



Sri Lanka Medical Association

Health Equity Across Life Course:
Resilient Pathways, Empowered Lives

ANNUAL
REPORT

2025

"Wijerama House",
No. 6, Wijerama Mawatha,
Colombo 7, Sri Lanka



Sri Lanka Medical Association

Annual Report - 2025

"Wijerama House", No. 6, Wijerama Mawatha,
Colombo 7, Sri Lanka.



**Contents**

FOREWORD	IV
1. ANNUAL GENERAL MEETING, 2024	1
2. INDUCTION OF THE PRESIDENT	2
3. SLMA 2025 ROAD MAP	3
4. COUNCIL MEETINGS	4
5. 138 TH ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS	5
6. FOUNDATION SESSIONS OF THE SRI LANKA MEDICAL ASSOCIATION	13
7. ORATIONS	15
8. SLMA AWARDS	19
9. MONTHLY CLINICAL MEETINGS	25
10. JOINT REGIONAL CLINICAL MEETINGS	27
11. THERAPEUTIC UPDATES	29
12. MEDIA AND PUBLIC HEALTH-RELATED ISSUES	30
13. SYMPOSIA, SEMINARS, LECTURES, WEBINARS AND WORKSHOPS	33
14. SLMA SATURDAY TALK	35
15. CEYLON MEDICAL JOURNAL	37
16. RESEARCH ETHICS COMMITTEE	38
17. SRI LANKAN CLINICAL TRIALS REGISTRY	40
18. REPORTS OF THE SLMA EXPERT COMMITTEES	42
19. INTERCOLLEGIATE COMMITTEE	68
20. MONTHLY NEWSLETTER	69
21. SOCIAL ACTIVITIES	70
22. SLMA KIDS ART – BORN TO SHINE	72
23. PREMISES MANAGEMENT AND DEVELOPMENT	74
24. NEW MEMBERS	77
25. TREASURER'S REPORT	77
26. AUDITOR'S REPORT 2024	78
27. EASTER SUNDAY BOMB BLAST RELIEF PROJECT / TSUNAMI DISASTER RELIEF PROJECT	78
28. PUBLICATIONS	79
29. INNOVATIVE ACTIVITIES OF THE SLMA IN 2025	81
30. SLMA RESPONSE TO DITWAH CYCLONE	93
ANNEXURE 1: PROGRAMME OF THE 138 TH ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS	99
ANNEXURE 2: PROGRAMMES OF PRE-CONGRESS WORKSHOPS	103
ANNEXURE 3: PROGRAMMES OF POST-CONGRESS WORKSHOPS	104
ANNEXURE 4: PROGRAMME OF FOUNDATION SESSIONS	105
ANNEXURE 5: PROGRAMMES OF MONTHLY CLINICAL MEETINGS	108
ANNEXURE 6: JOINT REGIONAL CLINICAL MEETINGS	109
ANNEXURE 7: PROGRAMMES OF SYMPOSIA, SEMINARS LECTURES WEBINARS AND WORKSHOPS	110
ANNEXURE 8: SLMA SATURDAY TALK	112
ANNEXURE 9: MONTHLY NEWSLETTERS	116
ANNEXURE 10: LIST OF NEW MEMBERS	118
ANNEXURE 11: THE AUDITED ACCOUNTS REPORT OF YEAR 2024	123
ANNEXURE 12: ANNOUNCEMENTS	129
ANNEXURE 13: POLICY FORUMS	142



FOREWORD



The year 2025 will be remembered as a pivotal chapter in the long and renowned history of the Sri Lanka Medical Association (SLMA). It was a year that began with a clear vision, gained momentum through collective effort, and culminated in lasting institutional accomplishments. As President of the SLMA, I present this foreword with pride, not as a personal reflection, but as a tribute to a profession that united, disciplined itself, and purposefully responded to the nation's health needs.

At the core of our journey was a unifying vision: "Health Equity Across the Life Course: Resilient Pathways, Empowered Lives." This vision was first articulated through the SLMA Road Map 2025, a strategic blueprint that turned ideals into action. Based on a life-course approach, the Road Map recognised that health outcomes are shaped from early childhood through adolescence, adulthood, and healthy ageing, influenced by social, economic, environmental, and behavioural determinants. It provided clear direction, aligned with national priorities, and offered a shared framework that guided every major initiative undertaken by the Association during the year.

One of the most significant achievements of 2025 was the establishment and realisation of the Sri Lanka Medical Advancement Trust. Designed as a permanent endowment, the Trust signifies a decisive shift from short-term thinking to long-term stewardship. Its purpose is clear: to secure the financial sustainability, institutional independence, and continuity of the SLMA's mission across generations. Through this Trust, the Association has developed a robust mechanism to support ongoing professional development, research, scholarships, leadership growth, innovation, and the preservation of medical heritage. More importantly, it has reinforced trust among members, partners, donors, and the public by integrating principles of transparency, accountability, and sound governance into its operations.

The values expressed in the Road Map found strong expression in visible, people-centred action. The SLMA Health Walk 2025, held as a national advocacy campaign, exemplified the Association's dedication to prevention, wellbeing, and community involvement. More than just a ceremonial occasion, it was a public statement that health promotion starts outside hospital walls through active lifestyles, social engagement, and shared responsibility. The Health Walk united doctors, allied professionals, families, and communities, reinforcing the message that sustainable health depends on collective effort across society to promote the 'Safer Roads-Safer Communities' theme.

Academic excellence remained a core element of the SLMA's identity. The 138th Anniversary International Medical Congress was one of the most comprehensive and intellectually dynamic scientific gatherings in the region. With an extensive programme of pre-congress workshops, plenary sessions, symposia, free papers, and post-congress activities, the Congress showcased the depth and diversity of modern medicine. It offered a platform for innovative science, multidisciplinary dialogue, and the application of evidence into practice, reaffirming the SLMA's position as the leading academic body of the medical profession in Sri Lanka.

Complementing the Congress were the Foundation Sessions of 2025, which reaffirmed the ethical, historical, and professional underpinnings of Sri Lankan medicine. Through speeches, memorial lectures, and thematic discussions, these sessions celebrated not only scientific achievement but also core values of integrity, service, scholarship, and leadership. They acted as a bridge between generations, reminding us that progress in medicine is sustainable when innovation is rooted in tradition and professional ethics.

A major strength of the SLMA in 2025 was its ability to bridge science and policy. The SLMA Health Policy Forum served as an essential platform for evidence-based discussions, bringing together clinicians, academics, policymakers, and stakeholders to tackle urgent health issues at the national level. Through organised discussions and expert insights, the Forum reinforced the SLMA's reputation as a trusted policy partner that advocates based on data, experience, and public interest, rather than ideology. This engagement triggered increased national debate on health equity, system resilience, and preventive measures, and its role in shaping the new health policy was highly esteemed.

Equally impactful was the Association's commitment to inclusivity and decentralisation through Regional and Joint Regional Sessions. By extending academic and professional activities beyond Colombo, the SLMA ensured equitable access to continuing medical education and professional engagement for doctors nationwide. These sessions strengthened regional networks, recognised local challenges, and reinforced the principle that professional excellence must be accessible rather than centralised. They embodied the life-course and equity principles enshrined in the Road Map.



Perhaps the most compelling demonstration of the SLMA's social responsibility in 2025 was its response to the Ditwah Cyclone and subsequent floods. Following this national disaster, the SLMA acted swiftly from concern to action. Through medical helplines, media briefings, fundraising initiatives, intercollegiate coordination, and direct contact with affected hospitals and communities, the Association provided leadership during a period of uncertainty. Its response highlighted the unique role of a professional body in mobilising expertise, credibility, and compassion in service of the public good. It reaffirmed that the social contract between the medical profession and society extends beyond routine care, especially in times of crisis.

Underlying all these achievements was strong governance and collective leadership. Regular Council meetings, active expert committees, intercollegiate collaboration, and dedicated staff ensured coherence, accountability, and continuity. The SLMA functioned not as a collection of isolated activities, but as an integrated organisation guided by shared purpose and disciplined execution.

Reflecting on 2025, a clear story unfolds. This year began with a vision, was driven forward by strategic actions, and ended with establishing institutions. The Road Map provided us with guidance. The Sri Lanka Medical Advancement Trust offered us resilience. Our academic, policy, regional, advocacy, and humanitarian efforts brought that vision to life.

This Annual Report is more than just a record of events. It serves as evidence of what a united profession can accomplish when guided by values, informed by evidence, and committed to equity. It affirms the SLMA's enduring role as the conscience, catalyst, and guardian of medical professionalism in Sri Lanka.

As President of the Sri Lanka Medical Association, I sincerely thank the Council, expert committees, intercollegiate partners, regional collaborators, staff, and members for their steadfast commitment. Together, we have addressed current needs and established solid groundwork for the future.

With trust as our currency, equity as our compass, and service as our calling, the SLMA stands prepared to carry on this journey towards resilient pathways, empowered lives, and a healthier Sri Lanka for future generations.

Dr Surantha Perera

President

Sri Lanka Medical Association

**Council of the Sri Lanka Medical Association, 2025**

Seated Left – Right: Dr Bodhika Samarasekara (Treasurer), Professor Samath D Dharmaratne, Professor Jennifer Perera, Dr B J C Perera, Professor Anoja Fernando (Past Presidents' Representative), Dr Malik Fernando, Dr Susie Perera (Vice President), Dr Ananda Wijewickrama (Immediate Past President), Dr Surantha Perera (President, SLMA), Dr Manilka Sumanatilleke (President Elect), Professor Sachith Mettananda (Vice President), Dr Lucian Jayasuriya, Dr Preethi Wijegoonewardene, Dr Anula Wijesundere, Dr Padma Gunaratne, Dr Vinya Ariyaratne, Dr Asiri Hewamalage (Secretary, SLMA)

Standing Left – Right – (first row): Professor Madunil A Niriella (Co-Editor, Ceylon Medical Journal), Dr Darshana Sirisena, Dr Anuja Abayadeera, Dr Pramilla Senanayake (Social Secretary), Dr. Sarath Gamini De Silva, Professor Ruwanthi Perera (Assistant Secretary), Professor Ishan De Zoysa, Professor Saroj Jayasinghe, Professor Kumara Mendis (Assistant Secretary), Professor Athula Sumathipala (Co-Editor, Ceylon Medical Journal), Dr V Murali, Dr M H Aruna Devapriya De Silva, Dr Lahiru C Kodituwakku, Dr Christo Fernando (Public Relations Officer), Dr Udana Ratnapala (Assistant Treasurer), Professor Sumudu Nimali Seneviratne (Assistant Secretary), Dr Isshani Fernando (Assistant Secretary)

Standing Left – Right – (Second row): Professor W A N D Wickramasinghe, Dr Marius Suranjan, Dr S V Tharindi N P Suriapperuma, Dr Rameshkumar Thevarajah, Dr Nilanka Wickramasinghe (Social Secretary), Dr M Sajitha S Mallawaarachchi, Dr J M S Dineshan Ranasinghe, Dr V S M C K B Jayawardena

Absent: Dr Nirosan Atulugama, Dr D G Thilanka I Dodangoda, Dr D M C Duminda Dissanayake, Professor N Suganthan, Professor Vijayakumary Thadchanamoorthy



1. ANNUAL GENERAL MEETING, 2024

The Annual General Meeting (AGM) of the Sri Lanka Medical Association (SLMA) for the year 2024 was held on 23rd December 2024 at the Lionel Memorial Auditorium, Wijerama House, Colombo 07 with 133 members in attendance. The meeting was chaired by Dr Ananda Wijewickrama, President of the SLMA, and commenced with the recital of the National Anthem. Dr Ananda Wijewickrama thanked the members of the Council, members of SLMA and the staff of the SLMA office for their contributions towards making the SLMA activities a success. He summarized the achievements during the period of his presidency. The Honorary Secretary Dr Lahiru Kodituwakku tabled the annual report 2024 and the minutes of the previous annual general meeting held on 22nd December 2023. The minutes of the 2023 AGM were adopted subject to one amendment regarding representation made by Dr Jeyakumar. The proposal to adopt the corrected minutes was moved by Dr Kalyani Guruge and seconded by Dr Padma Gunaratne.

1.1. ELECTION OF OFFICE BEARERS FOR 2025

The following office bearers were declared elected for the year 2025:

President	Dr Surantha Perera
President-Elect	Dr Manilka Sumanatilleke
Vice Presidents	Dr Susie Perera Professor Sachith Mettananda
Secretary	Dr Asiri Hewamalage
Assistant Secretaries	Professor Ruwanthi Perera Professor Kumara Mendis Professor Sumudu Nimali Seneviratne Dr Isshani Fernando
Treasurer	Dr Bodhika Samarasekara
Assistant Treasurer	Dr Udana Ratnapala
Public Relations Officer	Dr Christo Fernando
Social Secretaries	Dr Pramilla Senanayake Dr Nilanka Wickramasinghe
Past Presidents Representative	Professor Anoja Fernando
Co-editors, Ceylon Medical Journal	Professor Athula Sumathipala Professor Senaka Rajapakse

1.2. ELECTED COUNCIL MEMBERS

Professor Anuja Abayadeera, Dr Niroshan Atulugama, Dr Vinya S. Ariyaratne, Professor Ishan De Zoysa, Professor M.H. Aruna Devapriya De Silva, Dr M. Sarath Gamini De Silva, Dr D.G. Thilanka I. Dodangoda, Professor Samath D. Dharmaratne, Dr D.M.C. Duminda Dissanayake, Dr Malik Fernando, Dr Padma S. Gunaratne, Dr Lucian Jayasuriya, Professor Saroj Jayasinghe, Dr V.S.M.C.K.B. Jayawardena, Dr M. Sajitha S. Mallawaarachchi, Dr V. Murali, Dr B.J.C. Perera, Professor Jennifer Perera, Dr J.M.S. Dineshan Ranasinghe, Dr Darshana Sirisena, Professor N. Suganthan, Dr Marius Suranjan, Dr S.V. Tharindi N. P. Suriapperuma, Dr Rameshkumar Thevarajah, Professor Vijayakumary Thadchanamoorthy, Dr Anula Wijesundere, Dr Preethi Wijegoonewardene, Professor W.A.N.D. Wickramasinghe

1.3. EX-OFFICIO COUNCIL MEMBERS

Dr Ananda Wijewickrama (Immediate Past President), Dr Lahiru Kodituwakku (Out-going Secretary)



2. INDUCTION OF THE PRESIDENT

The induction ceremony of Dr Surantha Perera, the President of Sri Lanka Medical Association for the year 2025 was held on 11th January 2025, at Cinnamon Grand Hotel, Colombo. The induction took place amidst a large and distinguished gathering exceeding 250 invitees.

Presidential Theme for the year 2025 'Health Equity, Across Life Course, Resilient Pathways, Empowered lives', and the Presidential Address was given wide publicity through both the electronic and print media. Dr Surantha Perera launched the book titled "SLMA 2025 Road Map" outlining the key activities planned for the year 2025.

The ceremonial induction was followed by a reception and fellowship for all invitees.



Dr Ananda Wijewickrama inducting Dr Surantha Perera as President SLMA 2025



Dr Surantha Perera delivering the Presidential Address





3. SLMA 2025 ROAD MAP

In 2025, the Sri Lanka Medical Association (SLMA) articulated a clear and forward-looking vision through its Road Map titled “Health Equity Across the Life Course: Resilient Pathways, Empowered Lives.” This strategic document reflected the SLMA’s commitment to addressing persistent and emerging health challenges in Sri Lanka through equity-focused, evidence-based, and people-centred approaches.

The Road Map adopted a life-course framework, recognizing that health outcomes were shaped by interconnected biological, social, economic, and environmental factors from early life to old age. Strategic interventions were structured around three critical life stages: childhood, adolescence, and adulthood to old age. Special emphasis was placed on early childhood development, acknowledging its long-term impact on health, education, and socioeconomic outcomes. The flagship Pathway to Potential (P2P) initiative targeted children living in poverty through structured early childhood and after-school programs, individualized nurturing care plans, parental engagement, and multisectoral collaboration aimed at breaking intergenerational cycles of disadvantage.

Adolescent health was identified as a priority investment area with high returns. The Road Map addressed key concerns including sexual and reproductive health, mental well-being, healthy lifestyle practices, and the need for structured transition of care for adolescents with chronic illnesses. The SLMA committed to advocacy and collaboration to strengthen adolescent-friendly health services, education systems, and career guidance, while addressing disparities between urban and rural youth.

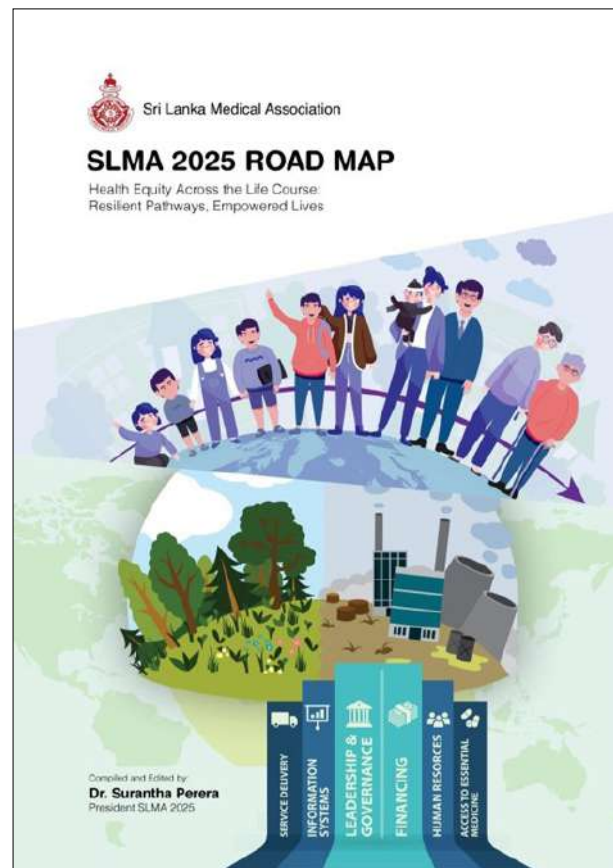
A unifying theme across all life stages was wellness, moving beyond the absence of disease toward holistic physical, mental, emotional, and social well-being. In response to the rising burden of non-communicable diseases (NCDs), the Road Map emphasized prevention, early risk reduction, and lifestyle modification, advocating a whole-of-society approach that integrated families, schools, communities, and health systems.

The Road Map identified several cross-cutting priority areas with national significance. These included building a climate-resilient health sector, preventing road traffic injuries, addressing neglected tropical diseases such as snake envenoming, and reducing the burden of chronic kidney disease, including CKD of unknown etiology. Initiatives such as the Climate Smart Green Hospital Initiative demonstrated the SLMA’s leadership in promoting sustainability, disaster preparedness, and environmentally responsible healthcare delivery.

To enable sustainable progress, the Road Map aligned with the WHO health system building blocks, emphasizing leadership and governance, financing, human resources, service delivery, health information systems, and access to essential medicines. Importantly, the SLMA proposed the inclusion of “people” as a seventh building block, underscoring community engagement, empowerment, and shared ownership of health outcomes. Strengthening primary health care, advancing clinical governance, promoting lifestyle medicine models, and leveraging digital health and artificial intelligence were identified as key enablers.

Governance, professionalism, and policy influence remained central to the SLMA’s mandate. Through the SLMA Health Policy Forum and its network of expert committees, the Association continued to bridge science and policy, advocate for evidence-informed decision-making, and support national health priorities. Capacity building in research, medical writing, editorial standards, and continuous professional development further strengthened the profession and the health system.

Overall, the SLMA 2025 Road Map served as a strategic blueprint guiding the Association’s advocacy, partnerships, and initiatives, reaffirming the SLMA’s leadership role in promoting health equity, resilience, and sustainable development for the people of Sri Lanka.



Cover page of the SLMA 2025 Road Map Book



4. COUNCIL MEETINGS

Twelve Council meetings (12 Regular meetings) were held in 2025. The attendance of members at the regular Council meetings is given below:

Name	No.	Excuses	Name	No.	Excuses
Dr Surantha Perera	12	0	Dr D.G. Thilanka I. Dodangoda	1	5
Dr Manilka Sumanatilleke	12	0	Professor Samath D. Dharmaratne	6	1
Dr Ananda Wijewickrama	10	1	Dr D.M.C. Duminda Dissanayake	4	0
Dr H.S.R.P. De Silva	7	1	Dr Malik Fernando	10	1
Professor Sachith Mettananda	12	0	Dr Padma Gunaratne	9	0
Dr Asiri Hewamalage	11	1	Dr Lucian Jayasuriya	2	9
Dr Isshani Fernando	10	1	Professor Saroj Jayasinghe	10	0
Professor Ruwanthi Perera	11	1	Dr V.S.M.C.K.B. Jayawardena	5	0
Professor Kumara Mendis	3	4	Dr Lahiru C. Kodituwakku	9	2
Professor Sumudu Nimali Seneviratne	8	3	Dr M. Sajitha S. Mallawaarachchi	9	0
Dr Bodhika Samarasekara	3	9	Dr V. Murali	10	0
Dr Udana Ratnapala	10	2	Dr B. J. C. Perera	9	3
Dr Christo Fernando	8	2	Professor Jennifer Perera	11	0
Dr Pramilla Senanayake	10	2	Dr J. M. S. Dineshan Ranasinghe	9	1
Dr Nilanka Wickramasinghe	9	1	Dr Darshana Sirisena	3	3
Professor Anoja Fernando	11	1	Professor N. Suganthan	4	1
Professor Senaka Rajapakse (01.01.2025 to 13.02.2025)	-	-	Dr Marius Suranjan	11	0
Professor Athula Sumathipala	3	7	Dr S.V. T.N.P. Suriapperuma	8	1
Professor Anuja Abayadeera	9	1	Dr Rameshkumar Thevarajah	9	2
Dr Niroshan Atulugama	1	0	Professor V. Thadchanamoorthy	4	0
Dr Vinya S. Ariyaratne	10	0	Dr Anula Wijesundere	9	0
Professor Ishan De Zoysa	10	2	Dr Preethi Wijegoonewardene	6	1
Dr M.H. A. Devapriya De Silva	6	0	Professor W.A.N.D. Wickramasinghe	8	1
Dr M. Sarath Gamini De Silva	10	2	Professor Madunil Niriella (01.06.2025 to 31.12.2025)	3	3



5. 138TH ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS

In the lead-up to the 138th Anniversary International Medical Congress, the Sri Lanka Medical Association (SLMA) conducted seven pre-congress workshops from January to June 2025, covering a wide range of contemporary medical topics. The main academic sessions of the Congress were held from 23rd to 26th July 2025 at the Cinnamon Grand Hotel, Colombo, bringing together eminent local and international experts. The academic programme was further enriched by the inclusion of two post-congress workshops. Collectively, these provided rich academic exposure and valuable learning opportunities for both local and foreign delegates.

5.1. PRE-CONGRESS WORKSHOPS

Eight CPD-accredited pre-congress workshops were held covering important subject matter ranging from foundations of clinical research, acute setting management, emergency care, imaging, stoma and wound care, catering to an increasing demand by the medical professionals to expand their skill set and knowledge. Professor Sachith Mettananda and Dr Udana Ratnapala were leading the efforts in organizing the pre congress sessions with the able support of the staff of the SLMA. All these sessions ensured SLMA's vision of contributing towards enhancing Continuous Medical Education in Sri Lanka.

1. The pre-congress workshop on “Management of Acute Kidney Injury” was held on 27th February 2025.



2. The pre-congress workshop on “Acute Kidney Injury & CRRT for Nurses” was held on 04th April 2025.





3. The pre-congress workshop on “Mastering the Management of Diabetes” was held on 02nd May 2025.



4. The pre-congress workshop on “Acute Cardiovascular Care (In collaboration with the Sri Lanka College of Cardiology)” was held on 02nd May 2025.



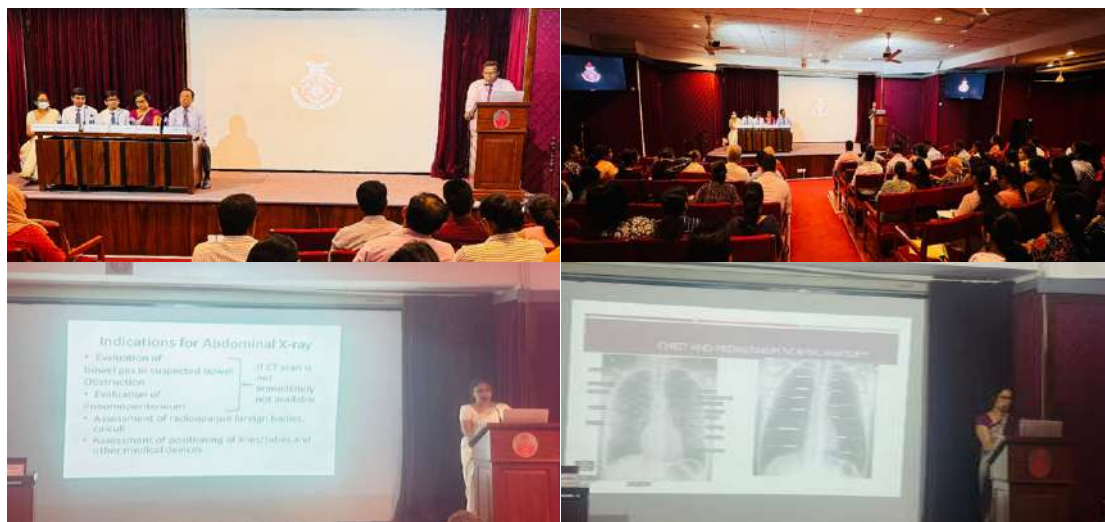
5. The pre-congress workshop on “Foundations of Clinical Research: Principles, Practice, and Publication” was held on 15th May 2025.



6. The pre-congress workshop on “Learning from the Legends: Inspiring Journeys in Medicine and Beyond” was held on 30th May 2025.



7. The pre-congress workshop on “Seeing Beyond: Radiology for the Modern Clinician (In collaboration with the Sri Lanka College of Radiologists)” was held on 06th June 2025.



8. The pre-congress workshop on “Stoma, Incontinence and Wound Care” was held on 09th July 2025.



The detailed programme is Annexed.



5.2. SLMA CONGRESS 2025

The 138th Anniversary International Medical Congress was held from 23rd – 26th July 2025 at the Cinnamon Grand Hotel, Colombo. The Inauguration ceremony was held on 23rd July 2025 at 6.00 pm onwards. The theme of the Congress was “Health Equity across the Life Course: Resilient Pathways, Empowered Lives”. The Chief Guest was Professor Steve Turner, President, Royal College of Paediatrics and Child Health, United Kingdom and Guest of Honour was Dr Anil Jasinghe, Secretary, Ministry of Health and Mass Media, Sri Lanka. Dr Dilip P. Bhanushali, President, Indian Medical Association, Dr Asela Gunawardena, Director General of Health Services Ministry of Health, Sri Lanka and Dr J A Jayalal, President, Commonwealth Medical Association were invited as Special Guests.

The annual congress comprised of eight (8) pre congress workshops, the keynote address, four (4) orations, two (02) plenaries, six (06) guest lectures, fourteen (14) symposia, six (06) collaborator sessions, three (03) policy forums, two (02) panel discussions and two (02) quizzes. The parallel “Policy Forum” is a new introduction to the SLMA 138th Anniversary International Medical Congress, where key policy discussions pertaining to the medical fraternity were discussed and the policy briefs were drafted and presented to the Ministry of Health. This highlighted the role of SLMA as a leader in policy.

All were well attended by doctors, researchers and undergraduate and postgraduate students and allied health professionals, from both Sri Lanka and abroad. UN agencies including the WHO, WFP, UNDP and UNICEF organized collaborative symposia with the SLMA during the sessions. Faculty from several foreign universities and research organizations, partnered with the SLMA for several symposia and workshops. Professor Sachith Mettananda was the Chairperson of the Congress. A Conference Steering Committee supported by several subcommittees covering all necessary technical, logistics and coordination sectors, ensured the smooth operationalization of the programme.

There were 248 poster presentations and 30 oral presentations. The abstracts were published as a supplement of the Ceylon Medical Journal.









5.3. POST-CONGRESS WORKSHOPS

1. The post-congress workshop “The Colombo Wound Meeting (In collaboration with the College of Surgeons of Sri Lanka)” was held on 29th August 2025.





2. The post-congress workshop “Wellness Redefined: The Lifestyle Medicine Framework for Modern Sri Lanka (In collaboration with the Sri Lankan Society of Lifestyle Medicine)” was held on 08th December 2025.



A detailed programme is annexed.



6. FOUNDATION SESSIONS OF THE SRI LANKA MEDICAL ASSOCIATION

The Foundation Sessions 2025 were held on 07th and 08th November 2025 at the Galadari Hotel, Colombo.

The pre-congress workshops were conducted on 07th November 2025, covering the following topics:

- Artificial Intelligence
- Emergencies at Accident & Emergency (A&E)
- Airway Management and Oxygen Therapy
- History of Medicine

The Inauguration Ceremony was held on 07th November 2025 at 6.00 p.m., with Dr Ananda Wijewickrama, Immediate Past President of Sri Lanka, as the Chief Guest. The E. M. Wijerama Endowment Oration was delivered at the inauguration by Dr Iyanthi Abeyewickreme.

The academic sessions took place on 08th November 2025 and comprised the Sir Marcus Fernando Oration, two guest lectures, and eight symposia. The Sir Marcus Fernando Oration was delivered by Emeritus Professor Athula Sumathipala.

The sessions were well attended by doctors, researchers, undergraduate and postgraduate students, and allied health professionals from Sri Lanka and abroad, fostering a vibrant academic exchange.

A detailed programme is annexed.







7. ORATIONS

All orations of SLMA were selected by open advertisement. The E. M. Wijerama Endowment Oration is usually awarded to a person who has contributed much to the SLMA and the topic of the oration is decided by the orator. The decisions regarding the E.M. Wijerama Endowment Oration and the Dr Desmond Fernando Memorial Lecture are made by the honours' committee. The following orations were delivered in 2025.

7.1. DESHABANDU DR C.G. URAGODA ORATION ON THE HISTORY OF MEDICINE 2025

Deshabandu Dr C.G. Uragoda Memorial Oration on the History of Medicine – 2025 which had been awarded to Dr Anula Wijesundere MBBS (Col), MD (Cey), MRCP (UK), DCH (Lond.), DGM (Lond.), FRCP (Lond.), FCCP (SL) & Hon. FRACP Consultant Physician, was delivered this year at the Lionel Memorial Auditorium on the 26th February 2025. The title of the lecture was “History of Malaria in Sri Lanka: The Scourge of Nine Centuries”.



Dr Surantha Perera awarding the medal to Dr C.G. Uragoda Orator
Dr Anula Wijesundere



Dr Anula Wijesundere delivering the Deshabandu Dr C.G. Uragoda
Oration



**7.2. THE SLMA ORATION**

Wednesday 23rd July 2025 at the Cinnamon Grand Hotel, Colombo

- **“Attempts to reverse adverse hepatic outcomes of severely iron-loaded patients through intensive iron chelation: Can established fibrosis be reversed?”**

Dr Padmapani Padeniya

MBBS, MSc in Clinical Genetics, PhD

Medical Geneticist and Genetic Counsellor

Senior Lecturer, Department of Anatomy, Faculty of Medicine, University of Kelaniya, Sri Lanka

**7.3. PROFESSOR N.D.W. LIONEL MEMORIAL ORATION**

Thursday 24th July 2025 at the Cinnamon Grand Hotel, Colombo

- **“COVID-19: Looking for a cure”**

Dr Ananda Wijewickrama

MBBS (Col), MD (Col), MRCP (UK), FCCP (SL)

Consultant Physician

Senior Lecturer - Department of Medicine, University of Moratuwa

**7.4. DR.S. RAMACHANDRAN MEMORIAL ORATION**

Friday 25th July 2025 at the Cinnamon Grand Hotel, Colombo

- **“In a quest towards the provision of optimal Paediatric Nephrology Services in Sri Lanka”**

Professor Randula Ranawaka

MBBS, MD(Paed), DCH, PGCert(MedEdu)

Professor in Paediatric Nephrology,

Faculty of Medicine, University of Colombo

Honorary Consultant, Paediatric Nephrologist,

University Unit, Lady Ridgeway Hospital for Children



**7.5. DR S.C. PAUL MEMORIAL ORATION**

Friday 25th July 2025 at the Cinnamon Grand Hotel, Colombo

- **“Challenges in major trauma care delivery in Sri Lanka; An uncharted terrain explored”**

Dr Bingumal Jayasundara

MBBS, MD, MRCS

Consultant Surgeon - Base Hospital, Balapitiya

**7.6. MURUGESAR SINNETAMBY MEMORIAL ORATION**

Not awarded.

7.7. SIR NICHOLAS ATTYGALLE MEMORIAL ORATION

Friday 26th September 2025 at the Lionel Memorial Auditorium

- **“Unseen, unspoken and unsafe: the epidemic of injuries threatening our children.”**

Professor Kavinda Dayasiri

MBBS DCH (C'bo) MD (Paed) M Phil (Paed) DCH (UK) MSc (Med Tox)

PG Cert Med Ed DipUKMP (Liverpool) MRCPCH FRCPC

Professor in Paediatrics and Consultant Paediatrician, Department of Paediatrics, Faculty of Medicine, University of Kelaniya

**7.8. DR E.M. WIJERAMA ENDOWMENT ORATION 2025**

Friday 7th November 2025 at the Galadari Hotel, Colombo

- **“Through the corridors of time: From the misty doldrums of Venereology to the open era of Sexual Health”**

Dr Iyanthi Abeyewickreme

MBBS, Diploma Venereology, MSc, MD, SLFCV, FCCPSL

Senior Consultant Venereologist, Past President, SLMA





7.9. SIR MARCUS FERNANDO ORATION

Saturday 8th November 2025 at the Galadari Hotel, Colombo

- **“No health without mental health” 25 years of research evidence into impactful actions for people’s benefit**

Professor Athula Sumathipala

MBBS, DFM, MD (Family Medicine), FSLCGP Sri Lanka, FRCPSych, CCST(UK), PhD (Lon)

Emeritus Professor of Psychiatry, School of Medicine, Faculty of Medicine & Health Sciences, Keele University, UK

Co - Editor, Ceylon Medical Journal





8. SLMA AWARDS

The SLMA Awards for Excellence in Research, Health Journalism and Sports were presented during the Inauguration Ceremony of the Foundation Sessions of the Sri Lanka Medical Association (SLMA), held on 07th November 2025 at the Galadari Hotel, Colombo.

Research Awards

The SLMA Research Awards were presented to the highest-scoring abstracts submitted to the 138th Anniversary International Medical Congress of the Sri Lanka Medical Association. The abstracts were presented during the congress, and a panel of expert judges awarded marks based on their scientific quality, originality, and overall contribution to medical knowledge, ensuring a fair and transparent selection process. Awards were ultimately conferred to the abstracts that received the highest marks in each category.

8.1. DR E.M. WIJERAMA AWARD - FOR THE BEST PAPER

- **Impact of Religious Chanting on Post-Operative Pain on Laparoscopic Cholecystectomy - A Double Blinded Randomized Clinical Trial**

Raayiz RM¹, Ahamed MAA¹, Mikram MJM¹, Tillakaratne S¹, Gunathilake B¹, Kumarage SK¹, Chandrasinghe PC¹, Manaranjani L², Siriwardana RC¹

¹Colombo North Center for Liver Diseases, Ragama

²Department of Fine Arts, University of Kelaniya

8.2. DR S.E. SENEVIRATNA AWARD - FOR THE BEST PAPER

- **Psychological Bullying and its Associated Factors among First Year Undergraduates of the University of Peradeniya**

Weeranayake HSS¹, Weerasinghe RRDS¹, Weerasinghe WDCK¹, Weerasinghe WPJLV¹, Ginige P²

¹Faculty of Medicine, University of Peradeniya

²Department of Psychiatry, Faculty of Medicine, University of Peradeniya

8.3. DR H.K.T. FERNANDO AWARD - FOR THE BEST PAPER

- **The Association Between Telomere Length and Non-Alcoholic Steatohepatitis (NASH)-Related Hepatocellular Carcinoma (HCC) in a Sri Lankan Cohort**

Samarasinghe SASM¹, Hewage AS¹, Siriwardana RC², Tennekoon KH¹, Niriella MA³, Silva SD¹, Abeysuriya V¹

¹Institute of Biochemistry, Molecular Biology and Biotechnology, University of Colombo.

²Department of Surgery, Faculty of Medicine, University of Kelaniya.

³Department of Medicine, Faculty of Medicine, University of Kelaniya.

8.4. SIR NICHOLAS ATTYGALLE AWARD - FOR THE BEST PAPER

- **Utilizing Electronic Patient Generated Health Data (EPGHD) in Palliative Cancer Care in Sri Lanka: A Digital Health Approach**

Deduwela RS¹, Sirribaddana PA², Athauda LK³

¹Department of Medical Education, Faculty of Medicine, University of Kelaniya.

²Postgraduate Institute of Medicine, University of Colombo.

³Department of Public Health, Faculty of Medicine, University of Kelaniya.

8.5. DR WILSON PEIRIS AWARD - FOR THE BEST PAPER

- **Prevalence and Associated Factors of Obstructive Sleep Apnea among Adults in Colombo District, Sri Lanka**

Eranga VP¹, Kumarapeli V², De Silva LSD², Undugodage C³

¹National STD/AIDS Control Programme, Colombo, Sri Lanka

²Ministry of Health, Colombo, Sri Lanka

³Isle of Wight NHS Trust, United Kingdom

**8.6. PROFESSOR DAPHNE ATTYGALLE AWARD - FOR THE BEST PAPER IN CANCER**

- Sri Lanka Society of Gastroenterology Collaborative Hepatocellular Carcinoma Snapshot Audit (SLSG CARSA): A Nationwide, Cross-Sectional Snapshot Study**

Niriella MA¹, Ranathunga VS¹, Nirasha S², Siriwardana RC¹, Kodisinghe KS³, Kumarasena SR⁴, Liyanaarchchi T⁴, Tillakaratne SB¹, Wijewantha H⁵, Dassanayake UB¹, Rishikesawan V⁶, Ranawaka CK⁷, Kajendran A⁸, Balendran K⁹, Aryasingha S¹⁰, Subasinghe D¹¹, Fernandopulle N¹¹, Senanayake SM¹², Dassanayake AS¹, De Zoysa I¹¹, De Silva CV¹³, Subasinghe C¹⁴, Udumalagala S¹⁵, Kulathunga S¹⁶, Aponso T¹⁷, Vijitharan V¹⁸, Upanishad I¹⁰, Dinamithra N¹⁹, Pathmeswaran A¹, De Silva HJ¹

¹Colombo North Centre for Liver Disease, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka

²Research Support Centre, Sri Lanka Society of Gastroenterology, Colombo, Sri Lanka

³District General Hospital, Matara, Sri Lanka

⁴National Hospital, Galle, Sri Lanka

⁵National Hospital, Kandy, Sri Lanka

⁶District General Hospital, Chilaw, Sri Lanka

⁷Colombo North Teaching Hospital, Ragama, Sri Lanka

⁸National Hospital, Jaffna, Sri Lanka

⁹Department of Medicine, Faculty of Medicine, University of Jaffna, Sri Lanka

¹⁰National Hospital of Sri Lanka, Colombo, Sri Lanka

¹¹Department of Surgery, Faculty of Medicine, University of Colombo, Sri Lanka

¹²Colombo South Teaching Hospital, Kalubowila, Sri Lanka

¹³Teaching Hospital, Anuradhapura, Sri Lanka

¹⁴Teaching Hospital, Rathnapura, Sri Lanka

¹⁵Teaching Hospital, Kaluthara, Sri Lanka

¹⁶Teaching Hospital, Kuliapitiya, Sri Lanka

¹⁷Sri Lanka Army Hospital, Colombo, Sri Lanka

¹⁸Teaching Hospital, Batticaloa, Sri Lanka

¹⁹Teaching Hospital, Polonnaruwa, Sri Lanka

8.7. SIR FRANK GUNASEKERA AWARD - FOR THE BEST PAPER IN COMMUNITY MEDICINE / TUBERCULOSIS

- Is Loneliness Among Older Persons A Burden? Findings From A Cross-Sectional Study in the District of Colombo**

Fernando DEG¹, Dayabandara M², De Silva Weliange S³

¹Family Health Bureau

²Faculty of Medicine, University of Colombo

³Faculty of Medicine, University of Colombo

8.8. DR KUMARADASA RAJASURIYA AWARD - FOR THE BEST PAPER IN TROPICAL MEDICINE

- Early Prediction of Plasma Leakage in Dengue Infection Using Machine**

Mettananda KCD¹, Rajapaksha R², Premaratna R³, Dassanayake AS¹, Mettananda S⁴, Kumarika BMT², Kalingamudali SRD⁵

¹Department of Pharmacology, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka

²Department of Statistics & Computer Science, Faculty of Science, UOK

³Department of Medicine, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka

⁴Department of Paediatrics, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka

⁵Department of Physics and Electronics, Faculty of Science, UOK

8.9. SPECIAL PRIZE IN CARDIOLOGY - FOR THE BEST PAPER IN CARDIOLOGY

- Gender Disparities in Lipid Profiles and Cardiovascular Risk, Evidence from a Sri Lankan Cohort: A Cross-Sectional Study**

Mettananda C¹, Fernando K^{2,3}, Solangarachchi M⁴, Premaratne R¹, Mallawa R¹, Fernando U¹, Senaratne A⁵, Perera U⁵, Wickramasinghe SC⁵

¹Department of Pharmacology, Faculty of Medicine, University of Kelaniya, Sri Lanka

²Department of Biochemistry and Clinical Chemistry, Faculty of Medicine, University of Kelaniya, Sri Lanka

³Department of Chemical Pathology, Medical Research Institute, Colombo, Sri Lanka

⁴Examination Unit, Faculty of Medicine, University of Kelaniya, Sri Lanka

⁵NCD Directorate, Ministry of Health, Sri Lanka



8.10. DR S. RAMACHANDRAN AWARD - FOR THE BEST SCIENTIFIC COMMUNICATION IN NEPHROLOGY

Not awarded

8.11. THE SRI LANKA ASSOCIATION OF CLINICAL PHARMACOLOGY AND THERAPEUTICS AWARD FOR THE BEST BEST PRESENTATION IN PHARMACOLOGY

- **Pharmacological Interventions and Surgical Outcomes of Optimizing Hemoglobin Levels in Anemic Patients Undergoing Surgery for Colorectal Carcinoma: A Systematic Review and Meta-Analysis**

Sumanasekara SAYP¹, Amaratunge SS¹, Anuranga MAK¹, Fernando NS¹, Talagala IA¹

¹Faculty of Medicine, University of Moratuwa

8.12. SLMA PRIZE FOR THE BEST POSTER

- **Estimation of Sex and Stature Using the Nasal Index in a Sri Lankan Young Adult Population**

Ekanayake EMKB¹, Vadysinghe AN¹, Kodikara KAS¹

¹Department of Forensic Medicine, Faculty of Medicine, University of Peradeniya, Peradeniya, Sri Lanka

8.13. DRS JUSTIN AND SRI FERNANDO MEMORIAL AWARD FOR THE BEST PAPER PRESENTED BY A MEDICAL STUDENT

- **Psychological Bullying and its Associated Factors among First-Year Undergraduates of the University of Peradeniya**

Weeranayake HSS¹, Weerasinghe RRDS¹, Weerasinghe WDCK¹, Weerasinghe WPJLV¹, Ginige P²

¹Faculty of Medicine, University of Peradeniya

²Department of Psychiatry, Faculty of Medicine, University of Peradeniya

8.14. SLMA RESEARCH GRANT 2025

Not awarded

8.15. CNAPT AWARD 2024

Not awarded

8.16. GLAXO WELLCOME RESEARCH AWARD FOR THE YEAR 2024

Not awarded

8.17. PROFESSOR WILFRED S.E PERERA TRAVEL AWARD IN BIOETHICS 2024

Not awarded

8.18. DR THISTLE JAYAWARDENA SLMA RESEARCH GRANT FOR INTENSIVE AND CRITICAL CARE 2024

Not awarded

8.19. G.R HANDY AWARD FOR THE BEST PAPER IN CARDIOLOGY PUBLISHED IN THE YEAR 2023

Not awarded





8.20. HEALTH JOURNALISM AWARDS OF THE SRI LANKA MEDICAL ASSOCIATION – 2025

The Sri Lanka Medical Association (SLMA) highlighted its enduring commitment to public health awareness, advocacy, and responsible communication through the Health Journalism Awards 2025, presented at the Inauguration Ceremony and Foundation Sessions 2025 held on 07th November 2025 at the Hotel Galadari, Colombo.

As the apex professional body of medical practitioners in Sri Lanka, the SLMA has consistently played a key role in guiding public opinion on important health concerns through evidence-based advocacy. It has actively engaged in public education on communicable and non-communicable diseases, vaccination, maternal and child health, mental health, disaster preparedness, and health system resilience. Through policy statements, expert opinions, media engagement, and community-focused initiatives, the SLMA has worked to ensure that accurate, timely, and ethical health information reaches the public, especially during times of national health emergencies.

The Health Journalism Awards recognize media professionals who align with this mission and demonstrate excellence in health reporting across print, digital, and electronic media in all three languages.

Winners for 2025

- Print Media – Tamil Medium:
Ms Maharaja Manochithra
- Digital Media – Tamil Medium:
Ms Sharmila Vinothini
- Print Media – Sinhala Medium:
Ms Shirani Gallella
- Print Media – English Medium:
Ms Disna Mudalige
- Digital Media – English Medium:
Ms Khalida Naushad
- Digital Media – English Medium:
Ms. Sharmila Thirunavukarasu
- Electronic Media:
Ms Samanthie Edirisinghe

By strengthening collaboration between the medical community and the media, the SLMA continues to promote informed decision-making, counter misinformation, and enhance health literacy across all communities in Sri Lanka.



**8.21. SLMA SPORTS AWARDS – 2025**

The SLMA Cricket Team had an active and successful year, representing the Association in numerous tournaments, including the Lāw Medical Encounter, Doctors Cricket League (All Island), Professionals Cricket League (featuring eight professions), and the International Doctors Cricket League with teams from India and Pakistan.

In addition, the “Sports Fiesta,” a netball and football tournament for doctors and medical students, was successfully organized in collaboration with the Faculty of Medicine Sports Association (FMSA), under the coordination of Professor Dr Neelika Malavige. Nearly 20 teams participated, showcasing excellent talent and sportsmanship.

The winning teams were:

- **SLMA Cricket Team:** Dr Weditha Ranasinghe (Captain), Dr Rajiv Nirmalasinghem, Dr T D Kalinga, Dr Thilina Samarasinghe, Dr Isuru Ahesha, Dr Risira Randula, Dr Gihan Aththanagoda, Dr Rivindu Samarasinghe, Dr Achintha Tharaka, Dr Malindu Shaluka, Dr Tharaka Wickramage, Dr Lahiru Adhikari, Dr Udesch Jayasundara, Dr Jeewan Samaraseena, Dr Daham Peiris, Dr Ashanka Sanjeewa, Dr Sudesh Buddhika, Dr Nuwan Chathuranga, Dr Rimal Fernando, Dr Niluka Shehan, Dr Nishantha Karunaratne, Dr Asiri Tharaka, Dr Rusiru Jayathilake, Dr Shehan Sanjeewa, Dr A Thanujan, Dr Nipun De Silva, Dr Charuka Kanakkahewa, and Dr Heshan Hansaka.
- **Football:** Faculty of Medicine, Rajarata – Dr MNS Hasni, Dr MSA Sajjath, Dr MIM Hasan, Dr AWM Akram, Dr N Ishak Ahamed, Dr R Abdullah Umair, Dr AMGT Dissanayaka, Dr WASS Jayanath, Dr WS Nissanka, Dr RARL Ranasinghe.
- **Netball:** Faculty of Medicine, Jaffna – Dr I Narmatha, Dr V Anne Yushanika, Dr T Abinaya, Dr A Madhurshitha, Dr J Kamshajiny, Dr H Thanuri Resara, Dr V Suromila, Dr N Shavinika, Dr P Tiluxiga, Dr T Dayaanu, Dr Mohamed Fazeel Fathima Zuha, Dr K Thilakshi Diltara.





9. MONTHLY CLINICAL MEETINGS

The SLMA held a total of 11 monthly clinical meetings this year in collaboration with professional colleges. Professor Ruwanthi Perera Honorary Assistant Secretary, SLMA was instrumental in meticulously arranging the programmes.

A wide range of topics in all specialties were covered during the meetings, which were very well attended. Case discussions and MCQs were included to meet the learning needs of the postgraduate trainee attendees.

The monthly clinical meeting is a continuing professional development (CPD) activity targeting mainly postgraduate students in training, general practitioners and grade medical officers. All attendees are eligible to apply for CPD points, as SLMA is an accredited CPD provider under the CPD Scheme of the Education, Training and Research Unit (ET & R) of the Ministry of Health.

Month	Collaborating College	Physical Participants	Virtual Participants
February	Sri Lanka College of Paediatricians	55	150
March	Sri Lanka College of Haematologists	15	35
April	Ceylon College of Physicians	65	70
May	Sri Lanka College of Nutrition Physicians / Sri Lanka Medical Nutrition Association	65	150
June	The College of Anaesthesiologists and Intensivists of Sri Lanka	35	170
July	The College of Surgeons of Sri Lanka	30	65
August	Sri Lanka College of Microbiologists	20	66
September	Sri Lanka College of Obstetricians & Gynaecologists / Perinatal Society of Sri Lanka	60	50
October	Association of Sri Lankan Neurologists	40	70
November	Sri Lanka College of Psychiatrists	38	135
December	Sri Lanka College of Radiologists	47	174



The detailed programme is Annexed.



10. JOINT REGIONAL CLINICAL MEETINGS

A total of seven (07) successful meetings were held during the year 2025, covering locally relevant health issues of public concern. Further, these programmes provided an opportunity for doctors practicing in a regional setting to upgrade their knowledge and skills with the latest developments in the health sector. All programmes were accredited with CPD points by the ET and R unit of the Ministry of Health.

These regional meetings were actively supported by the SLMA members who represented the provinces and Professor Ruwanthi Perera was the lead organizer of this activity. Regional needs for capacity building and local health needs were prioritized for the selection of the hospitals to host the programme. Following programmes were conducted.

1. Updates on Newer Frontiers for Clinical Advancement: Joint Clinical Meeting In collaboration with Galle Medical Association

29th April 2025 at the Galle Medical Association Auditorium, National Hospital, Galle

2. Regional Meeting, Rathnapura in collaboration with Provisional Directorate of Health Services, Sabaragamuwa and General Practitioners' Association, Rathnapura

12th June 2025 at the PDHS Office, Sabaragamuwa

3. Regional Meeting, Kalutara: Code Pink in collaboration with Kalutara Clinical Society

27th June 2025 at the Main Auditorium, Teaching Hospital, Kalutara

4. Regional Meeting, Jaffna In collaboration with Jaffna Medical Association

08th September 2025 at the CTRB Auditorium, Faculty of Medicine, University of Jaffna

5. Regional Meeting, Kurunegala In collaboration with Kurunegala Medical Association

25th September 2025 at the Main Auditorium, Teaching Hospital, Kurunegala

6. Uva Regional Sessions, In collaboration with Uva Clinical Society

08th October 2025 at the New Auditorium, Teaching Hospital, Badulla

7. Regional Meeting, Batticaloa In collaboration with Batticaloa Medical Association

23rd October 2025 at the Auditorium, Teaching Hospital, Batticaloa

The academic programmes of these meetings are given in the Annexure.





11. THERAPEUTIC UPDATES

The Medicinal Drugs Committee organized the updates, now held as hybrid meetings for the 12th consecutive year to update knowledge on therapeutics and rational use of medicines. This year Therapeutic Updates were conducted concentrating on cost effective management of common disease. All updates are uploaded to the SLMA website.

The updates held and speakers were as follows:

1. Guidelines of Use Factor 8 and Cost Analysis

Dr Chandima Thevarapperuma Consultant Haematologist and Dr Sobana Vinod, Acting Consultant in Clinical Pharmacology and Therapeutics

28th February 2025

2. Systemic Lupus Erythematosus

Dr Sujeewani Kurukulasooriya

Senior Lecturer in Pharmacology and Specialist in Rheumatology and Rehabilitation.

29th April 2025

3. Management of Anaphylaxis

Dr Senitha Liyanage

Consultant Emergency Physician

18th July 2025

4. Update on Hormonal Contraceptives

Dr Chandana Jayasundara

Consultant Obstetrician and Gynaecologist, Senior Lecturer Obstetrics and Gynaecology, University of Colombo

22nd August 2025



12. MEDIA AND PUBLIC HEALTH-RELATED ISSUES

Public awareness and engagement through effective media communication are cornerstones of SLMA's public engagement strategy. SLMA was at the forefront to cater to the need of health-related information backed by evidence and expertise. Our role as an advocacy body to the government of Sri Lanka regarding public health issues of concern, was further highlighted through these media engagements. Following media conferences and seminars were held.

12.1. MEDIA BRIEFING ON GLOBAL SPREAD OF RESPIRATORY DISEASES

8th January 2025 at 10.00 am at Lionel Memorial Auditorium

Speakers:

1. Dr Surantha Perera, Consultant Paediatrician, President, Sri Lanka Medical Association
2. Professor (MRS.) Neelika Malavige, Professor at the Department of Immunology and Molecular Sciences of the Sri Jayawardenepura University, Faculty of Medical Sciences
3. Dr Ananda Wijewickrama, Consultant Physician

12.2. MEDIA BRIEFING ON HOT WEATHER CONDITIONS AND HEALTH IMPACTS

18th February 2025 at 09.30 am at Lionel Memorial Auditorium

Speakers:

1. Dr Surantha Perera, President, Sri Lanka Medical Association
2. Dr Ananda Wijewickrama, Consultant Physician
3. Mr. Meril Mendis, Director Weather Forecasting, Department of Meteorology

12.3. JOINT MEDIA SEMINAR ON WORLD BIRTH DEFECTS DAY

3rd March 2025 at 11.00 am at Lionel Memorial Auditorium

Speakers:

1. Dr Surantha Perera, President, Sri Lanka Medical Association
2. College of Community Physicians of Sri Lanka
3. Family Health Bureau
4. Sri Lanka College of Paediatricians
5. Miracle Feet

12.4. MEDIA BRIEFING ON ROAD TRAFFIC ACCIDENTS: A PREVENTABLE TRAGEDY

16th May 2025 at 10.30 am at Lionel Memorial Auditorium

Speakers:

1. Dr Surantha Perera - President, Sri Lanka Medical Association
2. Professor Samath D. Dharmaratne, Chairman, Expert Committee on PRTC
3. Senior DIG Priyantha Weerasooriya, Acting Inspector General of Police
4. Mr. Indika Hapugoda, Deputy Inspector General of Police
5. Mr. Dilantha Malagamuwa, Brand Ambassador, Expert Committee on PRTC

12.5. MEDIA BRIEFING ON RISE OF CASES OF DENGUE AND CHIKUNGUNYA

30th May 2025 at 11.00 am at Lionel Memorial Auditorium

Speakers:

1. Dr Surantha Perera, President, Sri Lanka Medical Association
2. Dr Ananda Wijewickrama, Consultant Physician
3. Dr Anoja Dheerasinghe, Consultant Community Physician

12.6. MEDIA BRIEFING ON 138TH ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS AND THE IMPORTANCE OF HAVING A NATIONAL POLICY FOR CKD PREVENTION IN SRI LANKA; LAYING THE FOUNDATION THROUGH THE JOINT FORUM WITH THE MINISTRY OF HEALTH, “FINANCING RENAL SERVICES AND TRANSPLANTATION IN SRI LANKA,” AT THE 138TH ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS OF THE SLMA

Speakers:

1. Dr Surantha Perera, President, Sri Lanka Medical Association
2. Dr Udana Ratnapala, Assistant Treasurer, SLMA, Consultant Nephrologist

12.7. MEDIA BRIEFING ON TLC TRIATHLON 2025 (IN COLLABORATION WITH INDIRA CANCER TRUST)

11th September 2025 at 11.00 am at Lionel Memorial Auditorium

Speakers:

1. Dr Surantha Perera, President, Sri Lanka Medical Association
2. Dr Lanka Jayasuriya Dissanayaka, Chairperson, Indira Cancer Trust

12.8. MEDIA BRIEFING ON THE POST DISASTER HEALTH IMPACTS OF THE “DITWAH” CYCLONE

2nd December 2025 at 10.00 am at Lionel Memorial

Speakers:

1. Dr Surantha Perera, President, Sri Lanka Medical Association
2. Professor Pujitha Wickramasinghe, President, Sri Lanka College of Paediatricians
3. Dr Vindya Kumarapeli, President, College of Community Physicians of Sri Lanka
4. Dr Sanath Akmeemana, President, Sri Lanka College of Obstetricians and Gynaecologists





A12

SUNDAY 7 DECEMBER 2025 FOCUS

A CRITICAL WINDOW TO PREVENT DISEASE OUTBREAKS

By KHALIDHA NAUSHAD

Sri Lanka is grappling with one of its most severe flood disasters in recent years. According to media reports close to 500 people have died, 1.3 million people have been affected, and approximately 15,000 families have been displaced from their homes. Continuous heavy rainfall, overflowing rivers, and strong winds have devastated communities across nearly every district. While rescue operations continue and relief efforts intensify, the country now is facing the critical two-week period when infectious diseases can surge rapidly and transform a natural disaster into a public health catastrophe.

