



Department of Health Promotion Annual Report 2020



**Department of Health Promotion
Faculty of Applied Sciences
Rajarata University of Sri Lanka
12/31/2020**

The Vision and the Mission

- **The vision of the Rajarata University of Sri Lanka**

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

- **The 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.

- **The mission of faculty of Applied Sciences**

The Faculty of Applied Sciences, of Rajarata University of Sri Lanka Envisions being a dynamic, innovative, and renowned center of excellence in learning, research, training, and consultancy with an emphasis on national relevance and international recognition in different disciplines of Applied Sciences.

- **The mission of 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 the development of the whole person to make significant contributions to the regional, national and global needs.

- **The mission of the study program – Bachelor of Science in Health Promotion, Department of Health Promotion**

The mission of the Health Promotion Study Program 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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2. Message by the Vice-Chancellor, Rajarata University of Sri Lanka



First of all, I am proud to say that the Health Promotion study program is of the standard both technically and educationally. The degree program offered at the Department of Health Promotion, Faculty of Applied Sciences, is carefully designed to suit the national requirement of improving the health outcomes of all the age groups in Sri Lanka. Hence, the professionals in the Department of Health Promotion have invested their undeniable capacity to ensure both academic and soft skills of the undergraduates, who follow the academic program. To add more, the department has collaborated with several governments, non-government organizations, and other private institutes that were pioneers in working uplifting health status across the different communities in Sri Lanka. Not only that, the study program is globally recognized as this is affiliated with prestigious and world-renowned universities such as the University of Gothenburg, the University of Sydney, the University of Bristol, University of Keel, and a few more.

The annual report of 2020, is witnessed the department's commitment towards delivering the academic program, contribution to enhancing the research capacity of students, the role of the academics in disseminating new knowledge in local and international platforms, and their prompt actions to prevent the COVID-19 pandemic both institutional and national level. I appreciate the department's effort in reporting their foremost achievements annually, is a great initiative to share their experiences with others as well.

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 to their achievements during the year 2020. I wish you all the very best for the upcoming years.

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

3. Message by the Dean, Faculty of Applied Sciences



It's my pleasure to deliver a message to the department's annual report prepared by the Department of Health Promotion, Faculty of Applied Sciences, and the Rajarata University of Sri Lanka to present their journey throughout the year 2020.

My first year as dean, certainly been memorable as we all worked together to deal with the effects of COVID-19 on our students, staff, families, and communities. The year 2020 has been unlike any other years have seen before. Along with the nation and the world, we have faced unprecedented challenges during the COVID-19 pandemic. However, as a family, all the faculty members worked together to cover up all academic and extra activities by using distance mode technology.

The health promotion department of our faculty always keeps its uniqueness by making remarkable actions every year. This second annual report of the health promotion department explains their achievements throughout the year while addressing the challenges of Covid -19 effects. The health promotion department has talented individuals to accomplish its goals every time and it gives me great hope and encouragement for the future development of all other departments in the faculty.

We look forward to an exciting year ahead as we strengthen the connections among students, faculty, community partners, and alumni. Through these connections, we strive to enrich the meaningful experiences of our large undergraduate students in the faculty. Also, I would like to express my gratitude to the health promotion department for very successful years ahead.

Prof. Ranjith Edirisinghe,
Dean,
Faculty of Applied sciences,
Rajarata University of Sri Lanka.

4. Message by the Head of the Department



It is a great pleasure to deliver a message to the second annual report of the Department of Health Promotion, Faculty of Applied Sciences, Rajarata University of Sri Lanka. The Department of Health Promotion has been an important part of the faculty that promotes the community-based health promotion approach and has been a center in the country that empowers communities to improve their wellbeing.

In 2020, we as a department and a faculty underwent several difficulties with the COVID-19 pandemic. However, I must appreciate the immense support extended by the academic staff to continue the smooth functioning of the department despite all the difficulties. The continuation of the teaching and learning activities on an online platform was a challenge at the beginning of the year. However, as a department, we could successfully adapt and continue teaching smoothly with the support of all staff members and students parallel to the other departments in the faculty. The health promotion field practical is a unique component in the study program. However, we were unable to send our students to the assigned field settings to work with people due to the pandemic, which was one of the major challenges we encountered. Thus, we tried different strategies and guided students to work with the selected individual field settings, which was successful.

