences Undergraduate Research Sessions (ASURS) was conducted on 27th August 2019 at the FASc. The following abstracts were published by the students in this conference:

1. Gunasekara S.D, Young S.M, Guruge G.N.D., 2019, Health promotion approach in addressing selected determinants of bullying behaviors at a rural setting: A quasi experimental study, *Applied Sciences Undergraduate Research Sessions, 27th August 2019.*
2. Karunarathne D., Senarathna L., Fernando W.M.S., 2019, Effectiveness of a health promotion intervention in changing determinants of adolescent mental wellbeing in selected schools in Gampaha district: A quasi-experimental study, *Applied Sciences Undergraduate Research Sessions, 27th August 2019.*
3. Karunarathna S.D.S.R., Young S.M., Guruge G.N.D., 2019, Effectiveness of a health promotion intervention in addressing determinants of tobacco and alcohol consuming culture among workers in a constructing site at Mahakanadarawa, *Applied Sciences Undergraduate Research Sessions, 27th August 2019.*
4. Wanninayake W.M.R.A., Senarathna L., Guruge G.N.D., 2019, Reducing substance promotion among youths through social media : A health promotion study of university students in RUSL, *Applied Sciences Undergraduate Research Sessions, 27th August 2019.*
5. Wickramasooriya H.M.H.N.T., Senarathna L., Fernando W.M.S., 2019, effectiveness of a health promotion intervention I improving academic engagement among schooling adolescent in grade 6 to 8 in selected schools in Kandy district: A quasi experimental study, *Applied Sciences Undergraduate Research Sessions, 27th August 2019.*

Annual Academic Sessions of the College of Community Physicians of Sri Lanka

The following abstract was published at the 1st South East Asia Regional Group Meeting of the International Epidemiological Association, in the 24th Annual Academic Sessions of the College of Community Physicians of Sri Lanka in September 2019. The conference was held at Cinnamon Grand, Colombo from 19th to 21st September, 2019. The following abstracts were published by the students in the above conference:

1. Sewwandi, N., Ranasinghe, D., Kanapathy, R., Viyasan, S., Rathnayake, N., Preethika, S., Kumara, S., & Guruge, G.N.D., 2019. Developing a project, using health promotion approach for addressing determinants of school performance of children in a rural

village, Welankulama in Sri Lanka, *Journal of the college of Community Physicians of Sri Lanka*, 25 (3), 1st South East Asia Regional Group Meeting of the International Epidemiological Association, 24th Annual Academic Sessions of the College of Community Physicians of Sri Lanka, September 2019.

50th Union World Conference on Lung Health

The 50th Union World Conference on Lung Health was held in Hyderabad, India from 30th October to 2nd November 2019. The theme of the conference was “Ending the Emergency: Science, Leadership, Action”. Following four students from the DHP participated and presented abstracts at the conference.

- S.D.S.Ruwanmali Karunaratne (2013/2014-Oral)
- W.D.Nadeesha Sewwandi (2014/2015-Oral)
- Nadeeka Rathnayake (2012/2013-Poster)
- W.M.Asinsala Wijerathne (2014/2015-Poster)

Among them two students were selected to the students-late breaker session with a fully funded scholarship which was awarded for only six students around the world. All four students had the opportunity of volunteering with the organizing team. The following abstracts were published by the students in the above conference:

1. Sewwandi, W.G.N., Ranasinghe, M.W.D.S., Wijerathne, W.M.A.M., Karunaratne, P.K.N.D., Rathnayake, N., Perera, S. & Guruge, G.N.D., 2019. Using health promotion approach for deciding actions to reduce tobacco consumption among undergraduates in RUSL, *The international journal of tuberculosis and lung disease*, 23 (10), supplement 1, 50th Union World Conference on Lung Health, Hyderabad, India, 30 October - 2 November 2019. Hyderabad, India.
2. Wijerathne, A., Roushan, M., Gunarathna, H., Karunaratna, N., Gunasekara, S., Rathnayake, N., Perera, H.D.S.P., Kumara, S. & Guruge, G.N.D., 2019. Identifying and changing smoking places through health promotion approach in Karuwalagashinna village in Anuradhapura, Sri Lanka, *The international journal of tuberculosis and lung disease*, 23 (10), supplement 1, 50th Union World Conference on Lung Health, Hyderabad, India, 30 October - 2 November 2019. Hyderabad, India.
3. Rathnayake, N., Perera, S., Priyantha Gunawardena, T.B. Jayasinghe, Senarathne, Mohammed Ruwais, Shantha Dissanayake, G.N. Duminda Guruge, Community Empowerment to Reduce Tobacco Smoking in Medawachchiya Division- Sri Lanka