"We cannot avoid disasters, but we can avoid health-related issues," emphasised Dr. Vinaya Kumari, President of the Sri Lanka College of Community Physicians, during a recent health briefing on the flood situation. "If we don't follow medical advice for the next two weeks, we have to be on the look out for a health disaster." According to current data, no major health risks have been reported yet, but healthcare teams are working daily in hospitals and Medical Officer of Health (MOH) offices to ensure this status continues.

Talking to Ceylon Today in a separate interview, Dr. Ahmed Shyam, a General Practitioner, explains that floodwater is far more dangerous than it appears. "It contains sewage, waste, animal droppings, chemicals, and microorganisms, spreading diseases on contact or contaminating drinking sources. It also hides sharp debris, raising injury risks."

Understanding the disease threats

Health officials have identified two main categories of disease risks that communities must understand and guard against in the coming weeks.

Communicable diseases

Diseases that spread the list of immediate concerns. Wells and tube wells in flooded areas have become contaminated with sewage and waste, leaving many families dependent on unsafe water sources. Dr. Sarath Perera, President of the Sri Lanka Medical Association (SLMA) emphasised that contaminated water and improper food handling can trigger outbreaks of cholera and typhoid, particularly affecting children and elderly individuals. According to officials, the first signs typically appear through stomach disturbances, with contaminated water and dry food serving as primary transmission routes.

Leptospirosis, commonly known as rat fever, has already claimed lives in recent months. "Typhoid had deaths a few months ago from leptospirosis," officials noted. This disease becomes especially dangerous after floods as the bacteria enters the body through small cuts in the skin, making farmers, volunteers, rescue workers, and anyone walking through floodwaters particularly vulnerable. The disease announces itself through fever, severe headaches, and vomiting, and health officials described it as "the most scariest" among flood-related illnesses. Visible symptoms can also include red eyes and changes to the body's appearance.

Skin infections are increasing rapidly across affected areas. "The skin is the largest organ," explained Dr. Perera. "When it gets wet, fungal infections grow. Bacteria from cuts and injuries can creep into the blood." These infections manifest as redness, swelling, pain, fever, and in serious cases, can spread to the bloodstream. Fungal infections are the most prevalent at this moment.

Respiratory illnesses spread more easily when families shelter



Dr. Ahmed Shyam

in small, poorly ventilated spaces. Dr. Shyam notes that viruses like influenza circulate rapidly in these conditions, while damp walls, wet bedding, and mould growth trigger chest infections, pneumonia, and asthma attacks. People with existing respiratory conditions, including asthma and Chronic Obstructive Pulmonary Disease (COPD), face elevated risks as mould spores and dust flourish in humid, stuffy indoor spaces.

Notably, dengue represents an urgent concern that could escalate within days. Sri Lanka is already experiencing high dengue case numbers this year, and floods create perfect breeding conditions for mosquitoes. Stagnant water accumulates quickly in gutters, containers, tires, and garden pits after flooding. Health teams will visit homes as conditions allow to inspect properties and eliminate breeding sites, but communities must remain vigilant.

Hepatitis has also been identified as a growing concern, requiring communities to maintain strict hygiene practices and seek medical attention if symptoms develop.

Non-communicable diseases

While infectious diseases dominate immediate concerns, the disruption to chronic disease management poses equally serious risks. Dr. Kumari, addressing geriatric care and non-communicable diseases, highlighted that individuals with hypertension and diabetes must continue their medications without interruption. Mental health issues often emerge alongside these conditions during disasters. The stress of displacement, loss of routine, and difficult living conditions can destabilise previously controlled chronic illnesses, creating a parallel health crisis that unfolds more quietly but with serious consequences.

Medical treatment and prevention protocols

The Ministry of Health has made doxycycline prophylaxis available at government hospitals, MOH offices, and through Public Health Inspectors (PHIs). This preventive medication represents the primary defence against leptospirosis for anyone exposed to floodwaters. The dosage protocol differs from agricultural settings; a single 200mg stat dose is recommended for flood-affected individuals, prescribed by healthcare facilities.

However, this medication is not suitable for pregnant women, children under 12, or breastfeeding mothers. For pregnant women specifically, azithromycin serves as an alternative after medical evaluation.

Skin infections require prompt attention to prevent serious complications. Treatment involves keeping skin dry, washing regularly, and using prescribed creams provided by healthcare facilities. When infections involve contaminated floodwater containing sewage and rat urine, they become particularly dangerous and can spread to the bloodstream if not addressed quickly. Communities should seek medical care as soon as they



notice redness, swelling, pain, or fever related to skin wounds.

Dr. Shyam emphasises that certain symptoms demand immediate medical care. "Seek medical care immediately if you develop fever, severe muscle pain (especially in the calves), persistent vomiting, diarrhoea, red eyes, or jaundice. These symptoms may appear mild at first, but they can be early warning signs of serious infections such as dengue, leptospirosis, typhoid, or other waterborne illnesses that commonly rise after floods."

Early treatment within the first 24 to 48 hours is critical and can prevent complications like dehydration, kidney failure, internal bleeding, or even fatal outcomes. For children specifically, the Sri Lanka College of Paediatricians (SLCP) has divided teams across different districts to provide medical advice and distribute medications. Parents should consult doctors immediately if children experience vomiting, fever, or no urination for more than six hours.

Accessing healthcare services

For individuals taking regular medication for chronic conditions like high blood pressure, diabetes, or high cholesterol, continuity of care remains critical. "If medications are lost in the floods, please call the hotline or visit the closest hospital for replacements," Dr. Kumari urged. "Don't wait until your next clinic visit; the closest clinic or MOH to get advice for medicine if you're already taking medication," officials emphasised. "In areas where transportation challenges prevent travel, the tri-forces are assisting families in reaching medical facilities."

What you must do now

Understanding diseases and available treatments means little without clear action steps. The following guidelines provide a practical roadmap for protecting families and communities during this critical period:

Maintaining proper sanitation and hygiene

Water safety remains the single most important protective measure families can take. All

water sources, whether from wells, tube wells, or other supplies, must be treated before consumption. Dr. Perera emphasised that all drinking water must be boiled for at least one minute or replaced with bottled water or filtered water. Boiling water for at least one minute effectively kills disease-causing organisms. Bottled water provides a safe alternative when available.

"Wash your hands with soap before eating, wash all plates properly, and eat boiled salads and vegetables before consumption," Dr. Perera advised. Community kitchens and food distribution points must maintain the highest hygiene standards, with food cooked thoroughly and stored properly. "When food quality isn't good, it can lead to outbreaks of diarrhoea, especially in crowded shelters," Dr. Shyam explains.

For well water specifically, local authorities and Pradeshiya Sabhas are coordinating chlorination efforts, but proper dosing according to well size is essential. "Don't drink well water until it has been properly treated," officials cautioned. Communities should work with local authorities to ensure proper treatment procedures are followed.

"Don't throw stools or urine into rivers because it affects the environment and spreads disease," Health officials stressed during the briefing. Families should use washroom facilities properly and maintain hygiene standards even in challenging shelter conditions. Waste management requires careful attention in shelters. All garbage, including human waste, should be handled carefully and kept away from living and cooking areas to prevent rapid infection spread.

Maintaining nutrition across all groups

Maintaining adequate nutrition becomes challenging during disasters. Vegetables and chicken supplies, particularly in the Central Province, have been disrupted. Health officials recommended increasing carbohydrates, proteins, and vitamins in meals while ensuring adequate calorie intake. Access to edible oil and balanced, healthy meals should be prioritised.

Dr. Perera encouraged families to ask doctors any questions they

have about nutrition and food safety during the recovery period. Ensuring enough calories remains the baseline requirement, with quality and balance pursued as resources allow.

Protecting children

Children face unique vulnerabilities during flood disasters. Prof. Pujitha Wickramasinghe, President of the Sri Lanka College of Paediatricians, speaking about child safety, warned parents against taking children to see floodwaters. "There are chances of landslides. Don't take them to see floods," she stated firmly. Parents should focus on maintaining nutrition through continued breastfeeding for children under one year and ensuring adequate food intake for older children.

Regarding childhood vaccinations, parents need not panic if immunisation schedules are delayed. "If injections are ahead of schedule, there is no need to get scared. But if they're late, visit the MOH office," officials clarified. Child Health Development Records (CHDR) and birth certificates that were lost in floods can be replaced; families should not feel anxious about documentation.

Mental health support for children requires particular sensitivity. "Keep kids happy. Don't scare kids. Don't give wrong advice," urged Dr. Wickramasinghe. "Keep all the kids together in shelter homes in their comfort zone." Officials emphasised that disasters can affect children over longer periods, requiring patience and love from parents and caregivers.

Guidance for pregnant women

Pregnant women face unique challenges during floods, often while managing conditions like diabetes or hypertension. Dr. Sanath Akmeemana, President of the Sri Lanka College of Obstetricians and Gynaecologists, addressed their specific needs, noting that some medications may have been lost in flooding. Women at 36 weeks or beyond should be admitted to nearby hospitals for observation and safe delivery. If antenatal cards were lost, MOH officers maintain

duplicate records, and the Family Service Association can provide assistance. In Mannar, which has been severely flooded, 55 pregnant women are being closely monitored for conditions including asthma and labour complications.

Pregnant women must exercise particular caution when moving through affected areas. "They have to be careful when they walk. Use proper footwear," officials advised. Any pregnant woman experiencing unusual symptoms should seek help before conditions worsen.

Pregnant women cannot take doxycycline for leptospirosis prophylaxis, but alternatives like azithromycin are available after medical evaluation. This underscores the importance of pregnant women consulting healthcare providers rather than attempting self-medication.

Supporting elderly individuals and people with disabilities

Elderly individuals and people with disabilities require continuous attention throughout the crisis period. Families and shelter managers should ensure these groups receive adequate care, continue their medications, and have access to medical support when needed. The combination of physical vulnerability, chronic health conditions, and potential mobility limitations creates compounded risks that demand proactive management.

For elderly individuals managing non-communicable diseases, the disruption to routine can have serious health consequences. Regular medication schedules must be maintained, and any concerning symptoms should prompt immediate medical consultation rather than waiting for conditions to deteriorate.

Safety when returning home

As soon as conditions permit, families returning home must inspect their properties for mosquito breeding sites. Health teams will visit homes to assist with this process, but communities should proactively clean areas where mosquitoes gather, including drainage systems, containers, tires, and any location where stagnant water collects.

"Apart from that, walls will have fallen, electricity may be compromised, and there will be insects and snakes," warned Dr. Kumari. "Be very cautious and inspect properly before entering."

Dr. Shyam reinforces this warning as he says, "Floodwater often hides sharp objects, broken glass, nails, and uneven surfaces, leading to cuts, puncture wounds, sprains, and fractures. Stepping on sharp metal or wood can result in deep wounds with a high risk of tetanus." Electrical injuries from submerged live wires pose serious threats that require professional assessment before families can safely reoccupy homes.

The path forward

"The next two weeks will determine whether Sri Lanka experiences a second disaster in the form of disease outbreaks. Health authorities, supported by 76 doctors on the SLMA hotline (077 711 9900), are working tirelessly to prevent this outcome, but success depends on community cooperation and individual action," the health officials urged.

As Dr. Kumari stated clearly, we cannot avoid natural disasters, but we can prevent the health disasters that often follow. Through coordinated action, awareness, and community vigilance, Sri Lanka can protect its people from severe post-flood health consequences. The critical window is now, and every family's choices in these coming days will shape whether this natural disaster remains contained or spirals into a broader public health catastrophe.

(By Marijula Dissanayake)



13. SYMPOSIA, SEMINARS, LECTURES, WEBINARS AND WORKSHOPS

Sri Lanka Medical Association and Expert Committees of the SLMA in collaboration with numerous recognized organizations organized various seminars, guest lectures and workshops to upgrade the knowledge and skills of doctors and other related professionals

13.1. INFECTIOUS DISEASE FORUM: HUMAN METAPNEUMOVIRUS INFECTION: INSIGHT INTO THE CHINA OUTBREAK

21st January 2025 at 11.30 am at the Galle Medical Association Auditorium

Jointly Organized by Expert Committee on Communicable Diseases of the SLMA and Galle Medical Association

13.2. SYMPOSIUM ON “DIGITAL TRANSFORMATION IN HEALTH CARE”

19th February 2025 at 10.30 am at the SLMA Auditorium

Jointly Organized by Expert Committee on Artificial Intelligence of the SLMA

13.3. SESSION ON “IDENTIFICATION OF GOALS OF CARE IN PALLIATIVE SETTING”

6th March 2025 at 12.30 pm via Zoom

CME programme organized by the SLMA Expert Committee on Palliative Care

13.4. SYMPOSIUM ON “30 YEARS OF BEIJING DECLARATION - SRI LANKAN WOMEN AND GIRLS RIGHT TO SEXUAL AND REPRODUCTIVE HEALTH”

In commemoration of Women's Day 2025

27th March 2024 at 3.00 pm at the SLMA Auditorium

Jointly Organized by Expert Committee Womens Health- SLMA

13.5. SESSION 1 ON “HEALTHY LIVING”

20th August 2025 at 11.00 am at the SLMA Auditorium

Jointly Organized by Expert Committee on Non-Communicable Diseases

13.6. SESSION 2 ON “HEALTHY LIVING”

24th September 2025 at 11.30 am at the SLMA Auditorium

Jointly Organized by Expert Committee on Non-Communicable Diseases

13.7. SESSION 3 ON “HEALTHY LIVING”

29th October 2025 at 11.30 am at the SLMA Auditorium

Jointly Organized by Expert Committee on Non-Communicable Diseases

13.8. SESSION 4 ON “HEALTHY LIVING”

12th November 2025 at 12.30 am at the UCFM Tower

Jointly Organized by Expert Committee on Non-Communicable Diseases



13.9. "NEONATOLOGY DAY"

22nd November 2025 at 8.00 am at the UCFM Tower
Jointly Organized by Sri Lanka College of Paediatricians

13.10. SESSION 5 ON "HEALTHY LIVING"

26th November 2025 at 12.30 am at the SLMA Auditorium
Jointly Organized by Expert Committee on Non-Communicable Diseases

13.11. CONFERENCE ON EMERGENCY POINT-OF-CARE ULTRASOUND "RESUSS CONFERENCE"

11th December 2025 at 8.30 am at the Dr Godwin Fernando Memorial Auditorium, NIHS-Kalutara
Jointly Organized by A and E Department of Teaching Hospital, Kalutara and Kalutara Clinical Society
The detailed programmes are given in Annexure.





14. SLMA SATURDAY TALK

The SLMA Saturday Talk Series 2025 featured clinically relevant, evidence-based, and guideline-oriented lectures delivered by experienced experts, with a strong focus on examination preparation targeting undergraduate and postgraduate trainees.

The 2025 series was mainly coordinated by Professor Sumudu Seneviratne, Assistant Secretary of SLMA, ensuring high academic standards and smooth execution while they were moderated by Dr Nilanka Wickramanasinghe, Dr Tharindi Suriyapperuma, Dr Rameshkumar Thevarajah, and Dr Marius Suranjan. MCQ discussions were a key highlight, enhancing clinical reasoning and exam readiness

#	Title	Date & Time	Speaker
1	Management of Paediatric Shock and Anaphylaxis	Sat, Jan 25, 2025 at 6:00 pm	Dr Nalin.C.Kitulwatte Consultant Paediatric Intensivist, Lady Ridgeway Hospital for Children
2	Middle Aged Diabetic Patient with Multi-Morbidity	Sat, Feb 01, 2025 at 6:00 pm	Professor T.P.Weeraratna Senior Professor in Medicine, University of Ruhuna
3	Asthma: Towards Reliever Free Sri Lanka	Sat, Feb 08, 2025 at 6:00 pm	Dr Neranjan Dissanayake Consultant Pulmonologist, President, Sri Lanka College of Pulmonologists
4	Abnormal Uterine Bleeding	Sat, Feb 15, 2025 at 6:00 pm	Dr Prabhodana Ranaweera Honorary Consultant Obstetrician and Gynaecologist, Senior Lecturer, Department of Obstetrics and Gynaecology, Faculty of Medicine, University of Colombo
5	Pyrexia of Unknown Origin in Children: A Practical Approach	Sat, Mar 01, 2025 at 6:00 pm	Dr Prasad Chathurangana Honorary Consultant Paediatrician, Senior Lecturer, Faculty of Medicine, University of Colombo
6	Beyond the Operating Room: Ensuring Safe Pre- and Post-Anaesthesia Care	Sat, Mar 15, 2025 at 6:00 pm	Dr Vihara Dassanayake Consultant Anaesthetist, Senior Lecturer in Anaesthesiology, Faculty of Medicine, University of Colombo
7	First Line ENT	Sat, Mar 29, 2025 at 6:00 pm	Dr Akram Drahman Consultant ENT Surgeon, Army Hospital Colombo
8	Lower Gastrointestinal Tract Surgical Conditions Presenting with Bleeding Per Rectum	Sat, Apr 05, 2025 at 6:00 pm	Professor Nandadeva Samarasekera Emeritus Professor of Surgery, University of Colombo
9	Lower Gastroesophageal Tract Surgical Conditions Presenting with Bleeding Per Rectum	Sat, Apr 26, 2025 at 6:00 pm	Professor Sachith Mettananda Consultant Paediatrician - Colombo North Teaching Hospital, Professor in Paediatrics, Faculty of Medicine, University of Kelaniya
10	Essentials in Clinical Radiology: "What Every Doctor Should Know"	Sat, May 10, 2025 at 6:00 pm	Dr Aruna S. Pallewatta Consultant Radiologist, The National Hospital of Sri Lanka
11	Suicide Risk in Young People	Sat, May 24, 2025 at 6:00 pm	Professor Miyuru Chandradasa Child and Adolescent Psychiatrist, Professor in Psychiatry, Department of Psychiatry, University of Kelaniya
12	Blurred Lines: Nephrotic, Nephritic or Both?	Sat, May 31, 2025 at 6:00 pm	Dr Udana Ratnapala Consultant Nephrologist, DGH Chilaw
13	A Stepwise Approach to a Bleeding Patient	Sat, Jun 07, 2025 at 6:00 pm	Dr Manu Wimalachandra Consultant Haematologist, Senior Lecturer, Department of Pathology, Faculty of Medicine, University of Colombo
14	Chest Pain of Acute Onset	Sat, Jun 14, 2025 at 6:00 pm	Dr Amila Walawatte Consultant Interventional Cardiologist, Colombo South Teaching Hospital



#	Title	Date & Time	Speaker
15	Evaluating a Child with Haematemesis	Sat, Jun 28, 2025 at 6:00 pm	Dr Wathsala Hathagoda Honorary Consultant Paediatrician, Senior Lecturer, Faculty of Medicine, University of Colombo
16	How to Face Long Cases in Clinical Examinations	Sat, Jul 05, 2025 at 6:00 pm	Professor Chamila Mettananda Professor in Pharmacology and Specialist in General Medicine, Faculty of Medicine, University of Kelaniya
17	Diabetes in Pregnancy	Sat, Jul 12, 2025 at 6:00 pm	Professor Madura Jayawardene Consultant Obstetrician and Gynaecologist, Professor in Obstetrics and Gynaecology
18	Surgical Jaundice	Sat, Jul 19, 2025 at 6:00 pm	Dr Duminda Subasinghe Consultant Gastroenterologist and Hepatopancreatobiliary Surgeon, Senior Lecturer, Department of Surgery, University of Colombo
19	Stroke	Sat, Aug 02, 2025 at 6:00 pm	Dr Manjula Caldera Consultant Neurologist, Teaching Hospital - Anuradhapura
20	Managing a Child with Transfusion Dependent Thalassemia	Sat, Aug 16, 2025 at 6:00 pm	Dr Ruwangi Dissanayake Honorary Consultant Paediatrician, Lady Ridgeway Hospital for Children, Senior Lecturer, Department of Paediatrics, Faculty of Medicine, University of Colombo
21	Delirium Through a Psychiatrists' Lens	Sat, Aug 30, 2025 at 6:00 pm	Professor Chathurie Suraweera Honorary Consultant Psychiatrist, National Hospital of Sri Lanka, Professor in Psychiatry, Faculty of Medicine, University of Colombo
22	Acute and Chronic Limb Ischemia	Sat, Sep 13, 2025 at 6:00 pm	Dr Joel Arudchelvam Professor in Vascular and Transplant Surgery, Department of Surgery, Faculty of Medicine, University of Colombo
23	Malignant Breast Disease	Sat, Sep 20, 2025 at 6:00 pm	Dr Kanchana Wijesinghe Consultant Surgeon, Senior Lecturer, Department of Surgery, Faculty of Medical Sciences, University of Sri Jayawardhanapura
24	Handling Sodium Disorders in Clinical Practice	Sat, Sep 27, 2025 at 6:00 pm	Dr Dulani Kottahachchi Consultant Endocrinologist, Senior Lecturer, Faculty of Medicine, University of Kelaniya
25	Endometriosis Beyond the Textbooks Managing Urinary Tract Infection in Children	Sat, Oct 04, 2025 at 6:00 pm	Dr Chandana Jayasundara Consultant Obstetrician and Gynaecologist, Professor and Head of Department, Department of Obstetrics and Gynaecology, Faculty of Medicine, University of Colombo
26	Managing Urinary Tract Infection In Children	Sat, Oct 11, 2025 at 6:00 pm	Professor Randula Ranawaka Honorary Consultant Paediatric Nephrologist, Professor in Paediatric Nephrology, Faculty of Medicine, University of Colombo
27	Clinical Pharmacology: Improved Clinical Reasoning and Exam Performance	Sat, Oct 18, 2025 at 6:00 pm	Professor Priyanga Ranasinghe Professor in Pharmacology and Specialist in Clinical Pharmacology and Therapeutics, Department of Pharmacology, Faculty of Medicine, University of Colombo
28	Inborn Errors of Immunity: Clues for Diagnosis	Sat, Nov 01, 2024 at 7:00 pm	Dr Dhanushka Dasanayake Consultant Immunologist, Medical Research Institute
29	The Essentials of Insulin Therapy Fractures: Basic Principles	Sat, Nov 15, 2025 at 6:00 pm	Dr Charles Anthonypilli Consultant Endocrinologist, Head of Diabetes and Endocrinology Unit, National Hospital-Kandy
30	Fractures: Basic Principles	Sat, Dec 06, 2025 at 6:00 pm	Dr Hiran Amarasekara Consultant Orthopaedic Surgeon, Dr Neville Fernando Teaching Hospital
31	Medical Nutrition Therapy - An Overview	Sat, Dec 13, 2025 at 6:00 pm	Dr Evone Jayaweera Consultant Nutrition Physician, National Hospital-Kandy

The flyers are given in Annexure.



15. CEYLON MEDICAL JOURNAL

Editors:	Professor Athula Sumathipala (from 10 th December 2022 to date) Professor Senaka Rajapakse (15 th October 2018 to 13 th February 2025) Professor Madunil Niriella (14 th June 2025 to date)
Emeritus Editors:	Dr C.G. Uragoda, Professor Colvin Goonaratna, Professor Janaka de Silva, Dr Anuruddha Abeygunasekera, Professor Varuni de Silva, Professor A. Pathmeswaran and Professor Senaka Rajapakse
Section Editors:	Dr BJC Perera and Professor Udaya Ranawaka
Editorial Board:	Professor Athula Sumathipala, Professor Madunil Niriella, Professor A. Pathmeswaran, Professor Senaka Rajapakse, Professor Ranil Fernando, Professor Rukshan Fernanadapulle, Professor Raveen Hanwella, Professor Sarath Lekamwasam, Professor Ajith Nagahawatta, Professor Shamini Prathapan, Professor Priyanga Ranasinghe, Professor Udaya Ranawaka, Professor Bimalka Senevirathna, Professor Sisira Siribaddana, Professor Sivasuriya Sivaganesh, Dr Renuka Jayatissa and Dr BJC Perera
Newly appointed:	None
Resigned in 2025:	Professor Carukshi Arambepola and Professor Sachith Metananda
International Editorial Board:	Professor Sabaratnam Arulkumaran, Professor Zulfiqar Ahmed Bhutta, Professor Andrew Dawson, Professor Barbara Gastel, Professor David Laloo, Professor Kalle Hoppu, Professor Ian Pearce, Professor Peush Sahni and Professor Anita KM Zaidi
Compiled by:	Professor Athula Sumathipala and Professor Madunil Niriella

Period covered: 07 December 2024 to 05 December 2025

1. Editorial board membership[AS1] [AS2]

None

2. Board Meetings

The Editorial Board meetings are usually held on the second Saturday of the month. Ten editorial board meetings were held during the year. Average attendance at editorial board meetings were close to 80%. In addition, the members of the editorial board reviewed 150.

3. Journal

One issue of the journal was published in April and 9 articles were included. There are two issues will be published in this month and will include 12 articles. Ananda Press continued to print the journal during the year under review.

The processing fee per article is Rs. 3,000/-.

4. Website

The CMJ can be accessed online through the SLMA website. Full article access is available from 2,000 onwards. The Sri Lanka Journals Online website is maintained by the National Science Foundation. The PubMed abstract of the CMJ articles provide a link to the full text articles.

5. Online activities

The Twitter and Facebook accounts of the CMJ are being used to promote the Journal electronically. The Twitter account has 1,200 followers to date. The Facebook page has 1,092 followers.

6. CMJ office

Ms. Sandamali Jayalath continues to function as the 'Editorial Assistant' remotely and Ms. Waruni Pathiraja was appointed as a part-time Office Assistant. The office can be contacted on 011 2690212 and at cmj@slma@gmail.com.

7. Finances

The CMJ would like to acknowledge the support extended by the President and Council of the SLMA.

8. Acknowledgements

The Editorial Board is grateful for the continued help of all the SLMA staff.



16. RESEARCH ETHICS COMMITTEE

Chairperson:	Professor Chandanie Wanigatunge (Medical) (until December 2024)	
Convener/ Secretary:	Professor Chathurie Suraweera (Medical) until December 2024) Professor Chathurie Suraweera commenced her term as chairperson, and Dr Amali Dalpatadu commenced her term as secretary in January 2025.	
Members:	Professor Chathurie Suraweera (Chairperson) Dr Amali Dalmatadu (Secretary) Professor Chandanie Wanigatunge Professor Shalini Sri Ranganathan (Medical) Dr Kamal Weerapperuma (Non-medical) Professor Amala de Silva (Non-medical) Professor Naazima Kamardeen (Non-medical/ Lawyer)	Ms. Durga Pulendran (Non-medical) Dr Pubudu Chulasiri (Medical) Dr Mizaya Cadar (Medical) Dr Dumitha Govindapala, (Medical) Dr Shehan Silva (Medical) Dr Shyamini Adikaram (Medical) Dr Erandie Ediriweera (Medical) Dr Manu Wimalachandra (Medical) joined in February 2025
Members who resigned during the period:	Dr Malik Fernando (Medical)	

16.1. ACTIVITIES IN RELATION TO SLMA OBJECTIVES OF THE COMMITTEE

Objective	General	Specific
To advocate the reorientation of the health sector towards health promotion with a life cycle approach	-	-
To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities	To enhance research ethics capacity of those involved in biomedical research	To promote involvement of non-health sector associated persons in health-related research as members of the Ethics Review Committee
To promote healthy lifestyle and address major causative factors for NCDs among vulnerable populations through health promotion approach	-	-
To enhance the capacity of medical professionals	To enhance research ethics capacity of those involved in biomedical research	<ul style="list-style-type: none"> To provide timely and comprehensive review of biomedical research protocols submitted for ethical approval To provide guidance and support to other ERCs to enhance their capacity in reviewing applications pertaining to ethical aspects of biomedical research
To play an advocacy role towards a comprehensive curative and preventive healthcare for the community	-	-

**16.2. ATTENDANCE AT COMMITTEE MEETINGS**

Name	Number of meetings attended	Number of meetings excused
Professor Chathurie Suraweera	12	1
Dr Amali Dalpatadu	10	3 (2 absent)
Professor Chandanie Wanigatunge	11	2
Professor Shalini Sri Ranganathan	11	2
Professor Amala de Silva	10	3
Dr Kamal Weerapperuma	9	4
Professor Naazima Kamardeen	11	2
Ms. Durga Pulendran	9	4
Dr Pubudu Chuasiri (Medical)	9	4
Dr Mizaya Cadar	9	4
Dr Dumitha Govindapala	8	5 (1 absent)
Dr Shehan Silva	5	8 (1 absent)
Dr Erandie Ediriweera	6	7 (3 absent)

16.3. ACTIVITIES CARRIED OUT IN 2025

Thirteen regular meetings of the REC were held from October 2024 to October 2025.

REC underwent the accreditation by FRECSL.

16.4. ACTION PLAN FOR 2026

- Provide support to FRECSL and explore the possibility of running a programme to grant local accreditation for the ethics review committees.
- To conduct training programmes for the newly joined SLMA-REC members.
- To operate entirely on a paperless basis.



17. SRI LANKAN CLINICAL TRIALS REGISTRY

Chairperson:	Professor Udaya Ranawaka	
Convener:	Dr Ashwini de Abrew (Administrator)	
Members:	Professor Nithushi Samaranayake (Joint Secretary) Dr Manu Wimalachandra (Joint Secretary) Dr Kishara Goonaratna (Joint Secretary) Professor Anuji Gamage Professor Shamini Prathapan	Professor Chathurie Suraweera Dr Chathurika Dandeniya Dr Sithara Dissanayake Dr Dilusha Lamabadusuriya Dr Nilanka Perera
Ex-Officio Members:	Dr Asela Gunawardena (DGHS) Dr Sunil de Alwis (Additional Secretary, Health Service) Dr M.A.S.C. Samarakoon (Acting DDG, ET & R)	Professor Senaka Rajapakse (Director, PGIM) Dr Surantha Perera (President, SLMA) Dr Asiri Hewamalage (Secretary, SLMA) Dr Bodhika Samarasekera (Treasurer, SLMA)
New members joined in 2025:	Professor Anuji Gamage	
Members resigning in 2025:	None	
Report presented by:	Professor Udaya Ranawaka	

17.1. OBJECTIVES OF THE COMMITTEE

The overall objectives of the SLCTR are;

1. To establish and maintain a national registry of clinical trials that meets international standards.
2. To facilitate clinical trial registration by Sri Lankan researchers.
3. To create awareness on the need for, and the process of, clinical trial registration among the Sri Lankan scientific community.

17.2. COMMITTEE MEETINGS

As of 28th November, 11 Committee Meetings were held for the year 2025

Committee Members	
1. Professor Udaya Ranawaka (Chairperson)	7. Professor Shamini Prathapan
2. Dr Ashwini de Abrew (Administrator)	8. Professor Chathurie Suraweera
3. Professor Nithushi Samaranayake (Joint Secretary)	9. Dr Chathurika Dandeniya
4. Dr Manu Wimalachandra (Joint Secretary)	10. Dr Sithara Dissanayake
5. Dr Kishara Goonaratna (Joint Secretary)	11. Dr Dilusha Lamabadusuriya
6. Professor Anuji Gamage	12. Dr Nilanka Perera
Ex Officio Members	
1. Dr Asela Gunawardene (DGHS)	4. Professor Senaka Rajapakse (Director, PGIM)
2. Dr Sunil de Alwis (Additional Secretary, Health Service)	5. Dr Surantha Perera (President, SLMA)
3. Dr M A S C Samarakoon (Acting DDG, ET&R)	6. Dr Asiri Hewamalage (Secretary, SLMA)
	7. Dr Bodhika Samarasekera (Treasurer, SLMA)



Administrative Staff

1. Ms P D W S Pathiraji
-

17.3. ACTIVITIES CARRIED OUT DURING 2025

1. SLCTR Workshops on Promoting Interventional Research in Sri Lanka.

SLCTR in collaboration with the Research Committee of the Faculty of Medical Sciences, University of Sri Jayawardenepura, conducted a workshop on the 20th June 2025 from 9.00 a.m. to 2.00 p.m. This workshop was conducted by the SLCTR committee and focused on providing hands-on training in preparing clinical trial proposals and registering trials. Professor Udaya Ranawaka, Dr Ashwini de Abrew, and SLCTR Honorary Secretaries, Dr Manu Wimalachandra and Professor Nithushi Samaranayake were the resource persons. The 24 participants who attended the program expressed appreciation for the practical training and hands-on experience gained through this workshop.

2. At the 138th Anniversary International Medical Congress of the Sri Lanka Medical Association, an international symposium was hosted by SLCTR on the topic, "Interventional research". This event was held on 24th July 2025 from 11.15 a.m. to 12.30 p.m. at the Cinnamon Grand, Colombo. Dr Luiza Silva, representing the Brazilian Clinical Trials Registry, served as the main resource person and delivered a session on the Importance of Interventional Research. She was joined by Senior Professor Asita de Silva, Professor of Pharmacology, University of Kelaniya; Professor Pryinaga Ranasinghe, Professor of Pharmacology, University of Colombo; and Dr Ashwini de Abrew, Administrator of SLCTR, who delivered sessions on Why Conduct Interventional Research, Barriers to Conducting Interventional Research, and Clinical Trial Registration, respectively. The symposium was highly engaging, with the participation of more than 70 attendees. Following the event, a satellite meeting was held between Dr Luiza Silva, the SLCTR administration, and regulatory stakeholders from the NMRA to exchange experiences and to discuss improvements to clinical trial registration processes.
3. Forty three clinical trials were registered as of 28th November 2025. (Total 534 trials in the registry).
4. Total of 67 applications received and processed as of 28th November 2025.
5. Several routine maintenance activities were carried out on the SLCTR database and website to enhance user experience.

17.4. ACTION PLAN FOR 2026

1. Revamp the SLCTR web application in order to align with the high technical standards stipulated by the WHO-ICTRP.
2. Provide a platform for results reporting of trials registered with the SLCTR.
3. Repeat the audit on the quality of clinical trials registration at the SLCTR.
4. Engage with other regulatory stakeholders in order to minimize delays and duplications that occur during conduct of clinical trials in Sri Lanka.
5. Continue education and awareness programmes on interventional research.



18. REPORTS OF THE SLMA EXPERT COMMITTEES

18.1. ARTIFICIAL INTELLIGENCE IN MEDICINE

Committee members

Professor Kumara Mendis (Chairperson), Professor Athula Sumathipala, Dr Surantha Perera, Dr Lahiru Kodithuwakku, Dr Pamod Madusanka Amarakoon, Dr Chandana Atapattu, Dr Harsha Jayakody, Professor S.S.N. Perera, Dr U.P. Liyanage, Dr Vindya Perera (Secretary)

Activities in the year 2025

1. Symposium on Digital Transformation in Healthcare – ICARC 2025

A symposium titled “Digital Transformation in Healthcare” was successfully conducted on 19 February 2025 as part of the 5th International Conference on Advanced Research in Computing (ICARC 2025) held by the Faculty of Computing, Sabaragamuwa University of Sri Lanka. The session was delivered in hybrid mode and was organized to highlight the evolving role of artificial intelligence in clinical practice and medical education.

Presentations were delivered by members of the SLMA AI Expert Committee on Artificial Intelligence, including Dr Kumara Mendis, Dr B.J.C. Perera, and Dr Vindya Perera. Key aspects of AI integration into clinical decision-making, AI in medical education, and the ethical responsibilities associated with AI adoption in healthcare were addressed.

The session was well attended, with 82 participants.



2. Interdisciplinary Session on Artificial Intelligence in Healthcare – ICCMM 2025

An interdisciplinary session on Artificial Intelligence in Healthcare was held on 4 March 2025 from 1pm to 4pm at the Students' Service Centre Auditorium, Faculty of Science, University of Colombo. The event was organized by the Centre for Mathematical Modelling in collaboration with the SLMA Expert Committee on AI in Medicine.

Plenary lectures were delivered by Dr U.P. Liyanage (University of Colombo) and Dr Kumara Mendis (Sabaragamuwa University of Sri Lanka). The panel discussion featured Dr B.J.C. Perera (Moderator), Professor Athula Sureshchandra, Dr Harsha Jayawardena, Dr Tharanga Samarasekara, and Mr. Rangana Samarasinghe.

The session was well attended and fostered strong interdisciplinary engagement across mathematics, medicine, and health informatics.



3. Artificial Intelligence Workshop – SLMA Foundation Sessions 2025

The Artificial Intelligence Workshop was held on 7 November 2025 at Hotel Galadari, Colombo, during the SLMA Foundation Sessions. The programme introduced participants to practical applications of AI in healthcare through a series of short, hands-on sessions.

Topics covered included an introduction to AI in medicine (Dr Prabath Liyanage), large language models such as ChatGPT (Dr Kumara Mendis), AI tools for research and medical education (Dr Vindya Perera), and AI tools for day-to-day clinical tasks (Dr B.J.C. Perera).

The workshop concluded with a feedback session and was well received, with active engagement from all 71 participants. Many attendees requested an extended-duration hands-on workshop in future sessions.

**Initiated activities for 2026**

1. An extensive hands-on AI workshop is planned to be conducted in January, in collaboration with the Faculty of Computer Science, University of Colombo.

18.2. COMMUNICABLE DISEASES

Chairperson:	Dr Ranjith Perera	
Convener:	Dr Chamila Dalpatadu	
Members:	Professor Jennifer Perera Dr Lucian Jayasuriya Dr Kalyani Guruge Professor Janani Kottahachchi Dr Iyanthi Abeyewickreme Dr Neelamanie Punchihewa Dr Bhagya Piyasiri	Dr Eranthee Mudalige Dr Pradeep Kumarasinghe de Silva Professor Udaya Ralapanawa Dr Chathuri Gunasekera Dr Neranjan Dissanayake Dr Krishantha Jayasekara

Activities of the committee in relation to SLMA Objectives

Objective	General	Specific
To advocate the reorientation of the health sector towards health promotion with a life cycle approach	NA	
To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities	None	
To promote healthy lifestyle and address major causative factors for NCDs among vulnerable populations through health promotion approach	NA	
To enhance the capacity of medical professionals	Committee has always been working with other colleges in providing CME to medical professionals.	Please see the section below on activities carried out in 2024.
To play an advocacy role towards a comprehensive curative and preventive healthcare for the community	NA	

**Attendance at Committee meeting**

Name	1 st Meeting - 23 rd May 2025
Chairperson Dr Ranjith Perera	P
Convenor Dr Chamila Dalpathadu	P
Professor Jennifer Perera	P
Dr Lucian Jayasuriya	E
Dr Kalyani Guruge	P
Professor Janani Kottahachchi	P
Dr Iyanthi Abeyewickreme	E
Dr Neelamanie Punchihewa	E
Dr Bhagya Piyasiri	P
Dr Eranthee Janaki Mudalige Walgampaya	E
Dr Pradeep Kumarasinghe de Silva	E
Professor D. M. P. U. K Ralapanawa	E
Dr Chathuri Gunasekera	E
Dr Neranjan Dissanayake	P
Dr Krishantha Jayasekara	P

Activities carried out in 2025

Summary of the ECCD symposia conducted

Date	Topic	Speakers
21.01.2025	Human Metapneumovirus Infection : Insight into the China Outbreak	Dr Bhagya Piyasiri Dr Sevwardi Abeywardana Dr Amila Rathnapala
05.06.2025	The surge in Chikungunya cases in Sri Lanka : What we should know	Dr Aruni Hathamuna Dr Buddhini Samaraweera Dr Nilanka Perera Dr Kasun Jayasundara
09.12.2025	Flood-related infections – Essential awareness for healthcare workers	Dr Bhagya Piyasiri Dr Warsha de Zoysa Dr Sevwardi Abeywardana

Action plan for 2026

We wish to do the following in 2026.

1. Continue to organize symposia and other events on globally and locally relevant current topics and continue to celebrate different International Health Days in order to enhance continuous medical education of medical professionals.
2. To foster collaboration with professional organizations in conducting CME sessions.
3. To initiate activities targeting multidisciplinary preventive healthcare for the community.

**18.3. ETHICS**

Chairperson:	Dr Preethi Wijegoonewardene
Secretary:	Dr Surantha Perera
Members:	Dr Malik Fernando Professor Anoja Fernando Professor Chandanie Wanigatunge Dr Christo Fernando Dr Ruvaiz Haniffa Dr Vinya Ariyaratne Professor Enoka Corea Professor Harshini Rajapakse Dr Lilanthi Subasinghe Dr Palitha Aeykoon Dr Ashani Rathnakeerthi Dr Shehan Silva

During the period under review, the Expert Committee on Ethics of the Sri Lanka Medical Association (SLMA) demonstrated strong leadership in advancing ethical governance, patient safety, and professional integrity within the health sector. The year was characterised by a clear shift from discussion to system-wide action, aligning ethics with national policy, institutional practices, and public accountability.

A key milestone was the successful establishment of the National Health Ethics Council under the Ministry of Health. Building on preparatory work begun earlier, the SLMA Ethics Committee drafted the Terms of Reference and Standard Operating Procedures, which were formally approved at the inaugural Council meeting chaired by the Director General of Health Services. The Council is now expected to meet regularly, with a clear plan for legislative recognition through a future Act of Parliament, firmly integrating ethics into national health governance.

Parallel efforts focused on institutionalising Hospital Health Ethics Committees. Engagements were initiated with leading tertiary hospitals, including NHSL, LRH, DMH, and CSHW, with plans to expand to additional centres. These efforts aimed to translate ethical principles into everyday clinical decision-making through structured committees supported by national policy.

The Committee addressed several complex ethical and legal challenges, particularly concerning end-of-life decision-making and withdrawal of life support. Gaps identified in current national guidance led to plans for additional publications and interdisciplinary dialogue, including collaboration with the legal profession, to ensure compassionate and legally sound care pathways.

Advocacy for professional ethics and regulation was bolstered through engagement with the Sri Lanka Medical Council on inappropriate advertising and unethical practices, especially in the private and cosmetology sectors, emphasising the need for updated regulatory guidance.

A significant milestone was the development of the Charter of Patients' Safety and Wellbeing, which evolved from SLMA advocacy to Cabinet approval and progressing to legislative drafting, reaffirming SLMA's historic role in defending patients' rights.

Capacity building continued to be a central focus, with successful workshops for hospital ethics committee members and initiatives to enhance bioethics' visibility through regional meetings, media engagement, publications, and plans for a dedicated ethics book. Collectively, these activities demonstrate a year of purposeful leadership, reaffirming ethics as a fundamental element of a safe, equitable, and trustworthy health system in Sri Lanka.

18.4. FORUM FOR ETHICS COMMITTEES (FERCSL)

Chairperson:	Professor Chandanie Wanigatunge
Secretary;	Professor Shamini Prathapan
Treasurer:	Dr Wasanthi Subasinghe
Editor:	Dr Prasad Ranatunga

**Members:**

The management committee of FRECSL comprises of three members from each member RECs. The member institutions of the RECs are:

Faculty of Medicine, Colombo
 Faculty of Medicine, Jaffna
 Faculty of Medicine, General Sir John Kotelawala Defence University
 Faculty of Medicine, Kelaniya
 Faculty of Medical Sciences, Sri Jayewardenepura
 Faculty of Medicine, Peradeniya
 Faculty of Medicine and Allied Sciences, Rajarata
 Faculty of Medicine, Ruhuna
 PGIM University of Colombo Eastern University
 Faculty of Applied Sciences, Rajarata

Sri Lanka Medical Association
 Institute of Indigenous Medicine (IIM)
 Provincial General Hospital, Kurunegala
 Medical Research Institute of Sri Lanka
 Sri Lanka College of Paediatricians
 Health informatics Society
 Gampaha Wickramarachchi Ayurveda Institute
 National Institute of Health Sciences Peradeniya Dental Faculty
 Bandaranaike Memorial Ayurveda Research Institute (BMARI)
 Faculty of Medicine, Sabaragamuwa University
 Faculty of Allied Health Sciences, University of Ruhuna, Galle

Activities**1. Accreditation system for Sri Lanka**

Over the past few years, the FRECSL Management Committee had deliberations to develop a structured and credible review system for the accreditation of Sri Lankan Research Ethics Committees (RECs). The recent economic crisis underscored the importance of having a robust and transparent mechanism to evaluate REC performance, ensuring quality and trust. In response, a dedicated subcommittee was appointed to design a comprehensive accreditation framework, with a particular focus on establishing benchmarks and creating practical evaluation tools.

The members appointed to this initiative were Prof. Chandanie Wanigatunge, Prof. Shamini Prathapan, Dr Janaka Pushpakumara, Dr Prasad Ranatunga, Prof. H. Harshini Peiris, and Dr Chaturika Dandeniya. Dr Prasad Ranatunga and Prof. H. Harshini Peiris served as the Chairperson and Convenor, respectively, providing leadership to the process. The committee worked diligently over the last few years to develop a framework.

Guided by the WHO framework, the committee adapted five of the seven recommended categories to suit the Sri Lankan context. In addition, to ensure the completeness of the review process, 3 additional FRECSL criteria were developed. In keeping with environmental policies, the entire review process is being conducted in a paperless format.

The first accreditation visit was carried out for the SLMA REC from 18th to 20th June 2025. Prior to the visit, a surveyor training was conducted on 17th June 2025. The training was facilitated by Professor Chandanie Wanigatunge, Professor Shamini Prathapan, Dr Janaka Pushpakumara, Dr Prasad Ranatunga, Professor Rasika Perera, and Dr Wasanthi Subasinghe, and was attended by more than 50 participants.

The FERCSL coordinator for this review process was Dr Janaka Pushpakumara, the lead surveyor was Dr Prasad Ranatunga and the second and third surveyors were Professor Shamini Prathapan and Dr Wasanthi Subasinghe.

The second accreditation process was conducted for the BMARI from the 21st to the 24th of October 2025. The training programme for the assistant surveyors was held on the 21st of October. Professor Chandanie Wanigatunge, Dr Janaka Pushpakumara and Dr Prasad Ranatunga were the resource persons for this training. The FRECSL coordinator was Professor Chandanie Wanigatunge with Dr Sajith Edirisinghe as the lead surveyor and Professor Ajith Nagahawatha and Dr Prasad Ranatunga as the second and third surveyors.

The final reports of both surveys were sent to the respective REC for their comments, observations and action plan to rectify the issues identified.



The final report from each accreditation cycle was systematically reviewed by the FRECSL subcommittee. Any new actions were incorporated into subsequent processes, ensuring that the accreditation system remains dynamic, responsive, and aligned with WHO benchmark on best practices and FRECSL criteria for a comprehensive ethics review of protocols.

2. Database of reviewers and trainees

A database is being maintained by the FRECSL on all national reviewers and trainees. This database will help select reviewers for the accreditation process for Sri Lankan ERCs. This will also help FRECSL to keep track of trainees, who will be eligible as reviewers.

3. E-newsletter

E-newsletters of the FRECSL were circulated by the FRECSL among its member ERC's.

18.5. HEALTH MANAGEMENT

Chairperson:	Dr Ruvaiz Haniffa	
Secretary:	Dr P.D. Koggalage	
Members:	Dr Ruvaiz Haniffa Dr Lucian Jayasuriya Dr Rani Fernando Dr Sarath Samarage	Dr Kumara Wickramasinghe Dr Alan Ludowyke Dr Palitha Abeykoon

• Annual Career Guidance Seminar for Junior Medical Officers - 2025

The 32nd Seminar was conducted on Sunday, the 17th August 2025 from 8.00am to 1.45pm. in the SLMA Auditorium with the participation of 112 doctors. A registration fee of Rs 1,000/= per participant.

The Seminar was conducted in four main sessions, where each session consisted of 5 or 6 specialists from different medical specialities who introduced the key attributes of the speciality and shared the challenges and benefits of choosing the speciality. Each Session was chaired by a senior member of the HMC.

Please see the attached programme for details of the resource persons. The Committee thanks all resource persons for their respective professional colleges for the continued support extended to the SLMA to conduct this career guidance programme for junior doctors.

Session	Chairperson	Topic
Session I	Dr Surantha Perera	Registration, Medical Education, Postgraduate Training Programmes, Dermatology, Medicine & Sub-Specialties, Surgery & Sub-Specialties, Anaesthesiology, Radiology
Session II	Dr Sarath Samarage	Medical Administration, Clinical Pathology, Paediatrics & Sub-Specialties, Health Information, Pharmacy, Dentistry, The Basics
Session III	Dr Ruvaiz Haniffa	Private Health Sector, Psychiatry, Anaesthesiology, Paediatrics & Sub-Specialties, Radiology, Cardiology
Session IV	Dr Surantha Perera	Career Pathways in Hospitals, Career Pathways in UK, Career Pathways in US, Career Pathways in Australia
Session V	Dr Rani Fernando	Ministry of Health - Cerebra, Pathology, General Practice Family Medicine, Vaccines, Immunology & Clinical Microbiology, Radiology, Paediatrics & Sub-Specialties, Cardiology, Anaesthesiology, Radiology

18.6. MEDIA

President:	Dr Surantha Perera	
Secretary:	Dr Isshani Fernando	
Members:	Dr Manilka Sumanathilake Dr Lahiru Kodituwakku Dr Padma Gunaratne	Dr Murali Vallipurathan Dr Tharindi Sooriyapperuma

The Media Committee of the Sri Lanka Medical Association (SLMA) played a pivotal role during the year in strengthening the Association's public voice, enhancing credibility, and ensuring timely, accurate, and responsible communication on matters of national health importance. In an era marked by rapid information flow and heightened public scrutiny, the Committee functioned as a trusted interface between the medical profession, policymakers, the media, and the public.

Throughout the year, the Committee proactively engaged with print, electronic, and digital media platforms to communicate evidence-based positions on priority health issues. These included non-communicable disease prevention, maternal and child health, disaster response and humanitarian health needs, patient safety, ethics, wellness, and emerging public health concerns. Media statements, press briefings, expert interviews, and



opinion pieces were carefully curated to reflect SLMA's values of professionalism, scientific integrity, and public accountability.

A key focus was combating misinformation and promoting health literacy. The Committee facilitated the availability of subject experts for media engagement, ensuring that complex health issues were explained clearly, responsibly, and in a culturally sensitive manner. Close collaboration with SLMA expert committees enabled rapid, coordinated responses to unfolding health events and policy debates.

The Media Committee also supported key SLMA initiatives and events, such as the Annual Scientific Congress, Foundation Sessions, regional activities, policy forums, and national advocacy campaigns, by increasing visibility and public engagement. Internal communication was enhanced through contributions to SLMA newsletters, digital platforms, and official announcements.

A virtual committee meeting was held via Zoom, during which it was unanimously agreed to establish the Health Journalism Awards in all three national languages—Sinhala, Tamil, and English—across the categories of Print Media, Digital/Online Media, and Electronic Media. A total of 32 applications were received and assessed through an impartial and transparent process. The winners were formally recognised and awarded at the Inauguration Ceremony of the SLMA Foundation Sessions, emphasising the Association's dedication to promoting responsible and high-quality health journalism in Sri Lanka.

Overall, the Media Committee significantly enhanced SLMA's role as a credible national authority on health, reinforcing public trust, supporting evidence-informed decision-making, and positioning the Association as a leading voice for health, equity, and wellbeing in Sri Lanka.

18.7. MEDICINAL DRUGS

Chairperson:	Professor Priyadarashani Galappatthy	
Secretary:	Professor Pradeepa Jayawardane	
Members:	Emeritus Professor Gita Fernando Dr Sarath Gamini De Silva Dr Maxie Fernandopulle Professor M C Weerasinghe Professor Shyamalee Samaranayake	Professor Nithushi Samaranayake Dr Sujeewani Kurukulasooriya Dr Uthpali Mannapperuma Mr. Prathaban Mylvaganam Mr. Kelum Jayasuriya
Report presented by:	Professor Priyadarashani Galappatthy (Chairperson) and Professor Pradeepa Jayawardane (Convenor)	

Main objective of the committee is to promote rational and appropriate use of medicinal drugs and ensure safety of medication use.

Activities carried out in 2025

1. Therapeutic update lectures

MDC organized the updates, now held as hybrid meetings for the 12th consecutive year to update knowledge on therapeutics and rational use of medicines. This year Therapeutic Updates were conducted concentrating on cost effective management of common disease. All updates are uploaded to the SLMA website.

The updates held and speakers were as follows:

1. Guidelines of Use Factor 8 and Cost Analysis

Dr Chandima Thevarapperuma, Consultant Haematologist and Dr Sobana Vinod, Acting Consultant in Clinical Pharmacology and Therapeutics

Date: 28th February 2025.

2. Systemic Lupus Erythematosus

Dr Sujeewani Kurukulasooriya, Senior Lecturer in Pharmacology and Specialist in Rheumatology and Rehabilitation

Date: 29th April 2025

**3. Management of Anaphylaxis**

Dr Senitha Liyanage, Consultant Emergency Physician

Date: 18th July 2025**4. Update on Hormonal Contraceptives**

Dr Chandana Jayasundara, Consultant Obstetrician and Gynaecologist, Senior Lecturer Obstetrics and Gynaecology, University of Colombo

Date: 22nd August 2025**2. Implementation of Medication Safety National Action Plan**

Action Plan for Medication Safety is updated for 2026-2025 by the Directorate of Health Care Quality and Safety of the Ministry of Health Sri Lanka, under the guidance of the Chairperson/MDC, Senior Professor P Galappaththy.

Professor Pradeepa Jayawardane and Professor Nithushi Samaranayake of MDC, SLMA contribute as resource persons.

3. Stakeholder Consultation on the Pharmacist Workforce and Community Pharmacy Reform in Sri Lanka

Stakeholder Consultation on the Pharmacist Workforce and Community Pharmacy Reform in Sri Lanka was organized by the Medicinal Drugs Committee of the SLMA and was held on 13 June 2025.

The Report and Recommendations were submitted to the President/SLMA to be forwarded to Minister of Health.

4. Patient information leaflets (PILs)

The patient information leaflets on commonly used drugs are being prepared to be published online at the SLMA website.

New members

No new members were appointed.

Action plan for 2026

1. MDC will continue to have therapeutic updates for 2026.
2. Provide leadership in updating and implementing Medication Safety National Action Plan for 2026-2030
3. Respond to any requests by the President and Council of the SLMA on matters relevant to the MDC.
4. Contribute to prevention of antimicrobial resistance by improving rational prescribing practices
5. Patient education on "Proper use of medicinal drugs" will be addressed by preparing "Patient Information Leaflets on commonly used medicines, which will be published online at the SLMA website

18.8. NON-COMMUNICABLE DISEASES**Committee Composition**

Chairperson:	Professor Chathuranga Ranasinghe	
Convenor:	Dr Thusitha Kahaduwa	
Members:	Professor Chandrika Wijeyarthne	Dr Sankha Randenikumara
	Dr Anula Wijesundara	Dr Ishanka Thalagala
	Dr Jayanthimala Jayawardena	Dr Thushan Gunarathne
	Dr Renuka Jayathissa	Dr Dilshan Manathuga
	Dr Thilak Siriwardena	Dr Sachith Wijesiriwardena
	Dr Bhanuja Wijeyathilaka	Dr Sriyani De Alwis
	Dr Isshani Fernando	Dr Malika Udagedara
	Dr Sidath Wijesekera	Dr Sajitha Mallawarachchi
	Professor Thushara Matthias	



Background and Scope

The Expert Subcommittee on Non-Communicable Diseases (NCD) has been active and operational since 2004. It has given leadership to the SLMA by playing a pioneering advocacy role in the field of NCDs, specifically in providing advocacy for policy formulation, strategic planning, and the development of national action plans. These efforts are conducted in support of the Ministry of Health (MoH) and other relevant ministries and stakeholders.