The visit of the international students also was not happened during the year due to the global travel bans. Anyway, the discussions with the collaborative international universities went successfully, and planned the visits for the upcoming year. I believe we will be able to host foreign students in 2021. In addition to the routine teaching and learning activities, we were able to intervene at the national level COVID-19 prevention initiatives. We could carry out a significant contribution in empowering and strengthening community responses to prevent COVID-19 spread. Ultimately, we could witness a productive journey during the year 2020 and overcome all the challenges. Thus the contribution of the Vice-Chancellor, Dean of the Faculty, staff members, and students who extended their fullest cooperation for the productive journey in the year is much appreciated.

Dr. Duminda Guruge,
Head, Department of Health Promotion,
Faculty of Applied Sciences,
Rajarata University of Sri Lanka.

5. Introduction

5.1. 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 the state university of Sri Lanka. Presently the university is comprised of six faculties. 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.

5.2. Introduction to the Study Programme

Health promotion is one of the recently established disciplines in Sri Lanka with an emphasis on developing health promotion capacity in the country through skillful graduates who are capable of ensuring optimum wellbeing of communities through a wide spectrum of Health Promotion interventions. At present, RUSL is the only university in South Asia that offers a B.Sc. and B.Sc. honors degree in Health Promotion. The curriculum provides a combination of theory and field practical courses. The B.Sc. degree (three years) comprises six semesters that aims to cover 90 credits to be eligible for the degree. The B.Sc. honors degree (four years) span across eight semesters and 120 credits must be completed to be eligible for the honors 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 carried out.



5.3. The staff of the Department of Health Promotion

The Academic staff consists of three Senior Lecturers, four Probationary Lecturers, two Assistant Lecturers, and ten Demonstrators during the year 2020. 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 the following staff members directly attached to the department and others serving as visiting lecturers and external examiners.

5.3.1. 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 Reyhal - Lecturer (Prob.)
5. Ms. Prabuddhika Kandegedara - Lecturer (Prob.)
6. Mr. Chamil Senaviratne - Lecturer (Prob.)
7. Ms. Nayomi Dissanayake - Lecturer (Prob.)

5.3.2. Academic support staff

1. Ms.Nadeeka Rathnayake - Assistant Lecturer
2. Ms.S.D.S.R.Karunarathne - Assistant Lecturer
3. Ms. W.M.R.A.Wanninayake - Demonstrator
4. Ms. S.D.Gunasekara - Demonstrator
5. Ms. H.M.H.N.T.Wickramasooriya - Demonstrator
6. Mr. Harsha Bandara - Demonstrator
7. Ms. S.M.C.N. Wijesooriya - Demonstrator
8. Ms. M.R.F Sajeedha - Demonstrator
9. Ms. W.G. Nadeesha Sewwandhi - Demonstrator
10. Ms. Dilini Shashikala Ranasighe - Demonstrator
11. Ms. N.D. Karunarathna - Demonstrator
12. Ms. W.M. A.M. Wijerathna - Demonstrator

5.3.3. Non-academic staff

1. Mr. Ushantha Rathanayake - Work Aid

5.3.4. 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 FISS 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. Anuprabha Wickramasinghe, Senior Lecturer and honorary consultant, Department of Psychiatry, Faculty of Medicine, RUSL
13. Dr. Ajith Karawita, Consultant Venereologist, Teaching hospital, Anuradhapura
14. Dr. Nuwan Wickramasinghe, Head/Department of Community Medicine, Faculty of Medicine and Allied Sciences, RUSL
15. Dr.Sumudu Avanthi Hewage, Consultant Community Physician, National Programme for Tuberculosis Control and Chest Diseases, Ministry of Health
16. Mr. Asoka Dias, Director at MTV channel (Pvt) Limited and MBC Networks (Pvt) Limited
17. Mrs. Mano Basnayake, Lecturer, First Friends Campus, Kandy

18. 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
19. Dr. Sameera Hewage, Regional Epidemiologist, RDHS Kandy
20. Dr. Sansfika M Young, Senior Lecturer, Department of Environmental Technology, University of Colombo

6. Introduction to the Annual Report

The DHP assembled its first Annual Report in 2019 on the activities conducted by the department throughout the year 2019. The objective of the Annual Report is to provide information about the department activities and summarize the department achievements during the year. The group of academic staff members appointed for the compilation of the Annual Report was assisted by 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 necessary information. The second annual report was compiled to cover the time of 1st January 2020 to 31st December 2020.

