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Mihintale

Mihintale is a mountain peak near Anuradhapura in Sri Lanka. It is believed by Sri Lankans to be the site of a meeting between the Buddhist monk Mahinda and King Devanampiyatissa which inaugurated the presence of Buddhism in Sri Lanka. It is now a pilgrimage site, and the site of several religious monuments and abandoned structures.

According to Dipavamsa and Mahavamsa, Thera Mahinda came to Sri Lanka from India on the full moon day of the month of Poson (June) and met King Devanampiyatissa and the people, and preached the doctrine. The traditional spot where this meeting took place is revered by the Buddhists of Sri Lanka. Therefore, in the month of Poson, Buddhists make their pilgrimage to Anuradhapura and Mihintale.

Sinhala Mihin-Thalé literally means the "plateau of Mihindu". This plateau is the flat terrain on top of a hill from where Arahat Mihindu was supposed to have called King Devanampiyatissa, by the King's first name to stop him shooting a deer in flight. Hence, "Mihin Thalé" is specifically a Sinhala term. This is how the place has been called and still is, in the local vernacular "Sinhala". A study of the local vernacular will give ample proof for this. Therefore, the supposition that this name "Mihin Thalé" was derived from the Tamil name Mahinda Malai is erroneous and unfounded.

Vice Chancellor Reappointed for a Second Term







Prof. Ranjith Wijayawardana is a graduate from the University of Peradeniya and was the first Vice Chancellor to appoint among the Rajarata University academics in its history of operation since 1996. Before he was appointed to this position, he had served the university in several capacities such as Dean of the Faculty of Management Studies for 7 years and Director of MBA programme for 6 years. Further, as the Director, Local Technical Secretariat (LTS) of the Improvement of Relevance and Quality of University Education (IRQUE) project, proctor of the University and as the Director, Career Guidance Unit. Having all these experiences he was appointed to the post of Vice Chancellor in January, 2013. After a period of 3 years of service towards the University development, University Council re-elected him and by His Excellency the President Maithreepala Sirisena re-appointed him for the second term from 1st January 2016. University community expects to reach its vision "To be a Centre of excellence in Higher Education" with his leadership.

Workshop on Agro-Tourism to Bring Tourists to the Farm

With the purpose of introducing the concept of Agro-tourism and exposing the undergraduates to Agro-tourism industry and its opportunities, a workshop was organized for the year two semester two students of the Faculty of Agriculture, Rajarata University of Sri Lanka under the guidance and instructions of Dr. (Mrs.) G.A.S. Ginigaddara, Head / Department of Agricultural Systems, Faculty of Agriculture, Rajarata University of Sri Lanka with the financial assistance of QIG project. This remarkable event was coordinated by Mr. Sampath Dissanayake of the Department of Agricultural Systems.

The workshop was held on 9th and 10th of November 2015 and Prof. Rohana Mahaliyanaarachchi from Sabaragamuwa University of Sri Lanka as the resource person had a fruit full session starting the first day at the Faculty premises by giving theoretical knowledge to the students on the subject; Agro-tourism. In the second day students joined a field excursion to the CIC Agro Tourism Resort at Hingurakgoda.

It was a good practical learning experience to the students and they were able to get hands- on knowledge on how Agro-tourism is used to satisfy leisure needs of tourists while generating income. During the field visit students could learn how agriculture can be incorporated to the tourism industry. At the end of the two days' workshop students were impressed about future opportunities in agro tourism. Apart from the students, several staff members also joined the workshop.









A Visit of Volunteer Dairy Expert from USA for VEGA/BIZ+ Project Funded by USAID

VEGA/BIZ+ project of USAID and Industrial Technology Institute of Sri Lanka (ITI) collaborated with Dept. of Animal and Food Sciences, Faculty of Agriculture to transfer the collective knowledge from Dr. Roger J. Steinkamp, a volunteer dairy expert from USA for the USAID funded project for Himalee Dairy Farm Products (Pvt.) Ltd, Maradankadawala, Anuradhapura to improve their standards of milk and milk product quality. With the coordination of Dr. A. M. J. B. Adikari, Head/ Dept. of Animal and Food Sciences and all academic staff members of the Department, voluntarily participated in this knowledge transfer initiation program from 04th – 13th November 2015 to make it a success.



Knowledge Dissemination Among Livestock Farmer of Mahaweli System H

The Department of Animal and Food Sciences conducted a training program for the livestock farmers of Mahaveli System H coordinated by Office of the Residence Project Manager - System H, Mahaweli Authority of Sri Lanka, Thambuththegama. Around 50 livestock farmers actively participated in this one day training program held on 16th June 2015 at the faculty farm premises. Under the program, they gained knowledge and hands-on experiences on dairy cattle management and processing of milk based products. All the academic staff members of the department contributed to make this event a success.



"Wanni Innovata- 2015" Exibihition: Security Force Head Quarters (Wanni)

Educational Exhibition; "Wanni Innovata - 2015" was held at Vavuniya from 20th to 22nd November, 2015 in connection with 17th anniversary of Security Force Head Quarters-Wanni (SFHQ-W). Faculty of Agriculture, Rajarata University of Sri Lanka was also invited and it could make a significant contribution to its success by organizing a stall with exhibits and new inventions of the Faculty to mark and display the active role of the Faculty in agricultural development. This exhibition was open to security forces, school children and general public. The faculty was able to share the new knowledge about green technology with visitors. Mr. P.D.Kahandage, lecturer, Department of Agricultural Engineering and Soil Sciences coordinated the activity on behalf of the faculty with the support of all departments. At the end of the exhibition all contributors were acknowledged by awarding certificates of appreciation by SFHQ-W.

Wanni Innovata 2015





Farm Practice Course

Sri Lanka is a country which has an Agriculture based culture and still most of the people are engaged in agriculture related employments. In such situations as agriculture undergraduates, getting a better practical knowledge is important to improve knowledge and skills to perform well in the agricultural sector. Aiming those objectives this year too, the Farm Practice Course was conducted for the second year first semester students of the Faculty of Agriculture, by the Department of Plant Sciences.

