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SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists



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Editor's Note



The Sri Lanka College of Obstetricians and Gynaecologists has completed six months under the leadership of our college president Dr Sanath Akmeemana and had a packed schedule of academic and other social activities. Academic activities include, the Essentials of Obstetrics at your Doorstep (EOD) Programmes conducted at several key hospitals in the country including Teaching hospital Anuradhapura, District General hospitals at Chilaw and Gampaha and the safe motherhood programme conducted at Vavuniya on 16th May 2025.

Another key academic event was the Prof. D. E. Gunethilleke Oration was held on 25th May 2025, delivered by Consultant Cardiologist Dr. Gamini Galappaththy. Furthermore two joint symposiums were held in collaboration with the college of Anaesthesiologists and Intensivists of Sri Lanka and the Association of Neurologists in Sri Lanka.

Key social event was the Sinhala and Tamil New Year celebration held at the SLCOG on 06th of April 2025. The event was organized by the O & G Ladies Forum and was attended by the college president and membership and their respective families. The event was well organized and included various New Year games and brought much joy to all the attendees.

The SLCOG is currently busy getting prepared for our most important event of the year which is the 58th Annual Academic Congress in association with the AOFOG and supported by SAFOG which is to be held from 5th to 7th September 2025. We all look forward to this event and sincerely invite all of membership to actively take part and contribute make this event a resounding success.

Dr Udara Jayawardena
Editor

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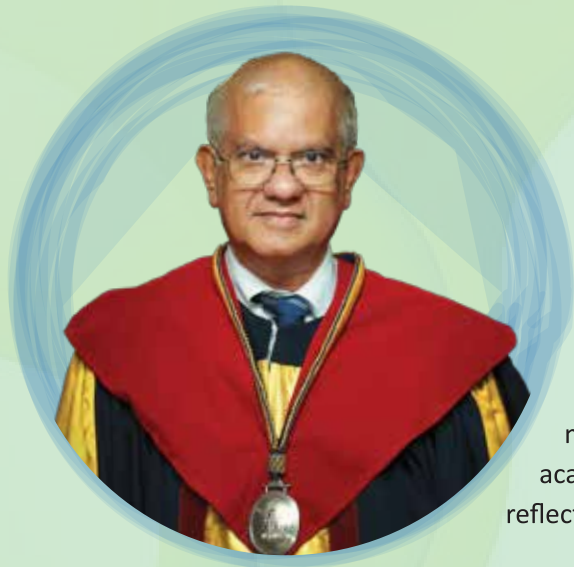
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President's Message

It is with great pleasure and honor that I address you as the President of the Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) in this June 2025 newsletter. The past three months have been a period of remarkable activities, filled with academic programmes, workshops, and collaborative initiatives that reflect our commitment in advancing women's health in Sri Lanka.

The Third Essentials of Obstetrics and at your Doorstep (EOD) Programme was successfully held on 4th April 2025 at the Teaching Hospital Anuradhapura. It was coordinated by Dr. Darshana Abeygunawardana and Dr. A. Sritharan from SLCOG. The programme was meticulously organized by Dr. Kumara Dissanayake with the support of local experts, including Dr. Nandana Hettigama, Dr. Sanath De Silva, and Dr. Ruwan Gamage. The workshop attracted many healthcare professionals specializing in maternity care, offering hands-on training and interactive sessions that were widely praised for their practical relevance.

Following this success, the Fourth EOD Programme took place on 29th May 2025 at District General Hospital (DGH) Chilaw. This event was a collaborative effort, with Dr. Walisundara and Dr. Hilmy Salih leading the local coordination, while Dr. Darshana Abeygunawardana, Dr. Achintha Dissanayaka, and Dr. A. Sritharan represented SLCOG. The programme focused on enhancing clinical skills and knowledge-sharing among participants, with resource persons delivering insightful lectures and demonstrations.

The Fifth EOD Programme, held on 19th June 2025 at DGH Gampaha, was another milestone. Consultants Dr. Prasad Rannulu and Dr. Ruwan Pathiraja spearheaded the coordination, supported by Dr. Darshana Abeygunawardana and Dr. Prabath Randoombage. The event emphasized teamwork and innovation in obstetric care, reinforcing SLCOG's mission to improve healthcare delivery across the island.

SLCOG also celebrated cultural unity with "SLCOG Avurudu Festival and Mini Trade Fair" on 6th April, organized in partnership with the O & G Ladies Forum under the presidency of Dr. Dasanthi Akmeemana and the guidance of its council. The festival was a vibrant gathering. There were many Avurudu games which everyone participated in and had a memorable time. The festival featured 26 trade stalls and fostering friendships among members and their families.