7. Highlights of the year

7.1. Program review - submission of the self-evaluation report

The DHP submitted a self-evaluation report (SER) of the program review on 29th June 2020. Dr. Manoj Fernando was the team leader, and the SER team was divided into eight working groups in charge of eight criteria.

7.2. Curriculum Revision

The DHP conducted the first curriculum revision of the B.Sc. in Health Promotion and B.Sc. Honors in Health Promotion programs. The Faculty appointed Prof. Diyanath Samarasinghe as the consultant for the curriculum revision with a panel of experts representing relevant subject areas. The approval for the final draft was taken from the Academic Development, Planning Committee, and the Faculty Board. It has been submitted to the Curriculum Development Committee of the university.

7.3. Enrollment of special entry students to the degree program from the Ministry of Health

The DHP enrolled the second batch of students from the Ministry of Health, Nutrition & Indigenous Medicine to follow the B.Sc. degree program in Health Promotion on 12th August, 2020. Ten students included Midwife (1), Public Health Nursing Officers (6), Health Education Officers (1) and Public health Inspectors (2). An online orientation program conducted during two weeks due to COVID – 19 pandemic.

7.4. Department meeting of the year 2020

The staff of the department presences at the department meeting regularly and other staff meetings arranged by the department. Due to the Covid-19 pandemic, department meetings were held through Zoom technology. The number of department meetings held during the year 2020 is given in Table 1

Table 1: Department meetings conducted during the year 2020

Meeting Number	Date
Meeting No. 13	22 nd January, 2020
Meeting No. 14	13 th February, 2020
Meeting No. 15	12 th May, 2020
Meeting No. 16	09 th June, 2020
Meeting No. 17	08 th July, 2020
Meeting No. 18	04 th September, 2020
Meeting No. 19	19 th November, 2020

8. Academic Calender

The year 2020 consisted of two semesters, is depicted in the Table 2.

Table 2: Academic calendar

Description (Academic year/ semester/ batch)	Semester	Session	Period
Year 1 Semester II 2017/2018 Year 2 Semester II 2016/2017 Year 3 Semester II 2015/2016 Year 4 Semester II 2014/2015		Study session	24 – 08 – 2020 to 04 – 09 - 2020
		Study leave	05 – 09 – 20 20 to 13 – 09 – 2020
		Examination	14 – 09 – 20 20 to 02 – 10 – 2020
1 (2018/2019)	I	Study session	05 – 10 -2020 to 27 – 11 - 2020
		Study leave	28 – 11 – 2020 to 13 – 12 - 2020
		Examination	14 – 12 -2020 to 09 – 01 - 2021
2 (2017/2018) & 3 (2016/2017) & 4 (2015/2016)	I	Study session	30 – 11 – 2020 to 24 - 12 – 2020
		Study leave	25 – 12 – 2020 to 03 – 01- 2021
		Examination	04 – 01 – 2021 to 22 – 01 - 2021

9. Students of the Department of Health Promotion

Details of the undergraduate and postgraduate students attached to the DHP during the year 2020 is given below.

9.1. Details of the undergraduate students

Student intake during 2016, 2017, 2018 2019 and 2020 is presented in the Table 3 below:

Table 3: Undergraduate student intake

Academic year	2014/15	2015/16	2016/17	2017/18	2018/19
No. of students	15	16	37	38	64
Female	10	12	30	23	49
Male	5	4	7	15	15

The following Table 4 present the details of the undergraduate students during the 2nd Semester of 2020 (January 2020 to May/June 2020), and Table 5 presents details of the undergraduate student's details during the 1st Semester of 2020 (May/June 2020 to December 2020)

Table 4: Undergraduate students details during the 2nd Semester of 2020 (January, 2020 to May/June, 2020)