through Village Level Tobacco Prevention Committees, *The international journal of tuberculosis and lung disease*, 23 (10), supplement 1, 50th Union World Conference on Lung Health, Hyderabad, India, 30 October - 2 November 2019. Hyderabad, India

4. S. D. S. Ruwanmali Karunaratne, Sansfica M Young, G.N. Duminda Guruge, Empowering Construction Workers to Reduce Tobacco Smoking through a Community Based Intervention at a Selected Construction Site at Mahakanadarawa, Sri Lanka, *The international journal of tuberculosis and lung disease*, 23 (10), supplement 1, 50th Union World Conference on Lung Health, Hyderabad, India, 30 October - 2 November 2019. Hyderabad, India.

Rajarata International Research Conference 2019

The Rajarata International Research Conference (RIRC) was held at, FASc, RUSL from 6th to 7th November, 2019, with the theme of “Expanding Horizons through Research, Innovation and Communication”. The following six students from the DHP presented their oral and poster presentations at the conference.

- M.W.D.S.Ranasinghe (2014/2015-Oral)
- W.G Nadeesha Sewwandi (2014/2015-Oral),
- W.M Asinsala Madhumali (2014/2015-Oral)
- Thanudhi Weerasekara (2016/2017- Oral)
- P.K Nimesha Dulanjalee (2014/2015 – Poster)
- Hansika Kaushani (2016/2017- Poster)

The following abstracts were published by the students in the above conference:

1. Dilini S. Ranasinghe, N.Sewwandi, R.Kanapathy, S.Viyasan, N.Rathnayake, S.Preethika, S.Kumara, G.N Duminda Guruge, Effectiveness of a Health Promotion Intervention to Reduce Aggressive Behavior of School students in Walisinghe Harischandra Maha Vidyalaya, Sri Lanka, *Rajarata International Research Conference, 6-7 November 2019*.
2. W.G. Nadeesha Sewwandi, M.W.D. S Ranasinghe, R.Kanapathy, S.Viyasan, Nadeeka Rathnayake. Sujani Preethika, R.M.Saman Kumara, G.N. Duminda Guruge, Using Health promotion approach for improving Early Childhood Care and Development (ECCD) practices of caregivers having children under five years in a rural village, Welankulama, Sri Lanka, *Rajarata International Research Conference, 6-7 November 2019*.

3. Asinsala Wijerathne, Mohammed Rousan, Harsha Gunarathne, Nimesha Karunarathne, Sonali Gunasekara, Nadeeka Rathnayake, Subhani Perera, Saman Kumara, Duminda Guruge., A reduction of unhealthy dietary patterns causing non-communicable diseases: A health promotion intervention in Karuwalagashinna village, Anuradhapura district, Sri Lanka, *Rajarata International Research Conference, 6-7 November 2019*
4. Nimesha D. Karunarathne, Asinsala M. Wijerathne, Mohammed Rousan, Harsha M. Bandara, Subhani Perera, Duminda Guruge., Effective interventions for reducing body weight in overweight women over 30 years using health promotion., *Rajarata International Research Conference, 6-7 November 2019*
5. Hansika Kaushani, Thanudi Weerasekara, Waruni Rajapaksha, Udeshika Abeywickrama, Shakila Wijesundara, Nadeesha Sewwandi, Nadeeka Rathnayake, Subhani Perera, Anojan Suthesuthan., Empowering a youth group against smoking through health promotion intervention at Yowunpuraya in Hambanthota, *Rajarata International Research Conference, 6-7 November 2019*
6. Thanudi Weerasekara, Hansika Kaushani, Waruni Rajapaksha, Udeshika Abeywickra, Shakila Wijesundara, Nadeesha Sewwandi, Nadeeka Rathnayake, Subhani Perera, Anojan Suthesuthan, G.N. Duminda Guruge., Changing attitudes towards smoking by creating an empowered youth female community using health promotion Approach in Yowunpura, *Rajarata International Research Conference, 6-7 November 2019*

Research grants/funding

Grants received by staff members

Following research grants were received by Dr. Lalith Senarathna during the year 2019.