Throughout the semester which ran from 24th August to 27th November 2015, all the practical aspects including crop cultivation to harvesting were practiced. Faculty farm which is located at Puliyankulama, the place where the course was conducted is a precious resource to the students for their field practicals. Approximately one half of lowland is used for the cultivation of rice, other cereals, low country vegetables, up country vegetables, leafy vegetables, oil crops & root crops which are the major crops cultivated in Sri Lanka.

All the practical aspects including land preparation, nursery management, seedling, transplanting, nutrient management, irrigation, pest and disease management, harvesting were practiced to provide the maximum practical exposure to the students which cannot be obtained only from theoretical aspects. The ultimate output of the farm practice course was the experience that the students gained with regards to crop establishment and management.



Bonsai workshop - Art of creating miniature plants

Bonsai is one of the most popular arts in floriculture industry in the world. The Japanese word 'Bon' means a flat container and 'Sai' means a tree. Accordingly, Bonsai means an art of planting trees in a flat container. A good bonsai has to be artistic in its design and should resemble a natural shape or style.

An awareness workshop to enrich students with theoretical and practical aspects on bonsai plant production was held on 24th October 2015, at the Faculty of Agriculture, Rajarata University of Sri Lanka. This workshop was organized by Dr.(Ms) D.A.U.D. Devasinghe at the Department of Plant Sciences with the help of temporary academic staff members of the Department. Mr. M.A. Premasiri, the president of Sri Lanka Bonsai Association attended the workshop as a resource person.

Teacher Training Programme 2015 on "Agro Food Technology"

The Faculty of Agriculture of RUSL conducted a two day teacher training programme on Agro Food Technology for a group of 60 Ordinary Level teachers in Anuradhapura Educational Zone on 01st and 02nd December 2015 at the faculty premises.

Department of Agricultural Engineering & Soil Sciences, Department of Agricultural Systems and Department of Plant Sciences collaboratively conducted this program covering different facets of the respective syllabus with the coordination of Dr. (Mrs.) D.M.S.H. Dissanayaka. Main objective of the program was to impart both theoretical knowledge and practical skills on Agro Food Technology among teachers.





HIGHER DEGREES and PROMOTIONS



Dr. D.M.D. Dissanayaka of the Department of Plant Sciences was promoted to the Senior Lecturer grade II with effect from 30th September 2015 after obtaining his Ph.D from Post Graduate Institute of Agriculture. Dr. Dissanayaka studied integrated nutrient management for low land rice (Oryza sativa. L) in the Anuradhapura district of Sri Lanka for his Ph.D.



Dr. N.S. Abeysinghe of the Department of Agriculture Engineering and Soil Science was promoted to the Senior Lecturer Grade II with effect from 01. 10. 2013 following the completion of his Ph.D in Water Science and Technology from Indian Agricultural Research Institute, New Delhi.



Mrs. M.K.N. Kumari who is attached to the Department of Agriculture Engineering and Soil Sciences was promoted to the Senior Lecturer Grade II with effect from 01. 11. 2015 following the completion of her M.Phil degree in agricultural engineering from the Post Graduate Institute of Agriculture, University of Peradeniya.

New Appointments



Ms. T.D.C. Priyadarshani was appointed as a Lecturer (Probationary) in the Department of Plant Sciences, Rajarata University of Sri Lanka from 15th September 2015. She has completed her B.Sc Agriculture degree from University of Peradeniya and Master of Science degree in plant pathology from Post Graduate Institute

Agriculture (PGIA), Universito of Peradeniya. Before joining the faculty she served as a temporary research assistant in Faculty of Agriculture, University of Peradeniya, temporary demonstrator in Mahailluppallama sub unit, University of Peradeniya and research assistant in National Science Foundation research grant.

Achievements



Mr. A.P.S. Fernando, Senior Lecturer in Agricultural Economics attached to the Department of Agricultural Systems has been secured one of the two New Zealand Commonwealth Scholarships awarded to Sri Lanka for the year 2015. Accordingly he will leave for his PhD in Agribusiness at Massey University, New Zealand.

University, New Zealan

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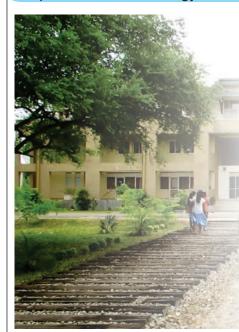
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Department of Technology - The New Addition to the Faculty of Applied Sciences



Preparaions to establish the newest Technology Department of the Faculty of Applied Sciences are currently progressing. Cabinet approval was granted for the proposed new building with a budget of 159 million rupees for the Department of Technology and the construction work is to begin in the near future.

Faculty of Applied Sciences has initiated the working in collaboration with the proposed Bachelor of Technology (B-Tech) program with the Chalmers University of Sweden. Dr. Ananda Karunarathna, Dean of the Faculty and Dr. Chathuranga Bamunuarachchige, Coordinator of B-Tech Program visited Charlmers University, Sweden for the preliminary discussions.

The University Grant Commission recently appointed a Technical Evaluation Committee (TEC) for B-Tech degree program. The UGC has already approved three academic positions for this department and another fifteen positions will be allocated at the end of January 2016. Dr. C L Ranathunga, a Senior Lecturer (Grade I) from the Department of Physics of the University of Sri Jayawardhanapura has joined B-Tech Program for a two years period. Dr. Ranathunga's contribution will be very useful in improving the quality of this degree program.

Health Promotion Exhibition Stall in "Wanni Innovata - 2015"

The Health Promotion Division of the Faculty of Applied Sciences had an exhibition stall in the large community exhibition "Wanni Innovata 2015" at Sri Lanka army (SFHQ Wanni), Vauniya In 20th, 21st, 22nd and 23rd November 2015.

Using Health Promotion principles and concepts our students introduced and improved the community attention on a few health issues. Those are family well being, tobacco and alcohol related problems, early childhood care and development and nutrition.

The stall could attract attention from large a number of participants and also from the organizers of the event. Successfulness of the health promotion stall led to further discussions between the Army officials and Health Promotion unit of the Faculty of Applied Sciences resulting in an agreement to conduct similar programs targeting soldiers and their families in other army camps in the area.







Department of Biological Sciences Hosts an International Conference on Biodiversity.