Batch	Academic year	No. of students
First year students	2017/18 – 2 nd Semester	37
Second year students	2016/17 – 2 nd Semester	34
Third year students	2015/16 – 2 nd Semester	13
Fourth year students	2014/15 – 2 nd Semester	04

Table 5: Undergraduate students details during the 1st Semester of 2020 (May/June, 2020 - December, 2020)

Batch	Academic year	Number of students
First year students	2018/19 – 1 st Semester	64
Second year students	2017/18 – 1 st Semester	37
Third year students	2016/17 – 1 st Semester	34
Fourth year students	2015/16 – 1 st Semester	05

9.2. Details of the postgraduate students

During the year 2020 following two postgraduate students were completed the M.Phil. programs 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 Kandededara</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

9.3. Field practical attachment

The most significant component of the Health Promotion degree program in the field of practical attachment improves practical knowledge, attitudes, and skills required by students to promote wellbeing and to address major public health issues in the country. The curriculum consists of two years of field practical attachment with a mandatory procedure of allocating students into small groups, consisting of 4 – 8 students on average. 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 the second

semester to conduct student group fieldwork spread across four semesters. Due to the Covid-19 pandemic, university premises was closed to the students. They followed fieldwork activities via online technologies. Students were encouraged to work with selected community groups where they stayed. The following Table 7 present the areas, where the students engaged in the field practical placement in the Mihintale MOH area during the year 2020. And the following figure (Figure 1) explains the individual student's attachment around the country.

Table 7: Areas of field practical placement in Mihintale MOH area

Batch	Group Number	Field area
2015/2016	A	Samangipura
	B	Palugaswewa
	C	Illuppukanniya -North
2016/2017	01	Henewatta
	02	Ambathalagama
	03	Mihinthale
	04	Kunchikulama
	05	Kurundankulama

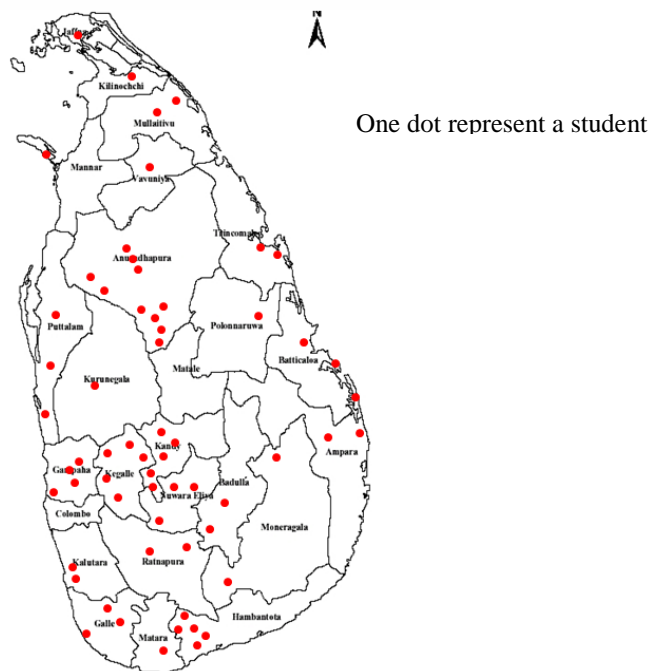


Figure 1: Field attachment of Individual students

9.4. Special degree projects

Following Table 08 presents the special degree research projects conducted by the 2014/15 batch. Table 9 shows the special degree research projects started by the 2015/16 batch in 2020.

Table 8: 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 a 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 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 improve emotional wellbeing among children homes children in selected children homes in the Gampaha district	Dr. Manoj Fernando Dr. Lalith Senarathna
Ms. W.M. Asinsala Madhumali Wijerathne	Evaluate the Effectiveness of Changing negative health-related practices of paddy farmers in Polonnaruwa district through health promotion approach	Dr. Manoj Fernando Dr. Lalith Senarathna