The committee has successfully impacted the core NCD issues in Sri Lanka: Nutrition, Physical Activity, Tobacco/Alcohol control, and Prevention (from primary to quaternary levels). The committee manages the SLMA flagship project “Nirogi Lanka,” which spawned community empowerment initiatives for healthy lifestyles, the “Nirogi” brand of footwear for diabetics, and the Good Manufacturing Practices of coconut oil.

Key Activities and Achievements

1. Nutrition Promotion

1. “No Added Sugar” Yogurt Project

- Initiated in 2019 and previously disrupted due to COVID-19 and the economic crisis, this project promoting no-added-sugar yogurt for kids was successfully launched and long term plan to sustain the project was developed.
- A combined webinar and media conference was held with 30 physical participants and over 60 online participants.
- Participants included major stakeholders: The Ministry of Health, professional associations/Colleges, representatives of yogurt producers, and the public.

2. Promoting Healthy Eating

- The concept of “Healthy life through healthy eating” was launched to address gaps in awareness regarding the consequences of unhealthy eating, the unavailability of palatable healthy food options, and portion control.
- This initiative targets healthcare professionals and the general public at all educational levels.

3. “Healthy Food” Logo (Ongoing)

- An assessment tool is being developed to address the need for promoting healthy eating and concerns regarding Good Manufacturing Practices (GMPs) and the contents of processed food.
- The project is currently at the stage of developing assessment criteria with multiple relevant stakeholders.

2. Physical Activity

1. Nirogi Diviya

- As part of the flagship “Nirogi project,” this program promotes physical activities in urban and semi-urban communities by empowering them through their inborn leaders.
- The program, which has inherent sustainability, was restarted with online health promotion. The Center for Sport and Exercise Medicine Faculty of Medicine, University of Colombo was collaborated.
- The Nirogi website was incorporated into the SLMA website.

2. Addressing Obesity Among University Students

- The project is planned to liaise with the NCD unit MOH to finalize guidelines on exercises for schools and universities.
- Future plans include collaborating with the NCD unit MOH, UGC, Ministry of Higher Education, and media to promote these guidelines.
- The committee aims to identify university students with obesity and create multidisciplinary support groups to assist them.

3. Advocacy on Physical Exercise Promotion

- The committee has been a major advocate for physical activity promotion programs and member of the steering committee on Physical activity of the MoH, Sport and Exercise Forum SLMA and other relevant organizations.
- Experts have worked closely with the Sports Ministry and international organizations throughout the year.

3. Tobacco and Alcohol

1. Banning Single Cigarette Sales



- Recognizing single cigarette sales as a major obstacle to preventing cigarette-related NCDs, the committee has been advocating for a ban for several years.
- Current proposals are with the Ministry, and the committee is in constant discussion with the National Authority on Tobacco and Alcohol (NATA) and the Ministry regarding this issue.

4. NCD Prevention

1. Management of Dyslipidemia

- Addressed the lack of knowledge among Healthcare Workers (HCWs) and the public through a webinar and press conference held in late November.
- The event saw the participation of more than 70 attendees including the public. Resource persons from main clinical colleges provided latest management methods and investigations were discussed at length.

2. Diabetic Foot Care and Amputation Prevention

- The gap in awareness regarding diabetic foot disease, foot care, and footwear was addressed through a multilayered strategic approach targeting healthcare professionals and the general public.
- Activities included a webinar and press conference to increase awareness, followed by a session demonstrating practical foot care and footwear tips.
- This initiative involved multiple stakeholders, including the Ministry of Health, professional colleges, and the public, and serves as a continuation of the “Nirogi Paada” component of the flagship “Nirogi” project.
- The official launch of the “Paa saviya” Limb salvage clinic’ at Faculty of Medicine, University of Colombo, associated with the “Nirogi Paada” component of the “Nirogi Project” - SLMA.

3. Salt Awareness National Campaign: “Less Salt, Less Harm”

- Despite existing guidelines for salt restriction in controlling Hypertension and CKD, adherence among healthcare professionals and the public has been low.
- The “Less Salt, Less Harm” concept was launched at a webinar and media conference involving key stakeholders.
- Five public webinars were conducted, resulting in multiple media reports and publications delivering key messages.

Summary of public interactions - 2025

Date	Webinar/ Press conference	Participants	Key message	Outcome
20/08/25	Healthy Living 1 – No Added Sugar	80	Promoting No added sugar food products – Pilot: Yoghurt	Media Reports and industry awareness
24/09/25	Healthy Living 2 - Salt	60	Less Salt Less Harm Alternatives to adding Salt	Multiple Media Reports and HCW awareness
29/10/25	Healthy Living 3 – Diabetes Foot	80	Morbidity and Mortality of DM foot disease is similar to cancer	Multiple Media reports and HCW awareness
12/11/25	Healthy Living 4 – Diabetes foot care	70	Practical foot care and awareness on footwear	Multiple Media reports, a booklet and HCW awareness
26/11/25	Healthy Living 5 – Lipid	80	Importance of testing and scrutiny of normal values	Multiple Media reports and HCW awareness

18.9. PALLIATIVE AND END OF LIFE CARE TASK FORCE

Chairperson:	Dr Udayangani Ramadasa
Convenor:	Dr Gamini Pathirana
Joint Secretaries:	Dr Shehan Silva Dr Sankha Randenikumara

**1. Second Edition of the Practice Guidelines in End-of-Life Care**

The Practice Guidelines in End-of-Life Care, originally published by the Palliative & End-of-life Care Task Force (PCTF) in 2021, was updated and submitted to the Directorate of Non-Communicable Diseases of the Ministry of Health. This updated edition incorporates expert input and recommendations obtained during a stakeholder consultation involving key authorities and subject-matter specialists. The revised document was subsequently forwarded to the Legal Department of the Ministry of Health for further review and recommendations.

2. Webinar Series

The Task Force initiated a series of lunchtime webinars to enhance continuous professional development and awareness. These sessions provided a platform for healthcare professionals to learn from expert speakers, explore critical issues in palliative care, and participate in interactive discussions and Q&A sessions.

3. Job Description for the MD Palliative Medicine Specialist

The PCTF was also assigned the responsibility of developing the Job Description for the MD Palliative Medicine Specialist, in preparation for the commencement of MD training. This task was completed, and the draft job description was formally submitted to the National Steering Committee of the Ministry of Health.

4. Policy Advocacy

The Task Force actively contributed to the development of national policies for palliative care for the period 2023–2025, and supported the updating of the National Strategic Framework on Palliative Care Development (2025–2030) in Sri Lanka.

18.10. PREVENTION OF ROAD TRAFFIC ACCIDENTS**Introduction**

During the 2024–2025 year, the Prevention of Road Traffic Accidents (PRTC) Committee of the Sri Lanka Medical Association continued its mandate to address the growing burden of road traffic injuries in Sri Lanka through advocacy, policy engagement, and public awareness initiatives. Road traffic accidents remain a leading cause of preventable death and disability in the country, necessitating sustained and coordinated action across the health sector, law enforcement agencies, policymakers, and the wider community. The committee's work during this period focused on strengthening evidence-based interventions, promoting safer road environments, and reinforcing the safety of both the public and healthcare workers.

Committee Composition

Chairperson:	Dr Surantha Perera	
Co-Chairperson:	Professor Samath D. Dharmaratne	
Secretary:	Dr Dhanushi Hettiarachchi	
Members:	Dr Thushara Matiwalage	Dr Sanjaya Perera
	Dr Kapila Sooriyaarachchi	Mr. Manoj Ranagala
	Dr Ana Perez Zaldivar	Mr. Indika Hapugoda
	Dr Mahesh Gunasekara	Mr. Suveendran Thirupathy
	Dr Asela Gunawardena	Mr. Dilantha Malagamuwa
	Dr Indika Jagoda	Mr. Keerthi Koditiwakku
	Dr Dilshan Priyankara	Mr. Eranda Perera
	Dr Hiran Amarasekara	Mr. Anushka Kumarasinghe
	Dr Duminda Ariyaratne	Mr. Suneth Chithrananda
	Dr Haritha Aluthge	Mr. Gaminda Priyaviraj
	Dr Nayanai Dharmakeerthi	Mr. Nalaka Kaluwewe
	Dr Sapumal Danapala	Mr. T. Paskaran
	Dr Anil Jasinghe	

Key Activities and Events

1. Media Briefing on Road Traffic Accident Prevention

The PRTC Committee organized a media briefing titled “Prevention of Road Traffic Accidents and Safer Sri Lanka: A Call to Action” at the SLMA Auditorium. This event brought together senior representatives of the Sri Lanka Medical Association and the Sri Lanka Police to engage with the national media on the urgent need to address road traffic injuries in Sri Lanka. The briefing highlighted the public health impact of road traffic accidents, the importance of stringent law enforcement, and the need for collective responsibility and coordinated national action to reduce preventable injuries and deaths on the roads. The engagement generated public attention and contributed to informed national discourse on road safety.



2. High-Level Meeting with the Inspector General of Police (IGP)

The committee held an official meeting with the Acting Inspector General of Police at Police Headquarters, Colombo.

Key discussion areas included:

- Road safety and prevention of road traffic collisions (RTC)
- Alcohol- and drug-related risks contributing to road traffic injuries
- Safety and protection of healthcare workers, particularly those exposed to occupational hazards during emergency response and roadside care



This engagement strengthened collaboration between the medical profession and law enforcement authorities, emphasizing the importance of joint responsibility in improving road safety outcomes and protecting frontline healthcare workers.

3. SLMA Road Safety Awareness Health Walk 2025

The SLMA Road Safety Awareness Health Walk 2025 was one of the major public advocacy activities organized by the PRTC Committee during the reporting period. The event commenced at Galle Face Green and concluded at Viharamahadevi Park. Participation included members of the Sri Lanka Medical Association, representatives from the Ministry of Health, Ministry of Transport, Tri Forces, Sri Lanka Police, professional colleges, and the broader medical, nursing, and sports fraternity. The walk served as a strong public advocacy platform to promote safer road practices, policy reform, strengthened law enforcement, and increased community awareness to address the road traffic accident crisis in Sri Lanka. The campaign message, “Think and Drive, Stay Alive,” reinforced the importance of responsible road use.





4. Policy Forum on Road Traffic Injury Prevention

As part of the 138th Anniversary International Medical Congress of the Sri Lanka Medical Association, the Prevention of Road Traffic Accidents (PRTC) Committee organized a Policy Forum titled “Safe Roads - Safe Communities: Advancing Evidence-Based Action for Road Traffic Injury Prevention.” The forum was held on 26th July 2025 from 8.15 a.m. to 10.00 a.m. at Hall C, Cinnamon Grand Hotel, Colombo. This forum brought together medical professionals, researchers, policymakers, law enforcement representatives, and public health stakeholders to engage in evidence-based dialogue on road traffic injury prevention. Discussions focused on strengthening national strategies to reduce road traffic injuries, translating research evidence into effective policy and enforcement mechanisms, and recognizing road traffic injury prevention as a critical public health priority. The forum provided a valuable platform for informed discussion aimed at shaping policy-level interventions with measurable national impact.

Impact and Outcomes

Through the initiatives undertaken during the reporting period, the Prevention of Road Traffic Accidents (PRTC) Committee strengthened inter-sectoral collaboration between the health sector and law enforcement authorities, contributing to a more coordinated approach to road safety and injury prevention. These activities helped elevate national discourse on road safety by engaging policymakers, professionals, and the wider public, while also enhancing public awareness through strategic media engagement and large-scale community participation. Furthermore, the committee’s work contributed to policy-oriented discussions grounded in scientific evidence and public health principles, supporting informed decision-making aimed at reducing the burden of road traffic injuries in Sri Lanka.

18.11. SNAKE BITE

Committee Members for 2025	Professor S. A. M. Kularatne – Chair	Dr Lahiru Kalpage
	Professor Namal Rathnayaka – Secretary	Dr Kalana Maduwage
	Dr Malik Fernando – Editor	Professor Kolitha Sellaheewa
	Dr Vinya Ariyaratne	Professor Anjana Silva
	Dr Anslem de Silva	Professor N. Suganthan
	Dr Udaya de Silva	Professor Eranga Wijewickrama
	Dr Shantha de Silva	Professor Kavinda Dayasiri
	Dr Christo Fernando	Professor Chamara Dalugama
	Dr Kasun Fernando	

Summary of Activities – 2025

- Four virtual meetings of the Snakebite Committee were held in 2025. Other interactions were conducted through WhatsApp messages and emails.
- New Members:
 - Dr N. Madhuwanthi Hettiarachchi, Consultant Physician, Teaching Hospital Peradeniya
 - Dr K. V. D. Ranga Chamara (on foreign leave), King George Hospital, Romford, London

These members were proposed at the January 2025 meeting and were duly appointed by the SLMA Secretary following Council approval.

- Symposia:
 - Professor Anjana Silva, Professor Namal Rathnayaka, and Dr Udaya de Silva conducted a symposium on the Management of Snakebite during the 138th Anniversary International Medical Congress – SLMA, held from July 24–26, 2025. (Annexure 1)
- Paediatric Guidelines:

138th Anniversary International Medical Congress
Health Equity Across the Life Course
Resilient Pathways, Empowered Lives

SYMPOSIUM 5 – MANAGEMENT OF SNAKEBITES

Prof Namal Rathnayaka
Snakebite envenomation in Sri Lanka: A focus on medically significant snakes
Professor, Sabaragamuwa University of Sri Lanka

Prof Anjana Silva
Challenges in the management of adult snakebites and the role of small molecule therapeutics
Professor in Parasitology, Rajarata University of Sri Lanka

Dr Udaya de Silva
Challenges in the management of paediatric snakebites
Consultant Paediatrician, Teaching Hospital, Anuradhapura, Sri Lanka

Cinnamon Grand, Colombo (Hall B)
24th July 2025
2.45 to 4.00 pm

More information: office@slma.lk | [+9411 2 693 324](tel:+94112693324)

Scan here to register

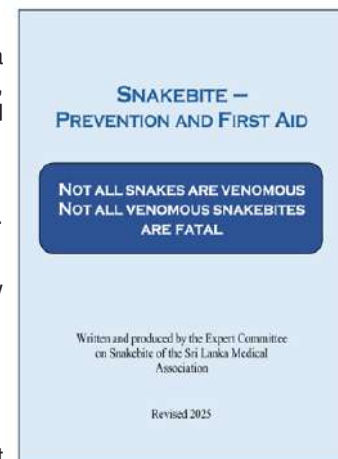
- Professor Kavinda Dayasiri and Dr Udaya de Silva prepared a set of paediatric snakebite management guidelines to be handed over to the National Poisoning Information Centre (NPIC).
 - Public Awareness
 - Professor Namal Rathnayaka conducted awareness programmes on snakes and snakebites through visual media. (Link: https://youtu.be/VxXsaXhMc30?si=0_gltQ9TsAGzOLL1)
 - Dr Lahiru Kalpage conducted a TV programme promoting the Snakebite Committee Hotline. (Link: <https://www.facebook.com/share/v/17PnwTdgjE/?mibextid=wwXlfr>)
 - Professor Namal Rathnayaka conducted an awareness programme on First Aid for Snakebites for the public at the Sabaragamuwa University of Sri Lanka on August 31, 2025.
 - Capacity-Building Workshops:
 - Professor Kavinda Dayasiri, Professor Anjana Silva, and Dr Kasun Fernando conducted capacity-building workshops for doctors at:
 - » DGH Polonnaruwa
 - » DGH Trincomalee
 - » TH Kurunegala on the management of paediatric snakebites (Annexure 8).
- They also conducted a similar programme for PHMs in the Ampara District on pre-hospital care and prevention of paediatric snakebites (Annexure 9).
- ICD-10 Updates:

Dr Shantha de Silva updated the ICD-10 classification of snakebites in collaboration with the Medical Statistics Unit, Ministry of Health.
 - Discussions with Ministry of Health Officials:

Dr Shantha de Silva, Dr Malik Fernando, and Professor Kolitha Sellaheewa met with the DGHS, DDG NCD, and the Epidemiologist on October 9, 2025, to discuss the need for training of house officers, medical officers, and medical record officers on the additional classification of snakebites in the e-IMMR.
 - Snakebite Hotline:

Continued activities related to the Snakebite Hotline by committee members.
 - Publications:

The booklet Snakebite: Prevention and First Aid has been updated and is now available in all three national languages through the SLMA website.



Programme for 2026

1. Promote collaborative research on snakebites.
2. Conduct educational programmes on snakes and snakebite management for healthcare professionals.
3. Initiate an e-library of historical snakebite-related publications currently not available online.
4. Conduct awareness programmes for medical officers on the revised ICD-10 subclassification of snakebites.
5. Lobby the Ministry of Health to:
 1. Declare snakebite deaths reportable and establish a mechanism to investigate such deaths.
 2. Make snakebite a notifiable disease and develop a system to report snakebite epidemiology.

This data will help improve strategies to reduce snakebite morbidity and mortality.
6. Monitor Snakebite Hotline activities.
7. Revise snakebite management guidelines.

**18.12. TOBACCO, ALCOHOL AND ILLICIT DRUGS**

Chairperson:	Dr Anula Wijesundere	
Secretary:	Dr Sameera Hewage	
Members:	Dr Buddhika Abeyratne	Dr NERANJAN DISSANAYAKE
	Professor Hemantha Amarasinghe	Dr Manoj Fernando
	Dr Nadeeka Chandraratne	Professor Amila Isuru
	Dr Jayamal De Silva	Dr Mahesh Rajasuriya
	Dr Malsha De Silva	Dr Sajeeva Ranaweera
	Dr Nayana Dhanapala	Professor Narada Warnasuriya

Formulation of National Policies and Laws and Interventions**1. Tobacco-Free Generation Policy**

This year the Committee initiated advocating for a generational ban on tobacco sales. This concept has received acceptance from the Minister of Health following a meeting with the Committee.

Subsequently, the Committee drafted a Cabinet Paper with its Sinhala and Tamil translations on the request of the Ministry of Health and the National Authority on Tobacco and Alcohol (NATA), detailing the required legal amendments, including translations in Sinhala and Tamil.

A draft endorsement statement intended for circulation among SLMA colleges and associations has been prepared, with plans for formal distribution through the SLMA President. Additionally, informal outreach to other professional bodies has commenced to build broader consensus.

The Committee is currently focusing on developing strategies to expand support for this initiative beyond the medical community.

2. Supporting National Authority on Tobacco and Alcohol (NATA) to amend the NATA Act 2006

The committee played a key role several years ago in drafting amendments to this Act in collaboration with NATA. This year, the committee enhanced its engagement with NATA to expedite the finalization of the amendments, which have experienced significant delays over the past several years.

The committee formally met with the current Chairperson of NATA to discuss the matter, and also directly communicated concerns regarding the delay to the Minister of Health during a meeting the Committee had at the Ministry of Health. Subsequently, the ministry requested the support of SLMA in assisting with the finalization of the draft amendments.

The committee continues to provide technical assistance to NATA in finalizing the amendment text. These amendments include revisions to the Act's definitions to incorporate electronic nicotine delivery devices, regulation of social media promotions, initiation of plain packaging requirements for tobacco products, and a ban on the sale of single sticks of tobacco.

3. Smokeless tobacco

It is noted that the prevalence of smokeless tobacco products in Sri Lanka remains at a concerning level. Following representations made to NATA on this issue, the Committee successfully advocated for the establishment of an Expert Committee on Smokeless Tobacco at NATA, comprising seven members from diverse sectors.

The SLMA Expert Committee on Tobacco, Alcohol and Illicit Drugs (ECTA) is represented officially on this Expert Committee, which is actively engaged in several national-level initiatives. An advocacy and training workshop for media personnel on smokeless tobacco was conducted under this committee with the support of the Ministry of Media.

Academic Activities**• Curriculum Framework for Health Medical, Dental, Nursing and Allied Health Education**

The Committee completed the finalization of the curriculum framework development initiated by the National Authority on Tobacco and Alcohol (NATA) addressing tobacco use in curricula of medical, dental, nursing, and allied health sciences. This initiative was originally supported by SLMA in response to requests from universities and clinicians for comprehensive tobacco education due to its extensive harms.

After a period of inactivity which was outside the control of SLMA, the Committee reactivated the process in consultation with NATA.



A stakeholder meeting was organized by the Committee and held in March at SLMA, attended by Deans and faculty representatives from approximately 15 medical, dental, and allied health faculties.

The draft report from this consultation was circulated among for review.

Work is ongoing to finalize the curriculum framework and secure endorsement from the University Grants Commission and relevant faculties.

National Level Advocacy

- **Opposition to commercial cultivation of cannabis**

The Committee formally expressed its strong opposition to the policy permitting private companies to cultivate cannabis for export by submitting a written protest to the President. The letter outlined potential adverse consequences of the policy, including increased risk of domestic misuse, heightened public health harm, weakening of prevention efforts, and normalization of substance use at a cultural level.

The letter's contents received extensive coverage in both print and electronic media, effectively communicating the SLMA's position to a broad audience.

SLMA Position on the Nation United anti-drug drive

The Committee submitted a letter to His Excellency the President of Sri Lanka, commending the "Nation United" initiative. The Committee also provided recommendations to enhance the program's scope and impact.

The primary recommendation emphasized that, for the vision of a drug-free nation to be fully realized, the initiative should centrally incorporate tobacco, alcohol, and cannabis within its prevention, education, and enforcement strategies.

This inclusion would ensure that the national movement comprehensively addresses all harmful substances, thereby delivering sustained health, social, and economic benefits to the people of Sri Lanka. It also requested that the policy allowing commercial cultivation of cannabis to be reversed, not only to prevent the harms it will cause but also to ensure clarity and transparency of government policy in relation to illicit drugs.

Media advocacy

The Committee established the position of SLMA in different aspects of tobacco, alcohol and illicit drugs at several press conferences with partner organizations during this year giving publicity to the position of SLMA on different aspects of tobacco, alcohol and illicit drug use prevention and control.

Technical documents

The Committee published the Information package on Cannabis for Medical Professionals.

This document provides comprehensive information on cannabis, including its history, usage, health effects, medical applications, cultural perceptions, legal status, economic impact, and promotional campaigns in Sri Lanka. It highlights the health risks of cannabis use, such as addiction, impaired brain development, and mental health issues. While cannabis has limited evidence-based medical uses, its economic potential is debated due to oversupply and financial losses in the industry. The document also discusses global legalization trends and the role of the tobacco industry in promoting cannabis.



**18.13. SUICIDES PREVENTION (ECSP)**

Professor Chathurie Suraweera (Chairperson), Dr Anuradha Herath (Secretary), Dr Anula Wijesundara (Convenor), Professor Thilini Rajapakse, Professor Samudra Kathirarachchi, Dr Prabath Wickrama, Dr Anuruddhika Ratnayake, Dr T Suveendran, Ms Kumudini Hettiarachchi, Professor Amila Isuru, Professor Miyuru Chandradasa, Dr Darshani Hettiarachchi, Dr Amila Chandrasiri, Dr Kapila Jayaratne

The number of meetings held - 6

The ECSP undertook several important activities in the past year.

A primary, overarching aim of the Committee during the past year has been to translate into action the recommendations for the prevention of suicide in Sri Lanka, published by this Committee and the SLMA last year. To this effect, we held ongoing meetings with relevant stakeholders from the Mental Health Directorate (MHD) and the Non-Communicable Diseases (NCD) Unit of the Ministry of Health (MoH) of Sri Lanka.

A meeting was held with the deputy minister of health to encourage banning reporting on suicides on social media. It was decided to approach the media institution to carry out proper reporting on suicides.

The ECSP collaborated with the Family Health Bureau and the Sri Lanka College of Psychiatrists to analyse and disseminate the findings of psychological post-mortems, and to conduct workshops to disseminate data and plan district-level activities.

18.14. WOMEN'S HEALTH

Chairperson:	Professor Anuruddhi Edirisinghe	
Convener:	Dr Deepa Gunasekera	
Members:	Professor Sampatha Goonewardena Dr Sepali Kottegoda Dr Amanthi Bandusena Dr Deepika Attygalle Dr Janaki Vidanapathirana Professor Shamini Prathapan Dr Iyanthi Gunasekera Dr Neththanjali Mapitigama Dr Nadeeka Chandraratna Dr Anuruddika Rathnayaka	Dr Pushpa Ranasinghe Dr Inoka Wickramasinghe Dr Daminda Attanayake Dr Sumitra Tissera Dr A. M. D. K. Attanayake Dr R. S. Savanadasa Professor D. M. P. U. K. Ralapanawa Dr G. C. S. Gunasekera Dr U. A. Liyanage
New members joined in 2025:	Dr K. Y. P. K. Weerasekara Professor Rasika Herath Professor Indira Kithulwattha Dr A. M. D. K. Attanayake Dr R. S. Savanadasa	Professor D. M. P. U. K. Ralapanawa Dr G. C. S. Gunasekera Dr U. A. Liyanage Dr Kanchana Wijesinghe
Meetings:	Five meetings were held via Zoom during the year 2025.	

Activities Conducted

1. Media Conference organized by SLMA-after alleged rape of a doctor in the Teaching Hospital Anuradhapura

Professor Anuruddhi Edirisinghe, Chairperson of the Women's Health and Rights Subcommittee with the SLMA President Dr Surantha Perera, Dr Lakshman Senanayake held a media conference soon after the incident reported to Sri Lanka Police on 11th March 2025. Representatives from both print and electronic media were present, resulting in nationwide coverage.



2. SLMA with the Ministry of Health organized a policy discussion on Safety at Health Care Setting was held on 20th March 2025 at SLMA Auditorium

The women's health committee actively participated in the policy discussion especially on Gender Based Violence and Sexual Harassment in the workplace. Professor Anuruddhi Edirisinghe and Dr Lakshman Senanayake were the resource persons in this discussion and it was well attended by persons from different fields including parliamentarians, legal, law enforcement, public health and administrators in the hospitals as well as NGOs. Professor Edirisinghe highlighted the need of updating the guidelines produced by the SLMA women's committee on the Guidelines to address sexual harassment in workplace.



3. Participated and panelist at the UNFPA/UNDP Women's Day Celebrations

Professor Anuruddhi Edirisinghe, Chairperson of the women's committee participated in the UNDP/UNFPA Celebrations of Women's day program. She talked on Health Response as well as Forensic Medical Aspect of Examination of a victim of Sexual and Gender-based Violence.



4. 2025 Symposium for Women's Day Celebrations - organized by Women's Health Committee

A Symposium titled 30 years from Beijing Declaration - Sri Lankan Women and Girl's Right to Sexual and Reproductive Health (SRH) was held at the Lionel Auditorium of the SLMA on 27th March 2025. The symposium was held both in person and via zoom platform. The opening remarks were delivered by Dr Surantha Perera, President of the SLMA while Professor Edirisinghe, co-chaired the meeting.



Ms Sriyani Perera, UN consultant, Dr Kapila Jayarathna senior lecturer in community medicine, Professor Sanath Lanerolle and Dr Harsha Atapattu consultants in Gynecologist and Obstetrics, Professor Chathurie Suraweera psychiatrist participated as the panelists. Ms Sriyani Perera talked on Journey since Beijing Declaration, 1995-2025: From Gender Equity to Gender transformation.

Dr Kapila Jayaratne talked under the title of 'Women dying due to pregnancy-related causes: Where are we in Sri Lanka?' The next speaker was Professor Sanath Lanarrol under the title of challenges in providing Obstetric Care Equally for Women of reproductive age- Western Province to Estate Sector in Sri Lanka. Dr Harsha Atapattu, President, Menopause Society of Sri Lanka talked on 'Equitable Menopausal Care to Sri Lankan Women-Rights to Empowerment' The final presentation of the symposium was by Professor Chathuri Suraweera on 'Equitable mental health Care for Women and Girls subjected to SGBV in Sri Lanka'. The session was followed by a Question and Answer session by panelists and thank you speech was delivered by Dr Deepa Gunasekara, Secretary, Women's health Committee of SLMA. The session was well attuned both physically and via zoom platform. Hon. Justice Kumudinee Wicramasinghe, Judge of Supreme courts also participated.



5. Participated the consultative meeting to discuss strengthening the response mechanism to address sexual harassment in health workplace organized by the FHB Gender and Women's Health on 1st of April 2025 at the auditorium of the Health Promotion Bureau. SLMA Women's health Committee too participated and discussion in improvement of the Guideline where implementation is possible. Based on the discussion a technical committee was also appointed. The committee met on several occasions.



6. Participated as a resource person in the pre-congress workshop titled "Emergency Department Safety through Gender Equity and Equality"

Participated as a resource person in the pre-congress workshop titled "Emergency Department Safety through Gender Equity and Equality" of Sri Lanka College of Emergency Physicians (SLCEP) as a part of their Annual Academic Sessions. The Pre-congress workshop was held at the Galle Face Hotel on 7th August 2025. The title of the presentation was "Sexual Harassment and the Law in Healthcare Settings (Sri Lankan Context)". Resource persons were from India, Australia and Sri Lanka.



**7. Participated in a consultative meeting on “Abortion Law Reforms and Beyond”**

Participated in a consultative meeting on “Abortion Law Reforms and Beyond” - A discussion as the Chairperson of the Women’s Committee of SLMA. The meeting was organized by the Center for Equality and Justice. The meeting was held on 4th September 2025.

18.15. PLANETARY HEALTH AND CLIMATE CHANGE

Chairperson:	Dr Surantha Perera	
Joint Secretaries:	Dr Lahiru Kodithuwakku, Professor Ishan de Zoysa	
Members:	Professor Samath D. Dharmaratne Dr Vinya Ariyaratne Dr Palitha Abeykoon Professor Saroj Jayasinghe Professor Dulani Gunasekera Dr Sajith Edirisinghe Dr Nimani de Lanerolle (Media) Dr Ruwan Thushara Matiwalage Dr Sameera Hewage Dr Tharanga Thoradeniya	Dr Anil Jasinghe Dr Asela Gunawardena Dr Kapila Sooriyarachchi Mr. Ranil Vithana Professor Buddhi Marambe Professor Ajith De Silva Dr Ananda Mallawathanthri Mrs. Asha deVos Dr Inoka Suraweera

Activities

1. Launch of the Policy Statement on Climate Smart Green Hospitals Sri Lanka at the 138th Anniversary Medical Congress, 2025 of the Sri Lanka Medical Association (SLMA). This policy statement includes the road map towards establishing Climate Smart Green Hospitals in Sri Lanka which will be handed over to the relevant technical units of the Ministry of Health, Sri Lanka for further development and future implementation.
2. Panel discussion at the Policy Forum of the 138th Anniversary Medical Congress of the SLMA on ‘Climate Stress to Health risks: Building Resilient Health Systems’. Panel comprised of the following experts:
 1. Professor Steve Turner-President, Royal College of Paediatrics and Child Health (RCPCH)
 2. Professor Buddhi Marambe-Senior Professor, University of Peradeniya
 3. Dr Milind Shah-Secretary, Federation of Asia and Oceania Perinatal Societies (FAOPS)
 4. Dr Surantha Perera-President, SLMA
 5. Moderated by Dr Lahiru Kodithuwakku Convenor, Expert Committee on Planetary Health and Climate Effects
3. Dr Lahiru Kodithuwakku, Convenor, Expert Committee on Planetary Health and Climate Effects, was invited to deliver a talk by the International Water Management Institute (IWMI) during a panel discussion on ‘Human Behaviour and Psychological Aspects of Early Warning (Eyes on the Storm Series)’, in relation to disasters including extreme weather events. His talk highlighted the need to address human constructs like perceived severity, perceived susceptibility and clues for action in early warning messages during disasters including climate events



Fig 1: Launch of the Policy Document on Climate Smart Green Hospitals



Fig 2: Panel Discussion on ‘Climate Stress to Health risks: Building Resilient Health Systems’ during the 138th Anniversary Medical Congress, 2025 of the SLMA



Fig 3: Panel Discussion on 'Climate Stress to Health risks: Building Resilient Health Systems' during the 138th Anniversary Medical Congress, 2025 of the SLMA



Fig 4: Panel Discussion: Eyes on the Storm organized by IWMI

18.16. NUTRITION, FOOD SECURITY AND SAFETY

SLMA expert committee on Nutrition, food security and safety – Annual Report 2025

Chairperson:	Dr Sajitha Mallawaarachchi	
Convenor:	Dr Menaka Koottage	
Members:	<div> Dr Nalinda Herath Dr Thimathi Wickramasekara Dr Jayani Thennakoon Jayaweera Dr Shalika Kurukulaarachchi Dr Manoji Gamage Dr Gowri Samarasekara Dr Vishaka Kaluarachchi Dr Amila Perera Dr Thaksala Uduwavidana Dr Dammika Rathnayaka Dr Greateda Pigera Professor Ranil Jayawardena Professor Pulani Lanerolle Professor Sagarika Ekanayake </div> <div> Dr Arundika Senaratne Dr Hasareli Fernando Dr Tharanga Samarasekara Dr Haritha Aluthge Dr Prasad Herath Dr Surantha Perera Dr Manilka Sumanathilake Dr Lahiru Kodithuwakku Dr Uthpala Hiripitiya Dr Nisansala Liyanage Dr Isuri Weerakkody Dr Pabasara Wijerathne Dr Kasunika Senanayake </div>	

Introduction

The SLMA expert committee on Nutrition, food security and safety continued its work throughout 2025 to advance evidence-based nutrition practice, strengthen national guideline development, and improve awareness of clinical nutrition among healthcare professionals. The committee contributed actively to educational, scientific, and policy-related initiatives during the year.

Activities Conducted in 2025

1. Guideline Development and Review

A major focus of the committee this year was the successful development and finalisation of key national nutrition guidelines, developed collaboratively with the SLMNA and SLCNP:

- Enteral Nutrition (EN) Guidelines:** Revised and strengthened recommendations for safe initiation, advancement, monitoring, and prevention of complications in adult and paediatric patients.
- Parenteral Nutrition (PN) Guidelines:** Developed updated standards for PN prescription, metabolic monitoring, and catheter-related line care to enhance safety and quality of practice.
- Obesity Management Guidelines:** Prepared comprehensive guidance on clinical assessment, dietary and behavioural interventions, pharmacotherapy, bariatric surgery indications, and long-term weight maintenance strategies.

All three guideline documents were completed, finalised, and formally handed over to the SLMA President on 5th of December 2025, marking a major achievement in advancing evidence-based nutrition care in Sri Lanka.



2. SLMA Monthly Clinical Meeting – Symposium on Obesity

A key academic highlight was the SLMA Monthly Clinical Meeting on Obesity, held on 16th May 2025 at the SLMA Auditorium. The session brought together endocrinology and clinical nutrition specialists to discuss obesity mechanisms, evidence-based management, practical challenges, and complication prevention. The event promoted knowledge exchange and strengthened multidisciplinary collaboration.



3. Contribution to SLMA Main Congress 2025 – Nutrition Symposium

The committee contributed to the Nutrition Symposium at the SLMA Main Congress 2025, held on 26th July 2025. Key sessions included:

- Overview of Paediatric Nutrition
- Updates on Elderly Nutrition
- Medical Nutrition Therapy in Chronic Diseases

The symposium provided a platform for sharing evidence-based nutrition knowledge and enhancing clinical practice across paediatric, geriatric, and chronic disease care.



**18.17. FORUM ON SPORTS AND EXERCISE**

The SLMA Forum on Sports and Exercise was initiated in 2024, advancing its mission to foster physical activity, sportsmanship, and a vibrant sporting culture within the medical community.

Chairperson:	Professor Chathuranga Ranasinghe	
Convenor:	Dr Rajiv Nirmalasingham	
Members:	Dr Padma Gunaratne Dr Vinya Ariyaratne Dr B J C Perera Professor Neelika Malavige Dr Chiranthi Liyanage Dr Piyumi Perera Dr Sulakshi Thelikorala Dr Dilshan Priyankara	Dr Akila Nilaweera Dr Buddhika Lokugamhewa Dr Lakmindi Goonathilake Dr Ruwan Sathara Dr Rusiru Randula Dr Aysha Ziyad Dr Samitha Samanmalee

Following activities were conducted.

1. Sports Fiesta 2025

The forum organised 'Sports Fiesta 2025' the all island football and netball tournament in collaboration with the medical students of Faculty of Medicine Colombo (Faculty of Medicine Sports Association University of Colombo) which involved both students and doctors. This event held on August 3rd 2025 brought together teams comprising doctors and medical students from various medical faculties, hospitals, colleges across the country. Objective of this event was to encourage the medical community to embrace physical activity, promote camaraderie, and highlight the importance of maintaining a healthy and balanced lifestyle alongside the demanding nature of our profession. The winners were awarded at the SLMA Foundation Sessions 2025.

2. SLMA Cricket

The SLMA cricket/ Sri Lanka doctors Cricket has been functioning nearly 17 years and has expanded reaching all island doctors to play cricket. Currently nearly 200 doctors play cricket at various level tournaments, and the team was felicitated at the SLMA foundation sessions 2025.

3. Doctors Cricket League 2025 (DCL 2025)

The Doctors Cricket League 2025 (DCL 2025) brought together over 100 medical professionals across Sri Lanka in a thrilling display of cricketing excellence, camaraderie, and community spirit. This time it was held over two exciting weekends in June and July 2025, took place at two prestigious venues: the Welagedara Cricket Stadium in Kurunegala and the Samadhi Cricket Stadium in Anuradhapura. The league included 5 teams representing the country namely, Jaffna Healers, Colombo Super Kings, Galle Titans, Dambulla Royals and Kandy Knights. The Colombo Super King emerged victorious, and The Jaffna Healers became runners- up.

4. International Doctors Cricket League 2025

Following this, the inaugural International Doctors Cricket League 2025 was held in August, marking a historic milestone. This tournament featured 10 teams representing India, Bangladesh, Sri Lanka, and Australia, and was a unique opportunity to promote fellowship among doctors internationally.

5. Professional Cricket League (PCL)

PCL which was held in October 2025 has brought together 8 professions including doctors, lawyers, engineers, architects, town planners etc.. These opportunities have improved interprofessional networking for building resilience, fostering mutual respect, and strengthening the bond within the community.

6. International representation in Sports

On the international stage, for the second consecutive time Dr Rajiv Nirmalasingham convener of the forum represented Sri Lanka at the prestigious Over-40 Cricket World Cup held in Pakistan. His exceptional participation highlighted the global potential of medical professionals in sports and served as an inspiration for the entire community.

Through these initiatives, the SLMA Forum on Sports and Exercise has consistently created avenues for physical activity and teamwork, contributing to the holistic well-being of medical professionals. Each event served as a reminder of the forum's broader mission to instill a culture of wellness, resilience, and unity within the community.

Looking ahead, the forum is excited to expand by introducing new sports activities and initiatives that cater to diverse interests and to create a more dynamic, inclusive, and active medical community, ensuring that sports remain an integral part of the lives of healthcare professionals.



18.18. BIRTH DEFECTS (ECBD)

Chairperson:	Dr Kapila Jayaratne Professor Vajira H. W. Dissanayake	
Secretary/Convenor:	Dr Dineshani Hettiarachchi	
Members:	Professor Shaman Rajindrajith Dr Anuruddha Padeniya Dr Duminda Samarasinghe Dr Ananda Lamahewage Dr Saveen Semage Dr Lahiru Prabodha Dr Sampath Paththinige Dr Vijith Vidyabooshana Dr Sunil Wijayasinghe	Dr Saraji Wijesekara Dr Janithra de Silva Dr Padmapani Padeniya Dr Sajith Edirisinghe Dr Pramitha Mahanama Dr Sharika Peiris Dr Kolitha Wickramage Dr Thushara Priyawansha Dr Vindya Subasinghe

Mission

To bring experts in their respective fields together under one umbrella with the mission of “Health for All: Accelerate Efforts for Birth Defects Prevention and Care”. This mission is aligned with the Sustainable Development Goal (SDG) #3 and its aim to ensure Universal Health Coverage - health for all people, everywhere in the country, regardless of their power to pay or speak for themselves.

Key Activities Conducted in 2025

1. World Birth Defects Day – Joint Press Conference

The ECBD, in collaboration with the Family Health Bureau and the College of Community Physicians of Sri Lanka, organized a media seminar to commemorate World Birth Defects Day on 3 March 2025. The event provided a platform to emphasize the importance of prevention, early diagnosis, and timely care, while enhancing public awareness on birth defects. Nearly 30 media personnel representing major electronic, print, and social media outlets participated, resulting in extensive media coverage and multiple media outputs generated from the seminar.

2. Launching the Handbook on Birth Defects

ECBD launched the second edition of the Sinhala handbook, “උපන් ආබාධවලින් තොර නිරෝගී දරු පරපුරක් වෙනුවෙන් අපේ යුතුකම” authored by Dr Janithra De Silva, in conjunction with World Birth Defects Day media seminar. The book highlights essential community-level prevention strategies for field healthcare workers. A total of 1,000 copies were printed by the ECBD for nationwide distribution to Public Health Midwives. The publication was formally handed over to Dr Chandima Siritunga, Director of the Family Health Bureau.

3. Symposium on Birth Defects at Global Public Health Summit, 2025

The ECBD sponsored and organized a dedicated session titled “Advancing Strategies for Birth Defects Prevention, Diagnosis and Care” at the Global Public Health Summit held on 15 July 2025. The symposium, chaired by Dr Kapila Jayaratne and Dr Susie Perera, underscored the vital role of birth-defects care within the broader agenda

of universal health coverage. Professor Vajira Dissanayake delivered the keynote address, “No UHC Without Birth Defects Care: A Call for Inclusive Health Systems.” A panel discussion featuring Dr Dineshani Hettiarachchi, Dr Vindya Subasinghe, and Dr Thushara Priyawansa examined advances in genomic diagnostics, clinical service delivery models, and national capacities for prevention, early detection, and timely intervention.

4. Symposium on Birth Defects, Rare Diseases and Genetics at SLMA Annual Academic Sessions

At the 138th Anniversary International Medical Congress held on 25th July 2025, the ECBD organized a sponsored symposium that provided a multidisciplinary platform to discuss advances in genomic medicine, diagnostic challenges, and emerging priorities in rare diseases.

Presentations included:

- Dr Vindya Subasinghe – Role of Clinical Geneticists in Sri Lanka
- Dr Dineshani Hettiarachchi – Impact of Whole Exome Sequencing on Rare Disease Diagnosis
- Dr Yasas D. Kolambage – Skeletal Dysplasia: Diagnosis and Management

The session enriched professional dialogue on strengthening national capacities for rare disease diagnosis and care, reinforcing ECBD's commitment to advancing genomic and precision medicine in Sri Lanka.

5. Planned Activity: Funding a PhD Student for a National Birth Defects Study

In line with strengthening the national birth defects research agenda, the ECBD initiated plans to fund and support a PhD student to undertake a comprehensive national study on birth defects. The proposed work will encompass epidemiological analysis, registry development, assessment of genetic and environmental risk factors, and translation of research findings into effective national prevention strategies. This initiative marks a significant investment in building national research capacity and advancing evidence-based policy for birth defects prevention and care.



Joint Media Briefing



Book Launch



Joint Media Briefing



Global Public Health Summit 2025 – Symposium



SLMA Annual Academic Sessions – Symposium on Birth Defects, Rare Diseases and Genetics

18.19. INTEGRATIVE MEDICINE

A document justifying the establishment of the Expert Committee on Integrative Medicine was submitted to the 7th February 2025 Council meeting of the SLMA and was approved.

A meeting of the expert committee was held to discuss the objectives of the Committee and the following members participated in the meeting held on 27th June 2025. The members of the committee were drawn from all sectors of traditional medicine (TM), including Sidda, Unanni, Ayurveda and Deshiya Chikitsa representing academia, research institutions, and regulatory bodies and practitioners from all four categories. The allopathic medicine sector was represented by two specialist physicians.

The expert committee met with the director and members of the health policy unit and a dialogue was initiated on integrating TM into the national health policy with the theme “improving well-being”. It was discussed in detail with a view to establishing this integration specifically at the primary care level. As a result of this dialogue, it was included as a specific item in the 2026 National health policy for the first time.

The future activities are targeted towards sensitizing mainstream allopathic healthcare providers on TM through a series of symposiums and strengthening the evidence base of TM through conduct of appropriately designed collaborative research studies.



19. INTERCOLLEGIATE COMMITTEE

The Intercollegiate Committee was instrumental in identifying key gaps and challenges in the health sector and proposing important changes, modifications and new directions to existing health policies and strategies. This year's committee was further strengthened by active participation of over 40 professional colleges and associations, prioritizing on issues of public health concern.

This year, the Intercollegiate Committee convened meetings on several critical national issues, including the prevention of road traffic accidents, addressing sexual harassment among healthcare workers, and responding to Cyclone Ditwah. These discussions served as an important platform for collaboration, awareness, and policy-oriented dialogue. In addressing these matters, the committee worked closely with the government, relevant ministries, and other national officials, fostering effective multi-sectoral cooperation. These discussions underscored the committee's commitment to strengthening the role of future and current medical professionals as leaders in safeguarding public health, promoting professional ethics, and contributing responsibly to national disaster response efforts in Sri Lanka. Through these initiatives, the committee reaffirmed its commitment to empowering medical professionals to act as informed leaders, advocates, and change agents in advancing public health, professional integrity, and national resilience in Sri Lanka.

Member professional colleges and associations are as follows:

Sri Lanka Medical Association	
Ceylon College of Physicians	Sri Lanka College of Pulmonologists
College of Surgeons of Sri Lanka	Sri Lanka College of Cardiology
Sri Lanka College of Obstetricians & Gynaecologists	Sri Lanka College of Endocrinologists
Sri Lanka College of Paediatricians	Association of Sri Lankan Neurologists
Sri Lanka College of Psychiatrists	Sri Lanka Association of Geriatric Medicine
College of Anaesthesiologists of Sri Lanka	Association of Medical Specialists
College of Community Physicians of Sri Lanka	Palliative Care Association of Sri Lanka
Sri Lanka College of Microbiologists	Sri Lanka College of Internal Medicine
Sri Lanka College of Haematologists	Perinatal Society of Sri Lanka
College of Ophthalmologists of Sri Lanka	College of Pathologists of Sri Lanka
College of Medical Administrators of Sri Lanka	College of Forensic Pathologists of Sri Lanka
College of Otorhinolaryngologists & Head and Neck	College of Specialists in Rheumatology & Rehabilitation, Sri Lanka
College of Venerologist of Sri Lanka	Association of Vascular Surgeons
Sri Lanka Association of Clinical Pharmacology	Sri Lanka College of Oncologists
College of Chemical Pathologists of Sri Lanka	College of Transfusion Physicians
Association of Plastic Surgeons of Sri Lanka	Sri Lanka College of Nutrition Physicians
College of Critical Care and Emergencies	Sri Lanka College of Emergency Physicians
Sri Lanka Association of Urological Surgeons	Government Medical Officer's Association
Sri Lanka Association of Paediatric Surgeons	Health Informatics Society of Sri Lanka
College of Forensic Pathologists of Sri Lanka	Sri Lanka College of Health Informatics
College of General Practitioners of Sri Lanka	Sri Lanka Society of Nephrology (SLSON)
Sri Lanka College of Dermatologists	Sri Lanka College of Nephrologists
Sri Lanka College of Radiologists	Sri Lanka Orthopedic Association
National Stroke Association of Sri Lanka	



20. MONTHLY NEWSLETTER

20.1. THE SLMA MONTHLY; REBIRTH OF THE SLMA MONTHLY NEWSLETTER

SLMA Monthly Newsletter has been a good source of information on SLMA activities, disseminated among the membership and range of stakeholders, spanning different sectors. Lately, it also featured the latest advancements in medicine, expanding its scope as a trusted knowledge sharing platform.

In 2025, under the leadership of Dr Surantha Perera, President, SLMA, Professor Kumara Mendis and Dr Lahiru Kodituwakku, Co-Editors of the newsletter took a bold step ahead in redefining the content and the outlook of the newsletter, to suite the emerging needs of the medical profession. The objective was to give more voice to the junior doctors and doctors working in the peripheries to showcase their best practices and ideas to the wider medical fraternity and attract a regional and global readership through reaching out to global leaders in medicine and allied fields.

Hence, several new segments were added. Namely,

The Opinion

A section dedicated to expert opinion of local, regional and global leaders in the fields of medicine, humanitarian response, climate change and other emerging topics of interest to our wider audience. A renowned expert was given the opportunity to express his or her opinion on matters of public health concern and societal importance.

Stories from the Peripheries

A section designed to highlight achievements, best practices and novel interventions of our regional colleagues, giving them an opportunity to network with wider medical fraternity.

Global Medical News

This section featured latest global medical research and developments curated through trusted global medical news platforms and reputed journals.

Co Editors also contributed to the Cover Story and From the Editor's Desk sections, giving prominence to the lead story of a particular month and highlighting its importance. To rebrand the newsletter with its novel additions, it was renamed as 'The SLMA Monthly'.

It is also worthy to mention that The SLMA Monthly editorial team was able to publish a special commemorative issue in collaboration with the Sri Lanka Medical Council (SLMC) on its Centenary celebrations, making a landmark moment for SLMA-SLMC long-standing partnership.

Co Editors like to acknowledge the contributions made by the expert editorial team of the newsletter. Furthermore, the steadfast support and guidance by Dr B J C Perera and Dr Sarath Gamini Silva in expert editing and creative artwork and designing of Eng. Chameera Randil was instrumental for the success in taking The SLMA Monthly to greater heights. Additionally, the support rendered by our valued sponsors, SLMA office staff and official printers is much appreciated. Above all, it is our most treasured asset, members of the SLMA and wider fraternity, should take credit and our deep appreciation for giving us the opportunity to serve them better.

As we move forward, The SLMA Monthly team will embrace creative writers, innovators and seasoned experts in the fields and medicine and allied sciences to enrich our medical fraternity across the country and beyond.



Fig 1: The SLMC Centenary Commemorative Issue



Fig 2: Raising our Voice for Health Worker Safety



Fig 3: Addressing the concerns over migration vs doctor's rights

Dr Lahiru Kodituwakku, Professor Kumara Mendis - Co Editors-The SLMA Monthly



21. SOCIAL ACTIVITIES

SLMA Social Activities 2025 - Organised by the Social Secretaries

The social calendar of the Sri Lanka Medical Association (SLMA) for 2025 was thoughtfully curated and successfully executed by the two Social Secretaries, Dr Pramilla Senanayake and Dr Nilanka Wickramasinghe, with the invaluable support of Dr Christo Fernando. These activities were designed to foster fellowship, creativity, and well-being among the medical fraternity, complementing the academic spirit of the Association.

21.1. DOCTORS' CONCERT 2025

The SLMA Doctors' Concert 2025 was held on 25th July 2025, from 7.00 pm onwards, at the Cinnamon Grand Hotel, Colombo, following the conclusion of the SLMA Annual Scientific Congress. The concert brought together doctors from across the country, celebrating their artistic talents and providing a vibrant platform for music, dance, and creative expression.

The programme showcased a rich diversity of performances across languages, genres, and art forms:

- Sri Lanka Matha – Violin performance by Dr Pramod Kahawevitharana
- Original song – Dr Manella Joseph
- Melodies on a Flute – Professor Shaman Rajindrajith
- Aye ho meri zindagi – Dr Chapa Jayaruk
- Traditional dance fusion – Dr Gihani Jayaweera and Dr Akhila Nilaweera
- Sanda midulata enawa – Dr Roshan Jayawardena
- Black Lungs – Dr Yamuna Rajapaksha & Ms. Minara Rajapaksha
- Kurulu Thudin – Professor D. J. Anthony
- Aathangara marame – Balasubramaniam Bavanandan
- English song – Dr Kalani Kulathilake
- Wasanthaye mal kakulayi – Dr Sanjeewani Rupasinghe
- Tollywood meets Bollywood (medley) – Dr Randula Caldera & Dr Sanuja Ravishanka
- Chinna chinna asai – Dr Sailakshmi Logeeswaran
- Master Sir – Dr Savinki Rambadagalla
- La Isla Bonita – Dr Nilanka Wickramasinghe
- Sing-along and dance segment – Dr Christo Fernando and Dr Mathisha De Silva (drums), Dr Pramod Kahawevitharana (vocals), Mr. Ray Gomez (bass guitar), Mr. Kuma De Silva (keyboard), and Mr. Upali Fernando (lead guitar)
- Council Song – A special closing segment where members of the SLMA Council came together to sing Auld Lang Syne, symbolising unity, friendship, and shared purpose.

The event was elegantly compered by Dr Himal Jayathilake and Dr Kalani Kulathilake, whose warmth and professionalism added to the seamless flow of the evening.

The Doctors' Concert was a resounding success, widely appreciated for its high artistic quality, inclusivity, and joyful atmosphere, and served as a memorable highlight of the SLMA social calendar.



21.2. SLMA DOCTORS' DINNER DANCE 2025

The SLMA Doctors' Dinner Dance was scheduled to be held on 12th December 2025, from 7.00 pm onwards, at the Cinnamon Grand Hotel, Colombo. The evening was planned as a grand celebration with live performances by the popular bands Misty and Flame, entertainment continuing into the early hours of the morning, and compered by Mr. Clifford Richard. A lively raffle with numerous attractive prizes was also arranged, promising an unforgettable night for SLMA members and their guests.

However, due to severe flooding across the country caused by Cyclone Ditwah, the SLMA Council, in the interest of safety and social responsibility, made the difficult but necessary decision to postpone the event. The Doctors' Dinner Dance has now been rescheduled for 2026, and it is hoped that it will be held under more favourable circumstances.



22. SLMA KIDS ART – BORN TO SHINE

The response to flyers sent out by the SLMA requesting children from Grade 1 to Grade 13 under the age categories Grades 1-5, Grades 6-9, Grades 10 - 11 and Grades 12 - 13 to paint on a theme “Born to Shine”, the submissions reached SLMA in large numbers.

Story of kids’ Art & SLMA goes back to 2016 as the year of starting, since then children from all corners of Sri Lanka had been drawing on varying themes depending on the request given every year. The attraction this year which created the submissions probably lied with the enticing flyer & equally inviting theme. This event was coordinated by Professor Ruwanthi Perera, Honorary Assistant Secretary of SLMA.



Judging of the submissions was a challenge & Ms. Aruni Wijegunawardene selected 50 talented young artists as Merit Winners under the respected age categories.

The Prize Giving Ceremony of SLMA Art Creations 2025 was held on Friday the 21st November 2025, from 3.00 p.m. onwards at the Lionel Memorial Auditorium, No.06, “Wjerama House”, Wijerama Mawatha, Colombo 07 where the Merit Winners was awarded with Certificates and Gift Bags from our valuable sponsors.

This was well attended by the merit winners and their family members. The veteran singers, Mr Chandana Liyanarachchi & Mr Lelum Rathnayake along with their children added vibrance to the event by their professional singing. Media coverage for the event was provided by the Sri Lanka Rupavahini Cooperation and the Sarasaviya newspaper.





23. PREMISES MANAGEMENT AND DEVELOPMENT

Premises, Management and Finance Committee – SLMA (January–December 2025)

From January to November 2025, the Premises, Management and Finance Committee of the Sri Lanka Medical Association served as a key governance body to protect the Association's physical assets, financial stability, and administrative continuity. Chaired by the SLMA President, the Committee met regularly and consistently stressed the importance of institutional stewardship, transparency, and prudent decision-making amid operational, financial, and infrastructural challenges.

Infrastructure and Premises Management

A key focus of the Committee during the year was the ongoing restoration and upkeep of the SLMA premises, especially tackling recurring roof leaks affecting tenant colleges, washroom facilities, meeting areas, and safety-critical infrastructure. Structural repairs to roofs shared with CCPSL, Haematology, Dermatology, and Radiology units were consistently reviewed, with quotes obtained, contractor performance examined, and decisions postponed where necessary to ensure value for money and technical integrity. The Committee increasingly acknowledged the necessity for professional engineering assessments and long-term maintenance agreements rather than temporary repairs, reflecting a shift from reactive to strategic asset management.