Department of Biological Sciences jointly organized an International Conference on Biodiversity together with World Biodiversity Association (http://www.biodiversityassociation.org/?lang=en). This conference was held on 05 & 06 November 2015 and attended by number of experts and local and international scientists. (Conference Web: http://biodiversityconferences.com/2015)



Department of Biological Sciences Organized workshops under the Quality and Innovation Grant (QIG), HETC Project

Several workshops were conducted under the Quality and Innovation Grant (QIG), HETC project which was granted to Department of Biological Sciences Faculty of Applied Sciences. Of those most highlighting two series of workshops are as follows.

Workshop to Improve Awareness of Technology Stream Students in Kandy District

Senior Academic staff members from the faculty of Applied Sciences conducted a introductory workshop for GCE A/L students who are from the technology stream in Nugawela Central, Kandy. Students and teachers from schools in Kandy district participated in this workshop. All the participants were provided with information about the proposed B-Tech degree programs in the Faculty of Applied Sciences of Rajarata University

Workshops to Transfer of Technology to Students

Entrepreneurship has been identified as a necessity for economic growth and prosperity of a country. However, at present entrepreneurship oriented training in Sri Lanka is largely confined to vocational training programs, and is rarely accommodated in university curricula. Hence, very few university students are involved in entrepreneurial activities. As such the main objective of these workshops was to introduce students of the Applied Biology study program of Rajarata University to low cost technology in industries such as tissue culture, fish processing etc, which have entrepreneurship potential.

Training Programs To Provide Services and Consultancies to the Community

Entrepreneurship has been identified as a necessity for economic growth and prosperity of a country. However the community around Mihintale is not very much involved in entrepreneurship as they lack necessary knowledge, skills and attitudes towards entrepreneurship. Upon hands-on experience in fish processing, fruits & vegetable processing, Bonsai art provided to the and bottle gardening undergraduate students in order to imitate the entrepreneurship in them, the low cost technology is transferred to the community of the villages around Mihintale targeting mainly the women. For this purpose Aluthdivulwewa village, Galenbindunuwewa was selected and 25 women participated in the workshop.





Student Achievements

SLMA award for Best Performances in Research – MS Krishani Jayasinghe (Health Promotion)

Ms. Krishani Jayasinghe (Health Promotion special degree holder and a temporary demonstrator) of the Health Promotion division won the SE Senevirathna Prize for the best performance in research.

The title of the paper was "Bullying in schools among early adolescents in Galenbindunuwewa educational zone: prevalence, types, common responses and effectiveness of a health promotion intervention". A paper published in Sri Lanka Medical Association Annual Scientific Sessions. She was also invited by the Director General of Health Services to present recommendations to implement similar programs to stop bullying in health care sector in Sri Lanka.

Unilever Student Ambassador Program (Sparks) – Mr. K M P Eranga Gunasekara

Mr Eranga Gunasekara, Undergraduate of the ICT degree program of the Faculty of Applied Sciences has been selected to the Sparks – Unilevel student ambassador program for the year 2014/2015.

Staff Achievements

International achievement

Dr. Manoj Fernando of the Health Promotion Division, Department of Biological Sciences, Faculty of Applied Sciences, Rajarata University of Sri Lanka has been appointed as a member of the World Health Organization scientific advisory group (SAG) on health promotion. He is one of the two members appointed from South East Asian Region. As a part of this appointment Dr. Fernando participated in the meeting held in Shanghai, China to discuss about organizing the 9th Global Health Promotion Conference which is planned to be held in November 2016. In addition he was recently appointed as a member of the international editorial panel of the journal launched by World Non-communicable Diseases Forum. He is also a member of the Presidential Task Force on drug prevention.

Foreign Students

Field Placement of Medical student from the Sahlgrenska Academy, University of Gothenburg, Sweden

Ms. Lovisa Hermansson, a medical student from the Sahlgrenska Academy, University of Gothenburg, Sweden completed a two months field placement from 21st September, 2015 to 21st November 2015 attached to the Health Promotion Division, Department of Biological Sciences, Faculty of Applied Sciences, Rajarata University of Sri Lanka. She is the third student from Sahlgrenska Academy, University of Gothenburg to complete field training in the faculty of Applied Sciences in recent years. Ms. Hermansson conducted her field research and training under the supervision of Mr. Duminda Guruge, Senior Lecturer in Health Promotion and Prof. Gunilla Krantz from Department of Health and Community Medicine.

Visits of Foreign Academics

Delegates from Chinese Academy of Science visited Faculty of Applied Sciences.

Delegation of Chinese Academy of Science visited the Faculty of Applied Sciences on the 23rd of October 2015. The purpose of the visit was to discuss the collaboration between two institutes in student and staff exchange. They will also assist to establish new degree program in Water Science and Technology

Visit of Prof Hiroaki Ishiga from Shimane University, Japan

Prof. Hiroaki Ishiga of Shimane University visited Rajarata University on 18th Dec and met the Vice-chancellor. A fruitful discussion was held to discuss how the future programs of the current MOU between the two Universities will be carried out. Prof Ishiga was very interested in caring out a ground water research study with a team from the Faculty of Applied Sciences, JAICA and Shimane University. The Vice-chancellor agreed to give his fullest cooperation in the activities carried out and pointed out the importance and the future plans of the MOU for the University.

Delegation from University of Malaya Visited Faculty of Applied Sciences

A research team from the Center for the Ionics University of Malaya visited Rajarata University of Sri Lanka on the 1st of October 2015 to conduct discussions to continue collaborative research activates between two universities. The visiting team was led by Prof. A K Arof, and the team consists of Senior Prof. M A Careem, and Dr. M H Buraidah and Dr. M A Mingsukang. The two parties agreed on to start joint MPhil and PhD projects, making joint application for research grants and signing MoU between two universities especially for the staff and student exchange activities.

Work Shop on "Student Counselling and Psychology"

The Faculty of Management Studies of Rajarata University of Sri Lanka organized a workshop on 'Student Counselling and Psychology' for the academic staff of the Faculty of Management Studies.

The workshop was successfully completed by the resource contribution of Mr. Prasanna Kamalasiri Perera, Course Coordinator Counselling/ Senior Counsellor/ Lecturer, Institute of Human Resource Advancement, University of Colombo on 22nd October.







Blooming Future

Department of Business Management kept a step forward to strengthen the university - Industry Corporation through this program, organized by final year students of Management Faculty. Students, as mini groups, connecting with thirty Small and Medium Entrepreneurs in Anuradhapura districts, collectively prepared "Five Years" strategic plans for their organizations.