Table 9: Details of the special degree research projects of the 2015/2016 batch

Name of the students	Title of the research project	Supervisors
Ms. H.D.N.Zoysa	Effectiveness of a health promotion intervention to improve mental wellbeing among working women in selected tea estates in Nuwara Eliya district	Dr. Manoj Fernando Dr. Ruwan Ferdinandoz
Ms. S.P.Senevirathne	Effectiveness of a health promotion intervention in promoting sexual and reproductive health among youth at the Technical College, Anuradhapura	Dr. Duminda Guruge Dr. Sansfica M.Young
Ms.F.B.N.S. Baduge	Effectiveness of an intervention to promote home-based early childhood care and development practices among parents of children between 1 to 5 years in the tea estate sector, Kandy district	Dr. Duminda Guruge Dr. Nuwan D. Wickramasinghe
Ms. 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 Senarathna
Ms. 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. Duminda Guruge Dr. Kalpani Abayasinghe

10. Details of Research and Publications

10.1. Research and publications by staff

10.1.1. Research articles by staff

Journal articles (Indexed):

- Guruge GND, Perera M, Peiris K. Raft and Ripple Model on Collective Community Actions for Health Promotion: An Experience from Sri Lanka. Asian Pac. J. Health Sci., 2020; 7(4):5-10. DOI; 10.21276/apjhs.2020.7.4.2
- KGPH Kandegedara, KMN Perera, GGN Guruge 2020. Assessment of the Existing School Health Promotion Program in a Selected Educational Zone, Sri Lanka-Cross-Sectional Study. International Journal for Research in Applied Sciences and Biotechnology, 7(1), 13-19. <https://doi.org/10.31033/ijrasb.7.1.3>
- H Parween Reyal, K Manuja N Perera, GN Duminda Guruge. 2020. Prevalence of Different Types of Intimate Partner Violence among Ever-Married Women: A Sri Lankan Study. International Journal for Research in Applied Sciences and Biotechnology, 7(1), 20-25. <https://doi.org/10.31033/ijrasb.7.1.4>
- HP Reyal, KMN Perera, GND Guruge. 2020. Knowledge and Attitude towards Intimate Partner Violence among Ever-Married Women. A Cross-Sectional Study from Sri Lanka. Advanced Journal of Social Science, 7(1), pp.1-13.
- N Rathnayake, S De Silva Weliange, GND Guruge. 2020. Engaging a Disadvantaged Community in Identifying Determinants of Child Neglect using Health Promotion Approach: An Experience from a Sri Lankan Study. Asian Pacific Journal of Health Sciences, 7(2), 01-06. <https://doi.org/10.21276/apjhs.2020.7.2.1>

10.1.2. Abstracts by staff

- **Guruge GND**, Abhayasinghe K, Rathnayake N, Samanthika J, Bandara D.M, Wijesinghe I, Wimalasena V. 2020. The process of engaging lay communities in preventing covid-19 transmission: a health promotion approach. Asia-Pacific Academic Consortium for Public Health (APACPH) virtual online conference, Colombo, Sri Lanka. 05th - 08th December 2020.
- **Guruge GND**, Abhayasinghe K, Rathnayake N, Samanthika J, Bandara DM, Wijesinghe I, Wimalasena V. 2020. Can lay people be empowered to face the challenges of covid-19? lessons 87 learned from a community intervention. Asia-Pacific Academic Consortium for Public Health (APACPH) virtual online conference, Colombo, Sri Lanka. 05th - 08th December 2020.

10.2. Publications by students

- Madhushani HGDT, Rathnayake RMCD, Nasfa ARU, Gunathunga KDEH, Husna JF, Madhushan LGT, Simaya T, Wanninayake A, **Guruge GND**. 2020. Improving awareness on safety precaution and health habits among people during corona outbreak using health promotion approach. National Conference on Multidisciplinary Research (NCMR), Virtual Postgraduate Symposium, Young Scientists' Association, National Institute of Fundamental Studies, Sri Lanka. 08th October 2020.
- Soysa HDN, Senevirathne SP, Kanmanirajah J, Nasman NM, Karunarathne SDSR, **Guruge GND**. 2020. A survey to identify the changes in patterns of substance abuse during the COVID-19 pandemic. National Conference on Multidisciplinary Research (NCMR), Virtual Postgraduate Symposium, Young Scientists' Association, National Institute of Fundamental Studies, Sri Lanka. 08th October 2020.