In the academic sphere, SLCOG collaborated with the Association of Neurologists of Sri Lanka to host a symposium titled "*Neurological Aspects of Pregnancy*." This programme was coordinated by Dr. Prabhodana Ranaweera from SLCOG and Dr. Kumarangie Vithanage from the Association of Sri Lankan Neurologists. This groundbreaking event brought together experts from both fields to discuss complex cases and emerging research, highlighting the interdisciplinary approach needed to address women's health challenges.

The Ultrasound Workshop, held from 25th–28th April at SLCOG and Karapitiya, was another highlight. Coordinated by Prof. Tiran Dias, the workshop included sessions led by Professor Basky Thilaganathan and Dr. Arisudhan Anantharachagan offering advanced training in diagnostic techniques. Similarly, the Laparoscopic Workshop on 3rd–4th May, Coordinated by Dr. Kumara Dissanayaka and Dr. Chinthaka Banagala, and conducted by Dr. Rajesh Modi at SLCOG and KDU, provided participants with expert knowledge, and skills in minimally invasive surgery.

The 2nd Safe Motherhood Programme at DGH Vavuniya on 15th–16th May was a testament to our commitment to improving maternal health. Coordinated by Dr. Gamini Wijewardena and Dr. Saliya Kularathna, the programme included lectures, case discussions, and a fellowship dinner, creating a platform for knowledge exchange, discussing regional health problems and professional networking.

We also honored the legacy of Prof. D.E. Gunathilleke with an oration delivered by Dr. Gamini Galappaththi on 25th May, reflecting on his contributions to our field. This event was well attended. The timeless lecture delivered by Dr. Gamini Galappaththi on how to navigate through the crossroads in managing patients was an eye opening for the gathered audience. The joint symposium “Symphony of Safety: The Art of Life Saving Collaboration” was held on 13th June partnering with College of Anaesthesiologists and Intensivists of Sri Lanka. This programme enriched the knowledge in importance of Anaesthesia in Obstetrics and Gynaecology and the shared care and responsibility between the two fields when managing pain, labour, and surgical patients. I’m grateful to Prof. Madhura Jayawardana and Dr Anoma Perera who made this programme a reality.

This year, the theme is *“Improving Reproductive Health of Women: Challenges and Opportunities An Evidence-Based Approach.”* This theme reflects our commitment to addressing critical issues in women’s health and ensuring that our approaches are grounded in evidence-based practices.

Looking ahead, the most anticipated event on the SLCOG calendar, the Annual Academic Congress of the Sri Lanka College of Obstetricians and Gynaecologists will take place from the 5th to the 7th of September 2025 at the prestigious Cinnamon Grand Hotel, Colombo. The congress will commence with a grand Inauguration Ceremony on the evening of 5th September at the same venue, setting the tone for three days of academic excellence and professional camaraderie. The College Banquet, a celebrated social highlight of the congress, will be hosted on the 6th of September at the Galadari Hotel, offering a memorable evening of fellowship and recognition.

This year’s congress will be held in collaboration with the Asia and Oceania Federation of Obstetrics and Gynaecology (AOFOG) and will be proudly supported by the South Asian Federation of Obstetrics and Gynaecology (SAFOG). It promises to be a truly international gathering, with participation confirmed by several esteemed global organizations. Notably, the Presidents of the Royal College of Obstetricians and Gynaecologists (RCOG), the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG), the European Board and College of Obstetrics and Gynaecology (EBCOG), and SAFOG will be in attendance, underscoring the significance and global reach of the event.

The Organizing Committee is diligently working to deliver a world-class academic programme and an unforgettable congress experience. The College invites the enthusiastic support and active participation of all its members to ensure the success of this landmark event in our academic calendar.

I extend my deepest gratitude to all members, coordinators, and partners for their dedication. Together, we are shaping a brighter future for women’s health in Sri Lanka.

Dr. Sanath P. Akmeemana
President, SLCOG

Secretary's Message



It is my pleasure to pen down my thoughts for the newsletter of SLCOG. It indeed has been a dynamic and fulfilling few months for the Sri Lanka College of Obstetricians and Gynaecologists, marked by a series of impactful academic and social events that have brought our community together while advancing clinical knowledge and collaborative practice.

We commenced our series of regional engagements with a successful Essential Obstetrics to your Doorstep (EOD) Programme conducted at Teaching Hospital, Anuradhapura on the 4th of April, providing a valuable platform for knowledge sharing and professional development. I would like to thank Anuradhapura Medical Association for collaboration in organizing this successful event. Our outreach efforts continued with another two EOD programmes conducted at District General Hospital, Chilaw on 29th May and District General Hospital, Gampaha on 18th June, reinforcing SLCOG's dedication to supporting obstetric and gynaecological care across the country. The safe motherhood program held at Vavuniya on 16th May was a resounding success. I would like to sincerely thank all the resource personal, sponsors and consultants at both hospitals for ensuring the successful completion of both programs.