The main objectives of this program were to strengthen the relationship of university with the industry and give a practical exposure on real world experience to the students.

Corporate Plans were handed over to relevant managers of the organizations on 8th September 2015 at New Faculty Auditorium of the University with the participation of Mr. PDNK Palihena - Dean, Faculty of Management Studies, all the Heads of Departments and all academic staff of the faculty. The Program was coordinated by Mr. IMS Weerasinghe, Lecturer in Charge (Strategic Management), Department of Business Management of Rajarata University of Sri Lanka.

RUSL QUIZ CHALLENGER

There was a quiz competition named RUSL QUIZ CHALLENGER on 28.12.2015 at Rajarata University of Sri Lanka. It was organized by the undergraduates who are following capital marketing subject in Department of Accountancy and Finance . It was for the A/L students in Anuradapura district. The students' knowledge of security exchange and capital market was evaluated by the programme. There were five school related to the program and Anuradapura central college and Eppawala Sri Siddhartha Maha Vidyalaya were selected to the final round. Among them the winner was the Anuradhapura central college. The Dean, Mr. PDNK Palihena and other Lecturers of the Management faculty participated in this program.



Aviation Awareness Programme - 2015

Acquire the practical exposure through organizing Aviation Awareness Programme, 2015, To understand the Aviation and Airport services, an awareness programme was organized for the undergraduates, who are following BSc Special degree in Tourism and Hospitality Management at Rajarata University of Sri Lanka.

The awareness programme was held on 16 September 2015. SriLankan Aviation College provided the undergraduates with the knowledge of Aviation and Airport Services and the programme was a great opportunity for undergraduates to observe and understand the ground handling procedure.







A Study Tour to Sinharaja Rain Forest

A study tour to Sinharaja Rain Forest was organized on 26th October 2015, for the undergraduates, who are following B. Sc Tourism and Hospitality Management degree with the purpose of:

- * getting proper understanding about the nature, characteristics and behaviors of their surroundings which are essential components in tourism destinations
- * providing basic theory and practical knowledge required for providing guide services
- * understanding the basic concepts related to the Environment, Ecology, Biodiversity and conservation relationship between tourism and biotic/abiotic environment.







World Tourism Day Celebration - Flashback 27th September 2015

Tourism and Hospitality Management Association (ToHoMa) of the Department of Tourism and Hospitality Management, Faculty of Management Studies successfully organized and completed series of events, which align with the World Tourism Day theme with the participation of students, lecturers and stakeholders in the Tourism Industry. Events were conducted with the purpose of making the public aware of the importance of tourism, cleaning tourist destinations of high value and sensitively, improving certain soft skills and attitudes of the undergraduates, widening the job opportunities, increasing the popularity of the Degree program among the stakeholders. Ten different events organized by ToHoMa...

- 1) CSR project in Mihintale (Cleaning Mihintale)
- 2) Business Etiquette program
- 3) Guides/tourism service providers training program
- 4) CSR project in Sigiriya (Cleaning Sigiriya)
- 5) Tourism Walk 2015
- 6) Launching the shadow program
- 7) Launching the E-job bank program
- 8) Cocktail demonstration
- 9) German cultural show
- 10) Releasing "The Guest Cycle" a movie on front office operation scripted, produced and directed by the undergraduates of the department.

Workshop on "Etiquette related to Business & Dining"

The Department of Tourism and Hospitality of Management of Faculty of Management Studies, Rajarata University of Sri Lanka organized a series of events on different days of the month, September in relation to the World Tourism Day 2015. Among the series of programmes a very special event was the workshop on "Etiquette related to Business & Dining". With the resource contribution of Sri Lankan Aviation Academy and financial contribution of Quality and Innovative Grant (THM), the workshop was successfully conducted on 26th August, 2015.





Shramadana Campaign - Cleaning Mihinthale

The Department of Tourism and Hospitality of Management of Faculty of Management Studies, Rajarata University of Sri Lanka conducted a Shramadana campaign on 24th August, 2015 in relation to the Celebrations of World Tourism Day



New Intake of Students for the Academic Year 2014/2015

Hundred and seventy eight (178) students were enrolled for the academic year 2014/2015 to the Faculty of Medicine and Allied Sciences as the tenth batch of the faculty. A prestigious inauguration ceremony was held in the faculty premises on 2nd December 2015. Out of hundred and seventy eight students; hundred and seventy six students were selected according to Advanced Level results while two students came through foreign category. New entrants are now involved in an eight week Foundation course consisting of programmes including English teaching, introductory lectures to medical course, leadership skills, inter personal skills, computer literacy, historical and cultural aspects of Anuradhapura etc. First semester of the pre clinical course for the new students will start on 1st of February 2016.







Promotions to the post of Professor

Dr. Suneth Agampodi (MBBS, MSc, MD, MPH, FRSPH), senior lecturer and head of the department of Community Medicine is promoted as a Professor in Community Medicine with effect from April 2014. Prof. Agampodi joined the Faculty of Medicine and Allied Sciences in March 2009 as a probationary lecturer in Community Medicine. He is the youngest person to be promoted to the post of professor in community medicine in the university system of Sri Lanka. Prof. Agampodi is also one of the very few medical gradates appointed as professors before the age of 40 years.



Merit Award

Prof. Sarath Edirisinghe, has received National Research Council Merit Award for Scientific Publications 2013 for the study; Rickettsioses in the central hills of Sri Lanka: serological evidence of increasing burden of spotted fever group. (International journal of Infectious Diseases 2013;17:11).



Promoting tropical disease research among physicians from North Central, North Western and Central Provinces

As a part of ongoing process to promote tropical disease research among medical practitioners, Tropical Disease Research Unit (TDRU) of Rajarata University of Sri Lanka sponsored 20 physicians from the ministry of health, supported through a grant from WHO, TDR to participate in International Conference jointly organized by Center for Research in Tropical Medicine, University of Peradeniya and the International Federation of Tropical Medicine. The conference was held in December 2015 in Peradeniya, Sri Lanka. Health professionals from Kurunagala, Anuradhapura, Kandy and Kuliyapitiya were supported by the TDRU, Faculty of Medicine and Allied Sciences, RUSL.