Improvements to functional spaces—including the SLMA meeting room, garage facilities, washrooms, exit signage, and outdoor lighting—were approved with clear timelines and budget limits. Special attention was given to maintaining the architectural character of the SLMA building while enhancing its usability for academic meetings, workshops, and revenue-generating rentals. Safety issues, such as lighting, signage, and access, were regarded as non-negotiable governance responsibilities.

Financial Oversight and Sustainability

The Committee maintained close oversight of financial flows, including capital expenditure, routine payments, and investment decisions. A consistent policy was to fund major repairs using interest earned on fixed deposits, thereby preserving capital while meeting operational needs. Fixed deposits were reviewed, closed, and re-established when necessary to optimise returns and liquidity. Audit reports, though sometimes delayed, were tabled and discussed honestly, with deficits acknowledged and corrective actions proposed.

The Committee also approved controlled mechanisms such as limited credit card facilities for official online transactions, strictly ring-fenced for administrative use, reinforcing financial discipline and traceability. Expenditure requests were increasingly subject to justification, quotation comparisons, and phased approval, demonstrating a mature approach to fiduciary responsibility.

Security, Risk, and Compliance

A key governance concern during the year was premises security. After a security breach that led to unauthorised entry and the theft of printed materials, the Committee took decisive corrective measures, including withholding part of the payments, reviewing contracts, and seeking alternative security providers. These steps highlighted an institutional commitment to accountability and deterrence, even when facing resistance from service providers. Interim extensions to security and janitorial contracts were approved solely to maintain continuity while longer-term solutions were under consideration.

Legal and boundary matters, such as neighbour disputes, tree management, and access rights, were handled through consultation with legal experts, review of deeds, and following proper procedures. The Committee showed caution in decisions with possible legal or reputational effects, strengthening SLMA's reputation as a responsible national institution.

Human Resource and Organisational Development

Human resource management became a recurring theme, with the Committee recognising the ageing workforce, the need for succession planning, and gaps in administrative resilience. Staff appraisal systems were finalised and implemented, attendance monitoring was strengthened, and recruitment of demonstrators, interns, and IT support personnel was pursued despite operational challenges. Salary increment requests were handled cautiously, balancing staff welfare with financial sustainability and audit guidance.

Strategic Initiatives and Institutional Legacy

Beyond routine administration, the Committee supported strategic initiatives with long-term implications, notably the establishment of the SLMA Trust. Legal consultations, governance structures, donor engagement strategies,



and coordination with professional advisors were actively pursued, reflecting a forward-looking vision for financial sustainability and professional development. The publication and sale of biographies of past presidents were regarded not merely as a fundraising activity but as an investment in institutional memory and heritage.

Conclusion

In summary, the Premises, Management and Finance Committee in 2025 served as a stabilising and strategic arm of the SLMA, balancing immediate operational needs with long-term institutional goals. Through disciplined governance, transparent financial oversight, and steady leadership, the Committee strengthened the foundations on which SLMA's academic, professional, and policy-oriented work continues. The record of deliberations reflects an organisation aware of its responsibilities as Sri Lanka's leading medical association and dedicated to safeguarding its assets, credibility, and future.

Under the guidance of the Premises, Management and Finance Committee of the Sri Lanka Medical Association (SLMA), several renovation, maintenance, and development activities were successfully carried out during 2025 to enhance the functionality, safety, and aesthetic appeal of the SLMA premises.

Structural Repairs and Renovations

- The main meeting room was fully renovated, including fresh colour washing and the installation of a new air-conditioning unit to improve comfort during meetings.
- The auditorium sound system was upgraded, including improvements to the microphone and audio system, to ensure better sound quality and user satisfaction during academic and official events.
- Eco-sol lighting systems were replaced and upgraded in the auditorium, podium, and stage areas, providing an improved appearance and energy-efficient solution.

External Premises Development

- The rear garage and pedestrian areas of the SLMA premises were developed and landscaped. Previously underutilised areas with tree cover were redesigned to create a more organised, accessible, and visually appealing external environment.
- New roller shutter doors were installed in the garage area, replacing damaged doors. Two electronically operated roller doors were procured and installed from Elcardo, improving security and ease of access.
- Hazardous dry trees located near the SLMA premises were removed in the interest of road safety and public protection.

Electrical and Utility Improvements

- Electrical wiring and plug points in the Council Room were reorganised and upgraded in accordance with technical and safety standards.
- The pantry cupboard layout was restructured, including partitioning, to ensure secure storage of pantry items and better space management.
- Outdoor illumination across the SLMA premises was enhanced following a proposal by Dr Surantha Perera, with the approval of the Management Committee, to support evening events and improve overall safety.

Equipment Procurement

Camera and Dry Cabinet Purchase – Nikon D7500

As advised by the President and approved through the Premises, Management and Finance Committee, a Nikon D7500 camera with an 18–140 mm lens was procured from Photo Technica (Pvt) Ltd. An Andbon AB-21C Dry Cabinet was also purchased. The package included complimentary accessories (SanDisk Extreme PRO 64 GB memory card and Nikon side bag), along with a 12-month warranty and assured after-sales support. This acquisition will significantly strengthen the SLMA's photography and media capabilities for future events and activities.

Financial and Administrative Developments

- Plans were initiated to strengthen the SLMA Trust, with an anticipated contribution from 100 donors, each contributing LKR 1 million.
- Arrangements were proposed to introduce a new credit card facility for SLMA through HSBC, Barnes Place branch, under the President's name for a three-year term. The card will have a credit limit of LKR 300,000.00 and will be used exclusively by the Accounts Division for approved online transactions, subject to submission and approval of the application.

Overall, these initiatives reflect the Committee's commitment to maintaining SLMA premises to a high standard while supporting the Association's operational, academic, and financial objectives.





24. NEW MEMBERS

The number of new members for the year 2025 (including the names presented to the Council on 1st December 2025) is as follows.

Life	172
Ordinary	61
Student	223
Ordinary to Life	04

The list of members enrolled during the year 2025 is given in Annexure.

25. TREASURER'S REPORT

The Sri Lanka Medical Association Treasurer's report for 2025 indicated below.

The recurrent expenditure of the SLMA from 01st January 2025 to 30th November 2025 was Rs. 6,359,571/85 for the salaries, overtime, allowance, EPF, ETF, and bonus payments of employees. Expenditure for the refurbishment of the premises, routine repairs, and maintenance was Rs.1,474,402/30 Further expenditure for electricity, security, water, telephone, printing, website, and extra expenses Rs. 8,091,734/09. The total expenditure from 01st January to 15th December was Rs. 15,925,708/24.

The total income and expenses and net profit & loss from the 138th Anniversary International Medical Congress and Foundation session & Medical Dance 2025 are given below.

Activity	Income (Rs)	Expenses(Rs)	Profit/Loss(Rs)
SLMA Walk	1,850,000.00	995,575.00	854,425.00
Annual Congress - 2025	55,163,654.86	25,573,592.75	29,590,062.11
Pre Congress & Post Congress workshop	7,228,000.00	2,412,829.00	4,815,171.00
Foundation Sessions - 2025	11,969,000.00	5,856,595.54	6,112,404.46
Regional Meetings 2025	3,645,000.00	2,147,851.40	1,497,148.60
Medical Dance - 2025	Cancel		
Total	79,855,654.86	36,986,443.69	42,869,211.17

25.1. BANK BALANCES

The total sum of fixed deposits and short-term deposits by the end of the financial year 2025 is Rs.62,925,978/64. The interest earnings from the fixed deposits during the year amounted to Rs 1,760,262/81 (Oration & Award FD CMJ, SLCTR, Covid Sahana Interest)

Cash and bank balances in total as of 30/11/2025 remain at Rs. 19,060,910/80 (including current account balance Covid Sahana Rs.279,842/05 and SLMA Relief fund Rs.487,068/51). Savings accounts total balance Rs. 14,012,368/68 (SLMA 2,262,897/79, ICBD Rs. 1,268,110.39, SLMA Relief fund Rs.16,065/56, Sessions Savings Rs. 7,709,513/28 and Money Market account Rs. 2,390,271/20).

I wish to acknowledge with gratitude the guidance of Dr Surantha Perera and the assistance of Dr Asiri Hewamalage, the President and Secretary of SLMA respectively, in performing my duties as the Honorary Assistant Treasurer for the year 2025. I also thank the Treasurer Dr Bodhika Samarasekera for his support. A special note of appreciation is extended to the SLMA Accounts Executive Miss Jayarani Tennekoon who meticulously looked after the accounts and prepared all the financial statements including this report throughout the year 2025.



26. AUDITOR'S REPORT 2024

The report of the Auditor is given in the annexure.

27. EASTER SUNDAY BOMB BLAST RELIEF PROJECT / TSUNAMI DISASTER RELIEF PROJECT

Report Presented by Dr Anula Wijesundere

Coordinator of the CMAAO / SLMA Scholarship Fund/ EASTER SUNDAY BOMB BLAST RELIEF PROJECT
BATTICOLOA

The CMAAO / SLMA Joint Scholarship, administered by the Tsunami Disaster Fund is the main social responsibility project of the SLMA.

The scholarship was launched in December 2006 for children who lost one or both parents in the Tsunami Disaster of December 2004, by investing the generous donation of US \$ 50,000/- by the Confederation of Medical Associations of Asia and Oceania (CMAAO) and is being continued successfully. As recipients of the scholarships have now completed schooling, these scholarships ended in September 2022.

We have provided educational grants to 6 school children who lost one or both parents as a result of the Easter Sunday bombing at the Zion Church in Batticaloa, in April 2019. The responsibility of selecting the recipients and launching of these educational grants was handed to President SLMA 2019 Dr Anula Wijesundere by Dr Suriyakanthie Amarasekera who was in charge of the project since its inception in 2006.

All these payments have been made using the monthly interest accumulated from the original deposit, leaving the capital intact. It is a privilege and pleasure to be able to extend a helping hand to these young ones who have faced so much tragedy in their lives.

28. PUBLICATIONS

Pioneers in Healing: Honouring the Legacy of SLMA Presidents

The Sri Lanka Medical Association proudly launched Volume I of “Pioneers in Healing: The Presidents Who Shaped Sri Lankan Healthcare” this year at the Inauguration Ceremony of the 138th Anniversary International Medical Congress. This landmark publication documents the legacy of SLMA leadership through brief biographies of Presidents across three historical phases: the Ceylon Branch of the British Medical Association (1887–1950), the Ceylon Medical Association (1951–1971), and the Sri Lanka Medical Association from 1972 to the present. The book serves as an important historical record, highlighting the pivotal role played by SLMA Presidents in shaping both the Association and the national healthcare system.

The concept for this publication was initiated by Dr Surantha Perera, President of the SLMA, with the objective of formally recognising the service, advocacy, and leadership of past Presidents. The volume was meticulously compiled and edited by Dr Malik Fernando, a Past President of the SLMA, whose leadership and deep understanding of the Association’s history added exceptional value to this work. This publication stands as a tribute to medical leadership and institutional memory. Building on the success of Volume I, Volume II is planned for launch in 2026, continuing the SLMA’s commitment to preserving and celebrating its rich professional heritage.





PIONEERS IN HEALING: THE PRESIDENTS WHO SHAPED SRI LANKAN HEALTHCARE



**Brief Biographies of the Sri Lanka Medical
Association's Presidents Across Time**

Part I: Presidents of the Ceylon Branch of the British Medical Association (1887 to 1950)

Part II: Presidents of the Ceylon Medical Association (1951 to 1971)

Part III: Presidents of the Sri Lanka Medical Association (1972 to the present)

A COMPILATION FROM MANY SOURCES

PART I

EDITOR - MALIK FERNANDO

SRI LANKA MEDICAL ASSOCIATION

Wijerama House, Wijerama Road, Colombo 7

2025

29. INNOVATIVE ACTIVITIES OF THE SLMA IN 2025

29.1. PATHWAY TO POTENTIAL - A HEADSTART FOR CHILDREN IN POVERTY

The Pathway to Potential programme aims to break the intergenerational cycle of poverty by providing high-quality, context-responsive early childhood development support for children living in poverty, while empowering families and communities to become self-reliant. Recognising early childhood as a critical window for cognitive, emotional, and social development, the Sri Lanka Medical Association (SLMA) initiated this programme to establish quality daycare and early learning settings that address the holistic needs of vulnerable children through individualized nurturing care.

As part of this initiative, the SLMA collaborated with the Women International Foundation, seeks to train and promote women as “Carepreneurs” (Carer + Entrepreneur)—equipping them with the skills, knowledge, and support needed to establish and sustainably operate early childhood development day-care centres within impoverished communities, thereby simultaneously advancing child development, women’s economic empowerment, and long-term poverty reduction. Ms. Seroshi Nandasiri the chairperson and the co-founder of Women International Foundation and Ms. Duvindi Illankoon had the initial discussion with the President and the Honorary Secretary of the SLMA.



29.2. WAY FORWARD IN ADOLESCENT CARE

The Sri Lanka Medical Association (SLMA) aims to promote the health and well-being of adolescents by advocating for evidence-based, adolescent-friendly, and multisectoral interventions that address their evolving biopsychosocial needs. Recognising adolescence as a critical life stage, the initiative focuses on strengthening health services, improving transition of care for chronic conditions, promoting healthy lifestyles, supporting mental health, and enhancing adolescent-responsive education and career guidance, in collaboration with key national stakeholders.

As the first step, the SLMA 138th International Medical Congress conducted a parallel symposium on “Unspoken burden of adolescent mental health” which paved the pathway to develop a policy brief that was submitted to the Ministry of Health. The symposium consisted of several interesting topics;

1. The silent pandemic: Teen loneliness in a hyperconnected world: A glimpse into the adolescent mental health epidemiology of the region by Dr Dutsadee Juengsiragulwit, Consultant Psychiatrist – Department of Mental Health, Thailand
2. Digital detox: Can unplugging improve teen depression and anxiety and prevent suicides? By Dr Darshani Hettiarachchi Consultant Child and Adolescent Psychiatrist – Lady Ridgeway Hospital for Children, Sri Lanka
3. Autism in the teenage years: Navigating the storm of adolescence by Professor Miyuru Chandradasa Professor in Psychiatry – University of Kelaniya, Sri Lanka
4. Overview of child and adolescent mental health services in Sri Lanka by Professor Shreenika Welinage Professor in Community Medicine - University of Colombo, Sri Lanka



29.3. WORKING GROUP ON CAPACITY BUILDING PROGRAMMES IN DENGUE

Activities

1. Members of the Working Group on Capacity Building Programmes in Dengue had several technical discussions with WHO focal point on the process of accreditation of National Institute of Infectious Diseases (NIID) as a WHO Regional Center of Excellence in Capacity Building in Dengue in South Asia. The process has now progressed to its final stages.
2. Three members of the working group, namely Dr Ananda Wijewickrama, Dr Jagath Amarasekera and Dr Lahiru Kodituwakku were invited to deliver talks at a webinar on 'Sri Lanka's Dengue Management System' by the Asia Dengue Policy Working Group. This webinar was livestreamed to dengue experts, clinicians and public health professionals in South Asia and South East Asia, propagating Sri Lanka's best practices in Dengue Clinical Management, surveillance, prevention and outbreak response.
3. Dr Lahiru Kodituwakku and Dr Jagath Amarasekera contributed to trigger development for dengue, in the Anticipatory Action Protocols for Sri Lanka, coordinated by the expert technical committee on Anticipatory Action.

ASIA DENGUE
Policy Working Group

WEBINAR
Sri Lanka's Dengue Management System

5th Dec 2025
Friday

4:30pm - 6:00pm
SGT (UTC +8)

Linked In Live /
YouTube

AGENDA

- Introductions to Sri Lanka's Dengue Control Programme
- Clinical Management of Dengue in Sri Lanka
- Sri Lanka's dengue outbreak response

SPEAKERS

Dr Ananda Wijewickrama
Consultant Physician and Dengue Expert, Senior Lecturer in Medicine, Faculty of Medicine, University of Moratuwa, Sri Lanka

Dr Jagath Amarasekera
Consultant Community Physician, National Dengue Control Unit, Ministry of Health, Sri Lanka

Dr Lahiru Kodituwakku
Consultant, Dengue Capacity Building Core Group, Sri Lanka Medical Association (SLMA), Former Director Management Focus, Former Medical Officer, National Dengue Control Unit, Ministry of Health

CONTACT US AT:
E: policy.workgroup@slma.lk
https://www.dengueactionforce.com

Fig 1: Webinar on Sri Lanka's Dengue Management System by Asia Dengue Policy Working Group



Fig 2: Expert Technical Group on Trigger Development for Anticipatory Action in Sri Lanka

29.4. WELLNESS – A UNIFIED FOCUS FOR SUSTAINABLE HEALTH

Well-being extends beyond the absence of disease and encompasses physical, mental, emotional, and social health across the life course. Despite strong clinical guidelines for non-communicable diseases in Sri Lanka, prevention and lifestyle modification are often addressed only after disease onset, highlighting an unmet need for early health promotion and personal empowerment. Greater emphasis on early childhood, parenting, school education, youth well-being, and healthy ageing is essential. Professional health organizations have a critical role in integrating well-being into person-centred care, advocating for supportive public policies, educating communities, and strengthening multisectoral approaches to promote well-being for all.

In commemoration of the Golden Jubilee celebrations of the Organization of Professional Associations (OPA), the Sri Lanka Medical Association (SLMA) launched its pioneering initiative—the Wellness Birthday Card, a national call to transform turning 50 into a milestone of health and renewal. The highlight of the evening was the presentation of the first Wellness Birthday Card to the Hon. Deputy Minister of Health and Mass Media, Dr Hansaka Wijemuni, symbolizing a culture shift toward proactive, preventive healthcare for all Sri Lankans.

The Launch of the 50th Year Birthday Greeting for Healthy Ageing

LIMCON 2025 – Academic Conference on Lifestyle Medicine

The Sri Lanka Medical Association (SLMA), in collaboration with the Sri Lankan Society of Lifestyle Medicine (SLSLM), successfully launched the Wellness Forum of the SLMA under the theme “Wellness Redefined: The Lifestyle Medicine Framework for Modern Sri Lanka.” The forum brought together medical professionals and experts to highlight the growing importance of lifestyle medicine in transforming healthcare delivery. The launch was marked by distinguished contributions from leaders in medicine, sports, and public health, setting the stage for evidence-based discussions on nutrition as first-line therapy, movement as medicine, emotional resilience, sleep strategies, and lifestyle solutions for metabolic and cardiovascular health. Through this initiative, the SLMA reaffirmed its commitment to promoting holistic, preventive, and sustainable healthcare practices aligned with the evolving health needs of Sri Lanka.



Wellness Forum of the SLMA

29.5. SLMA NATIONAL WELLNESS FORUM – CONCEPT, VISION, AND LAUNCH

Chairperson:	Dr Surantha Perera	
Secretary:	Dr Arunie Malwatta	
Members:	Dr Manilka Sumanatilleke	Dr Samandika Saparamadu
	Dr Susie Perera	Dr Raaidah Wahab Daniel
	Mr Roshan Mahanama	Dr Sahan Mendis
	Dr Lanka Dissanayake	Dr Kasun Eranga
	Dr Asiri Hewamalage	Dr Azyan Shafeek

Sri Lanka is at a crucial point in its health and development journey, facing increasing burdens of non-communicable diseases, rising mental health issues, quick lifestyle changes, and a gradually ageing population. Recognising that these linked challenges cannot be tackled through curative care alone, the Sri Lanka Medical Association (SLMA) has begun a major shift towards a wellness- and prevention-focused approach by establishing the SLMA National Wellness Forum.

The Forum is designed as a strategic, unified, multi-stakeholder platform dedicated to promoting holistic wellbeing throughout the life course. Its main goal is to enhance physical, mental, social, emotional, environmental, and digital health, while fostering preventive care, encouraging healthy behaviours, and building resilient individuals and communities across the nation. The overall vision is clear and inspiring: a healthier Sri Lanka where every citizen is empowered to thrive throughout their life.

To realise this vision, the Forum is guided by clearly defined strategic objectives. These include advocating for evidence-based wellness policies, encouraging collaboration across sectors such as health, education, labour, transport, environment, sport, media, and social development, enhancing capacity among professionals and communities, developing and sharing best practices, and rallying communities for prevention, resilience, and healthier lifestyles. The scope of work covers wellness throughout childhood, adolescence, adulthood, and older age, with particular focus on NCD prevention, mental wellbeing, nutrition and physical activity, workplace wellbeing, healthy ageing, and emerging areas like digital and environmental wellness.

Operationally, the Forum is designed for sustainability and impact. It is chaired by Dr Surantha Perera, President of the SLMA and supported by an Executive Committee consisting of senior SLMA leaders and partner institutions, technical working groups aligned with thematic priorities, and a wide partner network that includes academia,



professional colleges, ministries, UN agencies, civil society, and representatives of youth and older persons. Core activities include an annual National Wellness Summit, quarterly thematic forums, expert roundtables and policy dialogues, community engagement initiatives, professional capacity-building programmes, and regular publications and knowledge briefs. Expected outputs range from an annual 'State of National Wellness Report' and a national wellness roadmap to evidence briefs, community mobilisation programmes, and findings from a National Wellness Pulse Survey.

The official launch of the SLMA Wellness Forum on 8 December 2025 marked a significant milestone in Sri Lanka's preventive health journey. The event brought together clinicians, public health experts, academics, policymakers, allied-sector representatives, and emerging health leaders, reflecting the Forum's foundational belief that sustainable wellness demands collaboration beyond the health sector alone. In his address, the Chair, Dr Surantha Perera, emphasised that wellness extends far beyond the absence of disease, underscoring the need to embed prevention, resilience, and healthy behaviours into national systems and everyday life. The Secretary, Dr Arunie Malwatta, outlined the Forum's operational framework, highlighting strong alignment with Lifestyle Medicine principles, including nutrition, physical activity, mental well-being, sleep, stress management, social connection, and avoidance of harmful behaviours.

Collectively, the SLMA National Wellness Forum embodies a forward-looking, evidence-based commitment to transforming Sri Lanka's health landscape—enhancing prevention, shaping policy, mobilising communities, and building a resilient, equitable, and wellness-focused health system for the future.

29.6. SLMA POLICY FORUM

The SLMA Health Policy Forum was established as a structured platform to bridge scientific evidence and public policy, with the overarching goal of addressing national health challenges through clear, actionable policy briefs that inform decision-making and drive meaningful change. Led by the Sri Lanka Medical Association (SLMA), the Forum seeks to identify and prioritise key health-related policy issues, generate and synthesise relevant evidence, foster multi-stakeholder engagement, and advocate for policy reforms through sustained follow-up. By creating a formal space for dialogue between health professionals, policymakers, and other sectors, the Forum aims to strengthen evidence-informed health policy development in Sri Lanka.

During the year 2025, two successful policy forums were conducted in the months of February and March, which was followed by a parallel policy tract in the 138th anniversary international medical congress, which covered a few more important health policy dialogues. The Policy advocacy briefs are annexed.(Annexure 13)

The policy forum in February focussed on "Financing aged care in Sri Lanka".



The second policy forum held in March focussed on “Safety in Health Care Settings”

 SLMA Policy Forum - February		 SLMA Policy Forum - March																																																						
Financing Aged Care in Sri Lanka Date: 22nd February 2025 Time: 6:00 pm Venue: Lionel Memorial Auditorium, SLMA		Safety at Health Care Settings Date: 20th March 2025 Time: 6:00 pm Venue: Lionel Memorial Auditorium, SLMA																																																						
AGENDA		AGENDA																																																						
<table border="1"> <thead> <tr> <th>Time</th><th>Item</th><th>Resource</th></tr> </thead> <tbody> <tr> <td>6.00 pm</td><td>Welcome & Introductions</td><td>Dr. Surantha Perera, President SLMA</td></tr> <tr> <td>6.10 pm</td><td>Demographic Transition in Sri Lanka & its economic impact</td><td>Dr. Indralal de Silva</td></tr> <tr> <td>6.20 pm</td><td>First Discourse- Health System and HR implications in aged care Moderated by Dr. Susie Perera & Dr. Palitha Abeykoon</td><td></td></tr> <tr> <td>6.35 pm</td><td>Second Discourse - Sociological impact and entrepreneurship opportunities Moderated by Dr. Surantha Perera & Dr Susie Perera</td><td></td></tr> <tr> <td>6.50 pm</td><td>Third Discourse- Care Economy in Aged Care Moderated by Dr. Surantha Perera & Dr Susie Perera</td><td></td></tr> <tr> <td>7.05 pm</td><td>Open discussion & Brain storming</td><td></td></tr> <tr> <td>7.50 pm</td><td>Summarizing</td><td></td></tr> </tbody> </table>	Time	Item	Resource	6.00 pm	Welcome & Introductions	Dr. Surantha Perera, President SLMA	6.10 pm	Demographic Transition in Sri Lanka & its economic impact	Dr. Indralal de Silva	6.20 pm	First Discourse- Health System and HR implications in aged care Moderated by Dr. Susie Perera & Dr. Palitha Abeykoon		6.35 pm	Second Discourse - Sociological impact and entrepreneurship opportunities Moderated by Dr. Surantha Perera & Dr Susie Perera		6.50 pm	Third Discourse- Care Economy in Aged Care Moderated by Dr. Surantha Perera & Dr Susie Perera		7.05 pm	Open discussion & Brain storming		7.50 pm	Summarizing			<table border="1"> <thead> <tr> <th>Time</th><th>Item</th><th>Resource</th></tr> </thead> <tbody> <tr> <td>6.00 pm</td><td>Welcome & Introductions</td><td>Dr. Surantha Perera, President SLMA</td></tr> <tr> <td></td><td>First Discourse: A snapshot of challenges for a safe environment in healthcare workplaces Moderated panel discussion- Chaired by Dr. Surantha Perera</td><td></td></tr> <tr> <td>6.10 pm</td><td>Panelist 1: Dr. Janaki Vidanapathirana, Director Planning, Ministry of Health Panelist 2: Dr. Manjula Karunaratna, CEO, Asri Group of Hospitals Panelist 3: DIG Renuka Jayasundare, Sri Lanka Police Panelist 4: Dr. Sudath Dharmaratna - President, College of Medical Administrators</td><td></td></tr> <tr> <td></td><td>Second Discourse: Charter: Health Worker Safety; A Priority for Patient Safety Moderated panel discussion - Chaired by Dr. Susie Perera</td><td></td></tr> <tr> <td>6.25 pm</td><td>Panelist 1: Dr. Palitha Abeykoon Panelist 2: Dr. W.K. Wickramasinghe, Additional Secretary, Ministry of Health Panelist 3: Ms. Ayesha Jinaseena, Secretary, Ministry of Justice</td><td></td></tr> <tr> <td></td><td>Third Discourse: What does a safe work setting for health workers mean? Moderated panel discussion- Chaired by Dr. Surantha Perera</td><td></td></tr> <tr> <td>6.40 pm</td><td>Panelist 1: Dr. Lakshman Senanayake, Panelist 2: Dr. Lal Panapitiya, DDO MSI, Ministry of Health Panelist 3: Professor Anurudhdi Edirisinghe, Chairperson, Women's Health Committee, SLMA</td><td></td></tr> <tr> <td>7.00 pm</td><td>Open discussion & Brainstorming</td><td></td></tr> <tr> <td>7.50 pm</td><td>Summarizing</td><td></td></tr> </tbody> </table>	Time	Item	Resource	6.00 pm	Welcome & Introductions	Dr. Surantha Perera, President SLMA		First Discourse: A snapshot of challenges for a safe environment in healthcare workplaces Moderated panel discussion- Chaired by Dr. Surantha Perera		6.10 pm	Panelist 1: Dr. Janaki Vidanapathirana, Director Planning, Ministry of Health Panelist 2: Dr. Manjula Karunaratna, CEO, Asri Group of Hospitals Panelist 3: DIG Renuka Jayasundare, Sri Lanka Police Panelist 4: Dr. Sudath Dharmaratna - President, College of Medical Administrators			Second Discourse: Charter: Health Worker Safety; A Priority for Patient Safety Moderated panel discussion - Chaired by Dr. Susie Perera		6.25 pm	Panelist 1: Dr. Palitha Abeykoon Panelist 2: Dr. W.K. Wickramasinghe, Additional Secretary, Ministry of Health Panelist 3: Ms. Ayesha Jinaseena, Secretary, Ministry of Justice			Third Discourse: What does a safe work setting for health workers mean? Moderated panel discussion- Chaired by Dr. Surantha Perera		6.40 pm	Panelist 1: Dr. Lakshman Senanayake, Panelist 2: Dr. Lal Panapitiya, DDO MSI, Ministry of Health Panelist 3: Professor Anurudhdi Edirisinghe, Chairperson, Women's Health Committee, SLMA		7.00 pm	Open discussion & Brainstorming		7.50 pm	Summarizing	
Time	Item	Resource																																																						
6.00 pm	Welcome & Introductions	Dr. Surantha Perera, President SLMA																																																						
6.10 pm	Demographic Transition in Sri Lanka & its economic impact	Dr. Indralal de Silva																																																						
6.20 pm	First Discourse- Health System and HR implications in aged care Moderated by Dr. Susie Perera & Dr. Palitha Abeykoon																																																							
6.35 pm	Second Discourse - Sociological impact and entrepreneurship opportunities Moderated by Dr. Surantha Perera & Dr Susie Perera																																																							
6.50 pm	Third Discourse- Care Economy in Aged Care Moderated by Dr. Surantha Perera & Dr Susie Perera																																																							
7.05 pm	Open discussion & Brain storming																																																							
7.50 pm	Summarizing																																																							
Time	Item	Resource																																																						
6.00 pm	Welcome & Introductions	Dr. Surantha Perera, President SLMA																																																						
	First Discourse: A snapshot of challenges for a safe environment in healthcare workplaces Moderated panel discussion- Chaired by Dr. Surantha Perera																																																							
6.10 pm	Panelist 1: Dr. Janaki Vidanapathirana, Director Planning, Ministry of Health Panelist 2: Dr. Manjula Karunaratna, CEO, Asri Group of Hospitals Panelist 3: DIG Renuka Jayasundare, Sri Lanka Police Panelist 4: Dr. Sudath Dharmaratna - President, College of Medical Administrators																																																							
	Second Discourse: Charter: Health Worker Safety; A Priority for Patient Safety Moderated panel discussion - Chaired by Dr. Susie Perera																																																							
6.25 pm	Panelist 1: Dr. Palitha Abeykoon Panelist 2: Dr. W.K. Wickramasinghe, Additional Secretary, Ministry of Health Panelist 3: Ms. Ayesha Jinaseena, Secretary, Ministry of Justice																																																							
	Third Discourse: What does a safe work setting for health workers mean? Moderated panel discussion- Chaired by Dr. Surantha Perera																																																							
6.40 pm	Panelist 1: Dr. Lakshman Senanayake, Panelist 2: Dr. Lal Panapitiya, DDO MSI, Ministry of Health Panelist 3: Professor Anurudhdi Edirisinghe, Chairperson, Women's Health Committee, SLMA																																																							
7.00 pm	Open discussion & Brainstorming																																																							
7.50 pm	Summarizing																																																							

In addition, the following policy dialogues were carried out in the 138th Anniversary International Medical Congress.

Sri Lanka Medical Association

138th Anniversary International Medical Congress

Health Equity Access the
Sri Lanka Association of Women
Physicians' Initiative

POLICY
TRACK

Cinnamon Grand Hotel, Colombo

DAY 2 - 24th July 2025

08:00 - 11:15 AM

Collaborative Session 1

Joint Session with World Health Organization and Ministry of Health: Unpublished burden of adolescent mental health?

This silent epidemic: Teen loneliness in a hyperconnected world: A glimpse into the adolescent mental health epidemiology of the region

Dr Dushan Jayasinghe
Country Representative - Department of Mental Health, Sri Lanka

Digital detox: Can unplugging improve teen depression and anxiety and prevent suicides?

Dr Dinesh, Hettiaratchi
Consultant Child and Adolescent Psychiatrist-Lady Ridgeway Hospital for Children, Sri Lanka

Autism in the teenage years: Navigating the storm of adolescence
Prof Mayura Chandrasekera
Professor in Child and Adolescent Psychiatry - University of Kelaniya, Sri Lanka

Overview of child and adolescent mental health services in Sri Lanka
Prof Seneviratna Weerasinghe
Professor in Community Medicine - University of Kelaniya, Sri Lanka

11:15 AM - 12:30 PM

Collaborative Session 2

Joint Session with World Health Organization and Ministry of Health

Walking across the life course: Diving demand through equity, empowerment and evidence

Panellists:

Associate Prof Prashanth Jayasinghe

Director, Paediatric Mental Health Services of Thailand
Prof Suddutha Senarathne
Professor in Paediatrics - University of Colombo, Sri Lanka

Dr Manula Perera
Professor in Public Health - University of Kelaniya, Sri Lanka

Moderator:

Dr Susan Perera
Senior Health Organization, Sri Lanka Country Office, Sri Lanka

02:15 - 4:00 PM

Policy Track 1

Joint Forum with World Health Organization and Ministry of Health, United Nations Population Fund

Climate justice to health risks: Building resilient health systems

AND Launch of the policy document on 'Climate Smart Health Care Hospitals'

Panellists:

Prof Steve Tongue

President, IAPAC
Dr Anil Jayasinghe

Secretary - Ministry of Health and Wellness, Sri Lanka

Dr Dripa Bandula

Professor, Paediatric Mental Health Association
Dr Raju Padua de Jeyaraj

WHO Country Representative Sri Lanka
Prof Rajini Manjula

Senior Professor - University of Peradeniya
Dr Saran Ekanayake

Chair of Special Committee on Planning Health Services - Sri Lanka - SLMA

Collaborative Session 3

Joint Session with World Health Programme

Mapping and mapping of micronutrient inadequacies and food security trends in Sri Lanka: Leveraging local and global evidence for operational and technical inquiries

DAY 3 - 25th July 2025

10:00 - 11:15 AM

Collaborative Session 4

Joint Session with United Nations Development Programme

Medicinal drugs: Best practices in technical evaluation, access and accountability

Panellists:

Dr Anura Kumara

Director, WHO
Dr Dushan Jayasinghe

Country Representative - Department of Mental Health, Sri Lanka

Dr Prashanth Jayasinghe

Director, Paediatric Mental Health Services of Thailand

Moderators:

Dr Vinay Anandappa
President, SLMA

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric Mental Health Services of Thailand

Dr Prashanth Jayasinghe
Director, Paediatric



29.7. REACH OUT AND READ-ORGANIZATION SOCIAL RESPONSIBILITY PROGRAMME

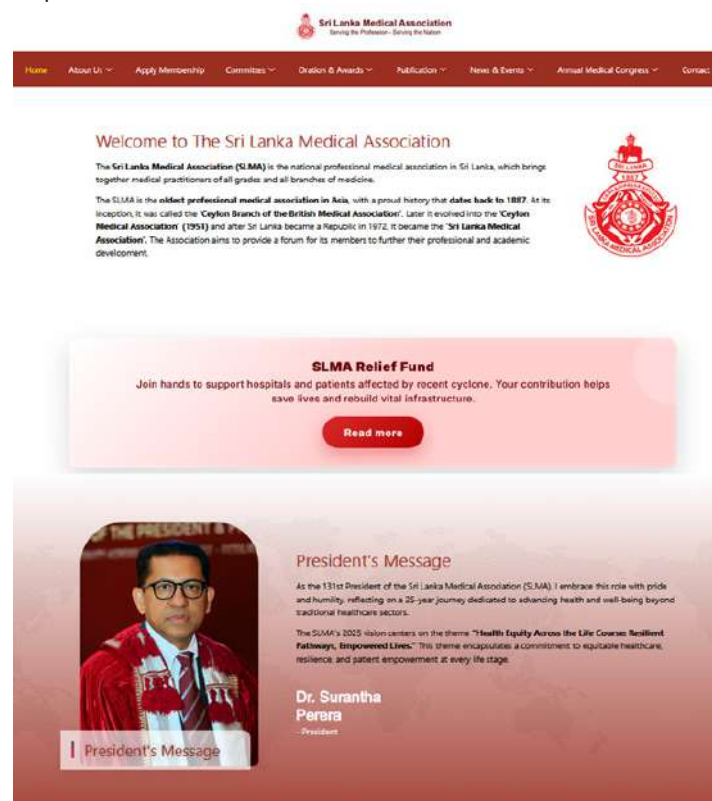
As part of its commitment to early childhood development, the Sri Lanka Medical Association (SLMA) launched the Reach Out and Read Programme at the base hospital level, commencing at Panadura. This initiative aims to foster a culture of reading from the earliest stages of life by integrating book distribution and reading encouragement into routine child healthcare services. By promoting early literacy and parent-child interaction, the programme supports cognitive, emotional, and language development, reinforcing the role of healthcare institutions in shaping holistic child well-being. The Reach Out and Read Programme reflects the SLMA's dedication to long-term community empowerment through sustainable, child-centred interventions.



29.8. SLMA WEBSITE REVAMPED

The SLMA Website user interface was redesigned completely, turning it to a standard intuitive user-friendly interface. The Top level menus were restructured. All details were updated, and made compatible to be viewed properly on smartphones and tablets as well. All fonts and accent colours were made consistent throughout the website.

In the back end, the web hosting server, user administrators to WordPress and C-Panel were reorganized. New measures were taken for cyber-security. The payment gateway was further secured and updated. This allowed for foreign payments for SLMA membership subscriptions and for payment of the registration for the annual medical congress, in Sri Lanka Rupees.





29.9. SLMA STRATEGIC COLLABORATION PLATFORM

In 2025, the President and the Council of the Sri Lanka Medical Association (SLMA) strategically enhanced the Association's visibility beyond the health sector, recognizing that many determinants of health lie outside healthcare services. Engaging with other professional associations such as education, social services, disaster management, environment, and development partners positioned SLMA as a credible, evidence-based voice in national policy dialogue. This increased visibility enabled stronger multisectoral collaboration and more effective advocacy for population health and well-being. It also supported the integration of health considerations into broader development and humanitarian agendas. Overall, this approach strengthened SLMA's leadership role, partnerships, and capacity to respond to emerging national challenges.

Collaboration with OPA

Joint symposium organized by the SLMA in collaboration of the 50th Anniversary of the Organization of Professional Associations.

The 50th Anniversary Wellness Card designed by SLMA was officially launched during the sessions in collaboration with the Organisation of Professional Associations (OPA) as an innovative initiative to promote holistic well-being. The card is designed to deliver health-focused messages and timely reminders to individuals on reaching their 50th birthday, encouraging them to reflect on and review their overall physical, mental, and social wellness. This initiative highlights the importance of preventive care and healthy ageing. The Wellness Card initiative was led by Dr Susie Perera, Vice President of SLMA, and reflected the Association's continued commitment to promoting wellness through meaningful collaborations that support lifelong health awareness.

In Commemoration of the 50 th Anniversary of OPA A Joint Program Sri Lanka Medical Association (SLMA) Organisation of Professional Associations (OPA)		
28 th August 2025 Auditorium SLMA FROM 6 PM TO 8 PM		
6:00 PM	Welcome Address	Dr Surantha Perera President, SLMA
6:10 PM	Special Address	Mr. Sujeewa Lal Dahanayake President, OPA
6:20 PM	Special Address	Dr Hansaka Wijemuni Deputy Minister of Health
6:30 PM	Industry, Climate and Health: Navigating the Triple Nexus	Prof. Ajith de Alwis Senior Professor Chemical and Process Engineering Faculty of Engineering, University of Moratuwa
7:00 PM	Launch of the 50 th Birthday Wellness Card	Dr Susie Perera Vice President, SLMA
7:20 PM	Wellness and Prevention of Non-Communicable Diseases	Dr Manika Sumanatilleke President-Elect, SLMA
7:35 PM	Concluding Remarks	Dr Isshani Fernando Assistant Secretary, SLMA
7:40 PM	Dinner	

+9411 259 3324 Office@slma.lk www.slma.lk



Dr Surantha Perera, President of SLMA, received the "Apex Award of Professional Excellence" in the field of health care and medicine for his contributions to his profession and the nation. This award was presented at the 4th National Apex Awards, organized by the Organisation of Professional Associations of Sri Lanka (OPA), on August 19th, 2025, at Cinnamon Life, Colombo.



Collaboration with International NGOs



Meeting with Dr Alaka Singh - former WHO representative to Sri Lanka till June 2025



Meeting with Dr Rui Paulo de Jesus assumed the responsibilities of Acting WHO Representative to Sri Lanka on 3 June 2025.



Meeting with UNDP team



Meeting with the newly appointed WHO representative Dr Dr Rajesh Sambhajirao Pandav



Meeting with Médecins Sans Frontières regional head

Meeting with the Indian High Commissioner

Forging a New Era in Health: India-Sri Lanka Collaboration in Focus

The Sri Lanka Medical Association (SLMA) hosted “Face-to-Face with the Indian High Commissioner” on 3rd September at the SLMA Auditorium, featuring His Excellency Santosh Jha. Addressing the gathering, SLMA President Dr Surantha Perera highlighted the long-standing bonds between Sri Lanka and India, rooted in shared history, culture, and solidarity during times of need.

The dialogue underscored pressing challenges in Sri Lanka’s health sector—from non-communicable diseases to climate-related risks—and explored India’s potential role as a regional partner. Opportunities identified included digital health innovation, pharmaceutical and vaccine collaborations, capacity building, and climate-smart healthcare systems.

This emphasized that the SLMA, with its mission of “Health Equity Across the Life Course,” is committed to fostering resilient partnerships. The event marked a significant step toward advancing Sri Lanka’s health sector into a new era of innovation and collaboration.

Face-to-Face
with Indian High Commissioner
HIS EXCELLENCY SANTOSH JHA

03rd September 2025
6.00 PM onwards
SLMA Auditorium

The Sri Lanka Medical Association (SLMA), as the apex professional body for the medical profession in Sri Lanka, will convene a high-level dialogue with His Excellency Santosh Jha, High Commissioner of India to Sri Lanka, to explore strategic avenues for collaboration in transforming the nation's health sector.

ADVANCING SRI LANKA'S HEALTH SECTOR INTO A NEW ERA
Dr Surantha Perera
President, SLMA

Moderated by:
Dr Vinya Ariyaratne
Dr Sarath Gamini de Silva

More information:
office@slma.lk
+9411 2 693 324



Collaboration with Law Fraternity



**Collaboration with Tri-Forces****Meeting The Central Bank Governer****29.10. SRI LANKA MEDICAL ADVANCEMENT TRUST**

Following a proposal by the President Dr Surantha Perera and the concurrence of the Council of the SLMA, a trust fund named “Sri Lanka Medical Advancement Trust” is in the process of being developed in association with Messrs. D. L. & F. de Saram, Law Firm.

The salient features of the Trust**Objectives:**

The Trust will fund projects and programmes of the Council in office at the time in the following

- CPD programs, research, or SLMA heritage activities
- Provision of scholarships and grants
- Maintaining historic SLMA property/assets
- Supporting public health campaigns in line with SLMA policy

Funding:



The Trust will receive and manage donations, bequests, and endowments.

The initial target is 100 million rupees.

Management:

The Trust will be managed by an independent Board of Trustees, who shall be referred to as the Board of Management of the Trust, to avoid confusion with the Board of Trustees of the SLMA.

Current status of the proposal:

A draft trust deed has been drawn up by the law firm. This is being reviewed and revised by a Working Party consisting of Past Presidents, members of the current Council and independent nonmedical professionals, together with the President. A few more consultations will have to be held before all details are resolved.

It is proposed that the final version of the Trust Deed will be presented to the membership at a special general meeting for approval before it is put into action.

Sri Lanka Medical Advancement trust

Objectives

- To receive and manage donations, bequests, and endowments
- To fund CPD programs, research, or SLMA heritage activities
- To provide scholarships and grants
- To maintain historic SLMA property/assets
- To support public health campaigns in line with SLMA policy

Trustees

- Minimum 3 trustees, ideally past presidents or senior fellows of the SLMA. One trustee may be an ex-officio member from the current SLMA Council

Powers of Trustees

- Invest funds prudently
- Manage assets and financial accounts
- Appoint or remove trustees
- Allocate funds based on a written funding policy
- Engage legal, audit, or professional services as needed





30. SLMA RESPONSE TO DITWAH CYCLONE

In November, all regions of Sri Lanka were simultaneously devastated by the Ditwah Cyclone, and the heavy floods and landslides that followed. SLMA was quick to step into its pivotal role as an apex medical professional association.

According to the United Nations Resident Coordinator for Sri Lanka, 998,918 people across all 25 districts have been affected and more than 180,000 people from over 51,000 families are sheltering in 1,094 government-run safety centres as of 30th November 2025. The healthcare system of Sri Lanka faced numerous problems. Several government hospitals were flooded, including the Chilaw district general hospital (DGH) and Mahiyanganaya base hospitals, impacting hospital infrastructure and medical equipment and supplies, adding up to billions of rupees in damages.

The Role of SLMA was mainly not during the disaster itself, but in the immediate aftermath. We recognized the increased risk of water-borne and vector borne diseases that frequently cause epidemics post flood, and the impact the floods had on the healthcare system as a whole. With the intervention of the president, several key initiatives were set in motion.

30.1. SLMA HEALTH HELPLINE

We recognized that the impact of the disaster extended beyond damage to the healthcare system itself, significantly restricting public access to essential healthcare services. Widespread displacement from homes, disruption of transportation networks, and extensive destruction of property resulted in millions of people being unable to seek timely medical care.

In response, and to bridge the widening gap between healthcare providers and the public, the National Health Emergency Helpline was established in partnership with Dialog Axiata PLC. This initiative was designed to ensure continuity of medical advice and support to affected populations during a period of severe disruption.

The helpline recruited specialist medical practitioners from a wide range of disciplines to respond to health-related inquiries from the public, including both individuals directly affected by the disaster and those experiencing secondary impacts. Services were made available in all three national languages—Sinhala, Tamil, and English—ensuring inclusivity and accessibility across communities.

Through the partnership with Dialog Axiata PLC, the helpline was offered entirely free of charge to the public, with no telephone costs incurred, thereby removing financial barriers to access. With the coordination and support of the Intercollegiate Committee of the Sri Lanka Medical Association (SLMA), over 200 specialist doctors volunteered their time and expertise to provide medical advice via telephone, without remuneration.

The contributions of each professional college represented within the Intercollegiate Committee are outlined below:

Professional College	No. of Volunteers
Sri Lanka Medical Association	16
Sri Lanka College of Obstetricians & Gynaecologists	15
College of Specialists in Rheumatology & Rehabilitation, Sri Lanka	4
College of Otorhinolaryngologists and Head & Neck Surgeons of Sri Lanka	12
Sri Lankan Association of Geriatric Medicine	9
Sri Lanka College of Endocrinologists	7
College of General Practitioners of Sri Lanka	17



The College of Anaesthesiologists and Intensivists Of Sri Lanka	8
Sri Lanka College of Paediatricians	89
Sri Lanka College of Microbiologists	2
Ceylon College of Physicians	12
College of Community Physicians of Sri Lanka	191
Sri Lanka College of Pulmonologists	11

A call tree was created to direct callers to a relevant specialist.

First List of options: Language selection.

1. Sinhala
2. Tamil
3. English

Second set of options: Selection of discipline

1. Child health related inquiries
2. Women's health and pregnancy related inquiries
3. Diabetes and hypertension related inquiries
4. Skin disease related inquiries
5. Any other health related inquiries

30.2. INTERCOLLEGIATE COMMITTEE MEETINGS



In the immediate aftermath of the disaster, the Intercollegiate Committee was summoned on 3rd December 2025 for an urgent meeting to define its roles and responsibilities in supporting affected communities. Members were called upon to mobilize volunteers for the SLMA Health Helpline and contribute to other SLMA-led initiatives. Each college presented their ongoing projects, enabling the committee to coordinate efforts effectively and prevent overlap, ensuring efficient use of resources. The meeting was conducted in a hybrid format, allowing participation both in-person and virtually, reflecting the committee's commitment to inclusivity and rapid response.

A second meeting was summoned on 11th December 2025, focusing on further discussions and fundraising initiatives to restore flood-damaged hospitals. This meeting was held entirely virtually, facilitating full participation from members across the country. Both meetings highlighted the committee's proactive approach, collaborative spirit, and dedication to strengthening the national healthcare response in the wake of the disaster.

30.3. SLMA MEDIA CONFERENCE: POST FLOOD HEALTH CONCERNS

In consideration of the unique position SLMA has as the apex professional medical organization, it was decided to utilize the reputation and status of the SLMA and the expertise of the Intercollegiate Committee to raise national awareness regarding post flood health impacts.

On 2nd December 2025, a multidisciplinary panel was assembled from members of the intercollegiate committee, with specialities covering key demographics of the Sri Lankan population. News reporters and camera crews from all major TV channels, FM radio stations and newspapers, were present at the SLMA Auditorium.

The expert panel consisted of Dr Surantha Perera (President, SLMA), Professor Pujitha Wickramasinghe (President, Sri Lanka College of Paediatrics), Dr Vindya Kumarapeli (President, College of Community Physicians of Sri Lanka) and Dr Sanath Akmeemana (President, Sri Lanka College of Obstetricians and Gynaecologists). Dr Surantha Perera and Dr Kumarapeli covered general health concerns, while Dr Akmeemana and Professor Wickramasinghe addressed health concerns relating to women and children, respectively. Media statements were given in both Sinhala and English.

The press conference covered several key aspects:

1. Risk of infections such as leptospirosis, Hepatitis A, and typhoid following contact with floodwaters.
2. Provision of post-exposure prophylaxis for leptospirosis through the Medical Officer of Health (MOH).
3. Increased risk of vector-borne diseases, including dengue, following floods, with an urgent call for strengthened vector-control measures.
4. Need for mental health support and counselling for affected communities, with emphasis on awareness of the National Mental Health Helpline (1926).
5. Contamination of drinking-water wells and the importance of well-cleaning and water-purification processes after floods, with the assistance of Public Health Inspectors (PHIs).
6. Availability of the SLMA Health Helpline: 0777-119-900.
7. Restoration of Child Health Development Records (CHDR) and pregnancy records through Public Health Midwives.
8. Increased risk of skin infections following flood exposure.
9. Importance of maintaining personal hygiene in emergency shelters and relief camps.
10. Importance of continuing medications for non-communicable diseases to prevent deterioration of existing conditions, especially as the government healthcare system is already overwhelmed and further impacted by floods.



Another media encounter was arranged as Dr Surantha Perera got the opportunity to represent SLMA in a talk show 'Manushyathwaye Sathkaraya' which held discussions in the theme "Rebuilding Sri Lanka". Here, Dr Surantha was invited to give his perspective on rebuilding Sri Lanka with respect to healthcare, and talk about new and ongoing initiatives of SLMA in response to the Ditwah cyclone.

30.4. SLMA RELIEF FUND

The cyclone's impact on the health sector is set to take months or even years to recover from. While most humanitarian organizations were focusing on providing basic needs to the impacted population, the health care system was left in the background. The SLMA identified the need for a quick restoration of the health care system as it impacts a much more vulnerable population.

A current account relief fund that was initially established during the COVID-19 epidemic was utilized for this purpose, to collect local and foreign donations to restore hospitals impacted by the floods. After a discussion with the ministry of health, it was decided that we were to focus on two main hospitals that were severely impacted by the floods; Chilaw DGH and Mahiyanganaya Base Hospital.

Flyers were disseminated via Facebook, Whatsapp and the website (slma.lk/slma-relief-fund/), calling for donations. The donation appeal was specifically targeted to Sri Lankan diaspora communities living in first world countries, specially Sri Lankan doctors working in UK, Australia, United States of America, etc.

Furthermore, the SLMA called for doctors and other healthcare workers who were affected by the floods. This is a part of the population that usually gets overlooked. There were reports of healthcare workers who have lost everything themselves, but still, showing up at the hospital to serve the community. It is in the interest of the public, at large, that healthcare workers are looked after as they are a keystone of our society.



30.5. VISIT TO CHILAW DGH

A visit to the District General Hospital (DGH), Chilaw, was arranged to assess and document the extent of the damage. This was essential to set accurate targets and to raise awareness in order to mobilize funds for restoring the hospital to its former level of functionality.

Site Observation

The Director of DGH Chilaw, Dr Sumith Attanayake, arranged a guided walkthrough of the hospital for the SLMA team and the media to highlight the damage, which was necessary for fundraising. Other DGH Chilaw consultants also participated, including Dr Udana Ratnapala, Consultant Nephrologist.

The site visit revealed the on-the-ground reality of the situation. Both the SLMA team and the media documented the conditions through photographs, video footage, and recorded statements from hospital doctors.



The images of flood damages were published in the SLMA Relief Fund web page (slma.lk/slma-relief-fund/) as well as various other media sources.

Disaster Management Discussion

A brief discussion among the Director - DGH, Chilaw, consultants and SLMA representatives took place, regarding the necessary steps and fund allocations within the hospital. A heartfelt message from the consultant forensic pathologist was a highlight of the discussion. The lack of adequate facilities prior to the floods had worsened the damage, resulting in the destruction of medico-legal documents dating back several decades. This underscored the importance of building a climate-resilient hospital, as such a facility should serve as a place of safety and security in the event of a disaster.



Press Conference at Chilaw DGH

The Discussion was followed by a press conference in the director's office. The Goal was not only to raise awareness for the fund-raising campaign, but to advocate for a climate resilient hospital in Chilaw and for future hospital projects in Sri Lanka. Dr Surantha Perera addressed the press with director, Dr Sumith Attanayake and Dr Udana Ratnapala at his side.