- Seed-corn research grant awarded by the University of Bristol, UK to conduct community survey on home injuries among children under five years. 2018/2019
- Rapid Response Grant from Elizabeth Blackwell Institute of the University of Bristol, UK to conduct research study on effect of Covid-19 on Self harm and Suicide behaviour in Sri Lankan population. 2020

Grants received by students

Six students of the DHP has received financial grants from a competitive grant offered by the Alcohol and Drug Information Center (ADIC) for a short-term pilot project to reduce drug use. The following Table 11 present the details of the students and projects received funding for projects from ADIC.

Table 11: Details of the students and projects received funding for projects from ADIC

Grant holder	Academic year of the student	Budget amount	Topic of the project proposal	Project area
Ms. Nadeesha Sewwandi	4 th year	Rs 30,000	Encouraging security guard personals to reduce tobacco and alcohol consumption in a public university, Sri Lanka	Anuradhapura (RUSL)
Ms. Asinsala Madhumali	4 th year	Rs 50,000	Reducing the drug usage among drivers in selected areas in Polonnaruwa district	Polonnaruwa
Ms. Dilini Ranasinghe	4 th year	Rs 50,000	Addressing substance in gem mining community in Ratnapura district	Rathnapura

Grant holder	Academic year of the student	Budget amount	Topic of the project proposal	Project area
Ms. Nimesha Karunaratne	4 th year	Rs, 30,000	Reduction of substance use among school students from grade 9 to 11 in Gampaha district.	Gampaha
Ms. Chinthanee and her group (06 members)	2 nd year	Rs 30,000	Reducing the attraction among youths in selected private educational institutions in Anuradhapura district	Anuradhapura
Mr. Vishalka Patabendi and his group (07 members)	3 rd year	Rs 30,000	Reducing the high tobacco consumption among school students in grade 7-10 of selected schools in Anuradhapura district	Anuradhapura
Mr. Eshan Madhumadawa and his group (06 members)	3 rd year	Rs 30,000	Reducing attraction on tobacco among school students in Vavuniya district	Vavuniya

Projects and Programs

National strategic plan for home based early childhood care and development

The DHP provided consultancy to develop a National Strategic Plan for Home based early childhood care and development (HBECCD) to the Ministry of Women and Child Affairs. The national strategy plan for home HBECCD is the first national level strategic plan developed by the university.

Training of the Sanasa civil society members

A collaborative project between World Health Organization and Colombo District Sanasa Union and DHP in RUSL. The aim of the project was to train fifty members of the Sanasa Civil Society on health promotion approach to prevent non-communicable diseases and its risk factors and the duration of the project was 04 months from June to September 2019. Fifty selected Sanasa members comprised ten members each from Karagampitiya, Udyana and Nadimala Sanasa societies from Rathmalana and Dehiwala area, Mihihara North Sanasa Society from Nugegoda area, Maharagama Sanasa society and Kottawa South Women's Sanasa society. The training was conducted by Prof. Diyanath Samarasinghe and Dr. Duminda Guruge as the key resource persons and the training comprised, one preliminary session and two follow up trainings.



Training of the SANASA civil society members

World Health Organization project with the World Health Organization

A WHO funded project was implemented by the DHP in 2019 to enable and empower students to identify and address negative commercial influences on food choices and substance usage.

The project aimed at ‘empowering students to address commercial determinants of health using health promotion approach.’

The project was implemented for eight months in eight selected educational institutions in Anuradhapura district. The institutions included;

Five school focusing grade 08 – 12 students in five selected schools in Anuradhapura District

1. Anuradhapura Central college
2. A/Walisinghe Harishchandra Maha Vidyalaya
3. A/Niwaththakachethiya Maha Vidyalaya
4. A/Swarnapali Balika National College
5. St. Joshep college, Anuradhapura

One batch of students from a university setting.