AYUBOWEWA A Voice for Healthy Rajarata

The Department of Community Medicine has been conducting a medical discussion broadcasting since October 2015 through Rajarata Sewaya (F.M 107.3) on every Saturday at 6.45 pm. This is an important health discussion with specialized doctors addressing various health issues in Rajarata area.



Best Poster presentation award

Dr.Thulani Pattiyakumbura, Dr. Nilupulee Rankaduwa, Dr.Thilini Agampodi, Dr.Subhashini Katumuluwa who served in the Department of Community Medicine, working alongside faculty members from the department, created, facilitated, and evaluated a mindfulness-based intervention aimed at promoting physical activity of pregnant women in Sri Lanka. They won the best poster presentation award in ACS Anuradhapura titled "Moving beyond routine antenatal exercise-incoorperating mindful movements into antenatal care in Sri Lanka "..... Mindfulness means " paying attention in a particular way, in the present moment, and non-judgmentally." The mindful movements taught to the pregnant women included modified antenatal yoga poses, a gentle movement series, and walking meditation. The women performed these practices weekly in our training class as well as on a regular basis individually at home. Participants reported that these practices were enjoyable, stress-relieving, and acceptable for their culture. Incorporating mindful movements into routine antenatal care clinics in Sri Lanka would be culturally acceptable and could be beneficial for the physical and mental well-being of women and their children.

Three Research presentations by Dr Chamindri Naotunna



Collaboration between the Maternal and Child Health Research Unit (MCHRU) of Department of Community Medicine and University of Copenhagen School of Global Health (CSGH).

Prof. Flemming Konradsen, Director, University of Copenhagen School of Global Health (CSGH) visited the department of Community Medicine, Faculty of Medicine and Allied Sciences to discuss establishment of a framework for collaboration within the promotion of teaching, research and academic and cultural exchange between RUSL and CSGH. After successful discussions, following areas of collaborations were agreed upon.

- a) To receive educational visits by members of the academic staff, scholars and research students from the respective institutions and provide necessary support
- b) To collaborate in education programmes in areas related to Global Health
- c) To collaborate in research and development on priority health problems and health systems research
- d) To exchange academic data and information
- e) Student internships and elective programmes

MCHRU will take the lead role in this collaboration and will receive and host the international students.

Dr. Chamidri Naotunna who was a temporary lecturer in Department of Community Medicine has presented 3 research presentations related to her work during the period of she was attached to the university. They include "Effective delivery through evidence and innovation" at the International Conference on Maternal and Child Nutrition At The Kingsbury- Colombo Sri Lanka (23rd and 24th November 2015), "Social determinants of stunting and wasting among primary school children in NCP" and "Malnutrition among primary school children in rural NCP of SL: Where do we stand?" at 12th SEA Regional Scientific Meeting of the International Epidemiological Association 2015 (IEA-SEACON 2015-Bangkok.

A New Scholarship for Medical Students

Rajarata Medical Students will have annual research grant up to Rs.100,000 every year from LEO WICK public health grant scheme. You need to have a supervisor from the department of Community Medicine. This grant will also be available for early career researchers attached to the department (permanent or temporary). This will not be just a grant scheme, but the selected student will be entered by a international public health specialist. Further he or she may have the opportunity of presenting results of the research in local, international conferences.

Details are available here. Apply quickly...

http://lwgrant.strikingly.com

Best Oral Presentation awards



Dr Anjana Silva received Three Best Oral Presentation awards in Clinical Toxicology Each year there are three major international conferences in clinical toxicology. Dr Anjana Silva has been awarded the best oral presentation award at all three of the congresses held in 2015, and each for three different researches. They include, Young Investigator Award for best oral presentation by a scientist aged less than 40 years at the European Association of Poison Centers and Clinical Toxicologists (May - in Malta). Outstanding oral presentation of the congress at North American Congress of Clinical

Toxicology (October - in San Francisco) and Best Oral presentation of the congress at Annual congress - Asia-Pacific association of Medical Toxicology (December - in Perth). Dr Anjana Silva is a senior lecturer and a leading young researcher attached to the department of Parasitology, Faculty of Medicine and Allied Sciences, Rajarata University with interests in Toxinology, Herpetology and Icthyology.

Anuradhapura Clinical Society (ACS) oration delivered by Faculty of Medicine and Allied Sciences academic member

Prof. Suneth Agampodi from the Department of Community Medicine, Faculty of Medicine and Allied Sciences delivered the prestigious Anuradhapura Clinical Society oration in 2015. The oration titled "Diagnostic challenges of Leptospirosis in Sri Lanka; validity and utility of different diagnostic tools" was delivered during the annual scientific sessions of Anuradhapura Clinical Society which was held jointly with Foundation Sessions of Sri Lanka Medical Council in October 2015.



Award for Best Presentation

Dr Anuruddha Karunarathna won the price for Best Oral Presentation. Dr Anuruddha Karunaratne, a post graduate trainee in Diploma in Venereology has won the first prize while in his attachment to Department of Community Medicine, for the best oral presentation at the Annual scientific sessions of Anuradhapura clinical society held jointly with SLMA foundation sessions 2015, for his study "Are pregnant mothers satisfied with the quality of care provided by the government antenatal clinics?"



National Research Council Merit Award

received National Research Council Merit Award for Scientific Publications 2013for the study; Sexual dimorphism in digital dermatoglyphic traits among Sinhalese people in Sri Lanka.(Journal of Physiological Anthropology 2013;32:27).



Dr. BuddhikaWijerathne, has Dr. Kosala Weerakoon, has received National Research Council Merit Award for Scientific Publications 2013 for the study; Rickettsioses in the central hills of Sri Lanka: serological evidence ofincreasing burden of spotted fever group .(International journal of Infectious Diseases 2013;17:11).



Department of Community Medicine involved in developing road map to improving Maternal Health in Haiti

With the partnership of Haiti Cholera Research Funding Foundation (HCRFF), department of community medicine is in the process of developing a model maternal and child health (MCH) care package for Haiti, a country with extremely poor MCH indicators. Haiti's maternal mortality ratio (MMR) of 380 per 100,000 LB is double the rate for the Caribbean region and equal only to the lower estimate for Sub-Saharan African region. The upper estimate for Haiti MMR is even higher than the estimate for Sub-Saharan Africa. Using the Sri Lankan model as one of the most cost effective and successful MCH model in the world, department of community medicine proposed a new model for MCH in Haiti. As an



nitial step of this process, Prof. Suneth Agampodi visited Haiti in August 2015 and held discussions with the officials from the Ministry of Planning and Ministry of Public Health (MSPP), Haiti. The proposed project is also supported by WHO regional office in Western Pacific region and now the discussions are underway to implement this project.