Annexure 1: Programme of the 138th Anniversary International Medical Congress



Sri Lanka Medical Association

138th Anniversary International Medical Congress

Health Equity Across the Life Course: Resilient Pathways, Empowered Lives



Cinnamon Grand Hotel, Colombo

23 24 25 26

JULY 2025

DAY 1 - 23rd July 2025

6.00 - 7.30 PM INAUGURATION CEREMONY (ON INVITATION)

7.30 - 8.30 PM **SLMA Oration (On Invitation)**
Attempts to reverse adverse hepatic outcomes of severely iron-loaded patients through intensive iron chelation: Can established fibrosis be reversed?
Dr Padmapani Padanayake
Medical Director & Senior Lecturer - Department of Anatomy, University of Kelaniya

8.30 PM onwards **FELLOWSHIP AND DINNER (ON INVITATION)**

DAY 2 - 24th July 2025

Time	Hall A	Hall B	Hall C
8.00 - 8.15 AM	REGISTRATION		
8.15 - 8.45 AM	Plenary 1 - The child is father of the man: Tracing the origins of lifelong health Prof Steve Turner President - Royal College of Paediatrics and Child Health, UK	Plenary 2 - The child is father of the man: Tracing the origins of lifelong health Prof Steve Turner President - Royal College of Paediatrics and Child Health, UK	
8.45 - 9.30 AM	Professor NDW Lionel Memorial Oration COVID-19: Looking for a cure Dr Ananda Wijewickrama Consultant Physician and Senior Lecturer - Department of Medicine, University of Moratuwa	Tea and Poster Viewing (PP1 to PP15)	
9.30 - 10.00 AM	Symposium 1 - Neurology Approach to first ever seizure Prof Jihang Wang Neurologist - University of Kelaniya, Sri Lanka	Symposium 2 - Haematology Unravelling the mystery of the red cell membrane disorders and encephalopathies Dr Prabhu S. Kedar Head of Department - Department of Haematology (ICMR), National Institute of Immunohematology, India	Collaborator Session 1 Joint Session with World Health Organisation and Ministry of Health 'Unspoken burden of adolescent mental health' epidemiology of the region Dr Dushadee Juergensaguiwit Consultant Psychiatrist - Department of Mental Health, Thailand
10.00 - 11.15 AM	Headache: Navigating the spectrum of benign to sinister Dr Kumarange Vilhanage Consultant Neurologist & Senior Lecturer - University of Kelaniya, Sri Lanka	Changing landscape of thalassemia care in Sri Lanka Prof Anuja Premawardhana Professor of Medicine - University of Kelaniya, Sri Lanka	Digital detox: Can unplugging improve teen depression and anxiety and prevent suicides? Dr Chandana Kulathunga Consultant Respiratory Physician - Teaching Hospital, Kumbalanga, Sri Lanka
11.15 - 12.30 PM	Thrombophilia: New developments in diagnosis and management Prof Lalindra Gunaratne Professor in Haematology - University of Kelaniya, Sri Lanka	Autism in the teenage years: Navigating the storm of adolescence Prof Myrnu Chandrasekara Professor in Child and Adolescent Psychiatry - University of Kelaniya, Sri Lanka	Overview of child and adolescent mental health services in Sri Lanka: Results of the study supported by UNICEF Sri Lanka Prof Shreemika Wijekoon Community Medicine - University of Kelaniya, Sri Lanka
12.30 - 1.15 PM	Free Paper Session 1 (OP1-5)	Free Paper Session 2 (OP1-5)	Free Paper Session 3 (OP1-5)
1.15 - 2.15 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.15 - 2.45 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.45 - 3.15 PM	Symposium 4 - Pulmonology The wheezing patient in your clinic Dr Deepak Talwar & Dr Kanishka Kumar Senior Consultants in Respiratory Diseases, Metro Centre for Respiratory Diseases, New Delhi, India	Symposium 5 - Management of anaesthetics Sustainable anaesthesia in the management of adult anaesthetics and the role of small molecule anaesthetics Prof Nimal Rathnayaka Professor - Subangana University of Sri Lanka	Collaborator Session 2 Joint Session with World Health Organisation and Ministry of Health Modelling and mapping of micronutrient inadequacies and food security trends in Sri Lanka: Leveraging local and global evidence for operational and technical insights Chandrasekara, Mr. Dilika Priya Professor in Food Systems Approach to Health and Nutrition Security - The Role of the United Nations World Food Programme
3.15 - 4.00 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
4.00 - 5.00 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
5.00 - 5.30 PM	Tea and Poster Viewing (PP16 to PP125)		

DAY 3 - 25th July 2025

Time	Hall A	Hall B	Hall C
8.00 - 8.15 AM	REGISTRATION		
8.15 - 8.45 AM	Plenary 2 - Child and adolescent mental health policy and strategy Dr Dushadee Juergensaguiwit Consultant Psychiatrist - Department of Mental Health, Thailand	Plenary 3 - Child and adolescent mental health policy and strategy Dr Dushadee Juergensaguiwit Consultant Psychiatrist - Department of Mental Health, Thailand	
8.45 - 9.30 AM	Dr S Ramachandran Memorial Oration In a quest towards the provision of optimal paediatric nephrology services in Sri Lanka Prof Randula Ranawaka Professor in Paediatric Nephrology - Department of Paediatrics, University of Colombo	Dr S Ramachandran Memorial Oration In a quest towards the provision of optimal paediatric nephrology services in Sri Lanka Prof Randula Ranawaka Professor in Paediatric Nephrology - Department of Paediatrics, University of Colombo	
9.30 - 10.00 AM	Tea and Poster Viewing (PP126 to PP160)		
10.00 - 11.15 AM	Symposium 6 - Nephrology Epidemic of CKD in the developing world: can we learn from the developed countries? Prof Magdy Yagoub Professor in Paediatric Nephrology - Royal Children's Hospital, Sri Lanka	Symposium 7 - Birth Defects, Rare Diseases and Genetics Diagnosis and Care of Rare Diseases and Birth Defects Role of a clinical geneticist and the experience from tertiary care centre in Sri Lanka Dr Vinay Subasinghe Consultant Clinical Geneticist - Lady Ridgeway Hospital for Children, Sri Lanka	Collaborator Session 4 Joint Session with United Nations Development Programme Medical drugs: Best practices in technical evaluation, quality assurance and accountability Panelists: Dr Ananda Wijewickrama Director - ICMR Dr Dushadee Juergensaguiwit Senior Lecturer in Paediatrics, University of Kelaniya, Sri Lanka
11.15 - 12.30 PM	Symposium 8 - Endocrinology Endocrine perspective of sarcopenia Dr Sanjay Kalra Professor in Endocrinology - Association of India, India	Panel Discussion 2 Bridging gaps in immunisation: Regional strategies to ensure vaccine equity Panelists: Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka	Collaborator Session 5 Joint Session with Federation of Asia and Oceania Perinatal Societies (FACORS, Sri Lanka College of Obstetricians and Gynaecologists (SLOGO) and Perinatal Society of Sri Lanka (PSSL)) Reducing preventable perinatal mortality in South Asia: A roadmap for regional collaboration and accountability Panelists: Dr Dushadee Juergensaguiwit Senior Consultant Paediatrician, Sri Lanka Dr Lakshmi Fernando Senior Consultant Paediatrician, Sri Lanka Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
12.30 - 1.15 PM	Free Paper Session 4 (OP16-20)	Free Paper Session 5 (OP21-25)	Free Paper Session 6 (OP26-30)
1.15 - 2.15 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.15 - 2.45 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.45 - 4.00 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
4.00 - 5.00 PM	Tea and Poster Viewing (PP161 to PP185)		

DAY 4 - 26th July 2025

Time	Hall A	Hall B	Hall C
8.00 - 8.15 AM	REGISTRATION		
8.15 - 8.45 AM	Guest Lecture 1 The healing profession: Reintegrating ethics and compassion into clinical practice Prof J.A. Jayatilaka President - Sri Lanka Association of Medical Practitioners, Sri Lanka	Guest Lecture 2 Challenges of nutritional environmental assessment of schools Collaborative session with UNICEF Sri Lanka Dr Buddhika Sudasinghe President - National Medical Regulatory Authority, Sri Lanka	Guest Lecture 3 Joint Forum with World Health Organisation, Ministry of Health and Ministry of Transport Safe roads-Safe communities: Advancing evidence-based action for road traffic injury prevention AND Launch of the 'SLMA declaration on prevention of RTA' Panelists: Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka Dr Dushadee Juergensaguiwit Senior Consultant Paediatrician, Sri Lanka Dr Lakshmi Fernando Senior Consultant Paediatrician, Sri Lanka Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
8.45 - 10.00 AM	Symposium 11 - Cardiology Updates on STEMI guidelines Dr W.S. Santhana Consultant Cardiologist, Sri Lanka	Symposium 12 - Gastroenterology Epidemiology of IBD in South Asia: Sri Lankan perspectives Dr Karthika Balendran Honorary Consultant Gastroenterologist - National Institute of Immunohematology, India	Panel Discussion 1 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
10.00 - 11.15 AM	Updates on hypertension Dr Dina Amararatne Consultant Cardiologist, National Hospital, Colombo, Sri Lanka	Management of IBD in the era of new therapies: choosing the right drug for the right patient Dr Anandendra Singh Puri Professor of Digestive & Hepatobiliary Science, Madrasa Chavang, India	Panel Discussion 2 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
11.15 - 12.30 PM	Tea		
12.30 - 1.15 PM	Symposium 13 - Gerontology A roadmap for enhancing geriatric care in Sri Lanka: Practical realities, integration, and regional insight Building tomorrow's geriatric services: Regional insights and transformative strategies Prof Shanthi Bhat Kamruzzaman Deputy Dean and Senior Geriatrician, University Malaysia	Symposium 14 - Nutrition Nutrition Dr Pearl Mallewarachchi Consultant Nutrition Physician - Lady Ridgeway Hospital for Children, Colombo, Sri Lanka	Collaborator Session 6 Joint Session in collaboration with Ministry of Health and Health Promotion Bureau Advancing Comprehensive Sexuality Education in Sri Lanka: A Strategic Public Health Response Panelists: Dr Ranjith Batuwathurana Deputy Dean and Senior Geriatrician, University of Kelaniya, Sri Lanka
1.15 - 2.15 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.15 - 2.45 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.45 - 4.00 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
4.00 - 5.00 PM	Tea and Poster Viewing (PP186 to PP210)		

DAY 5 - 27th July 2025

Time	Hall A	Hall B	Hall C
8.00 - 8.15 AM	REGISTRATION		
8.15 - 8.45 AM	Guest Lecture 1 The healing profession: Reintegrating ethics and compassion into clinical practice Prof J.A. Jayatilaka President - Sri Lanka Association of Medical Practitioners, Sri Lanka	Guest Lecture 2 Challenges of nutritional environmental assessment of schools Collaborative session with UNICEF Sri Lanka Dr Buddhika Sudasinghe President - National Medical Regulatory Authority, Sri Lanka	Guest Lecture 3 Joint Forum with World Health Organisation, Ministry of Health and Ministry of Transport Safe roads-Safe communities: Advancing evidence-based action for road traffic injury prevention AND Launch of the 'SLMA declaration on prevention of RTA' Panelists: Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka Dr Dushadee Juergensaguiwit Senior Consultant Paediatrician, Sri Lanka Dr Lakshmi Fernando Senior Consultant Paediatrician, Sri Lanka Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
8.45 - 10.00 AM	Symposium 15 - Cardiology Updates on STEMI guidelines Dr W.S. Santhana Consultant Cardiologist, Sri Lanka	Symposium 16 - Gastroenterology Epidemiology of IBD in South Asia: Sri Lankan perspectives Dr Karthika Balendran Honorary Consultant Gastroenterologist - National Institute of Immunohematology, India	Panel Discussion 1 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
10.00 - 11.15 AM	Updates on hypertension Dr Dina Amararatne Consultant Cardiologist, National Hospital, Colombo, Sri Lanka	Management of IBD in the era of new therapies: choosing the right drug for the right patient Dr Anandendra Singh Puri Professor of Digestive & Hepatobiliary Science, Madrasa Chavang, India	Panel Discussion 2 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
11.15 - 12.30 PM	Tea		
12.30 - 1.15 PM	Symposium 17 - Gerontology A roadmap for enhancing geriatric care in Sri Lanka: Practical realities, integration, and regional insight Building tomorrow's geriatric services: Regional insights and transformative strategies Prof Shanthi Bhat Kamruzzaman Deputy Dean and Senior Geriatrician, University Malaysia	Symposium 18 - Nutrition Nutrition Dr Pearl Mallewarachchi Consultant Nutrition Physician - Lady Ridgeway Hospital for Children, Colombo, Sri Lanka	Collaborator Session 7 Joint Session in collaboration with Ministry of Health and Health Promotion Bureau Advancing Comprehensive Sexuality Education in Sri Lanka: A Strategic Public Health Response Panelists: Dr Ranjith Batuwathurana Deputy Dean and Senior Geriatrician, University of Kelaniya, Sri Lanka
1.15 - 2.15 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.15 - 2.45 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.45 - 4.00 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
4.00 - 5.00 PM	Tea and Poster Viewing (PP211 to PP235)		

DAY 6 - 28th July 2025

Time	Hall A	Hall B	Hall C
8.00 - 8.15 AM	REGISTRATION		
8.15 - 8.45 AM	Guest Lecture 1 The healing profession: Reintegrating ethics and compassion into clinical practice Prof J.A. Jayatilaka President - Sri Lanka Association of Medical Practitioners, Sri Lanka	Guest Lecture 2 Challenges of nutritional environmental assessment of schools Collaborative session with UNICEF Sri Lanka Dr Buddhika Sudasinghe President - National Medical Regulatory Authority, Sri Lanka	Guest Lecture 3 Joint Forum with World Health Organisation, Ministry of Health and Ministry of Transport Safe roads-Safe communities: Advancing evidence-based action for road traffic injury prevention AND Launch of the 'SLMA declaration on prevention of RTA' Panelists: Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka Dr Dushadee Juergensaguiwit Senior Consultant Paediatrician, Sri Lanka Dr Lakshmi Fernando Senior Consultant Paediatrician, Sri Lanka Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
8.45 - 10.00 AM	Symposium 19 - Cardiology Updates on STEMI guidelines Dr W.S. Santhana Consultant Cardiologist, Sri Lanka	Symposium 20 - Gastroenterology Epidemiology of IBD in South Asia: Sri Lankan perspectives Dr Karthika Balendran Honorary Consultant Gastroenterologist - National Institute of Immunohematology, India	Panel Discussion 1 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
10.00 - 11.15 AM	Updates on hypertension Dr Dina Amararatne Consultant Cardiologist, National Hospital, Colombo, Sri Lanka	Management of IBD in the era of new therapies: choosing the right drug for the right patient Dr Anandendra Singh Puri Professor of Digestive & Hepatobiliary Science, Madrasa Chavang, India	Panel Discussion 2 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
11.15 - 12.30 PM	Tea		
12.30 - 1.15 PM	Symposium 21 - Gerontology A roadmap for enhancing geriatric care in Sri Lanka: Practical realities, integration, and regional insight Building tomorrow's geriatric services: Regional insights and transformative strategies Prof Shanthi Bhat Kamruzzaman Deputy Dean and Senior Geriatrician, University Malaysia	Symposium 22 - Nutrition Nutrition Dr Pearl Mallewarachchi Consultant Nutrition Physician - Lady Ridgeway Hospital for Children, Colombo, Sri Lanka	Collaborator Session 8 Joint Session in collaboration with Ministry of Health and Health Promotion Bureau Advancing Comprehensive Sexuality Education in Sri Lanka: A Strategic Public Health Response Panelists: Dr Ranjith Batuwathurana Deputy Dean and Senior Geriatrician, University of Kelaniya, Sri Lanka
1.15 - 2.15 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.15 - 2.45 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.45 - 4.00 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
4.00 - 5.00 PM	Tea and Poster Viewing (PP236 to PP260)		

DAY 7 - 29th July 2025

Time	Hall A	Hall B	Hall C
8.00 - 8.15 AM	REGISTRATION		
8.15 - 8.45 AM	Guest Lecture 1 The healing profession: Reintegrating ethics and compassion into clinical practice Prof J.A. Jayatilaka President - Sri Lanka Association of Medical Practitioners, Sri Lanka	Guest Lecture 2 Challenges of nutritional environmental assessment of schools Collaborative session with UNICEF Sri Lanka Dr Buddhika Sudasinghe President - National Medical Regulatory Authority, Sri Lanka	Guest Lecture 3 Joint Forum with World Health Organisation, Ministry of Health and Ministry of Transport Safe roads-Safe communities: Advancing evidence-based action for road traffic injury prevention AND Launch of the 'SLMA declaration on prevention of RTA' Panelists: Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka Dr Dushadee Juergensaguiwit Senior Consultant Paediatrician, Sri Lanka Dr Lakshmi Fernando Senior Consultant Paediatrician, Sri Lanka Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
8.45 - 10.00 AM	Symposium 23 - Cardiology Updates on STEMI guidelines Dr W.S. Santhana Consultant Cardiologist, Sri Lanka	Symposium 24 - Gastroenterology Epidemiology of IBD in South Asia: Sri Lankan perspectives Dr Karthika Balendran Honorary Consultant Gastroenterologist - National Institute of Immunohematology, India	Panel Discussion 1 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
10.00 - 11.15 AM	Updates on hypertension Dr Dina Amararatne Consultant Cardiologist, National Hospital, Colombo, Sri Lanka	Management of IBD in the era of new therapies: choosing the right drug for the right patient Dr Anandendra Singh Puri Professor of Digestive & Hepatobiliary Science, Madrasa Chavang, India	Panel Discussion 2 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
11.15 - 12.30 PM	Tea		
12.30 - 1.15 PM	Symposium 25 - Gerontology A roadmap for enhancing geriatric care in Sri Lanka: Practical realities, integration, and regional insight Building tomorrow's geriatric services: Regional insights and transformative strategies Prof Shanthi Bhat Kamruzzaman Deputy Dean and Senior Geriatrician, University Malaysia	Symposium 26 - Nutrition Nutrition Dr Pearl Mallewarachchi Consultant Nutrition Physician - Lady Ridgeway Hospital for Children, Colombo, Sri Lanka	Collaborator Session 9 Joint Session in collaboration with Ministry of Health and Health Promotion Bureau Advancing Comprehensive Sexuality Education in Sri Lanka: A Strategic Public Health Response Panelists: Dr Ranjith Batuwathurana Deputy Dean and Senior Geriatrician, University of Kelaniya, Sri Lanka
1.15 - 2.15 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.15 - 2.45 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.45 - 4.00 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
4.00 - 5.00 PM	Tea and Poster Viewing (PP261 to PP285)		

DAY 8 - 30th July 2025

Time	Hall A	Hall B	Hall C
8.00 - 8.15 AM	REGISTRATION		
8.15 - 8.45 AM	Guest Lecture 1 The healing profession: Reintegrating ethics and compassion into clinical practice Prof J.A. Jayatilaka President - Sri Lanka Association of Medical Practitioners, Sri Lanka	Guest Lecture 2 Challenges of nutritional environmental assessment of schools Collaborative session with UNICEF Sri Lanka Dr Buddhika Sudasinghe President - National Medical Regulatory Authority, Sri Lanka	Guest Lecture 3 Joint Forum with World Health Organisation, Ministry of Health and Ministry of Transport Safe roads-Safe communities: Advancing evidence-based action for road traffic injury prevention AND Launch of the 'SLMA declaration on prevention of RTA' Panelists: Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka Dr Dushadee Juergensaguiwit Senior Consultant Paediatrician, Sri Lanka Dr Lakshmi Fernando Senior Consultant Paediatrician, Sri Lanka Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
8.45 - 10.00 AM	Symposium 27 - Cardiology Updates on STEMI guidelines Dr W.S. Santhana Consultant Cardiologist, Sri Lanka	Symposium 28 - Gastroenterology Epidemiology of IBD in South Asia: Sri Lankan perspectives Dr Karthika Balendran Honorary Consultant Gastroenterologist - National Institute of Immunohematology, India	Panel Discussion 1 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
10.00 - 11.15 AM	Updates on hypertension Dr Dina Amararatne Consultant Cardiologist, National Hospital, Colombo, Sri Lanka	Management of IBD in the era of new therapies: choosing the right drug for the right patient Dr Anandendra Singh Puri Professor of Digestive & Hepatobiliary Science, Madrasa Chavang, India	Panel Discussion 2 Challenges in diagnosing & assessing disease severity of IBD Dr Kulesha Kodirathna Consultant Gastroenterologist, Teaching Hospital, Matara, Sri Lanka
11.15 - 12.30 PM	Tea		
12.30 - 1.15 PM	Symposium 29 - Gerontology A roadmap for enhancing geriatric care in Sri Lanka: Practical realities, integration, and regional insight Building tomorrow's geriatric services: Regional insights and transformative strategies Prof Shanthi Bhat Kamruzzaman Deputy Dean and Senior Geriatrician, University Malaysia	Symposium 30 - Nutrition Nutrition Dr Pearl Mallewarachchi Consultant Nutrition Physician - Lady Ridgeway Hospital for Children, Colombo, Sri Lanka	Collaborator Session 10 Joint Session in collaboration with Ministry of Health and Health Promotion Bureau Advancing Comprehensive Sexuality Education in Sri Lanka: A Strategic Public Health Response Panelists: Dr Ranjith Batuwathurana Deputy Dean and Senior Geriatrician, University of Kelaniya, Sri Lanka
1.15 - 2.15 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.15 - 2.45 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
2.45 - 4.00 PM	Panel Discussion 1 When defences fail: Unravelling recurrent infections and immune vulnerabilities in childhood Dr Raju Parekh Past President - Indian Academy of Paediatrics, India	Panel Discussion 2 CVD in CKD: Is it mechanical or chemical? Dr Ashwini de Abreu Associate Professor - Sri Lanka Heart Registry, Sri Lanka	Panel Discussion 3 Joint Session with Ministry of Health and Ministry of Health Organisation and United Nations Population Fund Climate stress to health risks: Building resilient health systems Dr Ananda Wijewickrama President - National Medical Regulatory Authority, Sri Lanka
4.00 - 5.00 PM	Tea and Poster Viewing (PP286 to PP310)		

DAY 9 - 31st July 2025

Time

**138th** Anniversary International Medical CongressHealth Equity Across the Life Course:
Resilient Pathways, Empowered LivesSri Lanka
Medical Association**SLMA DECLARATION ON THE PREVENTION OF ROAD TRAFFIC ACCIDENTS**

MARCH 2025

PREAMBLE

Road traffic accidents (RTAs) represent a national public health crisis in Sri Lanka, with significant human, economic, and social costs. The Sri Lanka Medical Association (SLMA) recognizes the right of every Sri Lankan to safe mobility and the urgent need for a multi-sectoral response. It declares its full commitment to preventing RTAs and calls upon the Government, civil society, and all stakeholders to act decisively.

**● SLMA 10-POINT AGENDA FOR PREVENTING ROAD TRAFFIC ACCIDENTS****1. Enact a Comprehensive Road Safety Law**

Urgently modernize the Motor Traffic Act with strong enforcement mechanisms, regulation of drug and alcohol use while driving, seat belt and helmet laws, and GNSS-based vehicle tracking.

2. Establish a National Road Safety Commission

Upgrade the existing National Council for Road Safety into an independent Commission with legislative power, technical expertise, and adequate funding to coordinate national efforts.

3. Ensure Safe and Roadworthy Vehicles

Mandate compliance with UN safety standards for all imported and used vehicles. Implement mandatory vehicle inspections and enforce garage accreditation systems.

4. Design Safer Roads and Urban Environments

Adopt iRAP 2-star (or higher) road design standards for all national and provincial roads. Integrate road safety into all urban planning and infrastructure projects.

5. Institutionalize Post-Crash Trauma Care

Establish a National Trauma Registry and upgrade regional trauma care facilities. Standardize EMS response with GPS tracking and ensure 24/7 access to trained paramedics and ambulance services.

6. Reform Driver Licensing and Training

Introduce simulator-based training, Learning Management Systems (LMS), and a tiered licensing structure based on vehicle size and risk. Enforce regular medical and skill re-certification.

7. Prioritize Speed Management and Intelligent Transport Systems

Implement speed governors, traffic calming infrastructure, smart traffic signals, and automated enforcement systems, including CCTV and radar-based detection.

8. Promote Road Safety Education and Public Awareness

Integrate road safety education into all school curricula. Partner with media, civil society, and influencers to run continuous campaigns targeting behavioural change.

9. Protect Vulnerable Road Users

Ensure pedestrian walkways, bicycle lanes, safe school zones, and inclusive access for the elderly and disabled in all road projects.

10. Strengthen Data, Research and Accountability

Develop and implement a Sri Lanka Accident Data Management System (SLADMS), promote citizen reporting, and ensure data transparency for policymaking and public accountability.

● SPECIAL IMPLEMENTATION MECHANISM**Immediate Action:**

- Appoint a Presidential Task Force on Road Safety with cross-sectoral representation to:
- Oversee the execution of the 10-Point Agenda
 - Monitor enforcement and inter-agency coordination
 - Report quarterly to the President and Parliament

Long-Term Institutionalization:

- Establish a National Transport Safety Commission under statute, with the power to:
- Regulate, monitor, and audit all road safety interventions
 - Certify infrastructure, vehicles, and training programs
 - Serve as the national repository for data and research on RTAs

● ENDORSEMENT

The Sri Lanka Medical Association adopted this declaration in 2025 as a national call to action. We urge all partners - governmental, professional, and community - based to join in this collective mission to save lives and build a safer Sri Lanka for all.

**138th Anniversary International Medical Congress**Health Equity Across the Life Course:
Resilient Pathways, Empowered Lives**POLICY FRAMEWORK**
Climate Smart Green Hospitals**1. INTRODUCTION**

Climate Smart Green Hospital Initiative is built upon global frameworks such as the World Health Organization's Safe Hospital Initiative, where the role of hospitals as critical infrastructure is strengthened and amplified to meet the challenges created by climate change. Although WHO's framework is confined to three critical areas of hospital functionalities like structural, non-structural, and functional safety, the Climate Smart Green Hospital Initiative would step further, adding areas important to sustain climate initiatives within hospitals.

The expected outcome would be to establish processes within Sri Lankan hospitals to convert them as climate-smart hospitals empowered to meet the challenges posed by climate change and subsequent negative impacts. SLMA Expert Committee on Planetary Health and Climate Effects would focus on the following key areas to promote and establish processes for Climate Smart Green Hospitals in Sri Lanka in 2025 and beyond.

2. THE WAY FORWARD

1. Setting up organizational priorities on environmental health within hospitals 🌿
2. Establishing governance structures within hospitals to promote climate-smart green processes 🌿
3. Promoting energy efficiency through the introduction of clean and renewable energy 🌿
4. Promoting sustainable water consumption practices within hospitals 🌿
5. Substituting harmful chemical use and practices within hospitals 🌿
6. Promoting healthy and sustainable food purchase and distribution practices within hospitals 🌿
7. Safe management and disposal of pharmaceuticals and related products 🌿
8. Promoting and establishing processes for reducing, Treat, and Safe Disposal of hospital waste 🌿
9. Promoting and establishing green procurement practices within hospitals 🌿
10. Promoting sustainable and climate-smart hospital design, construction, and maintain practices 🌿





138th INTERNATIONAL MEDICAL CONGRESS
"ENSURING EQUITY IN HEALTHCARE DURING CHALLENGING TIME"

23 24 25 26 JULY 2025
CINNAMON GRAND HOTEL - COLOMBO



Sri Lanka Medical Association
138th ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS
23rd - 26th July 2025
Cinnamon Grand Hotel - Colombo

ORATION SUBMISSION OPEN NOW FOR

- SLMA Oration
- Dr S C Paul Memorial Oration
- Dr S Ramachandran Memorial Oration
- Prof N W D Lionel Memorial Oration
- Murugesar Sinnnetamby Memorial Oration
- Sir Nicholas Attygalle Memorial Oration
- Sir Marcus Fernando Memorial Oration

Submission guidelines : 

Deadline - 30th April 2025
(Deadlines will not be extended)



Sri Lanka Medical Association

138th Anniversary International Medical Congress 2025

Deadline has been extended until 15th of May 2025

Sri Lanka Medical Association invites you to submit abstracts for the 138th Anniversary International Medical Congress 2025

CALL FOR ABSTRACTS 2025

Submissions 

Submission of Guidelines 

Selected abstracts will be published in a special edition of the Ceylon Medical Journal

ABSTRACT SUBMISSION DEADLINE 15TH OF MAY 2025

© www.slma.lk | office@slma.lk | +94(11) 269 3324
Sri Lanka Medical Association, Wijerama House, 06 Wijerama Mawatha, Colombo 07.

Annexure 2: Programmes of Pre-Congress Workshops

[illegible]



SRI LANKA MEDICAL ASSOCIATION
in collaboration with
SRI LANKA COLLEGE OF CARDIOLOGY
138th Anniversary International Medical Congress 2025





Pre Congress Workshop on

Acute Cardiovascular Care

2nd May 2025 @ N D W Lionel Memorial Auditorium

Registration Fee
(Sri Lanka - LKR only)

Regular Session
New/Returning - Rs.2000
Members - Rs.2000

Pre 1st registration
will be considered

2nd day
will be considered

**Cardiac and/or
ICU patients**
will be considered

Program Lineup

09:30am - 09:35am Lighting the Oil Lamp

09:35am - 09:45am Welcome and on by President Dr. Dhanendra Perera

09:50am - 10:00am Address by President S.L.C.C. Dr. Dhanendra Wijesinghe

10:00am - 10:25am Address by Chief guest - NHTMCA and Emergency Department
Dr. Tanuja Perera

10:25am - 09:45am ACS - STEMI case at Emergency Department **Dr. Ajith Wimalawansa**

10:45am - 10:55am Acute Heart Failure at Emergency Department **Dr. Ruchika Hemara**

10:55am - 11:05am Dr. Jayathena Jayasinghe - NHTMCA and Emergency Department **Dr. Anuradha Wickramaratne**

11:05am - 11:20am ECG Quiz in ACS **Dr. Ganesh Ganesapathirajah**

11:20am - 11:35am ECG Quiz in Arrhythmias **Dr. Asanga Dissanayake**

11:35am - 12:00pm ECG Quiz in Arrhythmias **Dr. Asanga Dissanayake**

12:00pm - 12:30pm Acute ECG Quiz - Heart on Wheels **Dr. Pradeep Jayathirachchi and Dr. Ajith Wimalawansa**

12:30pm Lunch

Book Details

Title: _____

Author: _____

Editorial Committee: _____

Editorial Board: _____

Text Book title: _____

Review: Google form link

International National PRC

09:00/10:00/11:00/12:00/13:00/14:00/15:00/16:00/17:00/18:00/19:00/20:00/21:00/22:00/23:00/24:00/25:00/26:00/27:00/28:00/29:00/30:00/31:00/32:00/33:00/34:00/35:00/36:00/37:00/38:00/39:00/40:00/41:00/42:00/43:00/44:00/45:00/46:00/47:00/48:00/49:00/50:00/51:00/52:00/53:00/54:00/55:00/56:00/57:00/58:00/59:00/60:00/61:00/62:00/63:00/64:00/65:00/66:00/67:00/68:00/69:00/70:00/71:00/72:00/73:00/74:00/75:00/76:00/77:00/78:00/79:00/80:00/81:00/82:00/83:00/84:00/85:00/86:00/87:00/88:00/89:00/90:00/91:00/92:00/93:00/94:00/95:00/96:00/97:00/98:00/99:00/100:00/101:00/102:00/103:00/104:00/105:00/106:00/107:00/108:00/109:00/110:00/111:00/112:00/113:00/114:00/115:00/116:00/117:00/118:00/119:00/120:00/121:00/122:00/123:00/124:00/125:00/126:00/127:00/128:00/129:00/130:00/131:00/132:00/133:00/134:00/135:00/136:00/137:00/138:00/139:00/140:00/141:00/142:00/143:00/144:00/145:00/146:00/147:00/148:00/149:00/150:00/151:00/152:00/153:00/154:00/155:00/156:00/157:00/158:00/159:00/160:00/161:00/162:00/163:00/164:00/165:00/166:00/167:00/168:00/169:00/170:00/171:00/172:00/173:00/174:00/175:00/176:00/177:00/178:00/179:00/180:00/181:00/182:00/183:00/184:00/185:00/186:00/187:00/188:00/189:00/190:00/191:00/192:00/193:00/194:00/195:00/196:00/197:00/198:00/199:00/200:00/201:00/202:00/203:00/204:00/205:00/206:00/207:00/208:00/209:00/210:00/211:00/212:00/213:00/214:00/215:00/216:00/217:00/218:00/219:00/220:00/221:00/222:00/223:00/224:00/225:00/226:00/227:00/228:00/229:00/230:00/231:00/232:00/233:00/234:00/235:00/236:00/237:00/238:00/239:00/240:00/241:00/242:00/243:00/244:00/245:00/246:00/247:00/248:00/249:00/250:00/251:00/252:00/253:00/254:00/255:00/256:00/257:00/258:00/259:00/260:00/261:00/262:00/263:00/264:00/265:00/266:00/267:00/268:00/269:00/270:00/271:00/272:00/273:00/274:00/275:00/276:00/277:00/278:00/279:00/280:00/281:00/282:00/283:00/284:00/285:00/286:00/287:00/288:00/289:00/290:00/291:00/292:00/293:00/294:00/295:00/296:00/297:00/298:00/299:00/300:00/301:00/302:00/303:00/304:00/305:00/306:00/307:00/308:00/309:00/310:00/311:00/312:00/313:00/314:00/315:00/316:00/317:00/318:00/319:00/320:00/321:00/322:00/323:00/324:00/325:00/326:00/327:00/328:00/329:00/330:00/331:00/332:00/333:00/334:00/335:00/336:00/337:00/338:00/339:00/340:00/341:00/342:00/343:00/344:00/345:00/346:00/347:00/348:00/349:00/350:00/351:00/352:00/353:00/354:00/355:00/356:00/357:00/358:00/359:00/360:00/361:00/362:00/363:00/364:00/365:00/366:00/367:00/368:00/369:00/370:00/371:00/372:00/373:00/374:00/375:00/376:00/377:00/378:00/379:00/380:00/381:00/382:00/383:00/384:00/385:00/386:00/387:00/388:00/389:00/390:00/391:00/392:00/393:00/394:00/395:00/396:00/397:00/398:00/399:00/400:00/401:00/402:00/403:00/404:00/405:00/406:00/407:00/408:00/409:00/410:00/411:00/412:00/413:00/414:00/415:00/416:00/417:00/418:00/419:00/420:00/421:00/422:00/423:00/424:00/425:00/426:00/427:00/428:00/429:00/430:00/431:00/432:00/433:00/434:00/435:00



Singapore Medical Association
in Collaboration With
National College of Radiologists





120th Anniversary International Medical Congress 2022

Seeing Beyond, Radiology for the Modern Clinician



9th June 2025
8.00 am to 5.00 pm



250k+ Auditors/Listeners



CPE Points Awarded

Highlights of the day

08:00 AM	Registration
08:30 AM	Welcome Address Dr Sureshwaran Narendran, President ISMA Dr Sheephana Wadga, President Sri Lanka College of Radiologists
09:00 AM	Approach to Chest X-ray Interpretation Dr Mohini Rameshalingam Consultant Radiologist, Rajawade Hospital, Hyderabad
09:30 AM	Basics of Abdominal X-ray Dr Sureshwaran Narendran Consultant Radiologist/Scientist Lecturer, Faculty of Medical Sciences, University of Sri Jayawardenapura
10:00 AM	Essentials of Neuroendocrinology in Emergency Setting Dr Arunee S. Pillewassee Consultant Radiologist, National Hospital of Sri Lanka, Colombo
10:30 AM	Beyond the Film: A Radiology Case Report (Part 1 - Quiz) Dr Marissa Sarangan Senior Registrar in Radiology, National Hospital of Sri Lanka, Colombo
11:00 AM	Tea Break
11:30 AM	Point-of-Care Ultrasound (POCUS) Dr Willemynne D. Dumanidu Consultant Radiologist, Keesa Hospital, Homagama, Sri Lanka
12:15 PM	Basics of Ultrasound – DEMONSTRATION Dr Willemynne D. Dumanidu Consultant Radiologist, Keesa Hospital, Homagama, Sri Lanka
01:00 PM	Beyond the Film: A Radiology Case Report (Part 2 – Discussion) Dr Marissa Sarangan Senior Registrar in Radiology, National Hospital of Sri Lanka, Colombo
01:45 PM	Distribution of certificates and prizes
02:00 PM	Lunch

Payment instructions:

Bank Name: Citibank National Bank P.C.

Branch: Cinnamon Gardens

SWIFT Code: CITIUS33

Account Number: 01603000252

Send Details using swiftlink form link:
<https://forms.gle/6t4UWwYwK9vYH8iE>

Registration fee:
 Non-members - \$5,000pp
 members - \$5,000+1



Scan to go to form

© 2025 Sri Lanka Medical Association. All rights reserved.
 Content may not be reproduced without permission.








SRI LANKA MEDICAL ASSOCIATION

Pre - congress workshop on

Acute Kidney Injury & CRRT for Nurses

Program at a Glance

- 08:30AM - 09:00AM Registration
- 09:00AM - 09:30AM Nuts&bolts in AKI Management
- 09:30AM - 10:00AM Initial Replacement Therapy in AKI (When and How?)
- 10:00PM - 10:45AM Basics of Continuous Renal Replacement Therapy
- 10:45PM - 11:00AM Tea
- 11:00PM - 11:45AM Understanding CRRT machine
- 11:45PM - 11:45AM Troubleshooting CRRT
- 11:45AM - 12:45PM Work stations (20 min each)
 - Anticoagulation and circuit life
 - Anticoagulation and circuit life
- 12:45PM - 01:30PM Case based interactive discussion

4th of April 2023
11AM
Auditorium

REGISTRATION
Free
Physician 1500/-

★★★★★
OVER 1000 POSITIVE
FEEDBACKS
from Nurses & Doctors

Resource Personnel

- Dr. Suresh Jayaratne - Consultant Intensivist
- Dr. Saravanan Vihangam - Consultant Intensivist
- Dr. Saravanan Ekanthi - Consultant Intensivist
- Dr. Indira Ratnayake - Consultant Nephrologist
- Dr. Buddhika Wijayawickrama - Consultant Nephrologist

REGISTER NOW

Bank Deposits
LKR 2500

Bank Details
 Name: International Bank P.C.
 Branch: Trinamaya Nagar
 Account number: 017601 001 1350
 Account Type: Treasury Savings
 Sri Lanka Medical Association

Send Details using
 Below Google Earthlink
<https://forms.gle/tYm3Zg9eUeUwCv4>

SCAN QR



Send Details using
 Below Google Earthlink
<https://forms.gle/tYm3Zg9eUeUwCv4>

www.sima.lk

office@sima.lk

+94(11) 259 3324

Sri Lanka Medical Association, Wijerama House, 06 Wijerama Mawatha, Colombo 07



Sri Lanka Medical Association
138th Anniversary International Medical Congress 2023

**Foundations of Research:
Principles, Practice, and Publication**



 **23rd May 2023**
8.30 am - 5.30 pm

 **Sri Lanka Medical Association**

 **6 CPD Points Awarded**

 **Registration Fee: \$300**

Prof. Huan Wicksramasinghe
*Senior Lecturer of Community Medicine,
Specialist Registrar in General Practice Medicine,
Department of Community Medicine,
Faculty of Medicine and Health Sciences,
Sri Lanka University of Colombo*

Dr. Nadeeka Chandrasekera
*MD, MSc, MPhil
Board Certified Specialist in Community Medicine
Department of Community Medicine,
Faculty of Medicine,
University of Colombo*

PROGRAMME

8.30 am – 9.00 am	Registration
9.00 am – 11.00 am	<p>Essentials of Clinical Research- Design</p> <p><i>Learning Objectives: From where to recruit patients</i></p> <ul style="list-style-type: none"> • Types of research (observational, qualitative, randomised trial) • Choosing study design • Formulating research questions
10.30 am – 11.00 am	Tea
11.00 am – 1.00 pm	<p>Data Collection & Analysis</p> <p><i>Session 1: Minor & Major</i></p> <ul style="list-style-type: none"> • Sampling methods (census and sample size calculation) • Generalise of data collection (data quality, representativeness, reliability)
1.00 pm – 2.00 pm	Lunch
2.00 pm – 3.30 pm	<p>Writing and Publishing Your Research</p> <p><i>Session 1: Minor & Major</i></p> <ul style="list-style-type: none"> • Writing abstracts, manuscripts, and articles • Choosing the right journal (and/or not to select) • Responding to reviewers

Book Details

Title: *Principles and Practice of Research*

Authors: *Prof. Huan Wicksramasinghe, Dr. Nadeeka Chandrasekera*

Number of Pages: *120*

Researcher's Handbook

Send details using form on slide 98

Principles and Practice of Research
Community Medicine
ISBN: 9789550000000
"Full Length Researcher's Handbook"

<https://www.sma.lk/9789550000000>

Scan QR



www.sma.lk

secretary@sma.lk

<https://www.facebook.com/sri.lanka.medical.association>

138th Anniversary International Medical Congress 2023



131st Anniversary International Medical Congress
ASR LANKA MEDICAL ASSOCIATION




WORKSHOP ON STOMA, INCINCENTINCE AND WOUND CARE

DATE 07th JULY 2025

VENUE Auditorium, SLMA

TIME 8:AM TO 5:PM

ENTRY ONE HUNDRED AND FIFTY DOLLARS WILL BE INVOICED

- **Limited seats available**
- **Open to Doctors and Nurses**
- **Registration fee** is **Rs. 2500 LKR.**
- **LUNCH** 12:00 LKR
- **Scan QR and Register Now**
- **Payment Instructions**

Bank Name **NetBank** [NetBank](#)

Branch **Account** [NetBank](#)

Account No. **Branch** [NetBank](#)

Swift Code **Branch** [NetBank](#)

QR Code 

SPONSORED BY SURGISPHARMA (PVT) LTD

6:30 AM – 8:30 AM

Registration

8:45 AM – 9:45 AM

Welcome speech
Dr. Renuka Perera
President, Sri Lanka Medical Association

9:45 AM – 10:30 AM

Introduction to the workshop
Professor Hema De Silva
Consultant Surgeon - NMS

9:45 – 12:30 AM

Overview of Types of Stomas and Indications for Intestinal Stomas
Dr. Renuka Perera
Consultant Surgeon - NMS

12:30 PM – 1:15 PM

Overview of Urinary Stomas Indications and Contraindications
Professor Hema De Silva
Consultant Surgeon - NMS

1:15 PM – 3:00 PM

Post-operative Stoma Care
Dr. Renuka Perera

3:00 PM – 4:45 PM

Stoma Break

4:45 PM – 5:30 PM

Certifications and Management of Stoma Stomas
Mr. Mahipala Jayasinghe

1:30 AM – 2:15 PM

Management of Fecal Incontinence
Professor Chandra Wickramaratne
Consultant Surgeon - NMS

2:15 PM – 3:00 PM

Pharmacology of Chronic Wound Management and Appropriate Use of Dressings
Dr. Theodor Wickramaratne
Consultant Surgeon and Transplant Surgeon - NMS

3:00 PM – 4:15 PM

Wound in Patients with Stomas and Chronic Ulcers
Dr. Renuka Perera
Consultant Surgeon - NMS

4:15 PM – 5:00 PM

Importance of Accessories to Manage Difficult Stomas
Mr. Arden Rose
Surgispharma (Pvt) Ltd

5:00 PM – 5:45 PM

Hands on Session
Mr. Mahipala Jayasinghe, Dr. Renuka Perera
Consultant Surgeon - NMS

5:45 PM – 6:30 PM

Distribution of Certificates

7 PM

Lunch



SRI LANKA MEDICAL ASSOCIATION

138th Anniversary International Medical Congress 2025

Pre Congress Seminar





MASTERING
THE MANAGEMENT OF
DIABETES

39th APRIL 2025
09.00 A.M. to 02.00P.M.
@ Udoni Memorial Auditorium

CERTIFICATES & CPD POINTS AWARDED

CERTIFICATES & CPD POINTS AWARDED

Time	Topic	Resource Person
09.30 a.m. - 09.55 a.m.	Registration	
09.55 a.m. - 10.45 a.m.	Pharmacological Management of diabetes - Update	Dr. Rajeev de Silva Consultant Endocrinologist, University Hospital, COO Ladenburg & Chana Hospitals, Galle/Giri Lankadevula Defence University
10.45 a.m. - 12.30 a.m.	Insulin Management of Diabetes	Dr. Uthula Rajasinghalingam Consultant Endocrinologist National Hospital of Sri Lanka
12.30 a.m. - 1.15 a.m.	Management of Diabetes	Dr. Theerappa Samarakoon Consultant Endocrinologist DGH - Madaya
1.15 a.m. - 1.30 a.m.	Tea	
1.30 a.m. - 1.45 p.m.	Cardiovascular Risk Reduction in Diabetes	Dr. Eshan Karthikeyan Consultant Endocrinologist Senior Lecturer in Physiology, University of Kelaniya
1.45 p.m. - 01.50 p.m.	Diets and Pills in Glycaemic monitoring	Dr. Shiva Vitharana Oshirangelage Consultant Endocrinologist DGH - Madaya
01.50 p.m. - 01.45 p.m.	Difficult to Manage Diabetes - Case Clinician	Dr. Manjula Samarasingha Consultant Endocrinologist

Registration Fee

- 4000 for Non-Members
- 3000 for Members
- 1500 for Doctors obtaining 36 membership on the day

Bank Details:

Name: / Sri Lanka Medical Association

Branch: / Colombo Central

Account Number: / 26070203109

Account / Bank/branch name: / Sri Lanka Medical Association

Lunch & Refreshments will be provided

Send Details using

InfoGoogle form link:

<https://forms.gle/3pU2L23yA9wM47>

SCAN ME





@ www.slma.lk @ accounts@slma.lk ☎ +94(11) 269 3324

Sri Lanka Medical Association, Wijerama House, 66, Wijerama Mawatha, Colombo 07

Rickman Medical Association

Learning from the Legends

Inspiring Change in Medicine and Beyond

📅	30 th May 2025 <small>(Sat)</small>	@DSIMA Auditorium	CPD Points Awarded
---	---	-------------------	--------------------

Highlights of the day

- 9 AM

Welcome Address
Dr Saravanan Parakkal, President DSIMM
- 9.05 AM

Opening Remark
*Dr Anus Isaacsonnan
Director General of Health Services*
- 9.15 AM

**Vaccines that Protect,
Generations that Thrive**
*Professor Joseph Thiruvalladareswaran
Executive Director of Paediatrics*
- 9.45 AM

**Gardens of Childhood: Upholding
Safety,Dignity, and Rights.**
*Megachandran Professor Kaverisetti Sri Elva
Honorary Secretary of Pediatrics*
- 10.15 AM

**Foundations for Life Nourishing the Child:
Shaping the Future**
*Professor Neelima Narasimhan
Chief Executive Officer - Paediatrics*
- 10.45 AM

Tee Break
- 11 AM

**From Fragility to Strength:
Caring for the Critically Ill Newborn**
*Professor Jyoti Vasanthanathan
Paediatric Intensivist*
- 11.30 AM

Inhaled Drugs for Childhood Asthma:
A Game Changer
*Dr A L Chandrasekhar
Specialist Clinical Pharmacologist*
- 12 noon

**Silent Beginnings, Lifelong Impact:
Early Detection of Congenital Hypothyroidism**
*Professor Jayashree Arunakaran
Pediatric Endocrinology Specialist*
- 12.30 PM

**Battling Bugs: Timeless Wisdom in
Managing Childhood Infections**
*Dr Praveena Subramanian
Medical Consultant Paediatrics*
- 1 PM

Q&A Session
- 1.30 PM

Distribution of the Certificates
- 1.25 PM

Vote of Thanks

FREE PARTICIPATION

© 2025 Sri Lanka Medical Association. All rights reserved.
Unauthorized use or reproduction is prohibited.

☎ +94(0) 200 3333 | 🌐 www.rma.lk
Unit 1, Rajapasa Residency, Colombo-05, Sri Lanka.



Annexure 3: Programmes of Post-Congress Workshops

**SRI LANKA MEDICAL ASSOCIATION
&
THE COLLEGE OF SURGEONS OF SRI LANKA**
presents
THE COLOMBO WOUND MEETING 2025

WOUND CARE :CASE BASED LEARNING

PRE CONGRESS WORKSHOP for Annual Academic Sessions of the College of Surgeons of Sri Lanka
POST CONGRESS WORKSHOP for 138th Anniversary International Medical Congress Sri Lanka Medical Association

29th August 2025 | Auditorium, College of Surgeons, Sri Lanka | From 7:30 AM to 4 PM

CPD Points & Certification | **Tea & Lunch** | **Duty Leave**

QR Code

Payment Instructions
Bank Name: Hutton National Bank PLC
Branch: Colombo Central
Account Name: Sri Lanka Medical Association
Account Number: 076000001339

Session I

07:30 am	Registration	Dr Surantha Perera & Dr Duminda Ariyaratne
08:30 am	Welcome Address	Dr Duminda Ariyaratne
09:00 am	Burden of Wounds & Wound healing	Professor Rezni Cassim
09:20 am	Wound Assessment and Wound Bed Preparation	Dr Shashanka Rathnayake
09:40 am	Acute Post-Traumatic and Post-Surgical Wound Care	Dr Gayan Ekamayaka
10:00 am	Wound Dressings - Rational Choices	Dr Koltha Karunadasa
10:20 am	Wound Cover & Reconstruction	
10:50 am	Tea Break	

Session II

11:30 am	Diabetic Foot	Professor Mandika Wijeyaratne
11:50 am	Diabetic Foot Assessment- Demo Video	Dr Thushan Gunaratne
12:10 pm	Amputations and Rehabilitation in Wound Care	Dr Shivantha Fernandopulle
12:30 pm	Varicose Veins & Venous Ulcers	Dr Ranjika Udayasiri
12:50 pm	Pressure Ulcers: Prevention and Care	Dr Yasas Abeyswickrama
01:00 pm	Lunch & Demo Viewing	

Session III

02:00 pm	Nutrition Planning in Wound Care	Dr Jayani Tennakoon Jayaweera
02:20 pm	Battling Difficult Infections	Dr Shirani Chandrasiri
02:40 pm	Red Flags: Not Just Ulcers	Dr Indira Kahawita
03:00 pm	Lymphoedema Reduction Surgery	Dr Arunajith Peiris
03:20 pm	Lymphoedema Drainage Surgery	Dr Kavinda Rajapakse
03:40 pm	Distribution of Certificates	

For More Details: +9411 269 3324 | Office@slma.lk | www.slma.lk

Wellness Forum of the SLMA proudly presents
"Wellness Redefined: The Lifestyle Medicine Framework for Modern Sri Lanka"
Organized by the Sri Lanka Medical Association in collaboration with Sri Lanka Society of Lifestyle Medicine

08th December 2025 | Auditorium | From 8:30 AM to 5 PM

CPD Points & Certification | **Refreshments** | **Duty Leave** | **Registration Fee**

7:30 am - 8:30 am
Registration

8:30 am - 8:40 am
Welcome Address
Dr Surantha Perera, President, SLMA

8:40 am - 9:20 am
Launch of Wellness Forum of SLMA

9:30 am - 10:15 am
Redefining Healthcare: Lifestyle Medicine and the Evidence Behind Nutrition as a First-Line Therapy
Dr Arunika Mahipala, MD, MSc, MBBS, DipSLM, FRCGP(NutEd), Vice President - SLMA, Specialist in Clinical Nutrition, National Hospital for Respiratory Diseases - Welisara

10:15 am - 11:00 am
Movement as Medicine: The Evidence and the Prescription
Dr Rasidah Wahab-Daniel, MBBS, MSc, DipSLM, PHD, Secretary - SLMA, Overall Wellness and Cardiac Health Pvt Ltd

11:00 am - 11:15 am
Tea Break

11:15 am - 12:45 pm
Increasing Emotional Resilience in the Midst of Pressure: Responding Vs Reacting
Dr Reshmi Wimalena, MBBS, MSc, DipSLM, Director/Member - SLMA, Lifestyle Medicine Practitioner and Founder, Deepen Lifestyle Medicine

12:45 pm - 1:15 pm
Recharge- the Sleep Strategy for Long Term Health
Dr Chethana Sureshadas, MBBS, MRCS, DipSLM, Assistant Surgeon in Cardiothoracic Surgery, Aen Surgical Hospital

1:15 pm - 1:45 pm
Beyond the Pill: Lifestyle Medicine Solutions for Hypertension and Metabolic Dysfunction
Dr Sahar Mendis, MBBS, MD, MRCP (UK) BCE in Diabetes and Endocrinology, Specialist in Internal Medicine and Senior Lecturer in Pharmacology, Faculty of Medicine, University of Ruhuna

1:45 pm - 2:00 pm
Vote of Thanks

2:00 pm
Lunch

Payment Details
Bank Name: Hutton National Bank PLC
Branch: Colombo Central
Bank Address: Plot 8A & B, Barnes Place, Colombo 7, Sri Lanka
Account Name: Sri Lanka Medical Association
Account Number: 076000001339
Swift/BIC Code: HNLK

QR Code

HAPPENING ON 8th DEC

© 2025 Sri Lanka Medical Association. All Rights Reserved.