- Baduge FBNS, Mathankumar L, Madumadhawa JAE, Dissanayake HMSC, Gunasekara S, Rathnayake N, **Guruge GND**. 2020. An analysis of changes in patterns of substance usage among substance users during the Covid-19 pandemic period in Hambantota, Kegalle, Kilinochchi, Matale districts, Sri Lanka. National Conference on Multidisciplinary Research (NCRM), Virtual Postgraduate Symposium, Young Scientists' Association, National Institute of Fundamental Studies, Sri Lanka. 08th October 2020.
- Rathnayake RMCD, Madhushani HGDT, Kolongahapitiya KHMTTP, Nasfa ARU, Alhana AMF, Makelwala TBB, Karunarathne SDSR, Rathnayake N, **Guruge GND**. 2020. Assessing the behavior of substance users during the curfew period with the COVID-19 outbreak in Sri Lanka. National Conference on Multidisciplinary Research (NCRM), Virtual Postgraduate Symposium, Young Scientists' Association, National Institute of Fundamental Studies, Sri Lanka. 08th October 2020.
- Kaushani MAH, Rathnayake RMCD, Weerasekara TN, Wijesundara S, Nawodani D, Welagedara N, Rathnayake N, **Guruge GND**. 2020. Creating supportive home environments through a health promotion approach to enable families to engage in proper safety measures during the Corona outbreak period. National Conference on Multidisciplinary Research (NCRM), Virtual Postgraduate Symposium, Young Scientists' Association, National Institute of Fundamental Studies, Sri Lanka. 08th October 2020.
- Yalini R.M, Wijesundara WMSA, Airawansha MWAK, Zahra F, Vishalka JPP, Wanninayake WMRA, **Guruge GND**. 2020. Assessing the changes in patterns of substance usage during the COVID-19 pandemic. National Conference on Multidisciplinary Research (NCRM), Virtual Postgraduate Symposium, Young Scientists' Association, National Institute of Fundamental Studies, Sri Lanka. 08th October 2020.

11. Project and Research

11.1. Research conducted

- Action research on Home-Based Early Childhood Care and Development (HBECCD) in four divisions of a selected estate in Nuwara Eliya district in collaboration with Save the Children (July 2020 - ongoing).
- Evaluation of the benefits of a community-based health promotion intervention to improve nutrition, and selected nutrition-related aspects - World Food Programme (October 2020- ongoing).

11.2. Projects conducted

- Project on ‘community-level social and behavior 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 (July 2020 - ongoing).
- Seven short-term pilot projects were launched in 2020 to reduce drug use with the financial grant received from Alcohol and Drug Information Center (ADIC) in 2019 by the following undergraduates (Both individual and groups).

1. Ms. Nadeesha Sewwandi	Encouraging security guard personnel to reduce tobacco and alcohol consumption in a public university, Sri Lanka
2. Ms. Asinsala Madhumali	Reducing the drug usage among drivers in selected areas in Polonnaruwa district
3. Ms. Dilini Ranasinghe	Addressing substance in a gem mining community in Ratnapura district
4. Ms. Nimesha Karunaratne	Reduction of substance use among school students. From grade 9 to 11 in the Gampaha district.
5. Ms. Chinthanee and her group (06	Reducing the attraction among youths in

members)	selected private educational institutions in the Anuradhapura district
6. Mr. Vishalka Patabendi and his group (07 members)	Reducing the high tobacco consumption among school students in grades 7-10 of selected schools in the Anuradhapura district
7. Mr. Eshan Madhumadawa and his group (06 members)	Reducing attraction to tobacco among school students in Vavuniya district

- A project is launched in the Alawwa MOH area, the title of 'community engagement through healthy setting approach in COVID-19 response'. (November 2020-May 2021).
- Project to improve adolescents' wellbeing in selected locations with the support of the Family Health Bureau, Ministry of Health carried out after an exposure training conducted at the Family Health Bureau where 8 Health Promotion students have participated. (January 2020-ongoing)
- Project on 'empowering lay communities to deal with COVID-19 through Health Promotion Approach, in Anuradhapura, Trincomalee, Moneragala and Matara districts' conducted with the collaboration of WHO (March 2020 - ongoing).
- Jointly conducted a survey on "perceptions of the current COVID-19 situation, health, social and economic impact of the current scenario among a rural setting in the Anuradhapura district" with the Ministry of Health, Sri Lanka Medical Association, and World Health Organization. (May - 2020).