New Appointment

Dr. Gayani Amarasinghe has joined the Department of Community Medicine, Faculty of Medicine and allied Sciences as a probationary lecturer. She is a MBBS graduate from the Rajarata University.



Received a major US grant for Leptospirosis (Mee Una) Research

A Rajarata University research team, headed by Dr.Suneth Agampodi, Head and a senior Lecturer in community medicine at Faculty of Medicine and Allied Sciences and the lead epidemiologist of the Tropical Disease Research Unit, has been awarded a 5-year, major research grant to carry out translational research studies of leptospirosis commonly known as "Mee Una", an infectious and sometimes fatal bacterial disease endemic in Sri Lanka and many other countries.

Funding comes from a major collaboration with University of California, San Diago and the funding is from the National Institute of Allergy and Infectious Disease (NIAID) under the auspices of the International Collaborations in Tropical Disease Research program.

The three country research collaboration will be headed by Joseph Vinetz, MD, professor of medicine at University of California, San Diego School of Medicine and director of the UC San Diego Center for Tropical Medicine and Travelers Health. Jessica Ricaldi, MD, PhD, at Universidad Peruana Cayetano Heredia in Peru will lead the Peru component of this research.

Asia Pacific Academic Consortium of Public Health

Dr. Y.P.J.N. Warnasekara, a Lecturer in Department of Community Medicine, has participated in the 47th Asia Pacific Academic Consortium of Public Health held in Bandung, Indonesia (from October 21 to October 23, 2015), in which he presented an abstract titled "A Real Time Surveillance of Dengue Fever – a Sri Lankan experience"

http://apacph2015.fkm.ui.ac.id/gallery/pre-conference-day-2/



Research Papers In International Conference on Maternal and Child Nutrition, 2015

The South Asia Infant Feeding Research Network (SAIFRN), UNICEF and the Department of Foreign Affairs and Trade, Australian High Commission Sri Lanka, in collaboration with the Universities of Colombo and Sydney organized the International Conference on Maternal and Child Nutrition in Colombo, Sri Lanka on the 23rd and 24th of November 2015. Researchers from Faculty of Medicine and Allied Sciences presented six research papers in this conference on responsive feeding, determinants of wasting, prevalence of underweight and community based interventions on infant feeding. The papers presented varied from qualitative to quantitative studies and from large community based studies to systematic reviews.

World Health Organization Temporary Advisor

Prof.Suneth Agampodi from the department of Community Medicine, Faculty of Medicine and Allied Sciences was appointed as a WHO temporary advisor in October 2015. WHO Tropical Disease Research (TDR) was collaborating with the WHO HIV Department, the WHO Knowledge, Ethics and Research Department and the Alliance for Health Policy and Systems Research (AHPSR) to develop Guidance on reporting of Implementation / Operational Research. Prof. Agampodi was appointed as a temporary advisor for this work and attended this workshop in Geneva, Switzerland in October 2015.



Dr. W.A.N.D. Wickramasinghe

Medal Award

Dr. W.A.N.D. Wickramasinghe, a Senior Lecturer in Community Medicine, was awarded the Silver Medal for the Best Student of the Postgraduate Institute of Medicine for the year 2013 (awarded to the best student among MSc / Diploma category candidates) at the Postgraduate Convocation, University of Colombo held on December 2, 2015. (http://www.cmb.ac.lk/index.php/2015/12/02/postgraduate-convocation-2014)



Participating in European Public Health Conference

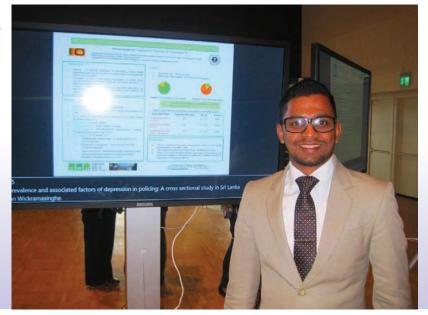
Dr. W.A.N.D. Wickramasinghe, a Senior Lecturer in Community Medicine, has participated in the 8th European Public Health Conference held in Milan, Italy (from October 14 to October 17, 2015), in which he presented an abstract titled "The Prevalence and Associated Factors of Depression in Policing: A Cross Sectional Study in Sri Lanka"

(http://eurpub.oxfordjournals.org/content/25/suppl 3/ckv175.006)



Placed First in MD Merit List

Dr. W.A.N.D. Wickramasinghe, a Senior Lecturer in Community Medicine, was successful at the MD in Community Medicine Part II examination held by the Postgraduate Institute of Medicine, University of Colombo (August, 2015), in which he received a direct pass and placed first in the merit list.



Presidential Awards

Prof. Sisira Siribaddana, Prof.S.B.Agampodi and Dr.T.C.Agampodi, Dr Anjana Silva received the Presidents' award for scientific publications 2013.









FSSH News

New Dean of the Faculty of Social Sciences and Humanities

Dr.C.R. Withanachchi was appointed as the new Dean of the Faculty of Social Sciences and Humanities with effect from November, 2015.



New Head of the Department of Archaeology and Heritage Management

Dr. Thusitha Mendis was appointed as the new Head of the Department of Archaeology and Heritage Management with effect from November, 2015.



Completion of Ph.D. Degrees

Dr P.S.K. Rajapaksha has successfully completed his PhD research study in the area of Environmental Economics at the University of Leeds, United Kingdom.