Annexure 4: Programme of Foundation Sessions

Sri Lanka Medical Association

Foundation Sessions

7th & 8th NOVEMBER 2025
The Galadari Hotel, Colombo

Scan to Register

WORKSHOPS (DAY 01)

FOUNDATION SESSIONS (DAY 02)

Day 1 - 07th November 2025

Time	Hall A
8.30 AM - 9.15 AM	Airway Management DR VIHARA DASSANAYAKE Senior Lecturer in Anaesthesiology, Department of Anaesthesiology and Critical Care, Faculty of Medicine, University of Colombo
9.15 AM - 10.00 AM	Oxygen Therapy DR DAKSHI JAYAWICKRAMA Consultant Anaesthetist, Lady Ridgeway Hospital for Children, Colombo
10.00 AM - 10.15 AM	TEA BREAK
10.15 AM - 11.45 AM	Skills Stations

Time	Hall B
08.30 AM - 09.00 AM	Introduction to AI in Medicine DR PRABATH LIYANAGE Senior Lecturer, Department of Mathematics, University of Colombo
09.00 AM - 10.00 AM	Hands-on Session - Large Language Models (ChatGPT) DR KUMARA MENDIS Visiting Consultant, Department of Community Medicine and Family Medicine, University of Moratuwa
10.00 AM - 10.15 AM	TEA BREAK
10.15 AM - 11.00 AM	Hands-on Session - AI Tools in Research & Medical Education DR VINDYA PERERA Senior Lecturer, Department of Biochemistry, University of Sabaragamuwa
11.00 AM - 11.30 AM	Exploring Miscellaneous AI Tools for Day-to-day Clinical Tasks DR S.J.C. PERERA Consultant Paediatrician, Colombo
11.30 AM - 11.45 AM	Wrap-up and Feedback

Time	Hall A
01.00 PM - 01.30 PM	Introduction to ELS DR KAMINDA WIJENAYAKE Consultant Emergency Physician
01.30 PM - 02.15 PM	Major Presentation - Emergency Approach
02.15 PM - 03.00 PM	Acute Presentation - Treatment & Admission
3.00 PM - 3.15 PM	TEA BREAK
03.15 PM - 04.00 PM	Acute Presentation - Fast Tracking & Discharge
04.00 PM - 04.15 PM	Q & A

Resource Persons:
DR DILRUK RATHNAYAKA
Consultant Emergency Physician
DR SANATH BANDARA
Consultant Emergency Physician
DR NIVEATHAN PATHMANATHAN
Consultant Emergency Physician
DR INUKA WIJEGUNAWARDANA
Consultant Emergency Physician
DR KAMINDA WIJENAYAKE
Consultant Emergency Physician
DR ISURU GAYAN
Consultant Emergency Physician
DR KAUSHILA THILAKASIRI
Consultant Emergency Physician
DR MANAVI DEHANI
Consultant Emergency Physician
DR PUNHIRU UDESHIKA
Consultant Emergency Physician

Contact Details
Address: Sri Lanka Medical Association, Wijerama House, No. 6, Wijerama Mawatha, Colombo 07
Telephone: +94 11 269 3324
Website: <https://slma.lk/>
E-mail: officeslma.lk

WORKSHOP 2 - Artificial Intelligence

WORKSHOP 3 - Emergency Care at A & E

WORKSHOP 4 - History of Medicine

Inauguration Ceremony (On invitation)

PROGRAMME
07th November 2025 - 6.00 pm onwards

Welcome Address
DR SURANTHA PERERA
President, SLMA

Address by the Chief Guest
DR AMANDA WUEWICKRAMA
Immediate Past President, SLMA

Presentation of SLMA Research Prizes and Awards - 2025

Presentation of SLMA Awards for Excellence in Health Journalism - 2025

Presentation of Awards for Winners of the SLMA Sports Events - 2025

Dr E. M. Wijerama Endowment Oration
"Through the corridors of time: From the misty oldrooms of Venereology to the open era of Sexual Health"
DR YANTHI ABYEWICKREME
Senior Consultant Venereologist
Past President, SLMA

Vote of thanks
DR ASIRI HEWAMALAGE
Honorary Secretary, SLMA

Fellowship and dinner

Day 2 - 08th November 2025

Time	Programme
08.00 AM - 08.15 AM	Registration
08.15 AM - 08.30 AM	Leadership, the SLMA, and the Craft of Health Policy: Shaping Equitable Health Futures DR SURANTHA PERERA, PRESIDENT, SLMA
08.30 AM - 08.45 AM	From Policy to Impact: Advancing Health through Cross-Sector Collaboration HON. DR NALINDA JAYATISSA, MINISTER OF HEALTH AND MASS MEDIA, SRI LANKA
08.45 AM - 09.00 AM	Transforming Primary Health Care through Technology and Innovation HON. (PROF.) CHRISANTHA ABEYSENA, MINISTER OF SCIENCE AND TECHNOLOGY, SRI LANKA
09.00 AM - 09.45 AM	Sir Marcus Fernando Oration "No health without mental health" 25 years of research evidence into impactful actions for people's benefit PROF. ATHULA SUMATHIPALA Emeritus Professor of Psychiatry, School of Medicine, Faculty of Medicine & Health Sciences, Keele University, UK Co - Editor, Ceylon Medical Journal
09.45 AM - 10.00 AM	TEA
10.00 AM - 11.15 AM	Symposium - Cardiology Diagnosis of Ischemic Heart Disease: Why You Should Listen to the Patient DR SAMPATH WITHANAWASAM Consultant Cardiologist, National Hospital of Sri Lanka
11.15 AM - 12.30 PM	Symposium - Neurology Tips and tricks in tremors DR SAAMIR MOHIDEEN Consultant Neurologist, National Hospital - Galle
12.30 PM - 02.00 PM	LUNCH
02.00 PM - 03.15 PM	Symposium - Endocrinology Can We Reverse Type 2 Diabetes? DR SHANI A.D. MATHARA DIDDENIPOTHAGE Consultant Endocrinologist, DGH Matara
03.15 PM - 04.30 PM	Symposium - Pulmonology Misdiagnosis of COPD in Healthcare Settings: Unmet Needs for Optimal Care DR AMILA RATHNAPALA Consultant Respiratory Physician, National Hospital-Galle
04.30 PM - 04.40 PM	Concluding Remarks
04.40 PM - 05.00 PM	TEA

Hall A	Hall B
Symposium - Cardiology Diagnosis of Ischemic Heart Disease: Why You Should Listen to the Patient DR SAMPATH WITHANAWASAM Consultant Cardiologist, National Hospital of Sri Lanka	Symposium - Abdominal Emergencies in Surgery Critical Insights into Upper GI Emergencies DR DUMINDA ARIYARATNE Consultant General Surgeon, CSTH - Kalubowila President, Sri Lanka College of Surgeons
Chronic Coronary Syndrome: The Long Game in IHD DR SANJEEWA RAJAPAKSHA Consultant Cardiologist, Ragama North Teaching Hospital - Ragama	Lower GI Emergencies: From Diagnosis to Intervention DR SANJAYA ABEYGOONEWARDHANA Consultant GI Surgeon
Acute Coronary Syndrome: The Fight with the Time DR M.B.F. RAHUMAN Consultant Cardiologist	Emergencies in Urology: A Clinical Perspective PROF. AJITH MALALASEKARA Professor in Urology, Consultant Urological Surgeon Department of Anatomy, Faculty of Medicine, University of Colombo
Symposium - Neurology Tips and tricks in tremors DR SAAMIR MOHIDEEN Consultant Neurologist, National Hospital - Galle	Symposium - Care for Acutely Ill Management of Common Paediatric Emergencies: An Update Septic Shock DR MANULA HEWAGEEGANA Consultant Paediatric Intensivist, LRH
Approach to patients with headache DR KUMARANGIE VITHANAGE Senior Lecturer and Consultant Neurologist Department of Physiology - Faculty of Medicine, University of Colombo	Status Epilepticus DR DESHAN ADHETTY Consultant Paediatric Intensivist, LRH
New onset seizure- What should we do about them? DR KISHARA GOONERATNE Senior Lecturer and Consultant Neurologist Department of Medicine and Mental Health Faculty of Medicine Moratuwa	Anaphylaxis DR NALIN C KITULWATTE Consultant Paediatric Intensivist, LRH



WORKSHOP 01

Airway Management and Oxygen Therapy

Programme

8:30 AM - 9:15 AM
Airway Management
Dr Vihara Dassanayake
Senior Lecturer in Anaesthesiology, Department of Anaesthesiology and Critical Care, Faculty of Medicine, University of Colombo

9:15 AM - 10:00 AM
Oxygen Therapy
Dr Dakshi Jayawickrama
Consultant Anaesthetist, Lady Ridgeway Hospital for Children, Colombo

10:00 AM - 10:15 AM
TEA BREAK

10:15 AM - 11:45 AM
Skills Stations

7th November 2025 | Hotel Galadhari, Colombo | More information: office@slma.lk | +9411 2 693 324

WORKSHOP 03

Emergency Management at A & E

Programme

01:00 PM - 01:30 PM
Introduction to ELS
Dr Kaminda Wijenayake
Consultant Emergency Physician

01:30 PM - 02:15 PM
Major Presentation - Emergency Approach

02:15 PM - 03:00 PM
Acute Presentation - Treatment & Admission

3:00 PM - 3:15 PM
TEA BREAK

03:15 PM - 04:00 PM
Acute Presentation - Fast Tracking & Discharge

04:00 PM - 04:15 PM
Q & A

Resource Persons:

Dr Dilruk Rathnayaka
Consultant Emergency Physician

Dr Sanath Bandara
Consultant Emergency Physician

Dr Nivethan Pathmanathan
Consultant Emergency Physician

Dr Inuka Wijegunawardana
Consultant Emergency Physician

Dr Kaminda Wijenayake
Consultant Emergency Physician

Dr Isuru Gayan
Consultant Emergency Physician

Dr Kaushila Thilakasiri
Consultant Emergency Physician

Dr Manavi Dehani
Consultant Emergency Physician

Dr Punhuru Udesika
Consultant Emergency Physician

7th November 2025 | Hotel Galadhari, Colombo | More information: office@slma.lk | +9411 2 693 324

Sri Lanka Medical Association FOUNDATION SESSIONS 2025

SYMPOSIUM

Ventilatory Strategies

Indications for Individualized Ventilation - "Moving Beyond One-Size-Fits-All"
Dr Senani Samarasinghe
Consultant Anaesthetist, Teaching Hospital, Peradeniya

Ventilation Modes - Ventilating the Critically Ill
Dr Mihiran Herath
Acting Consultant Anaesthetist, Base Hospital, Puttalam

Weaning from Mechanical Ventilation - When and How to Liberate
Dr Oditha Karunananda
Acting Consultant Anaesthetist, Teaching Hospital, Ratnapura

03:15 pm - 04:30 pm | 08th November 2025 | Hall B, The Galadari Hotel, Colombo

More information: office@slma.lk | +9411 2 693 324

WORKSHOP 02

Artificial Intelligence

Programme

08:30 AM - 09:00 AM
Introduction to AI in Medicine
Dr Prabhath Liyanage
Senior Lecturer, Department of Mathematics, University of Colombo

09:00 AM - 10:00 AM
Hands-on Session - Large Language Models (ChatGPT)
Dr Kumara Mendis
Visiting Consultant, Department of Community Medicine and Family Medicine, University of Moratuwa

10:00 AM - 10:15 AM
TEA BREAK

10:15 AM - 11:00 AM
Hands-on Session - AI Tools in Research & Medical Education
Dr Vindya Perera
Senior Lecturer, Department of Biochemistry, University of Sabaragamuwa

11:00 AM - 11:30 AM
Exploring Miscellaneous AI Tools for Day-to-day Clinical Tasks
Dr B.J.C. Perera
Consultant Paediatrician, Colombo

11:30 AM - 11:45 AM
Wrap-up and Feedback

7th November 2025 | Hotel Galadhari, Colombo | More information: office@slma.lk | +9411 2 693 324

WORKSHOP 04

History of Medicine

In collaboration with the Sri Lanka Medical Library

Programme

2:00 PM - 2:30 PM
The Next Chapter: Writing the Future of History of Medicine
Prof Saroj Jayasinghe
Emeritus Professor, University of Colombo, Sri Lanka
Consultant Physician

2:30 PM - 3:00 PM
Glances from History: Medicine Under Sri Lankan Kings
Prof Anjo Fernando
Emeritus Professor, University of Ruhuna

3:00 PM - 3:15 PM
TEA BREAK

3:15 PM - 3:45 PM
Pioneers in Healing: The Birth of the Allopathic Health Service in Sri Lanka
Dr. Malik Fernando
Past President, SLMA

3:45 PM - 4:00 PM
Q & A

7th November 2025 | Hotel Galadhari, Colombo | More information: office@slma.lk | +9411 2 693 324

Sri Lanka Medical Association FOUNDATION SESSIONS 2025

SYMPOSIUM

Pulmonology

Mid-diagnosis of COPD in Healthcare Settings: Unmet Needs for Optimal Care
Dr Amila Ratnapala
Consultant Respiratory Physician, National Hospital-Galle

Sleep Health and Ill Health
Dr Ruwanthi Jayasekera
Senior Lecturer, University of Moratuwa and Consultant Respiratory Physician

Practical Tips to Achieve Asthma Control in Children
Dr Channa de Silva
Consultant Paediatric Pulmonologist, LRH

03:15 pm - 04:30 pm | 08th November 2025 | Hall A, The Galadari Hotel, Colombo

More information: office@slma.lk | +9411 2 693 324



Sri Lanka Medical Association
FOUNDATION SESSIONS 2025

SYMPOSIUM
Critical Care





Sepsis Meets the Lung: Decoding ARDS
Dr. Ishan Gamage
Consultant Intensivist, Teaching Hospital, Anuradapura

Sepsis and AKI: Beyond Creatinine
Dr. Dushani Hettiarachchi
Consultant Intensivist, National Hospital of Sri Lanka, Colombo

Personalizing Haemodynamics in Sepsis: One Size Doesn't Fit All
Dr. Eranda Sanjeeewa
Consultant Intensivist, National Hospital, Colombo

02:00 pm - 03:15 pm
08th November 2025
Hall B
The Galadari Hotel, Colombo

More information: office@slma.lk ☎ +9411 2 693 324

Limited seats Available
Scan QR and register now

Sri Lanka Medical Association
FOUNDATION SESSIONS 2025

SYMPOSIUM
Endocrinology





Can We Reverse Type 2 Diabetes?
Dr. Shani A.D. Mathara
Consultant Endocrinologist, DGH Matara

Thyroid Troubles Unravelling - Interpreting Thyroid Functions
Dr. Neomal de Silva
Consultant Endocrinologist, District General Hospital, Matara

Vitamin D in Clinical Practice
Dr. Chandrika Subasinghe
Consultant Endocrinologist, Colombo North Teaching Hospital

02:00 pm - 03:15 pm
08th November 2025
Hall A
The Galadari Hotel, Colombo

More information: office@slma.lk ☎ +9411 2 693 324

Limited seats Available
Scan QR and register now

Sri Lanka Medical Association
FOUNDATION SESSIONS 2025

SYMPOSIUM
Cardiology





Diagnosis of Ischemic Heart Disease: Why You Should Listen to the Patient
Dr. Sampath Withanawasam
Consultant Cardiologist, National Hospital of Sri Lanka

Chronic Coronary Syndrome: The Long Game in IHD
Dr. Sanjeeewa Rajapaksha
Consultant Cardiologist, North Teaching Hospital - Ragama

Acute Coronary Syndrome: The Fight with the Time
Dr. M.B.F. Rahuman
Consultant Cardiologist

10:00 am - 11:15 am
08th November 2025
Hall A
The Galadari Hotel, Colombo

More information: office@slma.lk ☎ +9411 2 693 324

Limited seats Available
Scan QR and register now

Sri Lanka Medical Association
FOUNDATION SESSIONS 2025

SYMPOSIUM
Care for Acutely Ill
Management of Common Paediatric Emergencies: An Update





Septic Shock
Dr. Manjula Hewageegana
Consultant Paediatric Intensivist, LRH

Status Epilepticus
Dr. Deshan Adihetty
Consultant Paediatric Intensivist, LRH

Anaphylaxis
Dr. Nalin C. Kitulwatte
Consultant Paediatric Intensivist, LRH

11:15 am - 12:30 pm
08th November 2025
Hall B
The Galadari Hotel, Colombo

More information: office@slma.lk ☎ +9411 2 693 324

Limited seats Available
Scan QR and register now

Sri Lanka Medical Association
FOUNDATION SESSIONS 2025

SYMPOSIUM
Abdominal Emergencies in Surgery





Critical Insights into Upper GI Emergencies
Dr. Duminda Ariyaratne
Consultant General Surgeon, CSTM - Kalubowila
President, Sri Lanka College of Surgeons

Lower GI Emergencies: From Diagnosis to Intervention
Dr. Sanjaya Abeygoonewardhana
Consultant GI Surgeon

Emergencies in Urology: A Clinical Perspective
Prof. Ajith Malalasekara
Professor in Urology, Consultant Urological Surgeon, Department of Anatomy, Faculty of Medicine, University of Colombo

10:00 am - 11:15 am
08th November 2025
Hall B
The Galadari Hotel, Colombo

More information: office@slma.lk ☎ +9411 2 693 324

Limited seats Available
Scan QR and register now

Sri Lanka Medical Association
FOUNDATION SESSIONS 2025

SYMPOSIUM
Neurology





Tips and tricks in tremors
Dr. Saamir Mohideen
Consultant Neurologist, National Hospital - Galle

Approach to patients with headache
Dr. Kumarangie Vithanage
Senior Lecturer and Consultant Neurologist, Department of Physiology - Faculty of Medicine, University of Colombo

New onset seizure - What should we do about them?
Dr. Kishara Gooneratne
Senior Lecturer and Consultant Neurologist, Department of Medicine and Mental Health, Faculty of Medicine, Moratuwa

11:15 am - 12:30 pm
08th November 2025
Hall A
The Galadari Hotel, Colombo

More information: office@slma.lk ☎ +9411 2 693 324

Limited seats Available
Scan QR and register now

Annexure 5: Programmes of Monthly Clinical Meetings



SLMA

MONTHLY CLINICAL MEETING

Hybrid event

"Navigating the sea of cardiology with the sails of electrophysiology"

PEDIATRIC CARDIAC SCENARIOS WITH ELECTROPHYSIOLOGY INPUTS



DR MANJULA IN LUNAMPALLE
 Senior Lecturer
 Lecturer of Cardiology
 Lecturer of Electrophysiology
 KPHC Colombo



DR DIMPULA SAMARASINGHE
 Senior Lecturer
 Lecturer of Cardiology
 Lecturer of Electrophysiology
 KPHC Colombo



DR H R SAGUNATHAN
 Senior Lecturer
 Lecturer of Cardiology
 Lecturer of Electrophysiology
 KPHC Colombo

ON  **05TH FEBRUARY 2025**
 **12.00 NOON - 01.30 PM**

JOIN US

PHYSICALLY AT

 **LIONEL MEMORIAL AUDITORIUM,
NO 6, WIJERAMA MAWATHA, COLOMBO 7**

VIA ZOOM

JOIN ZOOM MEETING
 MEETING ID: 218 2299 3946
 PASSCODE: 158354

Moderated by
 Prof. Ravindra Rajpa
 Consultant Paediatrician




SRI LANKA MEDICAL ASSOCIATION
MONTHLY CLINICAL MEETING
Hybrid Event
"To Treat, To Test or To Stop?
A Case-Based Journey Through Venous Thromboembolism
and Thrombophilia."

<div style="text-align: center;">  </div> <p style="text-align: center;">DR. PABASARA MUNISINGHE</p> <p style="text-align: center;">MBBS(C) UK MD (Clinical Haematology) FRCP(UK) <i>Consultant Clinical Haematologist Teaching Hospital Ruhuna</i></p>	<div style="text-align: center;">  </div> <p style="text-align: center;">DR. EINDRINI MUHANDIRAM</p> <p style="text-align: center;">MBBS(C) Colombo MD (Clinical Haematology) FRCP(UK) <i>Lecturer in Clinical Haematology Faculty of Medicine University of Kelaniya</i></p>
---	---

DATE : 06TH MARCH 2025

TIME : 12.00 NOON - 01.30 PM

JOIN US:

**PHYSICALLY AT : LIONEL MEMORIAL AUDITORIUM,
NO. 4, WISRAMA MAWATHA, COLOMBO 07**

VIA ZOOM :

[https://zoom.us/j/90720518532?
pwd=Qm9kbGZlUzY0dDZkVkdjBldz09](https://zoom.us/j/90720518532?pwd=Qm9kbGZlUzY0dDZkVkdjBldz09)

Meeting ID : 906 929 7332

Password : 085123



Moderator

Dr. SARANTHI Wickramasinghe
 MBBS(C) UK MD (Nephrology)
 FRCP(UK) FRCR(UK)
 Lecturer Nephrology at
 Ceylon General Hospital, University of Moratuwa



THE EVENT IS OPEN TO ALL PHYSICIANS AND STUDENTS

 <p>Sri Lanka Medical Association in collaboration with Ceylon College of Physicians</p>	
<h1 style="margin: 0;">MONTHLY CLINICAL MEETING</h1> <p style="color: #007bff; font-weight: bold;">Hybrid Event</p>	
<div style="background-color: #e0e0ff; padding: 10px; margin-bottom: 10px; text-align: center;"> Session 1 </div> <p>INTERACTIVE CASE DISCUSSION on Rickettsial infections: The bedside challenge</p> <div style="text-align: center; margin-top: 20px;">  </div> <p>Prof Nanjan Premaratne MBBS, MD, FRCP, FRCF Senior Professor Department of Medicine Faculty of Medicine, University of Kelaniya</p>	<div style="background-color: #e0e0ff; padding: 10px; margin-bottom: 10px; text-align: center;"> Session 2 </div> <p>CASE BASED DISCUSSION on Early Detection and Management of Dengue Shock and Bleeding</p> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p>Dr Thirasa Perera MBBS MSc Acting Consultant Physician Infectious Diseases Hospital Angoda</p> </div> <div style="text-align: center;">  <p>Dr Eranga Narangoda MBBS PhD Consultant Physician Infectious Diseases Hospital Angoda</p> </div> </div>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 45%;"> <p> 08 APRIL 2025</p> <p> 12.30PM - 02.00PM</p> </div> <div style="width: 45%; text-align: right;"> <p> N.D.W LIGER MEMORIAL AUDITORIUM No. 8, Wijerama Mawatha Colombo 07</p> <p> https://ccphysians.com.sg/programme.html info@ccphysians.lk Meeting ID: 888 000 2399 Passcode: 85285</p> </div> </div> <div style="float: right; width: 15%; height: 100px; background-color: #007bff; color: white; border-radius: 50% 50% 50% 50%; display: flex; align-items: center; justify-content: center; text-align: center; font-size: 0.8em; margin-top: 10px;"> <p>Online Registration Open from 12.30 PM on 07 April 2025</p> </div>	



Sri Lanka Medical Association
in collaboration with
Sri Lanka College of Nutrition Physicians
Sri Lanka Medical Nutrition Association



SLCNP





SLMA Monthly Clinical Meeting Symposium

Obesity Across the Spectrum: From Mechanisms to Management

16th May 2025
12:00 noon - 01:30 pm
@ SLMA Auditorium

CPD Points Available

PROGRAMME

12.00 - 12.05pm	<p>Welcome Speech</p> <p>Dr. Nalinda Weerathilake President, Sri Lanka College of Nutrition Physicians</p>
12.05 - 12.25pm	<p>Obesity & Appetite: The Battle Between Brain and Belly</p> <p>Dr. Chaitanya Rathnayaka Consultant Nutrition Physician, National Hospital, Galle</p>
12.25 - 12.45pm	<p>Endocrine and Hypothalamic Dysfunction in Pathological Weight Gain</p> <p>Dr. Nigama De Silva Consultant Endocrinologist, Ministry for Health Services Delivery and Quality</p>
12.45 - 01.05 pm	<p>Beyond Calories: Cracking the Code of Nutritional Obesity</p> <p>Dr. Sathya Jayarama Consultant Nutrition Physician, 785 Komangalle</p>
<p>01.05 - 01.15 pm Q & A Session</p>	
<p>Thanking speech</p> <p>Dr. Harshad Gangappa Secretary, Sri Lanka Medical Nutrition Association</p>	



<https://a22webz.com.ua/s/8815756553/pwd/F4CqgUC3YqgwblwblH?D=4&I=1>

Meeting ID: 881 5756 5553

Passcode: 522208



CPD points will be awarded to physical physicians only

www.slcnp.lk

info@slcnp.lk

office@slma.lk

+94(11) 269 3324

 **SRI LANKA MEDICAL ASSOCIATION**
IN COLLABORATION WITH
**THE COLLEGE OF ANAESTHESIOLOGISTS &
INTENSIVISTS OF SRI LANKA**



MONTHLY CLINICAL MEETING

BRIDGING THE GAP FROM WARD TO ICU

EARLY MANAGEMENT OF THE ACUTELY DETERIORATING PATIENT



DR PIYUSHA JAYAWARDFNE
MBChB, MD, FRCA, FRCR
Consultant anaesthetist,
Intensive Care Unit,
Mount Road City of Colombo General Hospital, Colombo.



DR RANJANA GUBALANAGE
MSc, PhD, Dacranesthesiology, FRCR
Senior Lecturer, Department of Anaesthesia,
Faculty of Medicine, University of Kelaniya, Sri Lanka.

 **DATE:** 05TH JUNE 2025

 **FROM:** 12.30 PM
TO: 2 PM

 **SLANG
AUDITORIUM**

 **SPOT POINTS WILL BE AWARDED
TO PHYSICIAN PARTICIPANTS**

LINK FOR JOIN ZOOM MEETING: <https://us02web.zoom.us/j/8987858857?pwd=Zm9udG9kdzVlbnNlcUkucy9KdDZldjZkdz09>

MEETING ID: 898 785 8857
PASSCODE: 8857





SRI LANKA MEDICAL ASSOCIATION
IN COLLABORATION WITH
THE COLLEGE OF SURGEONS
OF SRI LANKA



MONTHLY CLINICAL MEETING



DR. KAMAL JAYAWARDENA
REANIMATION IN TRAUMA :
LESSONS LEARNT

REANIMATION IN TRAUMA : LESSONS LEARNT
CONCEPTS, HISTORY, RECENT ADVANCEMENTS
NATIONAL RESOURCES FOR
NOTICING AND INTERVENTION
IN PREVENTION AND MANAGEMENT



**02ND JULY 2025
WEDNESDAY**

12.30 PM TO 2 PM



DR. MINOLI JOSEPH
DIDDO IT RIGHT: EMERGENCY QUALITY IN
CANCER CARE IN THE LOCAL SETTING

EMER. RESPONSE IN SRI LANKA: FROM PROBLEMS
TO SOLUTIONS
THE CHALLENGE OF CANCER IN SRI LANKA



**SLMA
AUDITORIUM**

LIVE ON ZOOM



MEETING ID: 874 309 4389
PASSCODE: 782323

CPD POINTS WILL BE AWARDED
TO ALL PHYSICAL PARTICIPANTS

For more information visit www.slma.lk

ASSOCIATION OF SRI LANKAN RADIOLOGISTS

Association of Sri Lankan Radiologists



Monthly Clinical Meeting

Sri Lanka Medical Association
in collaboration with
Sri Lanka College of Microbiologists



Helminth infections in Sri Lanka :

TRENDS, CHALLENGES & WAY FORWARD



26th August 2025
Monday



12.30 to 2 PM



SLMA Auditorium



PROF. KAGODA WEERAKOON

Trends in epidemiology and diagnostics of intestinal helminth infections in Sri Lanka

Professor of Infectious Diseases
Department of Microbiology
Faculty of Medicine, University of Colombo
Hospital, 400/100 Colombo 10, Sri Lanka



DR. JAGATH RANASINGHE

Clinical perspectives of intestinal helminth infections in children

General paediatrics and infectious diseases
Child Care Services Hospital
Kandy, Sri Lanka

Live on Zoom



Meeting ID: 862 2497 2301



QR CODE

QR CODE WILL BE AWARDED TO PARTICIPANTS

 +9471 769 2326

 Office@slma.lk

 www.slma.lk

Monthly Clinical Meeting

Preterm Birth: Translating Evidence into Practice

Hybrid Event



Dr Nimisha Gunhegave
 Associate Clinical Professor, Johns Hopkins University
 Johns Hopkins University
 Faculty of Medical Sciences
 University of Kelaniya



Dr Achintha Dissanayake
 MD, PhD
 Associate Professor and Epidemiologist
 Sri Lanka Endocrine Hospital

Thursday 19th September 2023

From 12.30 PM to 2 PM

SLMA Auditorium

QR Code

Contact Information:
 ☎ +9491 2059 3334
 📧 office@slma.lk

1400 guests will be allowed to register participants



SAHARJANA
 JOURNAL OF
 CLINICAL PHARMACOLOGY
 & THERAPEUTICS

MEDICAL JCN 2009-2018
 RESIDENCE 160203



visit www.sima.lk

Association of Sri Lankan Paediatricians

Neurology

MONTHLY CLINICAL MEETING



**"When First-Line Anti-Seizure Medications Fail:
 A Precision Medicine Approach
 to Paediatric Epilepsy"**
Dr Chrysaneth S. Dajastadu
*Specialist Child Neurologist
 Colombo North Teaching Hospitals, Sri Lanka*



**"When Nature and Industry Attack:
 Trakin that Nudge the
 Nervous System"**
Dr Kishore Gooneratne
*Consultant Neurologist
 Hospital of Neurology, University of Peradeniya*



2nd
October 2023



**From 12.30 PM
 to 2 PM**



**SMA
 Auditorium**



 **+9411 269 3324**
 **Office@sima.lk**
 **www.sima.lk**

 **100 guests will be awarded
 10 physical participations**
 **Refreshments
 will be provided**

Meeting ID: 511 0032 2557
Passcode: 160203



Sri Lanka Medical Association
in collaboration with
Sri Lanka College of Psychiatrists

Meeting ID: 565 8352 8373

www.abrak.lk



MONTHLY CLINICAL MEETING



"Moodley disorders outside the proprietary circle"
Dr Luckshika Amarasekera
Assistant Lecturer,
Sri Lanka Institute of Technology, Colombo
and Lecturer,
Sri Lanka College of Psychiatrists



"School refusal"
Dr Hasanka Rajarathne
Consultant in Child and Adolescent Psychiatry,
National Institute of Mental Health,
Colombo



20th
November 2020



From **12.30 PM**
to **2 PM**



S.M.A.
Auditorium



**09pm onwards will be recorded
to physical participants**

+9411 269 3324

WhatsApp: 0965496846



Sri Lanka Medical Association
in collaboration with
Sri Lanka College of Radiologists



MONTHLY CLINICAL MEETING



"Smoking relevance to Stroke Management"
Dr Aruna D Pathmasiri
Head, Neurology Department



"Intermittent Ischaemic The Heterozygous Sickle Cell Disease"
Dr Sarathjayan Mahipavan
Head, Radiology Department



5th
December 2025



From 12.30 PM
to 3 PM



SLMA
Auditorium

 **QR prints will be provided to physical participants**



 **+9411 299 3324**

 **Clinical@slma.lk**

Annexure 6: Joint Regional Clinical Meetings





THE GOVERNMENT OF KARNATAKA
 DEPARTMENT OF HEALTH AND FAMILY WELFARE
 BANGALORE
 REGIONAL HEALTH PROMOTION CENTRE, RATNAPURA
 (KARNATAKA)

REGIONAL MEETING RATNAPURA



1st phase
24th June 2020



10:30 AM
to 12:30 PM



PHD STUDIES
LABORATORIAN



PHD STUDIES
LABORATORIAN



PHD STUDIES
LABORATORIAN

1

8:30 AM – Registration

2

9 AM – Inauguration/Welcome Speech
Dr. Anila Kumaraguru, Joint Director, Health, Services, Subordinates
Dr. Sarathi Poojar – President, 1st Anila Medical Association
Dr. Santappa Prasad – President, Sreevastha Healthcare Association, Ratnapura

3

9:35 AM – Diagnostic Pitfalls in Dermatology
Dr. R. R. Narayanaswamy
Consultant Dermatologist, Sreevastha Hospital, Ratnapura

4

9:45 AM – Can Diabetes be Reversed – Myth or Reality
Dr. Modasa Subramaniam
Senior Lecturer in Medicine, Postgraduate Institute of Medical Sciences, Bangalore

5

10:15 PM – Common Psychological Problems in Primary Care and Management
Dr. Sudeepa Kulkarni
Consultant Psychiatrist, Sreevastha Hospital, Ratnapura

6

10:45 PM – Video

7

12 NOON – Recognizing a Sick newborn
Dr. Sushmita Poojar
Senior Lecturer in Pediatrics, Postgraduate Institute of Medical Sciences, Bangalore

8

12:30 PM – Updates in General Practice
Dr. Mahesh Kumaraguru
Senior Lecturer in Medicine, Faculty of Medicine, University of Bangalore
Dr. P. P. Prasad – Senior Lecturer in General Practice
Dr. M. V. V. Narayanaswamy
Consultant Physician, Sreevastha Hospital, Ratnapura

9

1:30 PM – Medical Legal Issues in General Practice
Dr. Anila Kumaraguru
Joint Director, Health, Services, Subordinates, Ratnapura

10

2 PM – Note of thanks
Dr. Renuka Sankar
Secretary, Central Karnataka Association, Ratnapura



Live on Zoom link

Meeting ID: 882 000 9999

Passcode: 878282




REGIONAL MEETING KALUTARA 2022 PART I



LPM
LIFE-POINT MEDICAL
PROFESSIONALS MEETING



10:00 AM TO 12:00 PM



12:00 PM TO 1:00 PM



1:00 PM TO 2:00 PM

9:30 AM – Inauguration/Welcome Speech
 Dr. Sushanta Prasad – President, Sri Lanka Medical Association,
 Dr. Ramn. Wijesinghe – President, Kalutara District Medical Society

**9:45 AM – Key Note Speech – Maternal and Child Health
 Societal Climate Building Building Resilience**
 Dr. Vijaya Aravindan
 Director, Department of Paediatrics, PNH Hospital, Sri Lanka

9:30 AM – Female urinary incontinence – an overview
 Dr. Mangala Sivasubramanian
 Consultant Gynaecologist and Urologist, Teaching Hospital, Sri Lanka

**10:30 AM – Early Detection of Developmental Disabilities
 and the Services Available**
 Dr. Rathi Sivasubramanian
 Consultant Paediatrician, PNH Hospital, Sri Lanka

10:30 AM – Tea Break

10:45 AM – Identifying a case early on what to do
 Professor Rakesh Palani
 Professor, Paediatrics, Faculty of Medical Sciences,
 University of Sri Jayawardenapura

11:30 AM – Maternal Disturbances an overview
 Dr. Sushanta Prasad
 Consultant Paediatrician and Neonatologist,
 Teaching Hospital, Sri Lanka

**12:00 Noon – When the child goes to school: Altering the
 learning landscape**
 Professor Rakesh Palani
 Professor, Paediatrics, Faculty of Medical Sciences,
 University of Sri Jayawardenapura

1:30 PM – Management of post partum Hemorrhage Update
 Dr. Sushanta Prasad
 Consultant Paediatrician, PNH Hospital, Sri Lanka

1:45 PM – Vote of Thanks



REGISTER NOW

<http://www.lpm.lk>
 Meeting ID : 9990 0839 8860
 Password : 878640

SRI LANKA MEDICAL ASSOCIATION

(an affiliative body with)

JAFFA MEDICAL ASSOCIATION

Regional Meeting 2025 : For Doctors

10th Anniversary 2015-2025

10th Anniversary 2015-2025

10th Anniversary 2015-2025

10th Anniversary 2015-2025

10th Anniversary 2015-2025

10th Anniversary 2015-2025

For More Details : [01125510000](tel:01125510000) / info@slma.lk / www.slma.lk

6:00 am - 8:30 am

Registration

6:30 am - 8:45 am

Welcoming Remarks

President of Sri Lanka Medical Association

President of Jaffa Medical Association

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

President of Regional Meeting

11:30 am - 12:30 am

Symposium 2

2PM

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe

Dr. Lakshmi Jayasinghe



SRI LANKA MEDICAL ASSOCIATION

Proudly Presents

Regional Meeting 2025

Uva Regional Sessions

For Nurses



Uva University
Faculty of Health Sciences
Uva, Sri Lanka



Aurion
Healthcare Solutions
Uva, Sri Lanka



Jaya 230 AM
Uva, Sri Lanka


<https://www.facebook.com/SLMA.Sri Lanka>


<https://www.whatsapp.com/channel/00000000000000000000>


info@slma.lk

- Registration Free
- Limited seats Available
- Open to Nurses
- Short Quiz & Register now



AGENDA

- 8.30 AM Registration
- 9.30 AM Welcome Speech
- 10.30 AM National Anthem - National Day, Sri Lanka
- 11.30 AM Opening Remarks - The Role of Nightshifts in Modern Medicine
- 12.30 PM Lunch
- 1.30 PM Guest Lecture - Non-Communicable Diseases and Lifestyle
- 2.30 PM Group Discussion - Challenges in Health & Social Policy
- 3.30 PM Tea Break
- 4.30 PM Symposium 1
- 5.30 PM AGMs of CMA Chapter for Nurses
- 6.30 PM Lunch
- 7.30 PM Symposium 2
- 8.30 PM AGMs of the Societies
- 9.30 PM Dinner
- 10.30 PM National Anthem
- 11.30 PM AGMs - Vote Polls
- 12.30 PM Remarks from President of Sri Lanka Medical Association
- 1.30 PM Morning Session
- 2.30 PM National Anthem
- 3.30 PM Symposium 3
- 4.30 AM Symposium 4
- 5.30 AM Symposium 5
- 6.30 AM Symposium 6
- 7.30 AM Symposium 7
- 8.30 AM Symposium 8
- 9.30 AM Symposium 9
- 10.30 AM Symposium 10
- 11.30 AM Symposium 11
- 12.30 AM Symposium 12
- 1.30 AM Symposium 13
- 2.30 AM Symposium 14
- 3.30 AM Symposium 15
- 4.30 AM Symposium 16
- 5.30 AM Symposium 17
- 6.30 AM Symposium 18
- 7.30 AM Symposium 19
- 8.30 AM Symposium 20
- 9.30 AM Symposium 21
- 10.30 AM Symposium 22
- 11.30 AM Symposium 23
- 12.30 AM Symposium 24
- 1.30 AM Symposium 25
- 2.30 AM Symposium 26
- 3.30 AM Symposium 27
- 4.30 AM Symposium 28
- 5.30 AM Symposium 29
- 6.30 AM Symposium 30
- 7.30 AM Symposium 31
- 8.30 AM Symposium 32
- 9.30 AM Symposium 33
- 10.30 AM Symposium 34
- 11.30 AM Symposium 35
- 12.30 AM Symposium 36
- 1.30 AM Symposium 37
- 2.30 AM Symposium 38
- 3.30 AM Symposium 39
- 4.30 AM Symposium 40
- 5.30 AM Symposium 41
- 6.30 AM Symposium 42
- 7.30 AM Symposium 43
- 8.30 AM Symposium 44
- 9.30 AM Symposium 45
- 10.30 AM Symposium 46
- 11.30 AM Symposium 47
- 12.30 AM Symposium 48
- 1.30 AM Symposium 49
- 2.30 AM Symposium 50
- 3.30 AM Symposium 51
- 4.30 AM Symposium 52
- 5.30 AM Symposium 53
- 6.30 AM Symposium 54
- 7.30 AM Symposium 55
- 8.30 AM Symposium 56
- 9.30 AM Symposium 57
- 10.30 AM Symposium 58
- 11.30 AM Symposium 59
- 12.30 AM Symposium 60
- 1.30 AM Symposium 61
- 2.30 AM Symposium 62
- 3.30 AM Symposium 63
- 4.30 AM Symposium 64
- 5.30 AM Symposium 65
- 6.30 AM Symposium 66
- 7.30 AM Symposium 67
- 8.30 AM Symposium 68
- 9.30 AM Symposium 69
- 10.30 AM Symposium 70
- 11.30 AM Symposium 71
- 12.30 AM Symposium 72
- 1.30 AM Symposium 73
- 2.30 AM Symposium 74
- 3.30 AM Symposium 75
- 4.30 AM Symposium 76
- 5.30 AM Symposium 77
- 6.30 AM Symposium 78
- 7.30 AM Symposium 79
- 8.30 AM Symposium 80
- 9.30 AM Symposium 81
- 10.30 AM Symposium 82
- 11.30 AM Symposium 83
- 12.30 AM Symposium 84
- 1.30 AM Symposium 85
- 2.30 AM Symposium 86
- 3.30 AM Symposium 87
- 4.30 AM Symposium 88
- 5.30 AM Symposium 89
- 6.30 AM Symposium 90
- 7.30 AM Symposium 91
- 8.30 AM Symposium 92
- 9.30 AM Symposium 93
- 10.30 AM Symposium 94
- 11.30 AM Symposium 95
- 12.30 AM Symposium 96
- 1.30 AM Symposium 97
- 2.30 AM Symposium 98
- 3.30 AM Symposium 99
- 4.30 AM Symposium 100



SRI LANKA MEDICAL ASSOCIATION
An Affiliated Unit of
JAYFMA International Association



Regional Meeting 2025: For Nurses



Registration 000



Meeting Location Sri Lanka
Nurses' College



From 7:30 AM
to 2 PM



Venue Sri Lanka
Nurses' College



Topic & Lectures



For Free Entry - 000

000-000-000

000-000-000

000-000-000

1.00.00 Registration

6.00.00 Welcome Speech

Dr. Rajendra Kumar - President Sri Lanka Medical Association
Dr. N. Jayasinghe - President, Sri Lanka Nurses' Association

7.30.00 - 8.00.00 - Short Lecture - Research Design and Clinical Audit
Mrs. Mahipriya Jayasinghe
Sri Lanka Nurses' Association of Continuing Faculty of Allied Health Sciences, University of Kelaniya

8.00.00 - 8.30.00 - Symposium 1

The Role of Communication and Digital Literacy in Modern Nursing Practice
Dr. Jayasinghe

Dr. Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

8.30.00 - 9.00.00 - Symposium 2

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

Professional Development Opportunities for Nurses
Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

9.00.00 - 9.30.00 - Symposium 3

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

9.30.00 - 10.00.00 - Symposium 4

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

10.00.00 - 10.30.00 - Symposium 5

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

10.30.00 - 11.00.00 - Symposium 6

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

11.00.00 - 11.30.00 - Symposium 7

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

11.30.00 - 12.00.00 - Symposium 8

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

12.00.00 - 12.30.00 - Symposium 9

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

12.30.00 - 1.00.00 - Symposium 10

Research in Nursing Practice and Building Digital Literacy
Mrs. Mahipriya Jayasinghe

Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar - Dr. Jayasinghe Mahipriya Kumar
Mrs. Mahipriya Jayasinghe

AGENDA



SRI LANKA MEDICAL ASSOCIATION
in Collaboration with
KURUNEGALA MEDICAL ASSOCIATION



Regional Meeting 2025



10th - 12th November 2025



Man, Jayarajawela



Free A&B
1,500 Per Day



SGP Health & Wellness



Endocrinologists



Obstetricians & Gynaecologists

For More Details: [+9478982881](tel:+9478982881) | info@smas.lk | www.smas.lk

- Registration free
- Limited seats available
- Open to Doctors and Nurses
- Non/On/Off Reg. Registration & Late Fee




08:00 am - 08:30 am
Registration

09:30 am - 09:45 am
Welcoming Remarks

09:45 am - 10:00 am
On Stage Welcome Remarks
Prayer

10:00 am - 10:30 am
Opening Remarks
Prayer
Dr. Jayarajawela, SGMA

10:45 am - 05:45 pm
Workshop: "The Health of the Nation & Healthcare Policy for Sri Lanka: What we need to do for Key A&B Diseases"

06:00 pm - 07:00 pm
Dinner Function
PMG (Joint) Convention with President, SGMA

08:00 am - 09:00 am
10th & Medical Practice

09:00 am - 09:15 am
SGMA President
Dr. Jayarajawela, SGMA

09:30 am - 09:45 pm
Registration

09:00 am - 10:00 am
Key Address
Dr. Jayarajawela

10:00 am - 10:30 pm
Symposium 1
Impact of Climate Change on Children

10:30 am - 11:00 am
Dr. Jayarajawela, SGMA

11:00 am - 11:30 am
Dr. Jayarajawela, SGMA

11:30 am - 12:00 pm
Dr. Jayarajawela, SGMA

12:00 pm - 12:30 pm
Dr. Jayarajawela, SGMA

12:30 pm - 13:00 pm
Dr. Jayarajawela, SGMA

13:00 pm - 13:30 pm
Dr. Jayarajawela, SGMA

13:30 pm - 14:00 pm
Dr. Jayarajawela, SGMA

14:00 pm - 14:30 pm
Dr. Jayarajawela, SGMA

14:30 pm - 15:00 pm
Dr. Jayarajawela, SGMA

15:00 pm - 15:30 pm
Dr. Jayarajawela, SGMA

15:30 pm - 16:00 pm
Dr. Jayarajawela, SGMA

16:00 pm - 16:30 pm
Dr. Jayarajawela, SGMA

16:30 pm - 17:00 pm
Dr. Jayarajawela, SGMA

17:00 pm - 17:30 pm
Dr. Jayarajawela, SGMA

17:30 pm - 18:00 pm
Dr. Jayarajawela, SGMA

18:00 pm - 18:30 pm
Dr. Jayarajawela, SGMA

18:30 pm - 19:00 pm
Dr. Jayarajawela, SGMA

19:00 pm - 19:30 pm
Dr. Jayarajawela, SGMA

19:30 pm - 20:00 pm
Dr. Jayarajawela, SGMA

20:00 pm - 20:30 pm
Dr. Jayarajawela, SGMA

20:30 pm - 21:00 pm
Dr. Jayarajawela, SGMA

21:00 pm - 21:30 pm
Dr. Jayarajawela, SGMA

21:30 pm - 22:00 pm
Dr. Jayarajawela, SGMA

22:00 pm - 22:30 pm
Dr. Jayarajawela, SGMA

22:30 pm - 23:00 pm
Dr. Jayarajawela, SGMA

23:00 pm - 23:30 pm
Dr. Jayarajawela, SGMA

23:30 pm - 24:00 pm
Dr. Jayarajawela, SGMA

24:00 pm - 24:30 pm
Dr. Jayarajawela, SGMA

24:30 pm - 25:00 pm
Dr. Jayarajawela, SGMA

25:00 pm - 25:30 pm
Dr. Jayarajawela, SGMA

25:30 pm - 26:00 pm
Dr. Jayarajawela, SGMA

26:00 pm - 26:30 pm
Dr. Jayarajawela, SGMA

26:30 pm - 27:00 pm
Dr. Jayarajawela, SGMA

27:00 pm - 27:30 pm
Dr. Jayarajawela, SGMA

27:30 pm - 28:00 pm
Dr. Jayarajawela, SGMA

28:00 pm - 28:30 pm
Dr. Jayarajawela, SGMA

28:30 pm - 29:00 pm
Dr. Jayarajawela, SGMA

29:00 pm - 29:30 pm
Dr. Jayarajawela, SGMA

29:30 pm - 30:00 pm
Dr. Jayarajawela, SGMA

30:00 pm - 30:30 pm
Dr. Jayarajawela, SGMA

30:30 pm - 31:00 pm
Dr. Jayarajawela, SGMA

31:00 pm - 31:30 pm
Dr. Jayarajawela, SGMA

31:30 pm - 32:00 pm
Dr. Jayarajawela, SGMA

32:00 pm - 32:30 pm
Dr. Jayarajawela, SGMA

32:30 pm - 33:00 pm
Dr. Jayarajawela, SGMA

33:00 pm - 33:30 pm
Dr. Jayarajawela, SGMA

33:30 pm - 34:00 pm
Dr. Jayarajawela, SGMA

34:00 pm - 34:30 pm
Dr. Jayarajawela, SGMA

34:30 pm - 35:00 pm
Dr. Jayarajawela, SGMA

35:00 pm - 35:30 pm
Dr. Jayarajawela, SGMA

35:30 pm - 36:00 pm
Dr. Jayarajawela, SGMA

36:00 pm - 36:30 pm
Dr. Jayarajawela, SGMA

36:30 pm - 37:00 pm
Dr. Jayarajawela, SGMA

37:00 pm - 37:30 pm
Dr. Jayarajawela, SGMA

37:30 pm - 38:00 pm
Dr. Jayarajawela, SGMA

38:00 pm - 38:30 pm
Dr. Jayarajawela, SGMA

38:30 pm - 39:00 pm
Dr. Jayarajawela, SGMA

39:00 pm - 39:30 pm
Dr. Jayarajawela, SGMA

39:30 pm - 40:00 pm
Dr. Jayarajawela, SGMA

40:00 pm - 40:30 pm
Dr. Jayarajawela, SGMA

40:30 pm - 41:00 pm
Dr. Jayarajawela, SGMA

41:00 pm - 41:30 pm
Dr. Jayarajawela, SGMA

41:30 pm - 42:00 pm
Dr. Jayarajawela, SGMA

42:00 pm - 42:30 pm
Dr. Jayarajawela, SGMA

[illegible][illegible][illegible]

Annexure 7: Programmes of Symposia, Seminars Lectures Webinars and Workshops

GALLE MEDICAL ASSOCIATION

Infectious Disease Forum

JOINTLY WITH THE
EXPERT COMMITTEE ON
COMMUNICABLE DISEASES OF
THE SLMA

HUMAN METAPNEUMOVIRUS INFECTION:

INSIGHT INTO THE CHINA OUTBREAK

Speakers:

Dr Bhagya Piyasiri
Consultant Microbiologist

Dr Sevewandi Abeywardana
Consultant Virologist

Dr Amila Rathnapala
Consultant Respiratory Physician

Tuesday, 21st January 2025
11.30 am - 12.45 pm
@GMA Auditorium





HTTS://US02WEB.ZOOM.US/j/840803214907
PWD=41QTM3GQD12X4CIV6W9PWBEQNVN0QA4.1
MEETING ID: 840 8032 1490
PASSCODE: 832947

**The Palliative Care Task Force of
Sri Lanka Medical Association
Monthly Virtual CME Activity**

**Topic- Identification of goals of care
in palliative setting**

**Speaker – Dr Udayangani Ramadasa
(Chairperson – PCTF)**

Date: Thursday, 6th March 2025
Time: 12:30 pm onwards

ZOOM LINK
<https://us02zoom.us/j/91968373122?pwd=Q0FKNXU0dGtKSjZTR4U0J1>

Meeting ID: 919 6837 3122
Passcode: yg1Q2A98

All are welcome!

5th International Conference on Advanced Research in Computing

ICARC 2025

19th & 20th February 2025

"Converging Horizons: Uniting Disciplines in Computing Research through AI Innovation"

SYMPOSIUM ON DIGITAL TRANSFORMATION IN HEALTH CARE

This session explores the transformative role of AI in healthcare, from clinical decision-making to medical education. It will demonstrate how AI-driven technologies enhance diagnostics, treatment planning, and patient care, examine the ethical challenges and responsibilities in integrating AI into healthcare, and explore how AI is revolutionizing medical education, shaping the future of healthcare professionals.

**HYBRID
MODE**



RESOURCE PERSON



Dr. Krishna Murthy
Associate Professor, Department of Computer Science and Engineering, Anna University, Chennai



Dr. B. C. Perera
Associate Professor, Department of Computer Science and Engineering, Anna University, Chennai



Dr. Vindya Perera
Associate Professor, Department of Computer Science and Engineering, Anna University, Chennai

SLMA Expert Committee on Artificial Intelligence

DATE & TIME

DATE 19th February 2025

TIME 10.30 AM

INQUIRIES

Dr Vindya Perera
Email: v.perera@med.sab.ac.lk

SPONSORS














ResUSS Conference

"Beyond Basics: Towards Clinical Mastery"
International Conference on
Emergency Point-of-Care Ultrasound - Sri Lanka

Organized by A&E Department of Teaching Hospital, Kalutara in collaboration with
Sri Lanka Medical Association & Kalutara Clinical Society



11th December 2025



From 8A.M - 3.15P.M

NIHS-Kalutara-Auditorium

7.30 A.M - 8.00 A.M - Registration & Morning Tea
8.00 A.M - 9.00 A.M - Inauguration
9.00 A.M - 9.30 A.M - Keynote Speech
"HOUSTON WE HAVE A PROBLEM: LEARNING FROM TEACHING - Dr. Kylie Baker (AUS - EMP)"
9.30 A.M - 10.45 A.M - Symposium 1
STEMI, SHOCK & SOUNDWAVES
10.45 A.M - 11.15 A.M - Plenary Lecture
RESCUSCITATIVE USS - Dr. Jessica Nathan (IMP - MAL)
11.15 A.M - 12.30 P.M - Symposium 2
CRACKING THE CODE: SOB & COUGH - HEART OR LUNG
1. FROM BLUE TO TRUE: EVOLVING THE ART OF SOB ASSESSMENT - Dr. Kylie Baker (AUS - EMP)
2. FOCUS IN HEART FAILURE: SEEING THE SIGNS BEFORE THEY SOUND - Prof. Anura Munasinghe (SL - Physician)
3. WAVES OF CLARITY : FOCUS IN INFECTIVE LUNG DISEASE - DR. R. RAJAVARMAN (SL - EMP)
12.30 P.M - 1.15 P.M - LUNCH
1.15 P.M - 2.30 P.M - SYMPOSIUM 3
THE TWISTED TALE OF THE TENDER TUMMY
1. PAIN PELVIS & POSSIBILITIES: A FOCUSED APPROACH OF FOCUS IN FEMALES - Dr. Adrain Goudie (AUS - EMP)
2. EARLY LOSS, URGENT CARE: THE CLINICAL ROADMAP - FOCUS IN MISCARRIAGE - Dr. Manoj Perera (SL - Gynaecologist)
3. GALLBLADDERS GONE BAD: THE ACUTE ABDOMEN CONNECTION TO HEPATOBILIARY - Dr. Ali Aladood (KSA - EMP)
2.30 P.M - 3.00 P.M - PLenary LECTURE
FOCUS IN VOLUME RESUSCITATION - Dr. Dilshan Priyankara (SL - Intensivist)
3.00 P.M Onwards - Closing Remarks / Evening Tea

 **REGISTER NOW**



Physical Registration
Local - 4000LKR
International - 300USD

Virtual Registration
Local - 2000LKR
International - 150USD

For more information,
SLMA Office - 0112693324
Dr. Kavindra Sampath - +94706402081



SRI LANKA MEDICAL ASSOCIATION

Women's Health Committee

in Commemoration of Women's Day 2025

Co- Chairs



Ms. Sriyani Perera
UN Consultant



Prof. Anuruddhi Edirisinghe
Chairperson
SLMA Women's Health Committee

Resource Persons



Dr. Kapila Jayaratne
Senior Lecturer in
Community Medicine



Prof. Sanath Lanerolle
Consultant in
Obstetrics and
Gynecology



Dr. Harsha Atapattu
Consultant in
Obstetrics and
Gynecology



Prof. Chathuripe Suraweera
Professor in Psychiatry



27th March 2025



3.00 p.m. - 5.30 p.m.



@ SLMA Auditorium



www.slma.lk



office@slma.lk



+94(11) 269 3324

Sri Lanka Medical Association, Wijerama House, 06 Wijerama Mawatha, Colombo 07.



Expert Committee on Non-Communicable Diseases (NCD)
Sri Lanka Medical Association

Healthy Living
Session 01

The Crucial Role of No Added Sugar Products Across All Life Stages

20th August 2025 | 10:30 AM to 1:30 PM

AGENDA

Welcome Address | Prof. Chaturanga Ranasinghe
Chairman, Expert Committee on NCD SLMA

Importance of No added sugar food for children | Dr. Ranathna Perera
Consultant Paediatrician
President - SLMA

Importance of No added sugar food for adults | Dr. Manika Sumanathilake
Consultant Endocrinologist
President SLCD - SLMA

SLMA initiative to promote yogurt with no added sugar for public | Dr. Jayanthimala Jayawardena
Consultant Cardiologist
Expert Committee on NCD SLMA

Panel discussion | Experts from professional colleges
Moderator: Dr. Lanka Sankaranarayanan
Honorary Secretary College of General Practitioners

Q & A

Vote of Thanks | Dr. Theetha Kahudawa
Convener, Expert Committee on NCD SLMA

Meeting ID : 873 0957 7394
Passcode : 330948

Expert Committee on Non-Communicable Diseases (NCD)
Sri Lanka Medical Association

Healthy Living
Session 02

Less Salt Less Harm

24th September 2025 | 10:30 AM to 1:30 PM

11:30 AM Welcome Address | Prof. Chaturanga Ranasinghe
Chairman, NCD Sub SLMA

11:35 AM Endorsement by the DDO NCD | Dr. Chamika Wickramasinghe
DDO, NCD
Ministry of Health - SL

11:40 AM Salt and its effects on the body - why we need to cut down excess salt | Dr. Sachithi Weerawardena
Consultant Physician (Aid)
NCD Sub SLMA

12:00 PM Salt and the heart - effects of excess salt on the heart | Dr. Jayanthimala Jayawardena
Consultant Cardiologist
NCD Sub SLMA

12:20 PM How to flavor your food on a low-salt diet | Dr. Malika Ulagapetala
Consultant Nutrition Physician
NCD Sub SLMA

12:30 PM Salt and its interactions with diabetes | Dr. Manika Sumanathilake
President - Diet. SLMA

12:35 PM Panel discussion | Moderator: Dr. Sachithi Weerawardena

1:00 PM Q & A

1:20 PM Thanking Speech | Dr. Theetha Kahudawa
Convener - NCD Sub SLMA

Meeting ID : 875 5247 9670
Passcode : 424228

Expert Committee on Non-Communicable Diseases (NCD)
Sri Lanka Medical Association

Healthy Living
Session 03

Diabetic foot Disease - How deep is the Problem?

26th September 2025 | 10:30 AM to 1:30 PM

11:30 AM Welcome Address | Prof. Chaturanga Ranasinghe
Chairman, NCD Sub SLMA

11:35 AM Diabetic Foot Disease - Is it similar to cancer? | Prof. Rezmi Cassim
Professor in Vascular Surgery

11:55 AM What causes Diabetic foot? | Dr. Manika Sumanathilake
Consultant Endocrinologist
NCD Sub SLMA

12:15 PM Why is it dangerous? | Dr. Damsila Ariyaratne
Senior Consultant Surgeon
President of College of Surgeons of Sri Lanka

12:30 PM What are the services available and where should you seek them? | Dr. Manika Sumanathilake
Consultant Vascular & Transplant Surgeon
President of Sri Lanka Vascular Society

12:55 PM Panel discussion and Q & A | Moderator: Dr. Theetha Kahudawa
Convener - NCD Sub SLMA

1:20 PM Thanking Speech | Dr. Theetha Kahudawa
Convener - NCD Sub SLMA

Meeting ID : 882 3814 2062
Passcode : 982241

Expert Committee on Non-Communicable Diseases (NCD)
Sri Lanka Medical Association

Healthy Living
Session 04

Diabetic foot Disease - How to protect your feet

27th September 2025 | 10:30 AM to 1:30 PM

12:30 PM Welcome Address | Prof. Chaturanga Ranasinghe
Chairman, NCD Sub SLMA

12:35 PM How does diabetes cause foot disease? | Prof. Manika Wijeyaratne
Emeritus Professor of Surgery

12:45 PM How to control your diabetes to prevent foot disease | Dr. Manika Sumanathilake
Consultant Endocrinologist
NCD Sub SLMA

12:55 PM Callosity - wound - Amputation connection | Prof. Rezmi Cassim
Professor in Vascular Surgery

1:05 PM The importance of foot care | Dr. Theetha Kahudawa
Consultant Vascular and Transplant Surgeon

1:15 PM How to care for your feet | Dr. Theetha Kahudawa
Wound Care Practitioner

1:30 PM Diabetic ulcers and offshoots | Mr H P U Mihara
Prosthetist and Orthotist

1:45 PM Q & A

Meeting ID : 814 2499 3331
Passcode : 668042

Expert Committee on Non-Communicable Diseases (NCD)
Sri Lanka Medical Association

Healthy Living
Session 05

Lipid - How to tackle?