6. FASc and Faculty of Social Sciences and Humanities of RUSL

Two vocational training centers

7. Vocational Training Center, Anuradhapura
8. Vocational Training Center, Mihintale

More than 1000 students were trained under the initial sessions of the project, focusing on improving their understanding, attitudes and skills in identifying and analyzing social media influences, tobacco and alcohol usage prevention and non-communicable disease prevention.

At the next phase, more than 300 students were selected for the follow up sessions from each institution, giving opportunities for them to voluntarily implement health promotion interventions in selected settings. The selection of students for follow up sessions were done based on assessing individual or group assignments submitted by the students after implementing simple and cost effective interventions to improve wellbeing of people. The key outcomes of the project included that students were able to identify the commercial determinants that affect for their health and wellbeing, physical/economical/social harms of substance usage, industrial strategies to promote substance usage and unhealthy food products and social media influences on their health.



Initial program at Walisinghe Harischandra Maha Vidyalaya



Follow up program at Swarnapali Balika National College, Anuradhapura



Students' participation - Niwaththakachethiya Maha Vidyalaya



Students' participation - Faculty of Social Sciences and Humanities, RUSL

Save the Children project with the estate sector

This was a collaborative project between Save the Children, Sri Lanka and DHP, RUSL. Ten divisions in five estates (Nuwara Eliya, Oliphant, Desford, Glassough and Lamiliar) in the district of Nuwara Eliya were selected to implement the project and the duration of the project was six months from June-November 2018. The objectives of the project were, to improve the knowledge on Early Childhood and Care Development (ECCD) and to improve home based ECCD practices among mothers in the estate sector within six months.

Initial discussions on the importance of early childhood period were facilitated by the Head of the DHP, Dr. Duminda Guruge, in ten estate divisions and follow up discussions were facilitated by undergraduates of the DHP. At the end, data were collected through focus group discussions and qualitative findings revealed that, mothers had improved their knowledge and practices related to ECCD, the children had improved their competencies and family and community wellbeing also had been improved as results of the project.

The final conclusions of the project were, estate community mothers are capable of engaging in HBECCD practices with the minimum resources available. Though estate sector is identified as a disadvantaged community setting in Sri Lanka, mothers were able to understand the basic concepts of ECCD and they were enthusiastic to implement activities to improve the brain development of their children and, community centered health promotion approach which gives the ownership of the process to the hands lay communities was effective in empowering estate community mothers to initiate and continue ECCD practices.



Initial discussions in the estate sector



Follow up sessions in the estate sector



Changes in the estate sector

The collaborative project on Community level Social & Behavior Change Communication/Health & Nutrition Promotion Activities in Estate Community sector, Matara was a between Save the Children, Sri Lanka and DHP, RUSL. The main aim of the project was

to train a sample of 240 mothers from 03 MOH areas (Pasgoda, Morawaka and Kotapola) in Estate sector in Matara, Sri Lanka as lead mothers or facilitators on health and nutrition promotion at community level. The study was for a period of 12 months from August 2018 to August 2019. Training programs were conducted by the Head of the DHP, Dr. Duminda Guruge as the key resource person and follow ups were conducted by the health promotion graduates of RUSL.

The key results included, the trained lead mothers started interventions in their communities and in three MOH areas where mothers were maintaining nutrition books to ensure a proper nutrition for their children. Further, baby rooms and play houses have been built up in with the guidance of lead mothers.

Workshops, Special Lectures, Training Programs and Exhibitions

Workshops

Patient, public involvement and engagement workshop

Patient, Public Involvement and Engagement (PPIE) is a novel concept in public health, which means to give people an opportunity to have a say in their own care, treatment and how much they want to be involved in the decisions related to health. The DHP developed a mechanism on PPIE in collaboration with the Keele University, United Kingdom and The Institute for Research and Development (IRD). The first community led workshop where lay community members conducted the training as resource persons and professionals were the participants. This workshop was held on 7th and 8th February 2019 at the FASc, RUSL

Following professionals joined with the workshop:

1. Prof. Diyanath Samarasinghe, Consultant Psychiatrist
2. Dr. Godwin Kodituwakku, Chairman, IRD
3. Prof Athula Sumathipala, Hon. Director, IRD and Professor of Psychiatry, Keele University, UK
4. Dr. Steven Blackburn, Patient and Public Involvement and Engagement, Keele University, UK
5. Ms. Adele Higginbottom, PPIE Project Co-ordinator, Keele University, UK
6. Mr. Jim Elliot, Public Involvement Lead, Health Research Authority, UK
7. Ms. Manouri Wimalasekara, Coordinator PPIE, IRD
8. Dr. Kaushalya Jayaweera, Research Associate, IRD
9. Dr. Duminda Guruge, Head, DHP



Community members explain results of the health promotion process at workshop



Discussion on similarities between health promotion and PPIE



Participants of the PPIE - community led workshop

The pre-congress workshop on smokeless tobacco and arecanut control in Sri Lanka

On 12th July 2019 four health promotion students participated to a pre-congress workshop on Smokeless tobacco (SLT) and arecanut control in Sri Lanka held at the Faculty of Dental Sciences, University of Peradeniya. The objective of the workshop was to improve the scientific knowledge on current developments in the region as well as the world in oral cancer management and to improve the future research in the area. The workshop was organized by the Centre for research in oral cancer, Faculty of Dental Sciences, University of Peradeniya. The pre congress workshop were carried out related to the 3rd International Congress on OPMD, Oral Cancer, Smokeless tobacco and areca nut. The workshop consisted with the guest

lectures and a working group discussion based on SLT and Arecanut control. The experts in that field in India participated as guest speakers and they shared their experiences and ideas with the audience. At the end of the workshop, the four students; M.W.D.S.Ranasinghe, W.G.N.Sewwandhi, W.M.A.M.Wijerathna. and P.K.N.D.Karunarathna. had a special opportunity to participate for the working group discussion related to developing national strategic plan for Smokeless tobacco (SLT) and Arecanut control in Sri Lanka.

United Nations Populations Fund awareness on gender based violence

The United Nations Populations Fund (UNFPA) conducted an awareness on ‘Gender based violence (GBV) and sexual health’ to the health promotion undergraduates on 18th September, 2019.

Training programme on community based health promotion interventions for tobacco and alcohol prevention – 2019

This Social Mobilization training programme was conducted by Alcohol and Drug Information Center (ADIC) in December 2019 at their main office in Colombo. Through this programme they trained and mobilized people in several structures such as youth groups, NGOs, CBOs, Schools, Universities, Government structures etc. As the first step proposals on community based interventions for tobacco, alcohol and other drugs prevention were called from people and best proposals were selected. Thus eight proposals from students of DHP and two proposals from community members were got selected as best proposals. In those proposals they were mainly focused on interventions which conducted with users groups, with school children and with youth groups.



School students training programme in Anuradhapura

Moreover some students were focused on social media based interventions as well. Then they were requested to participate for the number of training sessions conducted by Prof. Diyanath Samarasinghe at the ADIC main office, Colombo. After training sessions they were granted with a financial incentive to conduct their proposed interventions and they successfully conducted those.

- Conducted online sessions with Singapore medical students
- Data collection with Miss Edward holly in Gothenburg University in Sweden on Maternal and Infant health.
- WHO workshop
- World health day
- Tobacco and alcohol prevention week – school programs

Training on first aid - 2019

A one day training on first aid was conducted in February 2019 by Dr. Thilanga Ruwanpathirana. Both theory and practical sessions were conducted and all health promotion students including all the batches were participated.



Training programme on tobacco, alcohol and substances prevention

Training programme on tobacco, alcohol and substances prevention

The students representing all batches and demonstrators of the DHP participated to a workshop conducted on tobacco, alcohol and substances prevention by Dr. Jayamal de Silva at the WHO Country Office, Colombo on 22nd of March 2019.



Participants of the WHO training programme on tobacco, alcohol and substances prevention

Workshops by foreign students

Ms. Melissa Mjöberg from the Sahlgrenska Academy, University of Gothenburg conducted lecture on nutrition and first year and second year students on 19th and 20th December, 2019 at the FASc. In this workshop Students were able to learn different aspects that affect to food culture. It was mainly focused towards cultural analysis of food and nutrition. On first day students were able to get theoretical knowledge and on the second day they were engaged in group activities. This workshop was organized by Mr. Chamil Senevirathna, Lecturer in Charge of Nutrition and Metabolism subject. A total of 33 students actively participated for this workshop.