On 06th April, we embraced the spirit of the season with the SLCOG Avurudu Uthsawaya, a celebration of tradition and camaraderie that brought much joy and fellowship to all participants.

April also saw a significant academic milestone with the Joint Symposium on "Neurological Aspects of Pregnancy", held in collaboration with the Association of Neurologists in Sri Lanka on 21st April 2025. This event facilitated important interdisciplinary dialogue and enhanced our understanding of managing complex neurological conditions in pregnancy. Most recently, on 13th June, SLCOG partnered with the College of Anaesthesiologists and Intensivists of Sri Lanka (COAISL) to present a joint symposium titled "Symphony of Safety: The Art of Life Saving Collaboration". This event showcased the importance of multidisciplinary teamwork in improving maternal outcomes and underscored the harmony required in critical care scenarios.

Continuing our commitment to academic excellence, the prestigious Prof. D. E. Gunethileke Oration was held on 25th May 2025, which was delivered by Consultant Cardiologist Dr. Gamini Galappaththy, whose insightful oration was a tribute to the legacy of Professor Gunethileke and an inspiration to us all.

I earnestly invite you to submit your abstracts for the upcoming annual congress to showcase your hard work as well as register for the interesting pre congress workshops leading up to the annual scientific congress. We extend our sincere gratitude to all those who contributed to the success of these events and look forward to continued collaboration and excellence in service, education, and research.

Dr. Achintha Dissanayake
Secretary, SLCOG



Prof D. E. Gunathilleke *Memorial Oration* 2025

The most prestigious Prof. D.E Gunathilleke Oration was held on the 25th of May 2025 at the Samson Rajapakse Auditorium, SLCOG House.

The Orator was Dr Gamini Galappaththy (MBBS, MD, MRCP-UK, FRCP London, FCCP, FACC, FESC, FAPSC), Consultant Cardiologist, National Hospital, Sri Lanka, who spoke on “Heart Diseases and Pregnancy – the Crossroads well sign posted will prevent disasters!”

The event was presided over by patron SLCOG, Dr (Mrs) Marlene Abeyewardena, President SLCOG, Dr S P Akmeemana, who awarded the Orator’s medal and certificate to Dr Gamini Galappaththy, Hon. Secretary, Dr Achintha Dissanayaka and Chairman Scientific Activities and Research, Dr A Sritharan.





CONFIDENTIAL ENQUIRIES INTO MATERNAL DEATHS (CEMD)

*Compiled by
Dr Mangala Dissanayake*



There has been a marked reduction in the number of maternal deaths globally, thanks to the improvement of maternity care services at all levels across most countries. Despite notable progress, most low- and middle-income countries still need robust mechanisms to further reduce preventable maternal deaths and achieve the Sustainable Development Goals (SDG) Target 3.1.

Maternal Death Surveillance and Response (MDSR) is a comprehensive and effective system implemented in many countries to generate powerful evidence and implement systematic changes in policy and practice. Every maternal death provides valuable information to identify lapses and deficiencies and learn lessons towards improving services. It is important to scale up the MDSR system to the next level to generate information that may not be available through formal inquiry process to design appropriate system wide actions to prevent them.

Confidential Enquiries into Maternal Deaths (CEMD) is considered the gold standard in the MDSR system and was initiated as far back as 1952 in the UK. CEMD includes surveillance and collecting confidential and anonymised information from those who provided care, and reviewing conducting a confidential review of such information by a group of National Expert Committee who would provide national-level recommendations.

In countries with very low maternal deaths, a combination of CEMD and Near Misses Inquiry has been used in combination as a platform to gain deeper insight into quality-of-maternity care and address care gaps and systemic barriers.

In Sri Lanka, maternal death investigations and mandatory notification of maternal deaths began in 1989. Since 1948, there has been a gradual decline in the Maternal Mortality Ratio (MMR) due to the expansion of maternity services. The MMR has remained static over the past decade in spite of the MDSR being effective islandwide and covering all field and institutional deaths. It is prudent to revisit the maternal death surveillance system in Sri Lanka and scale up the process to establish a CEMD island wide to generate quality information and sound recommendations.

Most maternal deaths are preventable. Preventable deaths are more likely to be identified when cases are analyzed by an independent group in a confidential manner. However, the auditing process is often flawed due to human and organizational biases and barriers. Confidential Enquiry strengthens the "no-blame, no shame" culture, which can be guaranteed through anonymisation of data, including names of patients, providers or hospitals, done prior to the point of analysis.