Promotions to the post of Professor



Dr. Sena Nanayakkara of the Department of Humanities of Rajarata University of Sri Lanka has been promoted to the post of Professor with effect from 2014. He came to the limelight as a national level artist because of his contribution to a number of tele dramas namely 'Dunhinda Addara', 'Sinthetic Sihinaya', 'Dandubasnamanaya', 'Dande lu gini', and 'malaya' and also his contribution as an actor in a few stage dramas namely 'Bhumika', 'Hena','Oththukarayo','mora','mahanaduwa','Rajakeeya wendesiya' which received national awards. Since 1979 Prof. Sena Nanayakkara has been an active member in Sri Lanka Radio as well as a painter who has shown abilities at national and international levels. He has been awarded with Kalakeerthi and North Central Province Kalabhimani awards. Moreover, Prof Sena Nanayakkara has been honored with 'Janamanya Vibhuthirathne' and 'Dampiya Prasadini' honours degrees for his contribution as a social worker. In addition to the above Prof. Sena Nanayakkara has been a writer who has published number of books related to development, media and creativity. He had been a member of the Director Board of Sri Lanka Film Corporation and also a member of the Board of trustees. Moreover, Prof. Sena Nanayakkara has been rendering his services as a member of the panel of

judges in the National Literary Festival and State Tele awards festivals. Having received his primary and secondary education at Niwaththeka Chethiya Vidyalaya and Mahinda Vidyalaya, Anuradhapura. Prof. Sena Nanayakkara obtained his B.A. Special Degree, M.A. and Ph.D. from the University of Kelaniya, Sri Lanka.

Book Launch Ceremony

Book launch ceremony organized by the department of Archaeology and Heritage Management was held in the Faculty of Social sciences and Humanities auditorium. Two books written by Dr. Chandana Withanachchi and Dr.Thusitha Medis were launched. Senior Prof. C.M. Maddhuma bandara was the chief guest and The Vice Chancellor Prof. Ranjith Wijayawardana and other distinguished guests were participated in the event.





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ශී ලංකා රජරට විශ්වව්දහලයීය කලා මණ්ඩලය හා භාෂා අධ්‍යයන අංශයට සමගාමීව කියාත්මක වන සිංහල සාහිතා සංගමය ම්ගින් සංවිධානය කරන ලද "මගේ දරු පැටව්" සංගීත සැදෑව (පැදුර) පුවීණ ගීත රචක ශාන්ත ජයලත් තිසේරාගේ සම්පත් දායකත්වයෙන් 2015c11c05 දින සමාජිය ව්දාා හා මානව ශාස්තුපීඨයේ දී පැවැත්විණි. ඒ සිදහා උපකුලපති මහාචාර්ය රංජිත් විජයවර්ධන මැතිතුමා සහ සියලුම පීඨවල පීඨාධිපතිවරු අංශාධිපතිවරු මෙන්ම ආචාර්ය, කථිකාචාර්ය හා සිසු සේවක සියල්ලන්ම සහභාගී වුහ.



QIG Activities

Activity 2

HETC - QIG granted workshop under Activity 2 on Training on Establishment of Academic Staff on Laboratory and Laboratory Usage was held at the Faculty of Social Sciences and Humanities on 25th of August 2015. The key objective of the workshop was to inculcate good practices of providing practical exercises from established laboratories in the Faculty. This workshop is confined to the practical components of all three laboratories namely, Audio Visual unit, Environmental laboratory, Archaeology laboratory. H.R.P Lal – Visual Media – National Film Corporation for the Media laboratory, Kamal De Soysa - University of Kelaniya for the Archaeology laboratory and Dr. Sriyani Wickramasinghe - Faculty of Applied Sciences, RUSL were the resource persons for the workshop and

all the academic staff members relevant to each laboratory in the Faculty of Social Sciences and Humanities participated.

Activity 3

HETC - QIG granted workshop under Activity 3 on Identification of potential industries and identification of required students' industrial skills was held at the Hotel Saji Sami, Mihinthale on 19th of November 2015. The key objective of the workshop was to identify the respective stakeholders and required students' skills for the student industrial training.

Dr. T.B.Andarawewa, Consultant for the QIG activity 3 was the resource person for the workshop and all the academic staff Faculty of Social Sciences and Humanities and Industry representatives attended the workshop.



CDCE News

Inaugural Ceremonies of CDCE

- 1) Inauguration of Diploma course in Information and Communication Technology (DICT) Intake III -2015 was held on 26th June 2015 and Fifty Two students were enrolled.
- 2) Inauguration of Diploma in Tamil language Intake II (2015/2016) was held on 10th October 2015 and Eighty Two students were enrolled.
- 3) Inauguration of 3rd batch of Bachelor of Business Administration (External) Degree was held on 15th November 2015 at the Auditorium of the North Central Provincial Council. This is the 3rd intake of Bachelor of Business Administration (External) Degree programme and 663 students were registered.
- 4) Inauguration of Certificate course in Information and Communication Technology (CICT) Intake VII was held on 11th November 2015 and Eighty Four students were enrolled.



A New Step

Initiative steps have been taken to prepare a Demonstration Video, Database Management System & Handbook for the Center for Distance & Continuing Education under the financial assistance from HETC project.



Launching ceremony of the new library web site and Library online Catalogue System

The website of the Rajarata University library was launched by the Vice chancellor of the Rajarata University of Sri Lanka to mark the opening of the library web site and library online circulation system on 01st of October 2015 at the main library Auditorium. Deans from all the faculties, registrar and bursar attended the ceremony.

This library online catalogue System is the result of the contributions of Mr. Nimal Hettiarachchi Senior Assistant Librarian at the Ruhunu University of Sri Lanka. Library new web site design was created by Mr.Harsha Balasooriya Senior Assistant Librarian Open University of Sri Lanka. Both of them provided training, advice and technical assistance on building and designing those two systems. Special thanks go to Mr. P.S Paliyaguruge, Director, Computer Center and his staff.



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Library Outreach Programme- National Reading Month Digital Library Development

The Library has successfully converted the existing library data base management system with the open source software "KOHA". The new system Online Public Access Catalogue (OPAC) is the most user friendly library information system.

Workshop and Seminars

Mrs.K.R.N.Harshani, Senior Assistant Librarian and Mrs. W.M.P.G.K.T.Wanasinghe, Senior Assistant librarian participated in the International Workshop on Bibliometrics and Scientometrics organized by Department of library and Information Science, University of Kelaniya, Sri Lanka (27th to 29th July 2015)

Mrs. A.S. Siriwardana, Librarian, Rajarata University of Sri Lanka and Mrs. K.R.N. Harshani, Senior assistant Librarian of the Faculty of Applied Sciences library participated as resource person in the "Reading Month Programme" at Madawachchiya Maithreepala Senanayake National School, Madawachchiya on 29th of October 2015.