28th September 2025 | 10:30 AM to 1:30 PM

12:30 PM Welcome Address | Prof. Chaturanga Ranasinghe
Chairman, NCD Sub SLMA

12:35 PM Lipids: Is it important? | Prof. Theetha Kahudawa
Professor in Medicine

12:50 PM The leading heart: Cut the fat | Dr. Chamika Perampagensoru
Consultant Cardiologist

1:05 PM Sugar and Lipids: The Double Burden | Dr. Manika Sumanathilake
Consultant Endocrinologist
NCD Sub SLMA

1:20 PM All you need to eat: Cut the fat | Dr. Jayanthimala Jayawardena
Consultant Community Physician and Nutrition Physician

1:35 PM Panel discussion and Q & A | Moderator: Dr. Jayanthimala Jayawardena
Consultant Cardiologist

1:55 PM Thanking Speech | Dr. Theetha Kahudawa
Convener - NCD Sub SLMA

Meeting ID : 845 2406 9822
Passcode : 668494

Sri Lanka College of Paediatricians
Sri Lanka Medical Association

NEONATOLOGY DAY
22nd November 2025 | 10:00 AM to 5:00 PM

Organized by the Sri Lanka College of Paediatricians in collaboration with the Sri Lanka Medical Association


Registration Fee - Rs. 2500/-
Registration will be accepted
2500 Donor and contributors will be accepted

AGENDA


Time	Topic	Resource Person
10:00 AM - 10:15 AM	Registration	
10:15 AM - 10:30 AM	Welcome Speech	PROF. CHATURANGA RANASINGHE President, SLMA
10:30 AM - 10:45 AM	Opening Speech	DR. JAYANTHIMALA JAYAWARDENA President, SLCP
Symposium I: Neonatal Neurology		
10:45 AM - 11:00 AM	Unfolding neural states in neonatal care	DR. THEETHA KAHUDAWA Consultant Vascular and Transplant Surgeon, Faculty of Medical Sciences, University of Kelaniya, Sri Lanka
11:00 AM - 11:15 AM	Diagnosis in the neonate: Current concepts in diagnosis and management	DR. MANIKA SUMANATHILAKE Consultant Endocrinologist, Rajapaksa Institute, India
11:15 AM - 11:30 AM	Neurodevelopmental outcomes in preterm infants: What can we do for the improvement?	PROF. MANIKA LALITHA Associate Professor, Consultant Neonatologist, Faculty of Medicine, University of Kelaniya, Sri Lanka
11:30 AM - 11:45 AM	Management of life in preterm	DR. MANIKA SUMANATHILAKE Consultant Endocrinologist, Rajapaksa Institute, India
Symposium II: Neonatal Cardio-Respiratory		
11:45 AM - 12:00 PM	Lung protection in neonates	DR. THEETHA KAHUDAWA Consultant Vascular and Transplant Surgeon, Faculty of Medical Sciences, University of Kelaniya, Sri Lanka
12:00 PM - 12:15 PM	Delivery room resuscitation support: What is new?	DR. AMAL DASA Associate Professor, Senior Lecturer, Faculty of Medicine, University of Kelaniya, Sri Lanka
12:15 PM - 12:30 PM	Managing in neonatal intensive care with respiratory failure	DR. AMAL DASA Associate Professor, Senior Lecturer, Faculty of Medicine, University of Kelaniya, Sri Lanka
12:30 PM - 12:45 PM	Choosing the right strategy	DR. MANIKA SUMANATHILAKE Consultant Endocrinologist, Rajapaksa Institute, India
12:45 PM - 1:00 PM	How to do preterm counselling	DR. JAYANTHIMALA JAYAWARDENA Consultant Community Physician and Nutrition Physician, Faculty of Medicine, University of Kelaniya, Sri Lanka
1:00 PM - 1:15 PM	Lunch	

Support: Sri Lanka Medical Association, Rajapaksa Institute, No. 6, Maradana, Colombo 02 | +94 11 269 2224 | info@slma.lk | www.slma.lk


Annexure 8: SLMA Saturday Talk



SLMA SATURDAY TALK




Pyrexia of Unknown Origin in Children: A Practical Approach




Dr P. W. Prasad Chaturangana

MRB GCL, MD (Paed), PGCD (IM&ES), MPhD (UoC)
 Senior Lecturer, Faculty of Medicine, University of Colombo
 Head Consultant Paediatrics, Paediatric Unit, Lady Ridgeway Hospital, Colombo



Saturday, 01st March 2025




06.00 pm - 06.45 pm

JOIN US

Join Zoom Meeting
<https://us02zoom.com/join/89724395436?pwd=LA8lNlRhOEQvS0wucRbd96s7mJ.D3>

Meeting ID: 897 2439 5436
 Passcode: 299981

Moderated by



Dr Thearith Suriaparama
 Paediatric Radiologist, Senior Lecturer
 Paediatric Unit, Lady Ridgeway Hospital,
 Faculty of Medicine, University of Colombo



The poster is for a Saturday talk by Prof. T.P. Weeraratna. It features a red and white SLMA logo at the top. The title 'SLMA SATURDAY TALK' is in large blue letters. Below it, the topic 'MIDDLE AGED DIABETIC PATIENT WITH MULTI-MORBIDITY' is in bold black letters. A circular inset shows a portrait of Prof. Weeraratna, a man with glasses wearing a red academic robe. The speaker's name and credentials are listed below the title. The date and time of the talk are provided with calendar and clock icons. At the bottom, there is a 'JOIN US' section with a Zoom logo and a QR code, and a meeting ID and password.


SLMA SATURDAY TALK
**MIDDLE AGED DIABETIC PATIENT WITH
 MULTI-MORBIDITY**

Prof. T.P. Weeraratna
 MD,FCCP,FRCP,FACP
 Senior Professor in Medicine
 University of Ruhuna

 **01ST FEBRUARY 2025**
 **6.00 PM -6.45 PM**

JOIN US


<https://us02web.zoom.us/j/82990763227?pwd=NC9Bc0RkYzY6aGZkd3R1bnR1aUplbGZkdz09>

Meeting ID: 829 9076 3227
Password: 947338



SLMA

SATURDAY TALK

“Asthma: Towards a Reliever free Sri Lanka”



Dr Neranjan Dissanayake
MD MRC(P)(UK) FRCP(Lon) FCCP(USA) FCCP(SL)
Consultant Pulmonologist,
President,
Sri Lanka College of Pulmonologists



Dr Tharindi Surapperum
MD, PhD, FRCR, FRCR(P), FRCR(C),
Consultant Pediatric and General Paediatric
Respiratory Physician,
Faculty of Medicine, University of Colombo

DATE : 08th FEBRUARY 2025

TIME : 06.00 PM - 06.45 PM

JOIN US

<https://us02web.zoom.us/j/897951614397>
pwd=wh5A6AJCwupxh9Kj2DpxZyKHl1

Meeting ID: 897 9516 1439
Passcode: 058252

Moderated by



SLMA

SATURDAY TALK



ABNORMAL UTERINE BLEEDING

Dr A. K. Probhodana Ranaweera

MBBS (UK), MRCS (UK), MRCP (UK),
 Lecturer, Mahabulaya Hospital, Colombo 10, Sri Lanka
 Senior Lecturer, Department of Obstetrics and Gynaecology, University of Kelaniya,
 Kelaniya, Sri Lanka
 Senior Lecturer, Department of Obstetrics and Gynaecology, Sri Lanka Physiotherapy Institute, Colombo 10,
 Sri Lanka



15th FEBRUARY 2025

06.00 P.M - 06.45 P.M

JOIN US

<https://calendly.com/ranaweeera/2025-02-15?fbclid=IwY1b2JlZWVhbnQ4aWZlYXNpdjI3OUU0ZC81>

Meeting ID: 814 1592 4224

Passcode: 144622

Moderated by



Professor Sumudu Guneratne
 Consultant Professor, Endocrinology
 Senior Lecturer, Department of Endocrinology,
 Mahabulaya Hospital, Colombo 10, Sri Lanka


Saturday Talk
Sri Lanka Medical Association

FIRST LINE ENT



Dr Akram Drahman
MRBS DOHNS (Eng) MD (ORL)
Consultant ENT Surgeon
Army Hospital Colombo

Date : Saturday, 29th March 2025
Time : 06.00 p.m. - 06.45 p.m.

Join us


 <https://url2web.zoom.us/j/81746522046?pwd=UjRlQkR5SEh0b0t4bWl0L0JlUzRlPzFk.1>

Meeting ID: 817 4652 2046
Passcode: . 399269

Moderator



Dr. Kamethkumar Thevarajah
Lecturer, Department of Pharmacology, University of Colombo
Senior Registrar in Otolaryngology, National Hospital of Sri Lanka
MRBS, MSc, MRCGP




The poster features a blue and white color scheme. At the top center is the Royal College of Surgeons in Sri Lanka emblem. Below it, the title 'SLMA Saturday Talk' is written in large, bold, black letters. Underneath the title, the topic 'Management of Paediatric Shock and Anaphylaxis' is displayed in a smaller, bold, black font. The speaker's name, 'Dr. Nalin C. Kitulwatte', is prominently displayed in bold black text, followed by his credentials: 'MBBS, DCH, MD, FSC(Paed, FCCM (Canada), Consultant Paediatric Intensivist, Lady Ridgeway Hospital for Children'. To the right of the text is a circular portrait of Dr. Kitulwatte, a man with short dark hair, wearing a dark suit, white shirt, and a patterned tie. Below the speaker's name, there are three icons: a calendar, a clock, and a speech bubble. The calendar icon is accompanied by the text 'Saturday 25 January 2025'. The clock icon is accompanied by the text 'Time 06.00 PM - 6.45 PM'. The speech bubble icon contains the text 'JOIN US'. At the bottom left, there is a QR code and the text '2021'. Below the QR code, the URL 'https://us02web.zoom.us/j/98984630914?pwd=6rCHC3oemdmkF0bmh0ZG12b0ZlZ1Z1' is provided. At the bottom center, the text 'Meeting ID: 989 9463 0914' and 'Passcode: 683303' is displayed. At the bottom right, there is a small logo for 'SLMA' and the text 'Sri Lanka Medical Association'.

SLMA Saturday Talk

Management of Paediatric Shock and Anaphylaxis

Dr. Nalin C. Kitulwatte
 MBBS, DCH, MD, FSC(Paed, FCCM (Canada)
 Consultant Paediatric Intensivist,
 Lady Ridgeway Hospital for Children

 **Saturday 25 January 2025**

 **Time**
 06.00 PM - 6.45 PM

 **JOIN US**

 **2021**

<https://us02web.zoom.us/j/98984630914?pwd=6rCHC3oemdmkF0bmh0ZG12b0ZlZ1Z1>

Meeting ID: 989 9463 0914
Passcode: 683303

 **SLMA**
 Sri Lanka Medical Association

[illegible][illegible]



SRI LANKA MEDICAL ASSOCIATION

Saturday Talk

Lower GIT Surgical Conditions Presenting with Bleeding Per Rectum

Professor Nandadeva Samarasekera
 Senior Professor of Surgery, University of Colombo
 Past President, The College of Surgeons of Sri Lanka
 MBBS, Colombo 1955; DSc, London 1961; FRCS (Ed), London 1963; FRCS (Glas), Glasgow 1965; FRCGS, London 1967; FRCR, London 1968; FRCR (Glas), Glasgow 1969; FRCR (Ed), London 1970; FRCR (Glas), Glasgow 1971; FRCR (Ed), London 1972; FRCR (Glas), Glasgow 1973; FRCR (Ed), London 1974; FRCR (Glas), Glasgow 1975; FRCR (Ed), London 1976; FRCR (Glas), Glasgow 1977; FRCR (Ed), London 1978; FRCR (Glas), Glasgow 1979; FRCR (Ed), London 1980; FRCR (Glas), Glasgow 1981; FRCR (Ed), London 1982; FRCR (Glas), Glasgow 1983; FRCR (Ed), London 1984; FRCR (Glas), Glasgow 1985; FRCR (Ed), London 1986; FRCR (Glas), Glasgow 1987; FRCR (Ed), London 1988; FRCR (Glas), Glasgow 1989; FRCR (Ed), London 1990; FRCR (Glas), Glasgow 1991; FRCR (Ed), London 1992; FRCR (Glas), Glasgow 1993; FRCR (Ed), London 1994; FRCR (Glas), Glasgow 1995; FRCR (Ed), London 1996; FRCR (Glas), Glasgow 1997; FRCR (Ed), London 1998; FRCR (Glas), Glasgow 1999; FRCR (Ed), London 2000; FRCR (Glas), Glasgow 2001; FRCR (Ed), London 2002; FRCR (Glas), Glasgow 2003; FRCR (Ed), London 2004; FRCR (Glas), Glasgow 2005; FRCR (Ed), London 2006; FRCR (Glas), Glasgow 2007; FRCR (Ed), London 2008; FRCR (Glas), Glasgow 2009; FRCR (Ed), London 2010; FRCR (Glas), Glasgow 2011; FRCR (Ed), London 2012; FRCR (Glas), Glasgow 2013; FRCR (Ed), London 2014; FRCR (Glas), Glasgow 2015; FRCR (Ed), London 2016; FRCR (Glas), Glasgow 2017; FRCR (Ed), London 2018; FRCR (Glas), Glasgow 2019; FRCR (Ed), London 2020; FRCR (Glas), Glasgow 2021; FRCR (Ed), London 2022; FRCR (Glas), Glasgow 2023; FRCR (Ed), London 2024; FRCR (Glas), Glasgow 2025

Moderator
Dr. Marius Suranjan
 MBBS, University of Colombo 1988; MRCP, London 1990; FRCP, London 1992; FRCP (Glas), Glasgow 1993; FRCP (Ed), London 1994; FRCP (Glas), Glasgow 1995; FRCP (Ed), London 1996; FRCP (Glas), Glasgow 1997; FRCP (Ed), London 1998; FRCP (Glas), Glasgow 1999; FRCP (Ed), London 2000; FRCP (Glas), Glasgow 2001; FRCP (Ed), London 2002; FRCP (Glas), Glasgow 2003; FRCP (Ed), London 2004; FRCP (Glas), Glasgow 2005; FRCP (Ed), London 2006; FRCP (Glas), Glasgow 2007; FRCP (Ed), London 2008; FRCP (Glas), Glasgow 2009; FRCP (Ed), London 2010; FRCP (Glas), Glasgow 2011; FRCP (Ed), London 2012; FRCP (Glas), Glasgow 2013; FRCP (Ed), London 2014; FRCP (Glas), Glasgow 2015; FRCP (Ed), London 2016; FRCP (Glas), Glasgow 2017; FRCP (Ed), London 2018; FRCP (Glas), Glasgow 2019; FRCP (Ed), London 2020; FRCP (Glas), Glasgow 2021; FRCP (Ed), London 2022; FRCP (Glas), Glasgow 2023; FRCP (Ed), London 2024; FRCP (Glas), Glasgow 2025

5th APRIL 2025
06.00PM - 06.45PM

Zoom Meeting
 Meeting ID: 883 1799 1411
 Passcode: 049988

www.slma.lk **office@slma.lk** **+94(11) 269 3324**
 Sri Lanka Medical Association, Wijerama House, 66, Wijerama Mawatha, Colombo 07

SRI LANKA MEDICAL ASSOCIATION PRESENTS

SATURDAY TALK

BRIGHT RED OR BLACK : MANAGING GI BLEEDS IN CHILDREN

28th JUNE 2025
FROM 6 PM TO 6.45 PM

SPEAKER
Dr. Wathana Hathagoda
 Paediatric Gastroenterologist, Children's Hospital, Colombo

MODERATOR
Professor Samudu Samarasinghe
 Professor of Paediatrics, University of Colombo
 MBBS, University of Colombo 1978; MRCP, London 1980; FRCP, London 1982; FRCP (Glas), Glasgow 1983; FRCP (Ed), London 1984; FRCP (Glas), Glasgow 1985; FRCP (Ed), London 1986; FRCP (Glas), Glasgow 1987; FRCP (Ed), London 1988; FRCP (Glas), Glasgow 1989; FRCP (Ed), London 1990; FRCP (Glas), Glasgow 1991; FRCP (Ed), London 1992; FRCP (Glas), Glasgow 1993; FRCP (Ed), London 1994; FRCP (Glas), Glasgow 1995; FRCP (Ed), London 1996; FRCP (Glas), Glasgow 1997; FRCP (Ed), London 1998; FRCP (Glas), Glasgow 1999; FRCP (Ed), London 2000; FRCP (Glas), Glasgow 2001; FRCP (Ed), London 2002; FRCP (Glas), Glasgow 2003; FRCP (Ed), London 2004; FRCP (Glas), Glasgow 2005; FRCP (Ed), London 2006; FRCP (Glas), Glasgow 2007; FRCP (Ed), London 2008; FRCP (Glas), Glasgow 2009; FRCP (Ed), London 2010; FRCP (Glas), Glasgow 2011; FRCP (Ed), London 2012; FRCP (Glas), Glasgow 2013; FRCP (Ed), London 2014; FRCP (Glas), Glasgow 2015; FRCP (Ed), London 2016; FRCP (Glas), Glasgow 2017; FRCP (Ed), London 2018; FRCP (Glas), Glasgow 2019; FRCP (Ed), London 2020; FRCP (Glas), Glasgow 2021; FRCP (Ed), London 2022; FRCP (Glas), Glasgow 2023; FRCP (Ed), London 2024; FRCP (Glas), Glasgow 2025

LIVE ON ZOOM US
MEETING ID : 850 9440 1897
PASSCODE : 866465

SRI LANKA MEDICAL ASSOCIATION PRESENTS

SATURDAY TALK

SESSION

"CHEST PAIN OF ACUTE ONSET"

14th JUNE 2025
FROM 6 PM TO 6.45 PM

SPEAKER
Dr. Amila Walawwatta
 MBBS, MD, MRCP (UK), MRCP (London)
 Consultant Interventional Cardiologist
 Colombo South Teaching Hospital

MODERATOR
Dr. Theodor Guruge
 MBBS, MD, MRCP (UK), MRCP (London)
 Consultant Interventional Cardiologist
 Department of Cardiology, Faculty of Medicine,
 University of Kelaniya

LIVE ON ZOOM US
MEETING ID : 850 9440 1897
PASSCODE : 866465

SRI LANKA MEDICAL ASSOCIATION PRESENTS

SATURDAY TALK

SESSION

"A STEPWISE APPROACH TO A BLEEDING PATIENT"

07th JUNE 2025
FROM 6 PM TO 6.45 PM

SPEAKER
Dr. Manu Wimalachandra
 MBBS, Pg Dip (Haem), MD (Haematology),
 MRCP (UK), FRCP (UK)
 Senior Lecturer, Consultant Haematologist,
 Department of Pathology,
 Faculty of Medicine, University of Colombo

MODERATOR
Dr. Marius Suranjan
 MBBS (Colombo), MRCP (London)
 Senior Registrar in Radiology, NHSL

LIVE ON ZOOM US
MEETING ID : 840 9225 6322
PASSCODE : 244843

www.slma.lk **office@slma.lk** **+94(11) 269 3324**
 Sri Lanka Medical Association, Wijerama House, 66, Wijerama Mawatha, Colombo 07

Sri Lanka Medical Association

Saturday Talk

Blurred lines: Nephrotic, Nephritic or Both

31st May 2025
06.00PM - 06.45PM

Speaker
Dr. Udana Ratnapala
 MBBS, MRCP (UK), MRCP (London)
 Consultant Nephrologist,
 DGH Chilaw

Moderator
Dr. Nilanka Anjalee Wickramasinghe
 MBBS, MRCP (UK), MRCP (London)
 Senior Lecturer,
 Department of Nephrology,
 Faculty of Medicine,
 University of Colombo

Join Zoom Meeting
<https://us02web.zoom.us/j/88317991411?pwd=as10vWz91nFVjBeySjYk5p5k49a.1>
Meeting ID: 883 1799 1411
Passcode: 049988

www.slma.lk **office@slma.lk** **+94(11) 269 3324**
 Sri Lanka Medical Association, Wijerama House, 66, Wijerama Mawatha, Colombo 07

Sri Lanka Medical Association

Saturday Talk

Suicidal Risk in Young People

24th May 2025
06.00PM - 06.45PM

Speaker
Professor Miyuru Chandradasa
 Head of the Department
 Professor in Psychiatry
 Child & Adolescent Psychiatrist,
 Department of Psychiatry,
 University of Kelaniya

Moderator
Dr. Rameshkumar Thevarajah
 Lecturer,
 Department of Pharmacology,
 University of Colombo
 Senior Registrar in Endocrinology,
 National Hospital of Sri Lanka

Join Zoom Meeting
<https://us02web.zoom.us/j/86100445067?pwd=IzR3R6uP63hLcPwEz5Zk8h5x0Thu.1>
Meeting ID: 861 0044 5067
Passcode: 372387

www.slma.lk **office@slma.lk** **+94(11) 269 3324**
 Sri Lanka Medical Association, Wijerama House, 66, Wijerama Mawatha, Colombo 07



<p>5th July 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>"How to face the long case in clinical examinations"</p> <p>SPEAKER PROFESSOR CHAMELA METTANANDA</p> <p>Moderator DR. RAMESHKUMAR THEVARAJAH</p> <p>Live on Zoom</p> <p>Meeting ID: 890 0796 9256 Passcode: 840190</p>	<p>12th July 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>"DIABETES IN PREGNANCY"</p> <p>SPEAKER PRICE MADURA JAYAWARDANE</p> <p>Moderator DR. NILANKA ANJALEE WICKRAMASINGHE</p> <p>Live on Zoom</p> <p>Meeting ID: 892 8030 7980 Passcode: 1819301</p>
<p>19th July 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>"Navigating the Gallstone Disease Spectrum Surgical Pearls for the Young Clinician"</p> <p>SPEAKER DR. DUMINDA SUBASINGHE</p> <p>Moderator DR. RAMESHKUMAR THEVARAJAH</p> <p>Live on Zoom</p> <p>Meeting ID: 893 3032 3389 Passcode: 1885004</p>	<p>16th August 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>"Managing a patient with transfusion dependent thalassaemia - From childhood to adolescence"</p> <p>SPEAKER Dr Ruwangi Dissanayake</p> <p>Moderator Dr Marius Suranjan</p> <p>Live on Zoom</p> <p>Meeting ID: 898 2827 5084 Passcode: 1061153</p>
<p>30th August 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>Delirium through a psychiatrist's lens</p> <p>SPEAKER Prof Chathurle Suraweera</p> <p>Moderator Dr Nilanka Anjalee Wickramasinghe</p> <p>Live on Zoom</p> <p>Meeting ID: 892 7914 3388 Passcode: 1705891</p>	<p>13th September 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>Acute Limb Ischaemia</p> <p>SPEAKER Professor Joel Arudachivam</p> <p>Moderator Dr Marius Suranjan</p> <p>Live on Zoom</p> <p>Meeting ID: 896 8847 8188 Passcode: 1704231</p>
<p>20th September 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>Benign and Malignant breast diseases</p> <p>SPEAKER Dr Kanchana Wijesinghe</p> <p>Moderator Dr Rameshkumar Thevarajah</p> <p>Live on Zoom</p> <p>Meeting ID: 892 1692 5096 Passcode: 1704883</p>	<p>27th September 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>Handling sodium disorders in clinical practice</p> <p>SPEAKER Dr Dulani Kottahachchi</p> <p>Moderator Dr Therindi Surlapperuma</p> <p>Live on Zoom</p> <p>Meeting ID: 894 4020 5221 Passcode: 1061117</p>
<p>4th October 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>Endometriosis: Beyond the Textbook</p> <p>SPEAKER Professor Chandana Jayasundara</p> <p>Moderator Dr Marius Suranjan</p> <p>Live on Zoom</p> <p>Meeting ID: 887 1707 3036 Passcode: 1481465</p>	<p>1st November 2025 FROM 6 PM TO 6.45 PM</p> <p>SRI LANKA MEDICAL ASSOCIATION PRESENTS</p> <p>SATURDAY TALK</p> <p>Inborn Errors of Immunity: Clues for Diagnosis</p> <p>SPEAKER Dr Chamushka Dasanayake</p> <p>Moderator Dr Rameshkumar Thevarajah</p> <p>Live on Zoom</p> <p>Meeting ID: 895 7919 2587 Passcode: 067985</p>



15th November 2025 FROM 6 PM TO 6.45 PM

SRI LANKA MEDICAL ASSOCIATION PRESENTS

SATURDAY TALK

The Essentials of Insulin Therapy

SPEAKER
Dr Charles N. Antonypillai
Consultant Endocrinologist & Diabetologist
National Institute of Diabetes, Sri Lanka

MODERATOR
Dr Rameshkumar Thevarajah
Senior Lecturer, Department of Medicine
Faculty of Medicine, University of Colombo, Sri Lanka

Live on Zoom

Meeting ID: 8525 0288 9889
Passcode: 083355

6th December 2025 FROM 6 PM TO 6.45 PM

SRI LANKA MEDICAL ASSOCIATION PRESENTS

SATURDAY TALK

Fractures: Basic Principles

SPEAKER
Dr Hiran Amarasekera
Consultant Orthopaedic Surgeon
St. Basil's Fernando Teaching Hospital

MODERATOR
Dr Marius Suranjan
MBBS (London)
MRCPsych (London)
Senior Registrar in Psychiatry, NCHS

Live on Zoom

Meeting ID: 852 293 2549
Passcode: 207370

13th December 2025 FROM 6 PM TO 6.45 PM

SRI LANKA MEDICAL ASSOCIATION PRESENTS

SATURDAY TALK

MEDICAL NUTRITION THERAPY - AN OVERVIEW

SPEAKER
Dr Evone Jayaweera
MBBS, MRCP
Medical Nutrition Therapy

MODERATOR
Dr Tharindi Surlapperuma
Senior Lecturer, Department of Medicine
Faculty of Medicine, University of Colombo, Sri Lanka

Live on Zoom

Meeting ID: 852 0288 9889
Passcode: 084704

18th October 2025 FROM 6 PM TO 6.45 PM

SRI LANKA MEDICAL ASSOCIATION PRESENTS

SATURDAY TALK

Clinical Pharmacology: Improved Clinical Reasoning and Exam Performance

SPEAKER
Professor Priyanga Ranasinghe
Senior Lecturer, Department of Medicine
Faculty of Medicine, University of Colombo, Sri Lanka

MODERATOR
Dr Nilanka Anjala Wickramasinghe
Senior Lecturer in Pharmacology
Faculty of Medicine, University of Colombo, Sri Lanka

Live on Zoom

Meeting ID: 832 4088 1200
Passcode: 027636

SRI LANKA MEDICAL ASSOCIATION PRESENTS

SATURDAY TALK

Managing Urinary Tract Infections in Children

Speaker
Professor Randula Ranawaka **11th Oct**
Honorary Consultant Paediatric Nephrologist
Professor in Paediatric Nephrology
Department of Paediatrics
Faculty of Medicine, University of Colombo, Sri Lanka

Time: 06:00PM-6:45PM

Case Discussion
Dr Abirame Jeykrishna
Senior Registrar in Paediatric Nephrology

MODERATOR
Professor Sumudu Seneviratne
Honorary Consultant Paediatric Nephrologist
Professor in Paediatric Nephrology
Department of Paediatrics
Faculty of Medicine, University of Colombo, Sri Lanka

Meeting ID: 841 9882 2368
Passcode: 248106



Annexure 9: Monthly Newsletters







Annexure 10: List of New Members

Life Members - 172

Dr G. Amiyangoda	Dr P. V. Logenthiran	Dr K. S. Wickramasinghe
Dr H. P. Madarasinghe	Dr R. Shammuganathan	Dr J. P. D. M. Pathirana
Dr N. N. Nalin Madushanka	Dr C. B. Karunarathne	Dr D. T. Rubasinghe
Dr D. Galappatti	Dr C. R. Jayaruban	Dr S. Prashanth
Dr R. Rajmohan	Dr L. B. K. G. Bogahawatte	Dr M. B. F. Rahuman
Dr M. J. C. Gunarathna	Dr S. Logeeswaran	Dr K. P. H. J. Kahandawa
Dr H. Kudahetti	Prof. S. T. Kudagammana	Dr D. S. Hewage
Dr C. Weerabaddana	Dr H. S. Gajaweera	Dr S. N. Liyanage
Dr A. D. Mudalige	Dr W. K. L. I. Weeratunga	Dr M. M. Rajapakse
Dr D. C. S. Wickramanayaka	Dr V. Vijitharan	Dr V. Sujanitha
Dr M. Srishankar	Dr H. Narampanawa	Dr W. A. Y. Lakpriya
Dr V. Srishankar	Dr C. R. Weerasinghe	Dr W. A. Rashmi
Dr P. V. T. Wickramaratne	Dr A. C. T. Perera	Dr R. Wijerathne
Dr J. M. S Udayakumara	Dr H. O. Kalambarachchi	Dr C. N. Yakupitiyage
Dr W. A. T. T. Weetathunge	Dr R. Thoufeek	Dr S. De Silva Nagahawatte
Dr D. G. A. A. N. Jayawardhana	Dr D. B. Y. J. Kumari	Dr M. S. S. Jasmin
Dr H. M. S. J. Dissanayake	Dr T. Aponso	Dr M. Muthahhara
Dr K. H. Y. T. De Silva	Dr D. M. P. W. A. S. Dissanayake	Dr M. F. M. Anfas
Dr R. Goonewardene	Dr G. N. Minuvanpitiya	Dr H. S. B. Priyaratne
Dr A. Sivashangar	Dr K. A. D. N. S. Jayarathna	Dr B. V. S. De Silva
Dr R. D. J. Seneviratne	Dr S. A. Jayasekera	Dr A. N. Loroy
Dr M. T. Ekanayake	Dr B. L. H. Fernando	Dr C. U. Welhenge
Dr S. Mahanama	Dr G. D. M. Ruwanga	Dr B. S. Gunaratne
Dr M. D. Peiris	Dr M. B. M. Silmy	Dr J. A. A. Priyantha
Dr L. Siriwardhana	Dr A. M. Fernando	Dr R. C. Bandara
Dr L. H. S. Anandane	Dr R. Deduwela	Dr W. A. M. Silva
Dr A. B. Jayathilake	Dr W. E. N. Fernando	Dr S. N. Sendanayaka
Dr M. S. K. Cooray	Dr L. P. V. P. Kerner	Dr R. M. S. K. Rajapaksha
Dr A. Ramachandran	Dr D. W. A. S. Isanka	Dr B. M. B. M. Batugedara
Dr S. Sathiaruban	Dr D. I. Athurugiriya	Dr P. P. Rajawasam
Dr S. Sivaganesh	Dr M. I. Alahakoon	Dr U. N. J. Bandara
Dr L. H. C. T. Lokuhe wage	Dr N. D. Alpitiarachchi	Dr M. A. D. U. Danasiri
Dr K. M. A. P. K. Kahanthen	Dr D. A. Gamaarachchi	Dr D. S. W. Gallage
Dr A. N. L. Sirisena	Dr D. I. Gamaarachchi	Dr K. C. D. Karunarathna



Dr G. M. A. Priyangika	Dr S. S. Weerasinghe	Dr R. M. Madurawe
Dr, S. D. J. de Almeida	Dr L. T. D. Pahalavithana	Dr S. A. N. S. S. Wimalasooriya
Dr M. Jesuthasan	Dr J. M. D. K. K. Jayakody	Dr T. N. Piyasinghe
Dr L. Hamshini	Dr H. K. T. C. Haputhanthree	Dr M. A. U. N. Perera
Dr Y. Manikkage	Dr W. W. Kalehewatta	Dr A. P. C. P. Lankarathna
Dr V. Sivagnanam	Dr M. M. A. Zaharan	Dr G. H. J. De Silva
Dr M. W. D. T. B. Rambukwella	Dr J. A. Gunanesan	Dr R. M. Wijesiriwardane
Dr R. S. De Silva	Dr T. M. R. P. Senasinghe	Dr D. L. Fernando
Dr M. S. Rathnaweera	Dr M. B. Kannangara	Dr H. M. T. I. Siriwardana
Dr K. S. D. Wijesinghe	Dr M. V. M. Daham	Dr D. Ruwanpathirana
Dr C. D. Karunatilake	Dr U. P. H. Niroshala	Dr W. A. C. N. Karunarathna
Dr A. Sithambarapillai	Dr M. H. R. C. Fernandopulle	Dr K. Manitheepan
Dr J. M. N. D. Jayawardana	Dr (Mrs) R. M. R. Ranawaka	Dr N. S. Weerasinige
Dr W. A. I. Weerasundara	Dr P. K. S. L. De Silva	Dr J. A. K. N. Jayasinghe
Dr A. G. G. J. Bandara	Dr J. K. Dissanayake	Dr A. B. R. N. M. Abayasekara
Dr D. A. N. Samarasinghe	Dr M. A. Wickremeratne	Dr A. B. N. N. Premarathna
Dr V. M. Wickramaratne	Dr M. K. I. Dilka	Dr W. M. H. P. Wijesekara
Dr M. N. Perera	Dr V. Selvarajah	Dr M. C. P. Madurapperuma
Dr M. D. Perera	Dr P. M. C. Kumara	Dr C. S. Wijetunge
Dr N. K. Jayakody	Dr W. A. M. Fernando	Dr S. V. Ambepitiya
Dr R. M. D. I. D. Rajapakse	Dr A. M. S. U. Andadole	Dr L. Premakumar
Dr K. Balendran	Dr J. M. D. C. Jayasinghe	Dr T. Murugah
Dr D. V. T. Kasunjith	Dr P. S. Madawala	
Dr B. Wijetilake	Dr A. M. J. S. Athapaththu	

Ordinary Members - 61

Dr B. Kojabpriyen	Dr T. V. Pathiratne	Dr R. Wijesekara
Dr M. V. Abeyrathne	Dr M. B. J. M. Y. W. Mayabandara	Dr B. E. Chandrasekara
Dr P. M. Witharanage	Dr P. R. T. Amarasena	Dr A. N. Fonseka
Dr S. V. F. Hewanahennedige	Dr S. A. D. P. C. Dissanayake	Dr H. D. Umayanga
Dr L. S. Wickramasinghe	Dr K. J. Gunawardane	Dr P. S. N. Muthukude
Dr B. M. A. C. Yashodara	Dr J. Vishnukanthan	Dr R. Karunanayake
Dr S. R. Kalugampitiya	Dr C. D. Senevirahne	Dr H. M. K. S. D. Jayasumana
Dr B. P. N. D. Chandrasiri	Dr W. S. M. Wickramasinghe	Dr G. B. D. P. Ariyaratna
Dr M. M. J. A. Jayawardena	Dr M. M. S. Perera	Dr P. C. Deshapriya
Dr J. Jayasinghe	Dr S. U. Rodrigo	Dr M. M. Pulukkody
Dr V. Wijesena	Dr R. A. S. Wijesinghe	Dr N. N. W. Jamuni



Dr S. V. Motha	Dr L. U. S. Senavirathne	Dr D. S. D. De Silva
Dr J. T. N. Seneviratne	Dr W. D. V. Thilakarathna	Dr S. Pathmanathan
Dr L. S. Wijayarathne	Dr G. A. G. Geethaswari	Dr S. N. Ranga
Dr M. M. S. V. Thilakarathne	Dr D. Hapuarachchi	Dr F. Fasliya
Dr S. Meemaduma	Dr K. L. W. Grero	Dr T. D. Wijewardena
Dr M. Sivasubramaniam	Dr W. A. Sewwandi	Dr I. G. Galewatta
Dr H. P. Minuwanpitiya	Dr P. Sathasivam	Dr T. A. S. L. Wijewardena
Dr F. A. Afzai	Dr S. P. Mohotti	Dr K. M. S. Nuwandhika
Dr H. D. C. K. Martinus	Dr D. S. Jayaratne	Dr A. K. G. Withana
Dr A. N. Nawaratna		

Student Members - 223

Dr R. H. R. Madushith	Ms. D. S. Palihakkara	Ms. T. Karunaratne
Mr. D. I. Rabel	Mr. P. H. R. S. Mendis	Ms. R. Nuwair
Mr. S. L. Jayathunga	Mr. M. J. Samaranayake	Ms. A. A. V. Athurugiri
Mr. R. M. Thelis	Mr. P. Premarathne	Mr. M. N. Rupasinghe
Ms. K. Medagama	Ms. D. U. D. Perera	Ms. M. Suresh
Ms. C. S. M. Munasinghe	Ms. K. S. N. Perera	Mr. V. Anathiriyana
Mr. V. H. S. L. Hassan	Ms. B. M. M. Perera	Mr. A. R. F. Razaan
Mr. P. Vidunuwan	Mr. H. K. Dayarathne	Ms. U. S. Amarathunga
Ms. N. W. J. C. Wathsala	Ms. H. M. M. U. Herath	Mr. P. L. A. Anuradha
Ms. D. M. Waas	Ms. D. Nawarathna	Ms. A. I. Sajiha
Ms. A. Chandrakumar	Ms. N. A. D. S. Perera	Mr. T. T. Edirisinghe
Ms. R. G. A. C. S. Bandara	Ms. P. Nawagamuwa	Ms. S. Ameer
Ms. N. S. B. O. C. Atapattu	Mr. G. Nayakarathne	Ms. A. D. M. S. Abeyasinghe
Mr. K. S. M. T. D. G. Bandara	Ms. H. Perera	Mr. A. T. Rathnayake
Mr. K. G. I. Y. Bandara	Ms. L. C. D. Peiris	Ms. W. A. C. Dhananjane
Ms. F. N. Cassim	Mr. D. Safeer	Mr. A. Gunawardhana
Ms. H. P. M. Chanuda	Ms. S. Perera	Ms. S. S. Abeywickrama
Ms. W. C. S. Bimseth	Mr. K. M. S. P. Bandara	Ms. V. S. Gurusinghe
Ms. D. A. Liyanapathirana	Mr. W. C. M. Wickramasinghe	Mr. G. K. Gunawardana
Ms. K. D. N. N. M. Gunarathne	Mr. V. D. Wijeratne	Ms. V. S. Thalagala
Mr. M. M. R. A. P. Bandara Mapa	Mr. M. Nilar	Ms. S. M. De Silva
Ms. Y. Jayaratnam	Mr. S. M. Y. H. Wijerathne	Ms. M. Fernando
Ms. M. N. F. Simra	Ms. B. M. H. M. Singhakumara	Mr. S. Mathiyalagan
Ms. N. Kasineshan	Mr. J. N. Kumanayaka	Ms. K. A. G. Dilshani
Mr. D. N. B. Kularathne	Ms. P. Nawarathna	Ms. K. S. G. Dilhani



Ms. M. M. S. A. Mudannayake	Mr. N. Karunaratne	Mr. H. V. Sandanayake
Ms. S. A. N. Nethsarani	Ms. S. Prathibhani	Ms. R. A. Premaratna
Ms. L. G. S. Kavindra	Ms. J. P. Sendanayake	Ms. J. S. U. Fernando
Ms. K. Prabgar	Ms. S. D. Abeywickrama	Ms. S. R. Mallawa
Ms. A. P. N. Shashikala	Ms. A. M. T. D. B. Abeykoon	Ms. K. W. M. D. Dulanjali
Ms. J. I. Diyagama	Mr. T. D. K. B. Samaranayake	Ms. D. M. Dissanayake
Ms. E. S. U. Wijayarthne	Mr. P. C. Weerasekara	Ms. V. D. W. Dissanayake
Ms. W. K. D. Isurandi	Ms. A. Dayananda	Ms. M. R. S. Dissanayake
Ms. I. P. Wijesingha	Mr. C. Samarasooriya	Ms. T. N. Warnakulasuriya
Ms. M. P. M. Perera	Ms. F. S. M. Fahir	Ms. D. P. Ekanayake
Mr. F. Ajmal	Ms. W. A. G. R. M. Amunugama	Mr. A. R. Vancurlenberg
Mr. U. K. N. R. Shakya	Mr. W. M. J. Fernando	Mr. W. T. B. Weliketiya
Ms. T. N. Akmeemana	Ms. H. B. S. S. Kumari	Ms. D. I. Wijemanne
Ms. D. D. M. Amandi	Ms. F. A. W. G. I. Dulangika	Ms. S. R. Malavige
Ms. H. A. T. Amanda	Ms. W. S. Hemali	Ms. A. Kulathunga
Ms. I. H. H. Dharmarathna	Ms. A. V. N. Fernando	Mr. P. L. S. A. Lakshan
Ms. B. D. Devanjalee	Ms. H. W. D. N. Hettiwaththa	Mr. A. Rifad
Mr. U. D. P. Deshan	Ms. H. M. M. P. K. Herath	Mr. H. A. W. Rathnayake
Ms. B. K. D. S. Abeywickrama	Ms. S. K. Subramaniam	Mr. S. S. Gunawardena
Ms. P. B. Iyanthi	Ms. K. H. P. Hansika	Ms. P. D. N. Roshani
Ms. S. T. Abhayawardhana	Ms. M. P. Wijesinghe	Mr. A. Thiruchelvam
Mr. A. A. A. Azeez	Mr. H. O. R. Dissanayaka	Ms. T. S. Rathnayake
Mr. L. Amarathunga	Mr. D. D. Lalchandra	Ms. S. P. Wickramasinghe
Mr. H. T. C. S. Abeysena	Ms. S. Wickramanayake	Ms. A. M. C. K. Arampola
Ms. W. H. V. Amaya	Mr. M. W. A. Chathubhanu	Ms. K. A. H. A. Kathriarachchi
Ms. K. Kanakeshwaran	Mr. S. H. Raaid	Mr. D. Wanigasooriya
Ms. A. M. D. P. Abeykoon	Mr. G. H. D. Ranjuka	Mr. M. D. N. Rabel
Ms. K. P. A. Sachini	Ms. E. R. G. L. S. Irantha	Ms. G. Vigneswaran
Ms. M. H. Kulathunga	Ms. Y. Karunaratne	Ms. N. M. D. N. K. Navarathne
Mr. H. P. D. S. Senavirathna	Ms. T. V. Jayalath	Ms. H. S. Ranasinghe
Ms. A. G. C. K. Abeysekara	Ms. R. A. Robert	Mr. S. K. Danansooriya
Ms. J. S. Abeygunasekera	Ms. C. Ratnayake	Mr. P. Keragala
Ms. P. D. S. Silva	Ms. S. N. D. Rosa	Ms. Manjali Peiris
Ms. A. G. Arulnather	Ms. C. H. Balasooriya	Mr. P. M. Patabadige
Ms. S. Kumanan	Ms. B. M. N. M. I. M. Balasooriya	Mr. T. H. Hettiarachchi
Ms. H. D. B. Hansika	Ms. Reema	Ms. Nifla Fathima
Ms. S. S. Amaratunge	Ms. D. Rinoshika	Mr. B. P. Wijethunga



Ms. M. A. K. Anuranga	Ms. M. M. T. Ruwande	Mr. M. A. B. G. Mandanayaka
Ms. S. A. Y. P. Sumanasekara	Ms. F. A. M. Sadhukken	Mr. N. D. Hewaga
Ms. A. Sivasyanmugarajah	Ms. A. V. S. Ranatilleke	Mr. K. L. Ganathilake
Ms. B. Senthikumar	Mr. L. R. M. Rauff	Ms. N. Weerawardhana
Ms. T. D. Karunatilake	Ms. T. Herath	Ms. Y. I. Paranamana
Ms. G. D. Jayamanna	Mr. P. S. Padukka	Ms. L. A. Pathirajawasam
Mr. M. P. Wijesinghe	Ms. P. D. N. H. Paranagama	Ms. A. Rahuman
Ms. S. S. Ruwanpathirana	Mr. M. I. Illiya	Ms. M. B. A. D. Samarawickrama
Ms. T. I. S. Perera	Ms. A. P. N. B. Samanmali	Ms. N. M. P. Hettige
Ms. N. H. S. N. Perera	Ms. C. D. Samarawickrama	Mr. L. A. A. Udayakantha
Mr. H. M. N. L. Herath	Mr. R. Samphel	Mr. M. Vakshalan
Mr. J. B. A. L. Sachintha	Mr. T. V. Wijethunga	
Ms. R. A. Wijesinghe	Ms. K. G. T. Prasangi	

Ordinary to Life - 04

Dr R. M. D. I. Rathnayake

Dr M. Sandaruwan

Dr Y. K. Abhayawardhane

Dr S. S. Wickramaratne



Annexure 11: The Audited accounts report of year 2024

Page (02)

SRI LANKA MEDICAL ASSOCIATION (COMPANY LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL POSITION
AS AT 31ST DECEMBER,

	Note	2024 Rs.	2023 Rs.
ASSETS			
Non-Current Assets			
Property, Plant & Equipment	(09)	35,031,418	36,757,635
Total Non-Current Assets		35,031,418	36,757,635
Current Assets			
Advance & Pre-payments	(10)	38,500	36,000
Short-term Financial Assets	(11)	61,736,885	47,982,612
Cash & Cash Equivalents	(12)	23,204,940	24,921,570
Total Current Assets		84,980,325	72,940,182
Total Assets		120,011,743	109,697,817
FUNDS & LIABILITIES			
Accumulated Fund	(13)	88,346,785	76,374,289
Oration & Awards Reserves	(14)	1,864,132	1,625,151
Building Funds		20,000	20,000
Oration & Award Funds	(15)	5,474,276	5,474,276
Restricted Development Funds	(16)	10,324,933	11,418,778
Total Funds		106,030,126	94,912,494
Non-Current Liabilities			
Retirement Benefit Obligations	(17)	1,986,063	1,808,391
Deferred Grants	(18)	1,595,779	1,662,385
Deferred Tax Liabilities	(19)	8,815,145	9,225,240
Total Non-Current Liabilities		12,396,987	12,696,016
Current Liabilities			
Trade Payables		280,750	270,588
Other Payables	(20)	1,303,880	1,818,719
Income Tax Payable	(21)	-	-
Total Current Liabilities		1,584,630	2,089,307
Total Liabilities		120,011,743	109,697,817

The Committee Members are responsible for the preparation and presentation of these Financial Statements.


Signed for and on behalf of the Committee by:

	<u>Name</u>	<u>Signature</u>
President	Dr. Ananda Wijewickrama	
Secretary	Dr. Lahiru Laidi Gunawardena	
Date:	09/06/2024	

The Notes to the Financial Statements on pages (04) to (22) form an integral part of the Financial Statements.

Treasurer
Dr. Manjula Kumudilake

Finance officer
Dr. Manjula Kumudilake





Page (13)

SRI LANKA MEDICAL ASSOCIATION
(COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER,

	<u>Note</u>	<u>2024</u>	<u>2023</u>
		Rs.	Rs.

(08) INCOME TAX

The major components of income tax expense for the years ended 31st March are as follows :

Current Income Tax

Current Tax Expense on Ordinary Activities for the Year

(21)

-

-

Deferred Income Tax

Deferred Tax Recognised

(19)

410,095

(8,212,337)

Income Tax Expense Reported in the Statement of Financial Activities

410,095

(8,212,337)





SRI LANKA MEDICAL ASSOCIATION
(COMPANY LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER,

	2024	2023
	Rs.	Rs.
(A) INCOMING RESOURCES		
Subscription & Entrance Fees	2,054,266	1,814,269
Anniversary International Medical Conference	23,249,142	24,678,368
Rent Income	6,337,766	7,636,416
Auditorium & Council Room Hire	1,269,419	1,149,064
Career Guidance Seminar	-	17,000
Income from Ceylon Medical Journal (A.1)	597,256	3,309,085
Income from Sri Lanka Clinical Trial Registry (A.2)	1,157,480	-
	<u>34,665,329</u>	<u>38,604,202</u>
(A.1) Income from Ceylon Medical Journal (CMJ)		
Sale of Journal	9,000	6,000
Processing Fees	422,006	294,790
Interest on CMJ	166,250	58,295
Donation	-	2,950,000
	<u>597,256</u>	<u>3,309,085</u>
(A.2) Income from Sri Lanka Clinical Trial Registry		
Proceeding Fees	933,590	-
Interest	142,890	-
Workshop/ Seminar	81,000	-
	<u>1,157,480</u>	<u>-</u>
(B) PROJECT EXPENDITURE		
Annual Academic Session	13,693,270	18,688,842
Operational Expenditure (B.1)	6,509,874	8,240,910
Ceylon Medical Journal (B.2)	1,366,847	741,014
Sri Lanka Clinical Trial Registry (B.3)	880,426	-
	<u>22,450,417</u>	<u>27,670,766</u>
(B.1) Operational Expenditure		
Auditorium Equipment Repair	238,543	121,680
Lectures & Meetings	180,515	550,778
Foundation Celebration Session	2,325,570	2,019,887
Sessions Co-ordinator Monthly Allowance	511,034	295,167
Annual Medical Dance	3,254,212	5,253,398
	<u>6,509,874</u>	<u>8,240,910</u>





SRI LANKA MEDICAL ASSOCIATION
(COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER,

	2024	2023
	Rs.	Rs.
(B) PROJECT EXPENDITURE (Contd...)		
(B.2) <i>Ceylon Medical Journal</i>		
Printing Expenses	842,500	396,000
Monthly Allowance	479,000	294,000
Telephone & Fax	41,747	45,414
Sundry Expenses	3,600	5,600
	<u>1,366,847</u>	<u>741,014</u>
(B.3) <i>Sri Lanka Clinical Trial Registry</i>		
Salary	514,500	-
Bonus	45,000	-
E.P.F.	61,744	-
E.T.F.	15,435	-
Monthly Allowance	120,000	-
Travelling	740	-
Stationery	2,150	-
Postages	5,410	-
Website & IT Services	113,992	-
Sundry Expenses	1,455	-
	<u>880,426</u>	<u>-</u>
(C) <u>OTHER INCOME</u>		
Interest Income	6,690,128	5,794,971
Sponsorships	1,390,000	-
Amortization of Grants	66,606	69,394
Other Donations	-	2,085,664
Sale of Books	93,479	137,313
Sundry Income	7,454,048	4,253,234
Electricity Income	1,640,053	1,539,214
Clinical Trial Registry Proposal	-	495,351
Income on FERCSL Conference	5,250	105,590
ERC Income	123,949	83,080
SLMA - ID	10,000	7,000
Income on Annual Medical Dance	2,251,000	6,065,000
Cricket Match	(30,000)	(490,000)
Regional Meetings	39,513	12,320
Donation Colour Wash	-	18,651
Foundation Session	2,382,689	1,104,000
Exchange Gain	1,523	292,459
	<u>22,118,238</u>	<u>21,573,241</u>





SRI LANKA MEDICAL ASSOCIATION
(COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER

	2024	2023
	Rs.	Rs.
(D) ADMINISTRATIVE EXPENSES		
Salary & Overtime	5,579,093	7,097,655
E.P.F. & E.T.F.	638,394	820,763
Bonus	318,776	635,715
Staff Welfare	228,913	458,578
Travelling & Hiring	243,443	246,249
Gratuity	177,672	164,725
Audit Fees & Expenses	200,000	456,865
Tax Professional Fee	62,000	-
Annual Return Expenses	130,109	136,310
OPA Membership Fee	25,000	25,000
Repair & Maintenance	1,332,020	3,656,773
Depreciation	2,341,055	3,002,834
President Induction Ceremony	188,243	678,862
Printing & Stationery	1,633,785	5,345,025
Postages	124,040	206,155
Telephone & Fax	391,320	444,072
Water Bills	129,771	293,584
Electricity Bills	3,247,840	3,362,313
Rates & Taxes	275,677	311,021
Security Charges	1,736,505	1,526,328
Internet Charges	638,808	1,028,025
Franking Machine	3,000	49,050
AGM Expenses	86,284	82,990
Council Group Photograph	51,805	16,250
Research Promotion Grant	75,000	250,000
Advertisement Expenses	20,930	9,862
Law & Medical Cricket Match Expenses	600,000	300,000
Charity & Donations	36,399	25,000
Bank Charges	191,950	173,056
Sundry Expenses	1,410,812	1,649,071
Workshop	184,973	-
Career Guidance Seminar	11,391	-
Regional Meeting	91,284	-
SLMA Covid Sahana Donation	214,000	-
SLMA Relief Fund	35,729	-
Loss on Disposal of PPE	114,728	-
	22,770,749	32,452,131





SRI LANKA MEDICAL ASSOCIATION
(COMPANY LIMITED BY GUARANTEE)

Page (15)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST DECEMBER,

	<u>2024</u>	<u>2023</u>
<i>Note</i>	Rs.	Rs.
(10) ADVANCE AND PRE-PAYMENTS		
Staff Festival Advance	38,500	36,000
	<u>38,500</u>	<u>36,000</u>
(11) SHORT TERM INVESTMENTS		
Fixed Deposits	61,505,938	47,759,399
Treasury Bills	230,947	223,213
	<u>61,736,885</u>	<u>47,982,612</u>
(12) CASH & CASH EQUIVALENTS		
Short Term Deposits	(12.1) 10,279,563	7,564,060
Cash & Bank Balance	(12.2) 12,925,377	17,357,510
	<u>23,204,940</u>	<u>24,921,570</u>
(12.1) Short Term Deposits		
BOC - Savings A/C - 75066909	178,689	174,488
BOC - SLMA Research 75067395	186,822	183,423
HNB Savings A/C - 076020175604	2,983,867	1,916,406
HNB Savings A/C - ICBF 076020226652	4,648,110	2,671,755
Savings - SLMA Relief A/C - 076020236978	16,066	510,663
Money Market Savings A/C - SLMA	2,266,009	2,107,325
	<u>10,279,563</u>	<u>7,564,060</u>
(12.2) Cash & Bank Balance		
Cash in Hand	3,813	404
HNB - 076010001669	2,820,987	7,195,175
HNB - 076010001339	691,934	1,194,208
HNB - 07610002491	974,530	616,357
HNB - 076010125790	169,640	199,640
HNB - 076010034837	859,339	496,133
HNB - 076010066069	1,537,856	-
HNB - 076010096283	195,012	-
Peoples' Bank -167-1-001-8-3170404	150,549	150,549
HNB - 003010146873	3,635,269	944,427
HNB - 076010034842	381,512	276,969
BOC - 008271872	472,138	454,135
HNB - 076010095688	331,704	331,754
HNB - 076010136918	153,442	3,070,942
HNB - 076010138305	492,613	1,938,396
USD SLMA Relief - 976610091929	-	488,421
SLMA Administrative Account - 9881	55,039	-
	<u>12,925,377</u>	<u>17,357,510</u>





Annexure 12: Announcements

12.1 Proposal to Introduce a 'Healthy and Low-Cost' Alcohol Product

**SRI LANKA MEDICAL ASSOCIATION**

Established in 1887

"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

President

Dr Susantha Perera

President Elect

Dr Manikka Sumanatilleke

Immediate Past President

Dr Ananda Wijewickrama

Vice Presidents

Professor Sachithi Mettananda

Dr Susie Perera

Honorary Secretary

Dr Asin Hewamalage

Honorary Assistant Secretaries

Dr Ishani Fernando

Professor Kumara Mendis

Professor Ruwanthi Perera

Professor Sumudu Nimali Senewiratne

Honorary Treasurer

Dr Bodhika Samarasekera

Honorary Assistant Treasurer

Dr Udana Rathnapala

Public Relations Officer

Dr Christo Fernando

Social Secretaries

Dr Pramilla Senanayake

Dr Nilanka Wickramasinghe

Past Presidents' Representative

Professor Anoja Fernando

Co-Editors (CMJ)

Professor Senaka Rajapakse

Professor Atiula Sumathipala

Council Members

Professor Anuja Abayadeera

Dr Niroshan Anugama

Dr Vinaya S. Arayaratne

Professor Ishan De Zoysa

Dr M.H. Aruna Devapriya De Silva

Dr M. Sarath Gamini De Silva

Dr D.G. Thilanka I. Dodangoda

Professor Samath D. Dhamaratne

Dr D.M.C. Duminda Dissanayake

Dr Malik Fernando

Dr Padma S. Gunaratne

Dr Lucian Jayasinghe

Professor Saroj Jayasinghe

Dr V.S.M.C.K.B. Jayawardena

Dr Lahiru Kodithuwakku

Dr M. Santha S. Mallaawarachchi

Dr V. Murali

Dr B.J.C. Perera

Professor Jennifer Perera

Dr J.M.S. Dineshan Ranasinghe

Dr Darshana Sisena

Professor N. Suganthan

Dr Marcus Suranjan

Dr S.V. Tharindu N. P. Sunapparama

Dr Rameshkumar Thevarajah

Professor Vijayakumari Thadchanamoorthy

Dr Anula Wijesundere

Dr Preethi Wijesoonewardene

Professor W.A.N.D. Wickramasinghe

18th March 2025

Mr. U. L. Udaya Kumara
Commissioner General of Excise
No. 353, Kotte Road,
Rajagiriya

Dear Sir,

Proposal to Introduce a "Healthy and Low-cost" Alcohol Product

Alcohol kills people who consume alcohol and those who do not. There are no healthy alcohol products. The illegal alcohol trade cannot be countered through price cuts on legal alcohol. These are simple facts on alcohol. It is of concern that the Excise Department, the government agency tasked with dealing with alcohol production and sale is either unaware or have not considered these factors before publicly announcing the introduction of a "healthy" and "low-cost" alcohol product.