Conducting the lecture on “Foods from a multidimensional perspective”

Special Lectures

Visit of Ms. Elaine Hill, University of Central Lancashire, United Kingdom

Ms. Elaine Hill, Senior Lecturer in Nursing, University of Central Lancashire, United Kingdom, Dr. Thamasi Makuloluwa, Senior Lecturer in Anaesthesia, Kothalawala Defence University (KDU) and Patient and Public Involvement and Engagement (PPIE) Lead, Institute of Research and Development (IRD) and Ms. Kalpani Abhayasinghe, Lecturer in Nursing (KDU), Research Associate (IRD) visited the FASc on 21st and 22nd October, 2019. Ms. Elaine conducted a lecture on PPIE and qualitative studies. They participated to a field visit to identify the community level changes of the health promotion activities. Further discussions were conducted for future collaboration between the University of Central Lancashire and RUSL.

Visit of Dr. Jayasundara Bandara, Former Deputy Director General, Ministry of Health

Dr. Jayasundara Bandara, a former Deputy Director General of the Ministry of Health visited the FASc on 20th August 2019 conducted a lecture on ‘introduction for primary health care system in Sri Lanka.’

Capacity Building Projects

World Health Organization salt survey

The WHO project on knowledge, attitudes and practices related to dietary salt of adolescents aged 15-18 years, adults and owners and cooks of food premises in ten selected districts in Sri Lanka- August- September 2019(conducted by World Health Organization). Students were trained on data collection and entering by Prof. Nalika Gunawardena- National Professional Officer, WHO, Country Office, Sri Lanka and Dr. Achala Jayathilake- National Consultant- WHO, Country Office, Sri Lanka.

Training programme on data collection in alcohol and tobacco consumption survey – 2019

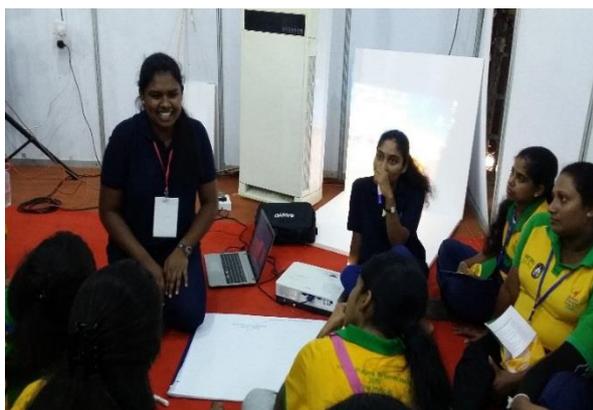
Training programme was conducted by ADIC (Alcohol and Drug Information Center) at the faculty premises for group of health promotion students. Training was conducted in both Sinhalese and Tamil languages.

Exhibitions

Yowunpura exhibition in Weerawila 2019

“Yowun Puraya Exhibition” which was held on 28th to 30th of March 2019 at Weerawila. This opportunity was offered by Prof. Nalika Gunawardhana, National Professional Officer of World Health Organization. According to her professionals of World Health Organization appreciated the effort of our students and they invited our students to conduct another stall under the same theme at the World Health Day celebrations at independence square, Colombo on 7th April 2019. Dr. Senarathna suggested to issue appreciation letters for the participants from the Department as well as from the organized institution.

A group of health promotion students were trained for the “Yowunpuraya” exhibition organized by Ministry of youth affaires in Sri Lanka. Three day training programme was conducted in March 2019 by WHO country office with the support of Dr. Jayamal De Silva. Students were trained to present their health promotion interventions with public at the exhibition.



Group discussions with youth participants in “Yowun Puraya”

Enterprise Sri Lanka -2019 (Anuradhapura and Jaffna)

The enterprise Sri Lanka exhibition organized by the Ministry of Finance was held in Anuradhapura Walisinghe Harischandra playground from 24th to 27th July in 2019 and held in Jaffna fort from 07th to 10th of September in 2019. With the request of presidential task force on drug prevention, students in DHP actively engaged in drug prevention with the community gather round in to exhibition.