Promotion

Mrs.W.P.T.Dilrukshi in the Faculty of Agriculture has been promoted to the post of Senior Assistant Librarian Gr.II with effect from 20.12.2013

Research and Publication

Harshani, K.R.N (2015) "Promoting book corner at Early Childhood Development Centers (ECDC) at Mihinthale" International Conference on LIS (ICLIS-2015) Organized by the Sri Lanka Library Association 17-18 September 2015 at Galadari Hotel, Colombo

Library Visit (Information for all)

Students of the Anamaduwa Muslim School visited the main library on the 10th of September 2015. This visit specially focused on Library section and services for their information.

Conducted Training programme

1) One day workshop was organized for Cultural Center Library officers in North Central Province. It was organized by the cultural center of the Rajarata university of Sri Lanka. The workshop was conducted by Mrs. A.S. Siriwardana, Librarian, Rajarata University of Sri Lanka and Mrs. K.R.N.Harshani Senior Assistant Librarian of the Faculty of Applied Sciences Library at the Auditorium of Cultural center on 08th December 2015.





2) Library has conducted a training programme for public librarians of the Anuradhapura district organized by North Central Province National Library board at provincial council building. It was conducted by Mrs. A.S. Siriwardana, Librarian, Rajarata University of Sri Lanka and Mrs. W.M.P.G.K.T.Wanasinghe Senior Assistant Librarian of the Medicine and Allied Sciences Library on 18th of September 2015.



3) Library has conducted a training programme for public librarians of the Anuradhapura district organized by North Central Province National Library board at provincial council building. It was conducted by Mrs. A.S. Siriwardana, Librarian, Rajarata University of Sri Lanka and Mrs. W.M.P.G.K.T.Wanasinghe Senior Assistant Librarian of the Medicine and Allied Sciences Library on 18th of September 2015.





4) Library has conducted a training programme for public librarians, Piriwen librarians and teacher librarians of the Polonnaruwa district organized by North Central Province National Library board. It was conducted by Mrs. A.S. Siriwardana, Librarian, Rajarata University of Sri Lanka and Mrs. W.M.P.G.K.T.Wanasinghe Senior Assistant Librarian of the Medicine and Allied Sciences Library on 28th of December 2015.

Workshop on Personal Grooming and Dress Cord

Career Guidance Unit (CGU) of Rajarata University of Sri Lanka (RUSL) and Sanjeewaka Ayurwedic Products (Pvt) Ltd is collectively organizing a workshop on personal grooming and dress cord for university undergraduates. The event is scheduled to be held on 2nd, February 2016 at the RUSL premises. The final discussion was held on 8th, December 2015 at the Vice Chancellor's office. Prof. K.H. Ranjith Wijewardhana, Vice Chancellor, Rajarata University of Sri Lanka, Dr. G.A.S. Ginigaddara, Director, Career Guidance Unit/RUSL, Mr. Jaliya Rathnayake, Career Guidance Counselor, CGU/RUSL, Mrs. A.Mangalika Dissanayake, Career Guidance Counselor, CGU/RUSL, Mr. Supun Rajasooriya, Marketing Manager, Sanjeewaka Ayurwedic Products (pvt) Ltd, and Mr. Hemal Sumanadasa, Sales Manager, Sanjeewaka Ayurwedic Products (pvt) Ltd participated in the discussion.

Mrs. Hasini Gunesekara, Director, International Academy of Beauticians and Life Member of Asia Pacific Hairdressers and Cosmetologist Association will be conducting the personal grooming session. Mr. Philip Mullegama, Senior lecturer at SLIM, AVID Maldives, Chartered Marketer, USA Certified Professional Trainer is conducting a motivational session under the theme of "Fly like an Eagle".Mr. Jaliya Rathnayake and Ms. Udari Nisansala Career Guidance Advisor, Career Guidance Unit, Ruhuna University will be conducting the Dress cord session.

Communication Skills Development Program

Career Guidance Unit (CGU) of Rajarata University of Sri Lanka (RUSL) has launch a continuous program on communication skills development for undergraduates of the university for the year 2016. These workshops are conducted after lecture hours on every weekday from 4.00 pm to 8.00 pm in the career guidance unit's auditorium. Prime objective of the program is to improve effective English speaking ability. Effective speaking is concerned being able to speak in a public context with confidence and clarity, whilst reflecting on undergraduates' own personality.



Computer Center News

The Computer Center hosted the workshop organized by Treasury of North Central Province during 09th November 2015 to 20th November 2015. Around four hundred employees including data entry operators and officers were trained to familiarize them selves with the newly computerized system of North Central Province.

The Computer Center hosted the workshop titled "Issues of Institutionalization", conducted by the HETC project which was held on 06/10/2015.

ELTU News

ELTU Extension Courses -2016 Applications have been called for the Advances Certificate in English and Diploma in English Extension courses conducted by the English Language Teaching Unit of Rajarata University of Sri Lanka. The Advanced Certificate Course in English(Extension) is scheduled to commence in January 2016 and the Diploma in English(Extension) will commence in May 2016.

Tournaments Organized





Inter Faculty Sports Tournament-2015 12th to 23rd September 2015

Fresher's Sports Tournament (2013/2014 Batch) 28th November to 08th December 2015

Games Conducted

Badminton Table Tennis Hockey Netball Rugby Cricket Wrestling Weightlifting

Volleybal Carrom Chess Football Road Race Athletics Elle





Tournaments Participated

Mora Hockey 7's Men & Women Tournament – 2015 Organized by University of Moratuwa 3rd Place



Flag Football Tournament – 2015 Organized by Elite Football League



In addition to this our university teams have played matches with various teams. These teams could not obtain a place. But they have shown tremendous performances in the games

UITM Tournament (Malaysia)
Inter University Table Tennis Tournament
Inter University Netball Tournament
Tag Rugby Tournament
Inter University Weightlifting Tournament
Mora 6's Rugby Tournament
Kelaniya Grip to Grip Carrom Tournament
Inter University Athletic Tournament
Anuradhapura District Cricket Tournament
Inter University Football Tournament
Inter University Badminton Tournament