It is also of concern that the Excise Department is unaware or not taken into consideration the fact that consumption of alcohol increases when the prices are reduced, especially among the young people and socio-economically disadvantaged groups. Decrease in the price of any product, leading to increase of sales is a basic principle of economics.

We are also concerned that the Excise Department agrees with the unsubstantiated claims of the alcohol industry that illegal alcohol use is widespread in the country. In fact, illegal alcohol use is miniscule in Sri Lanka compared to use of legal alcohol products. This has been shown by the Household Income and Expenditure Survey of the Department of Census and Statistics and other studies in Sri Lanka. If there is a technically sound, independent national study with no direct or indirect involvement of the alcohol industry that confirms the stance of the alcohol industry and the Excise Department, we request you to make it available to the public.

We are all aware that Sri Lanka is also currently grappling with significant economic challenges, including elevated poverty rates and high levels of food insecurity. It has been reported that quarter of the population lives below the poverty line, a situation exacerbated by declining real wages. Introducing low-cost alcohol containers in this context will lead to increased consumption among vulnerable populations who are already struggling to meet their basic needs leading to many negative socio-economic consequences. This is particularly concerning given that many families are already facing financial difficulties, with households taking on debt just to meet food requirements.

As you are aware, alcohol consumption in Sri Lanka poses significant social and economic harms that exacerbate the country's existing challenges. The health system is already under immense strain from non-communicable diseases linked to alcohol, such as liver cirrhosis and cancer. Economically, the burden is staggering, with alcohol-related costs estimated at USD 885.86 million in 2015. This financial strain diverts resources from essential services like healthcare and education, perpetuating cycles of poverty.

Tel: +94(0)11-2693324 Fax: +94(0)11-2698802
e mail: office@slma.lk website: www.slma.lk





Furthermore, the Excise Department must be well-aware that alcohol use contribute significantly to accidents that kill thousands of Sri Lankans every year, family instability and crime, undermining community cohesion and economic productivity.

The people of Sri Lanka do not deserve this bureaucracy-induced, alcohol industry-friendly and short-sighted policy that will increase the disease burden, accidents, domestic violence, child abuse, suicide, crime and other social consequences.

Illegal alcohol should be combatted through strong, competent, incorruptible enforcement of the law. The role of the Department of Excise in relation to illegal alcohol is clearly stated in the excise Ordinance. We request that the department display its competence by strengthening the enforcement on such products, rather than tacitly acknowledging failure to do by promoting price competition between legal and illegal alcohol which is always won by the illegal alcohol producers.

Therefore, we earnestly request you to reconsider this decision which will also be contrary to the policy of the current government to improve the quality of the lives of all Sri Lankans. Implementing such a policy would only benefit corporate interests of the alcohol trade, to the detriment of all of us, including the officials and the families of the Department of Excise.

Thanking you,

Yours sincerely,

Dr. Anula Wijesundere
Chairperson
Expert Committee on Tobacco, Alcohol & Illicit Drugs

Dr. Surantha Perera
President, SLMA

CC: Secretary, Ministry of Health
Secretary, Ministry of Finance
The Director, ADIC
The Chairman, National Authority on Tobacco and Alcohol
The President, Sri Lanka Temperance Association of Sri Lanka

**12.2 Induction of the President of the Sri Lanka Medical Association and Presidential Address - 2025****SRI LANKA MEDICAL ASSOCIATION**

Established in 1887
"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

12th January 2025**President**

Dr Surantha Perera

President Elect

Dr Manikka Sumanatilleke

Immediate Past President

Dr Ananda Wijewickrama

Vice PresidentsDr H.S.R.P. De Silva
Professor Sachith Mettananda**Honorary Secretary**

Dr Asiri Hewamalage

Honorary Assistant SecretariesDr Ishani Fernando
Professor Ruwanthi Gunasekera
Professor Kumara Mendis
Professor Sumudu Nimali Seneviratne**Honorary Treasurer**

Dr Bodhika Samarasekera

Honorary Assistant Treasurer

Dr Udana Rathnapala

Public Relations Officer

Dr Christo Fernando

Social SecretariesDr Pramilla Senanayake
Dr Nilanka Wickramasinghe**Past Presidents' Representative**

Professor Anoja Fernando

Co-Editors (CMJ)Professor Senaka Rajapakse
Professor Arthula Sumathipala**Council Members**

Professor Anuja Abayadeera
Dr Nitroshan Arulugama
Dr Vinya S. Ariyaratne
Professor Ishan De Zoysa
Dr M.H. Aruna Devapriya De Silva
Dr M. Sarath Gamini De Silva
Dr D.G. Thilanka I. Dodangoda
Professor Samath D. Dharmaratne
Dr D.M.C. Duminda Dissanayake
Dr Malik Fernando
Dr Padma S. Gunaratne
Dr Lucian Jayasuriya
Professor Saroj Jayasinghe
Dr V.S.M.C.K.B. Jayawardena
Dr Lahiri Kodithuwakku
Dr M. Sajitha S. Mallawaarachchi
Dr V. Murali
Dr B.J.C. Perera
Professor Jennifer Perera
Dr J.M.S. Dineshan Ranasinghe
Dr Darshana Sirisena
Professor N. Suganthan
Dr Marius Suranjan
Dr S.V. Tharindi N. P. Suriapperuma
Dr Rameshkumar Thevarajah
Professor Vijayakumary Thadchanamoorthy
Dr Anula Wijesundere
Dr Preeti Wijegoonewardene
Dr W.A.N.D. Wickramasinghe

To All Heads of Print/ Electronic/Social Media Outlets,

Media Statement**Induction of the President of the Sri Lanka Medical Association and Presidential Address- 2025**

The Ceremonial Induction of Dr. Surantha Perera as the 131st President of the Sri Lanka Medical Association will be held on Sunday the 12th of January 2025 at the Oak Room, Cinnamon Grand Hotel, Colombo. Dr. Surantha Perera will also deliver his Presidential Address on "Health Equity Across the Life Course-Resilient Pathways, Empowered Lives" at the ceremony.

While thanking you for the continued support thus far, appreciate your presence to provide media coverage for the event.

We look forward to welcoming you to the ceremony.

Thanking You,

Dr. Christo Fernando
Public Relations Officer
Sri Lanka Medical Association (SLMA)

Tel: +94(0)11-2693324 Fax: +94(0)11-2698802
e mail: office@slma.lk website: www.slma.lk





12.3 The Health Walk by the Sri Lanka Medical Association 2025



SLMA

SRI LANKA MEDICAL ASSOCIATION

6, Wijerama Mawatha, Colombo 7, Sri Lanka T'Phone: 2693324 Fax: 2688802

E-mail: office@slma.lk

Website: www.slma.lk

27th March 2025

Media Statement

To all electronic, print, and social media outlets,

The Health Walk by the Sri Lanka Medical Association 2025

Theme: Road Safety and Accident Prevention

To raise public awareness about road safety and prevent major road accidents, the Sri Lanka Medical Association will organize the SLMA health walk starting at 7:00 AM this Saturday, the 29th, from the Gall Face Green in Colombo. The walk will proceed through Liberty Circle, concluding with a public awareness program at Viharamahadevi Park.

This event will involve numerous stakeholders, including public representatives, various government ministries (with the Ministry of Health as a key participant), the tri-forces and police, non-governmental organizations, community-based organizations, the private sector, the business community, and artists.

We kindly request your media organization to provide comprehensive coverage of this event.

Dr. Asiri Hewamalage
Honorary Secretary
Sri Lanka Medical Association



12.4 Proposal to introduce policy of “Tobacco-Free Generation”, for those born after 2010 on “World No-Tobacco Day” on 31st May 2025



SRI LANKA MEDICAL ASSOCIATION

Established in 1887

“Wijerama House”, No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

President

Dr. Surantha Perera

President Elect

Dr. Manika Sumanatilleke

Immediate Past President

Dr. Ananda Wijewickrama

Vice Presidents

Dr. Sussie Perera

Professor Sachithi Mettananda

Honorary Secretary

Dr. Asiri Hewamalage

Honorary Assistant Secretaries

Dr. Ishani Fernando

Professor Ruwanthi Perera

Professor Kumara Mendis

Professor Sumudu Nimali Seneviratne

Honorary Treasurer

Dr. Bodhika Samarasekera

Honorary Assistant Treasurer

Dr. Udana Rathnapala

Public Relations Officer

Dr. Christo Fernando

Social Secretaries

Dr. Pramulla Senanayake

Dr. Nilanka Wickramasinghe

Past Presidents' Representative

Professor Anoja Fernando

Co-Editors (CMJ)

Professor Senaka Rajapakse

Professor Athula Somathipala

Council Members

Professor Anuja Abayadeera

Dr. Niroshan Anulugama

Dr. Vinaya S. Anyanathne

Professor Ishan De Zoysa

Dr. M.H. Aruna Devapriya De Silva

Dr. M. Sarath Gamini De Silva

Dr. D.G. Thilanka I. Dodangoda

Professor Samath D. Dissanayake

Dr. D.M.C. Duminda Dissanayake

Dr. Malik Fernando

Dr. Padma S. Gunaratne

Dr. Lucian Jayasuriya

Professor Saroj Jayasinghe

Dr. V.S.M.C.K.B. Jayawardena

Dr. Lahiri Kodithuwakku

Dr. M. Saptha S. Mallowarachchi

Dr. V. Mirali

Dr. B.J.C. Perera

Professor Jennifer Perera

Dr. J.M.S. Dineshan Ranasinghe

Dr. Darshana Simsena

Professor N. Suganthan

Dr. Manus Suranjan

Dr. S.V. Tharindi N.P. Seneviratne

Dr. Ramesh Kumar Thevachari

Professor Vijayakumary Thadchanamoorthy

Dr. Anula Wijesundere

Dr. Preethi Wijegunewardene

Professor W.A.N.D. Wickramasinghe

26th May 2025

Hon. Minister Dr. Nalinda Jayatissa
Minister of Health and Mass Media
Ministry of Health
Suwasiripaya
Colombo 10

Dear Sir,

Proposal to introduce policy of “Tobacco-Free Generation, for those born after 2010” on “World No-Tobacco Day” on 31st May 2025

This is to bring to your kind notice that the SLMA Expert Committee on Tobacco Alcohol and Illicit Drugs has decided to forward a memorandum to ensure the establishment of a “Tobacco free generation for those born after 2010”.

As the new Minister of Health, concerned about the health and welfare of the nation, we are sure that you will forward this proposal through a cabinet paper with subsequent adoption by the parliament, after the required legislation is drafted by the Legal Draftsments' Department. As you are aware “Tobacco- Free Generation Policy” has already been adopted by the parliaments of the United Kingdom and Maldives.

We will need the support of all the stake holders involved in the control of the tobacco product in Sri Lanka to achieve our goal. The document to introduce this policy prepared by the SLMA is attached for your kind consideration.

We hope to release this document to the press on World No-Tobacco Day which falls on 31st of May 2025.

Thank you.

Yours sincerely,


Dr. Anula Wijesundere
Chairperson
Expert Committee on Tobacco & Alcohol
Illicit Drugs

CC: NATA
ADIC

Dr. Surantha Perera
President, SLMA



**12.5 Expression of Concern Regarding the Resignation of Dr Saveen Semage, CEO of NMRA**

 ජාතික ඖෂධ නියාමන අධිකාරිය தேசிய மருந்துகள் ஒழுங்குபடுத்தல் ஆதிகார சபை National Medicines Regulatory Authority		
මගේ අංකය எனது இல. My No.	ඔබේ අංකය உமது இல. Your No.	දිනය திகதி Date
		20.05.2025

His Excellency Mr. Anura Kumara Dissanayake
 President of Democratic Socialist Republic of Sri Lanka
 Presidential Secretariat
 Colombo 01

Dear Sir,





Expression of Concern Regarding the Resignation of Dr. Saveen Semage, CEO of NMRA

The National Advisory Committee (NAC) of the National Medicines Regulatory Authority (NMRA) wishes to express its deep concern regarding the recent resignation of Dr. Saveen Semage, Chief Executive Officer of the NMRA, following reported threats to his life.

The NMRA was established as an independent authority under the National Medicines Regulatory Authority Act No. 5 of 2015. Since its inception, the Authority has made significant strides in the evaluation, registration, and regulation of medicines in Sri Lanka. Dr. Semage has served as CEO during two separate terms — from November 2021 to May 2022, and again from January 2024 — and has been widely recognized as a personable yet resolute leader.

During his tenure, Dr. Semage played a pivotal role in addressing long-standing issues related to drug regulation process in Sri Lanka. His efforts to dismantle monopolistic and oligopolistic practices and other issues has contributed to expediting the drug registration process, clearing the backlog of pending applications, and streamlining the re-registration of medicines, which have had a positive impact on both regulatory efficiency and public spending.

It has been reported that Dr. Semage lodged a formal complaint with the police after two unidentified individuals allegedly attempted to break into his residence on May 9. He subsequently resigned, citing concerns for his personal safety.

 +94 11 269 51 73 +94 11 269 88 96/7	 +94 11268 97 04	 www.nmra.gov.lk
 info@nmra.gov.lk		

NMRA, No. 120, Norris Canal Road, Colombo 10, Sri Lanka.



ජාතික ඖෂධ නියාමන අධිකාරිය
தேசிய மருந்துகள் ஒழுங்குபடுத்தல் அதிகார சபை
National Medicines Regulatory Authority

The National Advisory Committee (NAC) serves to advise the Minister of Health and the NMRA on matters concerning the effective implementation of the National Medicines Policy of Sri Lanka. In this capacity, we are gravely concerned that threats to the CEO's life — leading to his resignation — may indicate undue interference with the independent functioning of the NMRA.

We respectfully urge the relevant authorities to expedite the investigation into these threats and to take all necessary measures to safeguard the independence and integrity of the NMRA.

Yours sincerely,

Dr. Surantha Perera
Acting Chairman
National Advisory Committee NMRA

Prof. Pradeepa Jayawardane
Secretary
National Advisory Committee NMRA

CC:

1. Hon. Prime Minister, Democratic Socialist Republic of Sri Lanka
2. Hon. Minister of Health and Mass Media, Ministry of Health and Mass Media
3. Hon. Minister of Defence, Ministry of Defence
4. Inspector General of Police, Sri Lanka Police

**12.6 138th Anniversary International Medical Congress of the Sri Lanka Medical Association (SLMA)****SRI LANKA MEDICAL ASSOCIATION**

Established in 1887
"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

President

Dr Surantha Perera

President Elect

Dr Manika Sumanatilleke

Immediate Past President

Dr Ananda Wijewickrama

Vice Presidents

Professor Sachith Mettananda

Dr Susie Perera

Honorary Secretary

Dr Asiri Hewamalage

Honorary Assistant Secretaries

Dr Isshani Fernando

Professor Kumara Mendis

Professor Ruwanthi Perera

Professor Sumudu Nimali Seneviratne

Honorary Treasurer

Dr Bodhika Samarasekera

Honorary Assistant Treasurer

Dr Udana Rathnapala

Public Relations Officer

Dr Christo Fernando

Social Secretaries

Dr Pramilla Senanayake

Dr Nilanka Wickramasinghe

Past Presidents' Representative

Professor Anuja Fernando

Co-Editors (CMJ)

Professor Senaka Rajapakse

Professor Athula Sumathipala

Council Members

Professor Anuja Abayadeera

Dr Niroshan Atulgama

Dr Vinya S. Ariyaratne

Professor Ishan De Zoysa

Dr M.H. Aruna Devapriya De Silva

Dr M. Sarath Gaminie De Silva

Dr D.G. Thilanka I. Dodangoda

Professor Samath D. Dharmaratne

Dr D.M.C. Duminda Dissanayake

Dr Malik Fernando

Dr Padma S. Gunaratne

Dr Lucian Jayasuriya

Professor Saroj Jayasinghe

Dr V.S.M.C.K.B. Jayawardena

Dr Lahiru Kodithuwakku

Dr M. Sajitha S. Mallawaarachchi

Dr V. Murali

Dr B.J.C. Perera

Professor Jennifer Perera

Dr J.M.S. Dineshan Ranasinghe

Dr Darshana Sirisena

Professor N. Suganthan

Dr Marius Suranjan

Dr S.V. Tharindi N. P. Suriapperuma

Dr Rameshkumar Thevarajah

Professor Vijayakumary Thadchanamoorthy

Dr Anula Wijesundere

Dr Preethi Wijegoonewardene

Professor W.A.N.D. Wickramasinghe

MEDIA STATEMENT

Heads of all print, electronic and social media channels/ platforms,

138th Anniversary International Medical Congress of the Sri Lanka Medical Association (SLMA)

138th Anniversary International Medical Congress of the SLMA will be held from 23rd to 26th July at Cinnamon Grand Hotel Colombo. The SLMA Medical Congress, known as the country's premier medical conference will bring together top policy makers, researchers, academics, UN and development partners and medical professionals from Sri Lanka and beyond.

This year's congress comprises of 14 symposia, six collaborator sessions, four orations, six guest lectures, two panel discussions and plenaries each, medical debate and three policy forums. Professor Steve Turner, President Royal College of Paediatrics and Child Health, United Kingdom will be the Chief Guest, while Dr. Anil Jasinghe Secretary, Ministry of Health and Mass Media will be the guest of honour.

We kindly request you to give maximum media coverage for the event. Should you need further information please reach out to,

- Dr. Asiri Hewamalage - Honorary Secretary, SLMA - 0777 513650
- Dr. Christo Fernando - Public Relations Officer, SLMA - 0777393930
- Ms. Nadeesha Dahanayake - Administrative Officer, SLMA - 0722771434

Yours Sincerely,

Dr. Surantha Perera
President
Sri Lanka Medical Association

Dr. Surantha Perera
MBBS(Col) DCH(SL) MD Paediatrics (SL)
DCH(UK) FRCP(Edn) FRCPCH(UK)
President
Sri Lanka Medical Association


Dr. Asiri Hewamalage
Honorary Secretary
Sri Lanka Medical Association

Dr. Asiri Hewamalage
MBBS (Colombo)
MSc & MD Community Medicine (Colombo)
GradCertESL & MEd-Inclusive and
special education (Monash-Australia)
Secretary
Sri Lanka Medical Association

Tel: +94(0)11-2693324 Fax: +94(0)11-2698802
e mail: office@slma.lk website: www.slma.lk



**12.7 Government approval for cannabis cultivation in Sri Lanka**



SRI LANKA MEDICAL ASSOCIATION
Established in 1887
"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

18th August 2025

Hon. Anura Kumara Disanayake
His Excellency, President of Sri Lanka
Presidential Secretariat
Colombo 1.

Your Excellency,

Government approval for cannabis cultivation in Sri Lanka

The Sri Lanka Medical Association, which is the academic body representing all the medical professionals in Sri Lanka, is extremely concerned by the announcement that foreign companies will be allowed to grow cannabis in Sri Lanka. We strongly urge the government to reverse this decision. There are many compelling reasons for this.

- The term "medicinal use" that has been used when announcing this decision is misleading. Approved use for cannabis and related products, even in countries such as the United Kingdom and the United States is confined to a very few and rare conditions.
- The quantities of cannabis required to produce such medicines in use and for further research does not necessitate it to be grown in large tracts of land in Sri Lanka, when other countries are currently producing hundreds of tons of this substance for the same purpose. In fact, the amount of cannabis grown for medicinal and pharmaceutical purposes has significantly decreased since 2021, according to the International Narcotic Control Board (INCB).
- It is well known that there is a concerted global effort by the cannabis multinationals to expand their markets to offset billion-dollar losses that they have suffered during the past. In countries that they have perceived resistance, their strategy is taking a stepwise approach, which will eventually lead to dismantling restrictions in place over time.
- Allowing cannabis cultivation for "export" should be considered such a "beneficial" sounding initial step, which will unlock their road to success. This decision is therefore the first breach of the dam that protected Sri Lankans from the scourge of widespread use of cannabis.
- Prices of cannabis products have fallen steeply during the last decade in world markets due to over-supply. Predictions of it being a miracle cure for economic issues that poor countries face, that have been made over the years, have been shown to be spurious. Some countries that fell into this trap early, are seeing the "investors" disappearing and the actual inflow of foreign currency being miniscule compared to the estimates.

President
Dr Surantha Perera

President Elect
Dr Manika Sumanatilake

Immediate Past President
Dr Ananda Wijewickrama

Vice Presidents
Dr H.S.R.P. De Silva
Professor Sachithi Mettananda

Honorary Secretary
Dr Asin Hewamalage

Honorary Assistant Secretaries
Dr Ishani Fernando
Professor Ruwanthi Gunasekera
Professor Kumara Mendis
Professor Sumudu Nimah Seneviratne

Honorary Treasurer
Dr Bodhika Samarasekera

Honorary Assistant Treasurer
Dr Udana Rathnapala

Public Relations Officer
Dr Christo Fernando


Social Secretaries
Dr Pramilla Senanayake
Dr Nilanka Wickramasinghe

Past Presidents' Representative
Professor Anopi Fernando

Co-Editors (CMJ)
Professor Madani A. Nindila
Professor Athula Sumathipala

Council Members
Professor Anupa Abeyadewa
Dr Niroshan Atulgama
Dr Vinya S. Anyaratne
Professor Ishani De Zoysa
Dr M.H. Anura Devapriya De Silva
Dr M. Sarath Gama De Silva
Dr D.G. Thilanka I. Dissanayake
Professor Samath D. Dhamaratne
Dr D.M.C. Duminda Dissanayake
Dr Malik Fernando
Dr Padma S. Gunaratne
Dr Lucian Jayasinghe
Professor Satya Jayasinghe
Dr V.S.M.C.K.B. Jayawardena
Dr Lahiru Kodithuwakku
Dr M. Saptha S. Mallawaarachchi
Dr V. Marali
Dr B.J.C. Perera
Professor Jennifer Perera
Dr J.M.S. Dineshan Ranasinghe
Dr Dhanusha Siriwardena
Professor N. Sugathan
Dr Manius Suranjan
Dr S.V. Tharinda N. P. Sarapperuma
Dr Rameshkumar Thevarajah
Professor Vijayakumari Thadchanamoorthy
Dr Anula Wignesundera
Dr Preethi Wignepriewandene
Dr W.A.N.D. Wickramasinghe

Tel: +94(0)11-2693324 Fax: +94(0)11-2698802
e mail: office@slma.lk website: www.slma.lk





SRI LANKA MEDICAL ASSOCIATION

Established in 1887

"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

- If the government is looking for foreign currency inflows, the amount of investment promised through this policy is a few million dollars which mainly consist of one-time inflows. Compared to around 500 million dollars sent to this country each month by expatriate workers, it is a drop in the ocean. Such "investments" will not help Sri Lanka to settle its current debt of around 100 billion dollars to any extent. Therefore, there is no logical or economic reason to implement such a potentially harmful policy for a comparatively minute return, unless there are unseen benefits to unseen groups.
- We are of the view that, "secure" plantations of any sort are practically impossible to operate in the context of Sri Lanka. Currently the enforcement agencies seem unable to address even the widespread availability and use of cannabis and other illegal drugs in the country. We seriously doubt that the so-called "investors", enforcement agencies or the politicians that backed this process will take responsibility when such plantations contribute to increased availability of cannabis in the streets of Sri Lanka.
- Despite claims of medical benefits, there are many health harms of cannabis including mental disorders such as depression and schizophrenia, cannabis use disorders and serious lung ailments. It also affects brain development of adolescents and is associated with self-harm and suicide as well as road traffic accidents, that already are major killers in Sri Lanka.
- The tobacco and alcohol industries too have invested billions of dollars in cannabis multinationals, which should be considered a clear indication where such promised "investments" are heading.

Therefore, we sincerely hope that you would not support the cannabis multinationals to expand their market and increase their profit, by allowing them to take this crucial step to unlock the door to further dismantling of laws and regulations that are protecting the people of this country. The process, which has been set in motion by your government will ultimately cause significant health and social harm and untold misery to the people of Sri Lanka which they do not deserve.


Dr. Surantha Perera
President, SLMA



Dr. Anula Wijesundere
Chairperson, Expert Committee of SLMA on
Tobacco, Alcohol and Illicit Drugs

Cc:

Hon Harini Amarasuriya, Prime Minister
Hon. Nalinda Jayatiassa, Minister of Health and Mass Media
Hon. Sunil Handunneththi, Minister of Industry and Entrepreneurship Development
Secretary, Ministry of Health
Director General Health Services, Ministry of Health

Tel: +94(0)11-2693324 Fax: +94(0)11-2698802
e mail: office@slma.lk website: www.slma.lk





12.8 Public Webinar

Healthy Living: The Crucial Role of No Added Sugar Products Across All Life Stages

PUBLIC WEBINAR – 20/08/2025

HEALTHY LIVING

THE CRUCIAL ROLE OF NO ADDED SUGAR PRODUCTS ACROSS ALL LIFE STAGES

Launch of the 'No Added Sugar Yogurt Project'

Organized by the **Expert Committee on Non-Communicable Diseases (NCDs)** of the **Sri Lanka Medical Association (SLMA)**

The Expert Committee on Non-Communicable Diseases (NCDs) of the Sri Lanka Medical Association (SLMA) conducted the inaugural session of its public seminar series on **“Healthy Living: The Crucial Role of No Added Sugar Products Across All Life Stages”** at the SLMA Auditorium on 20 August 2025.

The Burden of Sugar and Non-Communicable Diseases

Modern dietary patterns have significantly increased the consumption of **free sugars**—sugars added during food processing and preparation. This dietary trend poses a serious public health challenge, particularly in developing countries such as Sri Lanka, by contributing to the rising burden of NCDs including **obesity, type 2 diabetes mellitus, cardiovascular disease, certain cancers, and dental caries (1)**.

Excess sugar intake is harmful at every stage of life:

- **Children:** Early exposure to sweetened foods fosters a preference for sugary flavors, increasing the risk of childhood obesity and dental decay.
- **Adults:** Reducing added sugars is central to preventing long-term complications such as type 2 diabetes, hypertension, and heart disease.
- **Older adults (>65 years):** Limiting sugar intake helps regulate blood glucose levels, supports metabolic health, and improves overall quality of life.

A recent study in the Colombo district (Mututanthri et al., 2022) revealed that 813 preschool children (aged 4–5 years) consumed an average of 57.9 g of free sugars daily (equivalent to ~14.5 teaspoons), representing 21.1% of their daily energy intake. Alarming, the World Health Organization (WHO) recommends limiting free sugar intake to <5% of daily energy—indicating that nearly all (96%) of these children exceeded the safe limit by a fourfold margin (2).



Yogurt as the First Step: The ‘No Added Sugar Yogurt Project’

For the past six years, the SLMA Expert Committee on NCDs has advocated for reducing added sugars in foods through sustained dialogue with stakeholders across the state and private sectors.

Yogurt was selected as the first intervention for the following reasons:

1. **Early childhood feeding:** Yogurt is often introduced during infancy. Added sugars can promote a “sweet tooth,” reinforcing unhealthy dietary preferences into adulthood.
2. **Common dietary choice:** Yogurt is widely consumed across all age groups as a snack, dessert, or comfort food, and can be paired with natural fruit instead of added sugar.
3. **Nutritional role in care:** Yogurt is frequently included in diets for older adults, patients in terminal care, and those requiring palliative nutrition.

In Sri Lanka, a standard **80 g cup of plain yogurt** contains **4–5 g of naturally occurring lactose**, yet most commercially available products add **~8 g of sugar** on top of this natural content. This nearly doubles the sugar load per serving, making yogurt a significant contributor to excess sugar intake.

Through today’s initiative, the **SLMA officially launched the “No Added Sugar Yogurt Project”** as part of its broader **“No Added Sugar in Food” campaign**. The project aims to engage manufacturers, policymakers, and healthcare professionals in promoting yogurt varieties without added sugar, thereby offering the public a healthier, more sustainable choice.

Call to Action

The SLMA Expert Committee on NCDs emphasizes that this initiative is not only about reformulating a single product, but about **reshaping the national food environment** to safeguard the health of future generations. By eliminating added sugars where they are unnecessary, Sri Lanka can make a significant step toward curbing the epidemic of NCDs.

Issued by:

Expert Committee on Non-Communicable Diseases
Sri Lanka Medical Association (SLMA)

References:

1. Weeratunga et al. Per capita sugar consumption and prevalence of diabetes mellitus – global and regional associations, BMC Public Health 2014, 14:186
 2. Mututanthri S, Thoradeniya T, Samaranayake A, Harris R. *Free sugar intake and associated factors among Sri Lankan preschool children*. BMC Nutr. 2022; 8(1):137. doi:10.1186/s40795-022-00638-0.
-



12.9 Do it For Her: Sri Lanka's First-Ever Nationwide Triathlon to Fight Breast Cancer

Press Release

Do It For Her: Sri Lanka's First-Ever Nationwide Triathlon to Fight Breast Cancer

Colombo, Sri Lanka – [Insert Date] – For the **first time in Sri Lanka's history**, a triathlon will be held not for athletes or medals, but for **mothers, sisters, wives, daughters, and friends** whose lives are cut short every day by breast cancer.

Every day, **15 women in Sri Lanka are diagnosed with breast cancer and 3 die**. Most of these deaths can be prevented through **early detection and monthly self-breast examination**. That life-saving message is now being carried nationwide through the **TLC Triathlon 2025**.

This October—**every Sunday, in all four corners of the island**—Sri Lanka will unite for a symbolic triathlon:

- **5th October – Kilinochchi (North)**
- **12th October – Batticaloa (East)**
- **19th October – Matara (South)**
- **26th October – Colombo (West)**

The event is built around the theme **"Touch. Look. Check." (TLC)**—a reminder for every woman above 20 years to perform a self-exam once a month. Each segment of the triathlon—swim, bike, run—symbolises the strength, endurance, and commitment needed to survive and fight cancer.

The TLC Triathlon is **not for athletes alone**. It is for families, communities, and every Sri Lankan who wants to stand against breast cancer. Participants, dressed in **pink**, will race for "her"—because protecting women's health is not only a woman's responsibility. Husbands, sons, brothers, and children all have a role to play in reminding and supporting the women they love to check themselves.

The campaign is organised by the **Sri Lanka Medical Association (SLMA)** together with the **Indira Cancer Trust**, in partnership with the **Ministry of Health**, the **Sri Lanka College of Oncologists**, the **Sri Lanka Society of Breast Surgeons**, the **College of Community Physicians**, and supported by **Rotary**, **Lions International**, **Red Cross**, **Scouts**, **Girl Guides**, **Roshan Mahanama Trust** and other civic partners.

Powerful backing has also been pledged by Sri Lanka's leading media groups—**Sirasa/MTV**, **Shakthi TV**, and **Wijeya Newspapers**—who will run an **unprecedented two-month nationwide campaign** developed by our creative partners **Media Monkey**, from August through October. Corporate partners include **Commercial Bank (Gold Sponsor)**, **Melwa Conglomerate (Silver Sponsors)** along with **Pyramid Wilmar**, **CIC Holdings**, **Medisurg International**, **Damro** and **Hameedias (Bronze Sponsors)** and our partners **G360**, **Sound Asia**, **Emerging Media**, **The Papare**, **Aitken Spence Travels**, **Pelwatte Dairies** and **Perera and Sons**.

With more than **4,000 participants expected** and extensive media engagement, TLC Triathlon 2025 will be the **largest breast cancer awareness campaign ever attempted in Sri Lanka**. It is not just a race, but a revolution in how the country talks about breast health, early detection, and prevention.

Do it for her. Do it for every woman you love. This October, let's make Sri Lanka pink with purpose.



Annexure 13: Policy Forums

13.1 SLMA – CKD Policy Forum

Funding Renal Services in Sri Lanka: Towards Sustainability and Equity

1. Background

Chronic kidney disease (CKD) is a pressing public health challenge in Sri Lanka. It affects an estimated 10% of the adult population, due to conventional risk factors like diabetes mellitus and hypertension as well chronic kidney disease of unknown origin (CKDu). The provision of renal replacement therapy (RRT)—including haemodialysis, peritoneal dialysis, and kidney transplantation—remains heavily dependent on public funding through the Ministry of Health, Sri Lanka.

Despite the commendable expansion of services over the past decade, the current funding model is under increasing strain. Escalating costs, regional disparities, and dependence on external donations for consumables undermine sustainability. Furthermore, inequities persist, particularly in rural and estate populations, where access to nephrology services is limited.

This concept note aims to initiate a structured policy dialogue on developing a sustainable and equitable funding model for renal services in Sri Lanka.

2. Objectives

Evaluate the current state of funding for renal services in Sri Lanka.

Identify gaps in financial coverage, resource allocation, and cost-effectiveness.

Propose sustainable financing models and explore public-private partnerships.

Mobilize multi-sectoral collaboration for long-term renal care sustainability.

3. Date & Venue

Date: 25th July

Venue: 138th Anniversary International Medical Congress of Sri Lanka Medical Association, Cinnamon Grand, Colombo

4. Key Stakeholders

Ministry of Health, Sri Lanka

Sri Lankan Treasury

Ministry of Finance and National Planning

National Procurement Agencies

Provincial Health Departments

Sri Lanka Medical Association (SLMA)

Sri Lanka Society of Nephrology (SLSON)

World Health Organization (WHO) – Sri Lanka

International Society of Nephrology (ISN)

World Bank / Asian Development Bank representatives

Private hospital sector

Representatives of industry

Patient advocacy groups and CKD survivor networks

University academics (Health Economics, Public Health, Nephrology)

5. Forum Format

1. Opening Remarks: Secretary, Ministry of Health (5 mins), President SLMA (5 mins)
2. Keynote Address: “Global Strategies for Sustainable Renal Service Financing” – Prof Magdi Yaquooob (10 mins)
3. Plenary Sessions: (10 mins each)
 - » Burden of Kidney Disease in Sri Lanka: Epidemiological & Economic Dimensions – National Renal Disease Prevention and Research Unit
 - » Public Health Expenditure and Renal Services: Where Do We Stand? – Ministry of Health/ Treasury
 - » Global Financing Models – Lessons for Sri Lanka – WHO representative

6. Key Discussion Points

- Renal care costs as a percentage of national health expenditure.
- percentage allocated to essential components (prevention, Treatment for CKD mitigation, HD, CAPD, Renal supportive care, Transplantation)
- Disparities in access to HD, PD, and transplantation by district/province.
- Ways to mitigate disparities
- CKD allowance – consensus
- Role of private sector

7. Key Deliverables

- A policy document: “Financing Renal Services in Sri Lanka – Gaps, Priorities, and Reform Pathways.”

8. References

1. International Society of Nephrology. Global Kidney Policy Forum Reports 2023.
2. WHO. Global Kidney Health Atlas, 2nd Ed., 2020.
3. Ministry of Health, Sri Lanka. Annual Health Accounts 2023 (Preliminary Estimate).
4. Himmelfarb J, et al. Sustainable Kidney Care in LMICs. Lancet. 2018;392(10161):2448–63.
5. ISN-DOPPS. Cost-Effectiveness of Dialysis Modalities in LMICs, 2022.

13.2 SLMA Advocacy Brief

[SLMA POLICY FORUM - MARCH]

Advocacy Brief – Urgent Attention Required

The need to ensure that health professionals have a safe place to work

This incident is probably the tip of the iceberg. Many incidents of sexual harassment in many forms go unreported unnoticed, create work stress and dissatisfaction, and affect the self-respect and health professional attitudes towards their service as being a valued

person providing a dignified, important service.

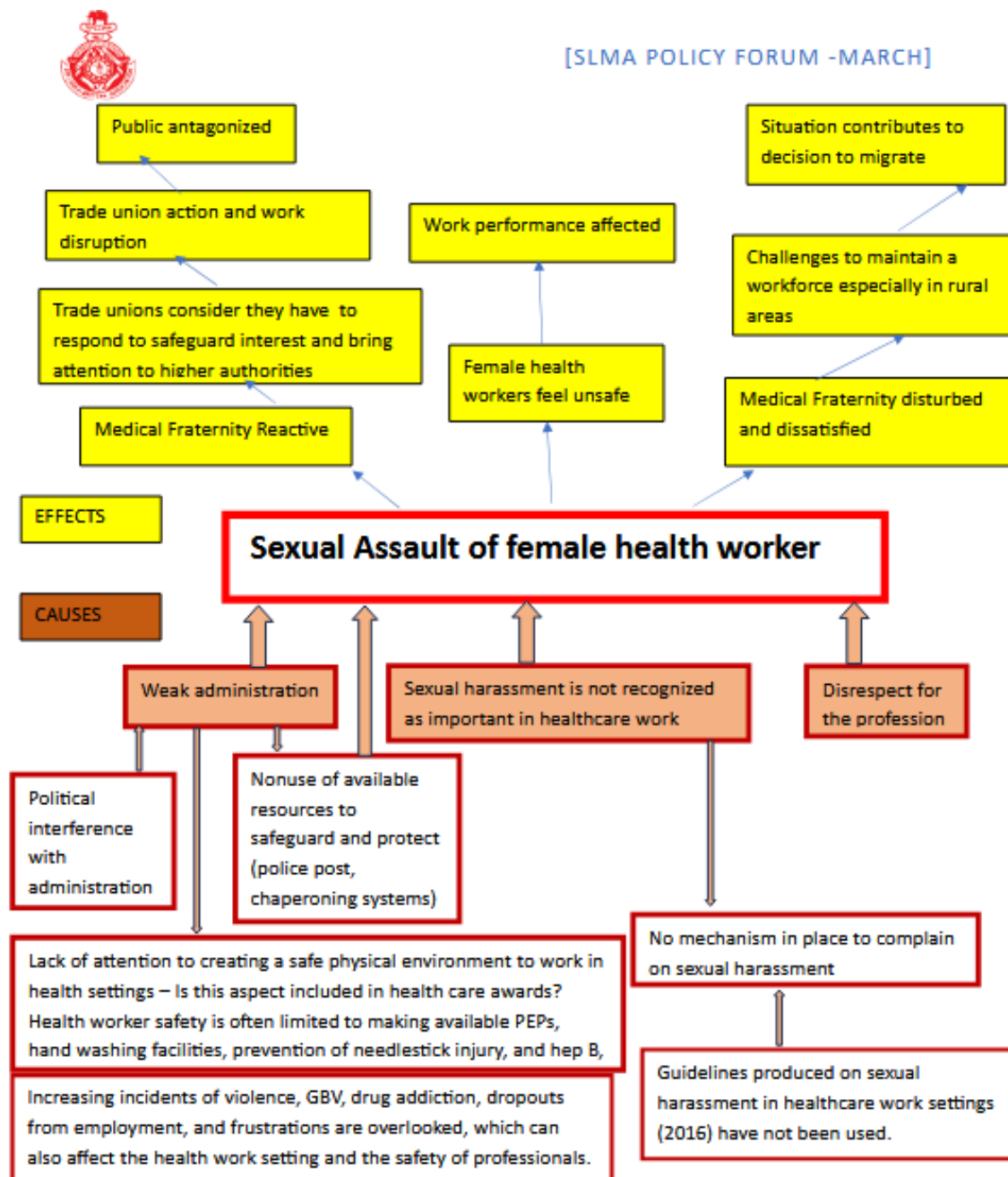
This incident has caused ripple effects of anger and mistrust between health authorities and health professionals, acts of service disruptions, and mixed reactions among the public, who expect uninterrupted service despite the severity of the horrific incident that occurred.

Let us analyze the potential causes and effects of this incident, or of an incident of sexual harassment.

The diagram indicates that many situations are implicated as causes. This incident's effects are likely to be immediate or long-lasting. Obviously, both need to be addressed.

If not addressed, they contribute to a vicious cycle where the public, no doubt, whilst wanting the service from a noble profession, also resents the people who deliver. There will be growing tension and dissatisfaction among health professionals.

The SLMA strongly advocates to the Ministry of Health and higher government that the following actions be taken, which are not merely corrective measures at the institution per se (TH Anuradhapura) but serve as a case in point to establish a system for the safety and protection of health professionals in their workplaces.





[SLMA POLICY FORUM -MARCH]

Immediate action

Avoid service disruption

- a. Assure all health professionals that workplace protection measures will be addressed within a defined period of time.
- b. SLMA will provide within one week a checklist to be adopted by all health institutions to assess and take action to ensure workplace protection
- c. Make use of available resources and mechanisms to protect the work setting and, in particular, the female doctors. (police posts can also do patrols, and the public should also know of such interventions in place)
- d. Establish hospital safety committees with administrations, consultants, medical officers and representation from other staff to overlook the safety of their hospitals.

Intermediate action


- a. Recall and adopt the guideline to address Sexual harassment in the workplace, produced in 2016 by the SLMA, which the Ministry has already agreed to implement – this is noting that mechanisms in place to address will also have an effect on the prevention
- b. All health administrators must be updated on their responsibilities to ensure a safe environment for patients and health workers.
- c. Adopt a zero-tolerance policy for workplace harassment. This involves creating confidential complaint mechanisms and an inquiry system within each hospital. This is for both the healthcare workforce and patients.

Long term action

- a. Health institutions should be assessed on different parameters (clinical care, providing responsive care, -and as much as past emphasis has been on the cleanliness and orderliness of the hospitals and the gardens, it is important to emphasize the quality and safety of the working environment).
- b. All staff can pursue continuous professional development in violence prevention, action and safeguarding, personal protection, and interpersonal relationships in work settings. Online training can be organized to enhance their understanding of reporting.
- c. Such a program can be included in other professional training through the NAITA and even for other professionals like Teachers, Service personnel, etc.



13.3 Informing Policy towards Better Financing for Aged Care



2/21/25
ADVOCACY BRIEF OF THE SRI LANKA MEDICAL ASSOCIATION POLICY FORUM ON FINANCING AGED CARE IN SRI LANKA

Informing Policy towards better Financing for Aged care

VISION
Ensure the health and wellbeing of all elderly persons in Sri Lanka

MISSION
Uplift health and social support services for the elderly

OBJECTIVE
Introduce fully funded, cost effective interventions to expand services to the elderly through primary healthcare, community based care and through mechanisms to address isolationism arising from migration of younger carers

1



2/21/25
ADVOCACY BRIEF OF THE SRI LANKA MEDICAL ASSOCIATION POLICY FORUM ON FINANCING AGED CARE IN SRI LANKA

INTRODUCTION

"Sri Lanka has become one of the fastest aging countries in the world. Its share of the population over 60 years of age, which was 12% in 2014, has exceeded the average of all countries in the South-East Asian region. According to population projections, this proportion will reach 28.5% by 2050. With ageing as the major non-modifiable risk factor for dementia, an epidemic of dementia is a certainty in Sri Lanka" – The National Institute of Health's National Library of Medicine (NIH/NLM)-

An ageing population brings with it an increase in physical and mental impairments and a need for more and more assisted care domestically and in care institutions. The National Institutes of Health's National Library of Medicine (NIH/NLM) says that "according to an epidemiological study done on dementia in semi urban and sub-urban populations in Sri Lanka, the prevalence of dementia was found to be 4%. With the projected rise in the ageing population, this is bound to increase in the years to come. Despite having a well-established healthcare system in Sri Lanka almost in par with developed countries, it is not geared to handle medical and social issues of rapidly expanding elderly people and notably that of dementia patients.

As a rapidly ageing country, Sri Lanka needs to think ahead (if it is not already too late) about how to provide aged care, including for dementia afflicted persons. Currently, older individuals are accommodated within the general health system. However, it is important to note that aged care is not solely about medications and hospitalization; it requires a range of services for the long-term care of a growing frail older population. Many of these individuals may be living alone without family caregiver support and are unable to access the services they need.

According to the World Bank, 80.97% of Sri Lanka's population lived in rural areas in 2022. The rural sector is also home to four-fifths of the country's poor people, with almost half of them being small-scale farmers. Sri Lanka's urban population is relatively small, with only around 18% of the population living in urban areas. The International Fund of Agricultural Development (IFAD) states that although the rural population is large, there is a dearth of research on health and socioeconomic issues in this group.

Sri Lanka's model of primary health care, available free through a government health system with island wide availability, forms a sound basis for providing universal health coverage. However, this system is increasingly under pressure notably from the high burden of non-communicable diseases (NCDs), increasing elderly care needs and the growing out of pocket expenditure for chronic diseases. Whilst the government's commitment to maintaining universal health services of good quality for all continues, the need for change has been recognized. The government is exploring now how a rational model of care can best be instituted given limited resources.



ADVOCACY BRIEF OF THE SRI LANKA MEDICAL ASSOCIATION POLICY FORUM ON FINANCING AGED CARE IN SRI LANKA

2/21/25

The primary healthcare system in Sri Lanka has a community health service (focusing mainly on maternal and child health and on communicable diseases and adopting prevention and health promotion strategies, based on the health unit system. The health units have defined catchment areas that coincide with local government administrative units and currently number 341 areas. Also known as MOH areas, they are managed by a medical doctor, supported by public health field staff), and a curative service (consisting of 496 Divisional hospitals providing both hospitalization and ambulatory services and 474 Primary Medical Care units providing only ambulatory care which function with non-specialist medical doctors and other staff).

Sri Lanka has more than a basic infrastructure for its communicable diseases. The challenge now is increasing from non-communicable diseases (NCDs) and elderly care needs including such needs for persons with dementia. It is in this backdrop that some strategies for more effective and efficient financing for aged care in Sri Lanka are presented.

A snapshot of the present demographic changes Sri Lanka is facing

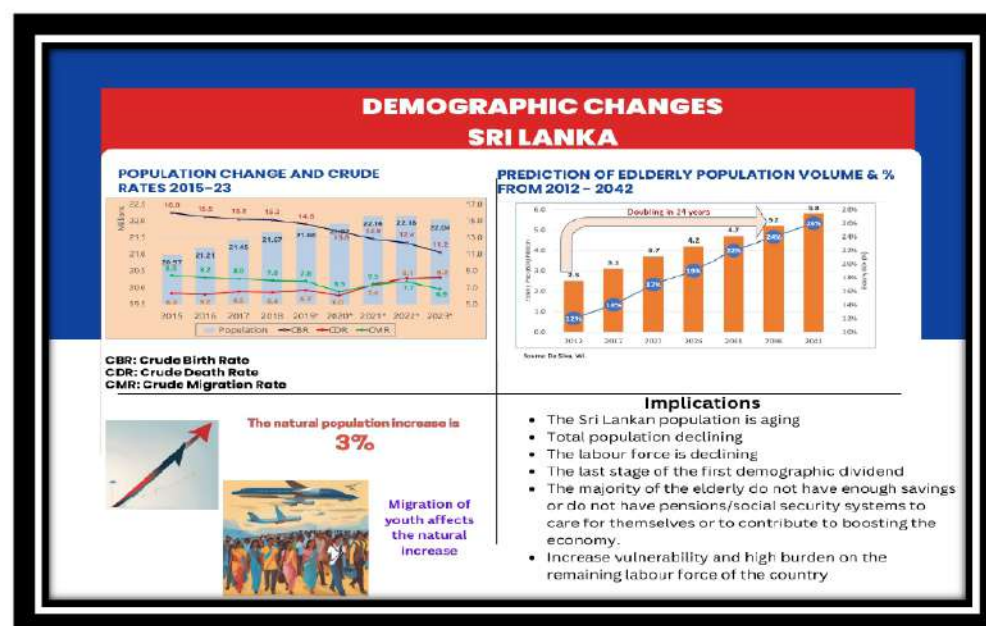


Figure 1: These details were extracted by the presentation made by Prof. W.I De Silva on SLMA Policy Forum 21st February 2025



ADVOCACY BRIEF OF THE SRI LANKA MEDICAL ASSOCIATION POLICY FORUM ON FINANCING AGED CARE IN SRI LANKA

2/21/25

High level challenges to focus on when considering strategies for financing aged care within the backdrop of population demographic changes, economic upheavals and transformations

The following are two key challenges to focus on.

Challenges and Opportunities

Strategizing health & social support for the elderly

Sri Lanka must strategize health and social support for its aging population amid an economic downturn, high migration out of the country creating constraints on care for the elderly, declining fertility, and low savings among older people for health and social support.

Promotion of wellness & healthy aging

Focusing on a promotive aspect, we need to ensure that aging happens actively, with the full participation of people who want to take care of themselves and enjoy better health for longer. An adequate orientation on wellness and active aging promotion is necessary for this. A multi-sector approach is needed here.

In designing strategic options for financing aged care, it is well to remember that challenges also present opportunities. The reality of demographic changes within the context of global economic transformation offers dividends for the future even if some dividends were not realized in the past.

The two demographic dividends -

- The first was the growth in the youth population, which has just begun to decline – ending in 2028- did we adequately make use of this? We mainly exported this youth for overseas employment and probably have lost an adult population that needs to support our older population.
- The second is that young elders can still contribute to the economy and development—we must not lose this dividend.

These two potential demographic related dividends can and should be pursued when considering strategies for financing aged care. The cultural and historical approaches and practices to aged care are bound to change in years to come and any futuristic approaches to aged care financing will have to consider opportunities that demographic changes themselves present.

Long term consideration- Promotion of fertility

To address the long-term challenges, the country may need to encourage fertility measures. It is important to identify the reasons behind reduced birth rates and to support fertility wherever possible through mechanisms such as treatment for subfertility.



ADVOCACY BRIEF OF THE SRI LANKA MEDICAL ASSOCIATION POLICY FORUM ON FINANCING AGED CARE IN SRI LANKA

2/21/25

Where will financing be needed? Goals and Objectives**Goal -Uplifting health and social support services for the elderly**

OVERRIDING NOTE – Elderly care referred to here includes care for elders with physical, mental and psychological disabilities, including elders with Dementia, Parkinson's etc. Elderly care for such persons will require more specialized primary care interventions, and community and home care-based interventions all of which will require more specialized doctors, nurses, caregivers and also programs to increase awareness within communities.

Objective 1 - Expansion of services to the elderly through primary health care**Strategies**

- As part of the primary care reforms, expanding a standard package of care for the long-term care needs of the elderly through Primary care.
- Further expansion of outreach nursing care, which was initiated in 2018, with the provision of transport facilities and communication and digital devices to ensure records and continuity of care across care levels.
- Increasing female participation in employment as Sri Lanka ranks relatively low compared to other countries regarding the doctor-to-nurse ratio. Deploying more nurses to primary care institutions (approximately 1,000) for outreach community care.
- Providing more part-time positions for nurses at primary care hospitals closer to home (This is to make sure the benefits of qualified and trained nurses who have left the workforce to care for their families are not lost to the system of aged care)

Objective 2 - Enhancing community-based elderly care**Strategies**

- Training of community cadres for caregiving for elders – there is an added impetus in supporting the economy around caregiving that will yield dividends as there will be more employment opportunities within the community and more economic activity consequently.
- Reorientation of health professionals and medical undergraduate training toward person-centered care as community care requires diverse skills and a solid understanding of social determinants. Note- Current undergraduate training for health professionals is not oriented towards caring in community or home settings but rather focuses on waiting for patients to arrive at facilities.
- Increasing financial support from the government and through partnerships with non-government entities for community models for caring for frail elders without family support because of migration and smaller family sizes and as older individuals' savings may not be adequate for their care.
- Introducing residential and non-residential care centers with staff skilled in providing the level of services needed for the elderly. This infrastructure requirement along with ensuring the necessary skilled staff will be a major expenditure related to elderly care.
- Introducing transport and logistics requirements that are required by the elderly. These requirements will have to be taken note of people with physical and mental disabilities. This infrastructure cost will be substantial too.



ADVOCACY BRIEF OF THE SRI LANKA MEDICAL ASSOCIATION POLICY FORUM ON FINANCING AGED CARE IN SRI LANKA

2/21/25

Objective 3 -Mechanisms to look after left-behind elders due to the migration of their younger carers

Strategies

- a. Allocating a component of inward migration remittances to care for the left-behind elderly. **Note- While several models could possibly be considered, a national policy in this regard will have to be developed which could include an insurance scheme to cover elderly people in the category mentioned above.**
- b. Considering introducing a mechanism for Sri Lankan migrant youth earnings from overseas employment to be invested in a high-quality elderly care fund.

Goal- Improving the efficiency of care and support for elders.

Objective 1- Greater coordination amongst relevant officials at all levels of administration to facilitate a more efficient and effective care and support service for elders.

Strategies

- a. Advocating greater coordination among these official's social support officer, an officer from the elders' secretariat, and the economic development officer assigning specific days for the social service officer to connect with the primary care hospital.
- b. Assigning specific days for the social service officer to connect with the primary care hospital and act as a link between elderly people and the primary care hospital service.
- c. Initiating regular meetings between several cadres employed across different sectors that can provide social
- d. Encouraging philanthropic and other civil society entities engagement in primary care to improve services specially for the most needed individuals requiring support such as assistive devices, lenses for cataracts, and more.

Goal - Promotion of wellness and healthy ageing

Objective – A multi-faceted approach involving all relevant stakeholders including the State, the private sector, NGOs, individuals, the media (including social media) that promotes wellness and healthy ageing as a cultural norm.

Strategies

- a. Incentivizing wellbeing – Exploring an efficiency gain through incentivizing wellness as a dividend based on the preservation of wellness for a longer time. The economic gains for all stakeholders in people being healthy and well to be the basis for a model that rewards wellness.
- b. Promoting healthy living and wellness through investments in schools from preschool onwards and in wellness-related industries.
- c. Increasing emphasis and introducing a policy framework to prevent loneliness and fostering networking through group activities in communities, in religious institutions, volunteer home visits and through other supportive means. The current commendable policy of establishing day care centers should be broad based throughout the country over time and existing built space that is underutilized and accessible to be better utilized.

Goal – An inclusive, country wide elderly care system that looks after the elderly in the country with respect, love and kindness

Objective – Development of a fully costed strategic plan with short-, medium- and long-term deliverables to achieve the above goal.



ADVOCACY BRIEF OF THE SRI LANKA MEDICAL ASSOCIATION POLICY FORUM ON FINANCING AGED CARE IN SRI LANKA

2/21/25

Strategies

- a. Incorporate all strategies noted under different goals and objectives in a Master Plan for Elderly Care in Sri Lanka. The initial plan could be a ten-year plan.
- b. Organize a meeting/s with all relevant stakeholders to discuss the plan and obtain their input and suggestions. These meetings should include representatives from all political parties, provinces, districts, local government and other relevant administrative structures.
- c. A draft to be prepared incorporating input from stakeholders and estimated costs of strategies (interventions) included in the Master Plan. The plan should indicate the primary ownership of each strategy and the source of funding for each strategy.
- d. Each strategy in the Master Plan to be classified as short term, medium term or long term, with deliverables noted against each as per the classification by each year in the ten-year Master Plan.
- e. The draft Master Plan to be circulated to all attendees of meetings noted under strategy (b) with a time frame of two weeks to submit their final comments.
- f. A high-level health and social service ministry committee to consider the final comments and suggestions and finalize the Master Plan.
- g. The final 10 year Master Plan for Elderly Care in Sri Lanka to be presented to the cabinet of ministers within three months of the commencement of activities as per strategy (a).
- h. The cabinet approved Master Plan to be the basis for policy on elderly care in Sri Lanka.
- i. The high-level committee noted under strategy (f) will undertake an yearly review of the plan and its deliverables and make necessary amendments in regard to deliverables and submit them to the Minister for Health for approval.

Conclusions

1. Health and social support cannot be delinked further
2. Financial implications would be for various interventions through the health and non-health sectors and the private sector.
3. A common national strategic plan is necessary, should be widely shared, and requires the highest level of attention for implementation.
4. Preserving wellness should be prioritized, and possible ways of incentivizing can be useful as people should feel that they are contributing towards wellbeing in older age.
5. Health professional training must be person-centered; a transformation in health professional training requires broader discussion.
6. The care economy and female participation in the workforce need to be discussed further.
7. The care economy needs to be supported so that carers can also gain financially while in Sri Lanka.
8. There is an urgent need for a community model of social support to care for older persons.
9. The government should consider policy options favouring 'young old' people to contribute to the economy
10. Considering the negative effects of migration, ways of converting them to useful gain should be explored. For example, outbound migrants could contribute to an aged care fund for themselves and for older persons caring for their families left behind, and the Medical diaspora could be attracted to give back to the health system, creating a fund for aged care.
11. Policies that address the fertility decline and subfertility need to be considered.





ANNUAL
REPORT

2025



Sri Lanka Medical Association

“Wijerama House”,
No. 6, Wijerama Mawatha,
Colombo 7, Sri Lanka