Enterprise Sri Lanka exhibition - Anuradhapura



Enterprise Sri Lanka exhibition - Jaffna

ITN exhibition 2019

The exhibition was held in Maharagama youth center which was organized with relevant to world children's' day by the network of ITN. The group of health promotion students were participated to share experiences of interventions carried out with children societies to improve health and wellbeing. Interactive dialogues were conducted with the participants attended to the exhibition on success evidences done by the children society members who worked with health promotion students in their assigned field areas.

World Health Day 2019 exhibition

On 7th April 2019, for the world health day, a health promotion exhibition stall was presented in an exhibition conducted by the World Health Organization in Colombo.



Health promotion stall at the world health day 2019 exhibition

Media Highlights

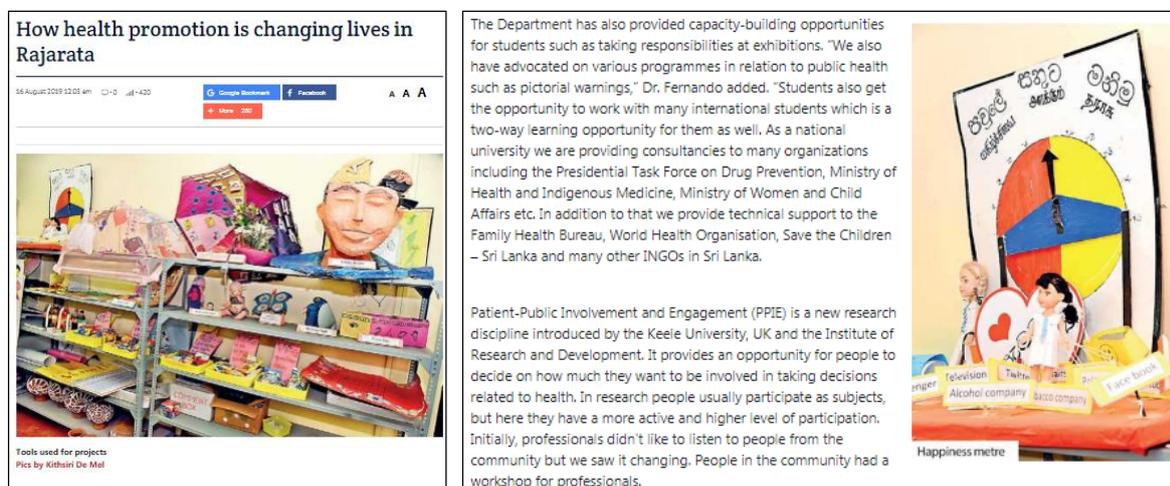
Morawaka community development through health promotion – Daily Mirror

On 9th October, 2019 the Daily Mirror newspaper has published an article on “Morawaka community development through health promotion” highlighting the changes on child development creating considerable impact on wellbeing including alcohol and tobacco consumption among males. The article is available at: <http://www.dailymirror.lk/news-features/Morawaka-Community-development-through-health-promotion/131-175826>.



How health promotion is changing lives in Rajarata – Daily Mirror

On 16th August, 2019 the Daily Mirror newspaper had published an article on how the DHP has impacted the communities in the Anuradhapura district. The article is available at; <http://www.dailymirror.lk/news-features/How-health-promotion-is-changing-lives-in-Rajarata/131-172932>



Student Affairs

Health Promotion Society

Following are some of the activities conducted by the health promotion society.

- Conducted a Tobacco and Alcohol Prevention Programme to students who are in Faculty of Technology, FASc, Faculty of Management and Faculty of Social Sciences in RUSL in 2019.
- Participated to the PPIE workshop in RUSL February 2019
- Participated to the Chronic Kidney Diseases (CKDu) data collection programs in Medhawachchiya conducted by WHO and Ministry of Health in Sri Lanka.



CKDu Data collection programs in Medawachchiya

- Students have participated to all the exhibition stalls conducted by the DHP.
- Participated for online sessions with Singapore medical students
- Participated for data collection activities on Maternal and Infant health conducted by Miss Edward Holly from the Gothenburg University, Sweden.