12. Grants received

- World Bank grant

The Rajarata University of Sri Lanka (RUSL) has received a sum of Rs. 5,142,500 for operational research to assess the current status of implementation. And generate evidence for strengthening non-communicable diseases service provision at primary medical care institutions. This is a World Bank-funded project, and RUSL will conduct the project with the International Union Against Tuberculosis and Lung Disease (The Union), where Dr. Manoj

Fernando, Senior Lecturer in Health Promotion, is the in-country research consultant to the project.

- Grant from the University of Bristol, United Kingdom

Dr. Lalith Senarathna, Senior Lecturer in Health Promotion, has received a Rapid Response Grant from Elizabeth Blackwell Institute of the University of Bristol, UK, to conduct a research study on the effect of Covid-19 on Self harm and Suicide behavior in the Sri Lankan population.

13. Awards received

- *Best Contribution in Diabetic prevention - National Award*

Dr. Manoj Fernando, Senior Lecturer in Health Promotion, was awarded by World Diabetes Foundation for the Best Contribution in Diabetes Prevention in Sri Lanka as a part of the Nirogi Lanka diabetes prevention National Program.

14. External appointments

- *Appointment as a National Consultant -United Nations Office on Drugs and Crime (UNODC)*

Dr. Manoj Fernando, Senior Lecturer in Health Promotion, was appointed as a National Consultant of the *UNODC, Sri Lanka*.

- *Appointment as a Senior Gender Consultant- United Nations Population Fund (UNFPA)*

Dr. Manoj Fernando, Senior Lecturer in Health Promotion, was appointed as a *Senior Gender Consultant* for developing a standardized handbook on gender, SGBV, and disasters with different modules for decision-makers, operational/response staff, and community members in line with National Policy Framework and National Plan of Action to address Sexual and Gender-based Violence (SGBV) in Sri Lanka developed in 2016.

15. Guest Lectures

An online lecture Conducted on ‘Safe use of Internet’ by Ms. Madara Nuwarapaksha (a divisional Child Protection Officer, National Child Protection Authority) to the students of DHP.

16. International collaborations

Discussions have been initiated with the Faculty of Medicine and Faculty of Nursing of Laval University to sign a Memorandum of Understanding (MOU) for academic and research collaborations.

17. Media Contribution

The staff members of the DHP have participated in different media programs to the aware general public on various health issues. We encouraged them about the effectiveness of the health promotion approach in addressing those issues at the community level. Table 00 explains the TV programs of the year 2020, and Table 00 describes the arranged webinars of the year 2020. Figures 00 explains the newspaper articles published in the year 2020.

Table 00: TV Programmes – 2020

1.	Aluth Parlimenthuwa	TV Derana	Dr.Duminda Gurge	2020.11.11	01 programme
2.	Pathikada	Sirasa TV	Dr.Duminda Guruge	2020.03.17 / 2020.10.29	02 programmes
3.	Shanida Ayubowan	Jathika Ruupawahini	Dr.Manoj Frenando	2020.04.11	01 Programme
4.	Rise & Shine	Channel eye	Dr.Manoj Frenando	2020.01.20	01 Programme
5.	Path to World Class Life	ITN	Dr.Duminda Guruge	2020.02.24/ 2020.03.02	02 programmes

Table 00 Webinar – 2020

1.	Lassana kolonnawa	Dr.Duminda Guruge	2020/11/21
2.	Damriwi Foundation	Dr.Manoj Frenando	2020.06.21

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18. Failures and Justifications

Inability to implement the revised curriculum of B.Sc. in Health Promotion and B.Sc. Honors in Health Promotion to the 2018/2019 batch due to the delay in the curriculum revision approval process.

Due to the prevailed COVID-19 condition, many plans of the department could not be achieved. However, the DHP made an optimum effort to modify and implement the tasks to compensate for the issues.

19. Future Plans

Recruiting Prof. Diyanath Samarasinghe as the Honorary Visiting Professor of the Department of Health Promotion

Extension of the DHP building to facilitate the increased number of student enrollment.

Commencement of the Diploma in Health Promotion programme.