Initially, CEMD was piloted in Western and Southern Provinces in 2022, was expanded to include maternal deaths from the Central Province by 2024, and is operational island wide this year. SLCOG is firmly committed to ensuring the success of the CEMD process and contributed a full-time Pre-Intern doctor throughout the year to assist the FHB and facilitate documentation. In addition, SLCOG successfully organized a training program for the nominated Expert Panel consisting of consultants from relevant professional organizations at the Galadari Hotel on the CEMD process.

I sincerely thank Dr. Luxman Senanayake and Dr. Ananda Ranatunga, Past Presidents of SLCOG, who volunteered to provide their technical assistance for the CEMD process that is being conducted at the FHB. SLCOG is pleased to inform you that the Ministry of Health and the FHB have agreed to implement CEMD island-wide starting from 2025. Last year, Dr. P.G. Maheepala, former Secretary to the Ministry of Health, presented a Cabinet Paper to establish the Maternal Death Directorate to launch the CEMD process in Sri Lanka. Additionally, UNFPA has come forward to support this initiative.



Stage 1	MMR > 1 000	High fertility Predominance of direct causes of maternal death with high rate of communicable diseases.
Stage 2	MMR 300–999	Similar to stage 1 But greater proportion of woman seeking health care.
Stage 3	MMR 50–299	Fertility is variable and direct causes of mortality still predominate. More woman start reaching health facilities.
Stage 4	MMR < 50	Low fertility Important to address quality of care issues and eliminate delays within health system
Stage 5	MMR < 5	Fertility very low Avoidable deaths are averted

How CEMD Works – In a Nutshell:

01

Notification: Inform the MDSR Unit of FHB/ proposed Secretariat of maternal deaths within 24 hours of the death of a pregnant woman. This is the responsibility of the Head of the Institution, and the obstetrician could promote timely notification.

02

All clinicians and other health staff who took part in the care of the deceased mother are expected to complete the Confidential CEMD formats individually within 5 days of the maternal death. The Head of the institution/ Focal point appointed for CEMD is expected to download and hand over the blank formats to the relevant officers. These formats, designed for each category of staff, are to be filled out without any identification, such as the name (names of individuals should not be included). Each report should be enclosed in a sealed envelope and handed over to the Head of the Institution.

03

The Head of the Institution will collect the documents from all relevant staff and send them to the MDSR unit of FHB, where sealed envelopes will be opened by a committee and filed without any names of the patient, staff, or institution to be presented to the Expert Committee. This is to be done within 14 days of the death.

Head of the Institution will send separately a copy of the BHT, JMO report, and other relevant documents in a sealed envelope within 14 days of the maternal death to the MDSR Unit of FHB/ proposed Secretariat on maternal deaths, where all these documents would be anonymised and presented to the Expert Committee without any identifiable information.

04

A senior-level team from the MDSR Unit of FHB/ proposed Secretariat on maternal deaths will anonymise all documents (remove all names of individuals and hospitals) to prevent identification.

05

Two retired senior consultants to be appointed as Chief Investigators at the proposed Directorate will review all anonymised documents and prepare a Case summary to assist the Expert Committee in their review.

06

An Expert Panel, consisting of Experts nominated by the professional colleges, will be required by the MDSR Unit of FHB/ proposed Secretariat on maternal deaths to analyze the anonymised documents.

07

The Expert Panel will identify the lapses, if any, barriers to care and make national-level recommendations with the “lessons learnt” at the individual case level based on all available evidence.

08

MDSR Unit of FHB/ proposed Secretariat on maternal deaths, with the assistance of the Chief Investigators, will prepare an annual report on Maternal Deaths, outlining recommendations national level to be implemented with the responsible agencies identified at the next year.

09

Institutional Inquiry into a maternal death will be conducted at the institution with the participation of relevant staff on site in the same way as it has been conducted in the past. This component will identify the issues related to care provided at the institutional level and make recommendations to be implemented at the institutional or higher level. The anonymised information will be provided to the Expert Committee.

10

Field Investigation too will be conducted as it is being done now, independently within 14 days of the maternal death, and the reports will be sent to the MDSR Unit of FHB/ proposed Secretariat on maternal deaths as supporting documents. The anonymised information will be provided to the Expert Committee.

SAFE MOTHERHOOD PROGRAMME - NO.02 2025 District General Hospital, Vavuniya

The second Safe Motherhood Programme for the year 2025 was successfully concluded at the District General Hospital, Vavuniya, on May 16th, 2025. Capacity building of health professionals, doctors, institutional nurses, and field staff was done.



The programme was designed and launched under the leadership of Dr Sanath P Akmeemana, President of SLCOG, with the tremendous support of Dr Darshana Abeygunawardana, Chairman-Regional Activities & Developments and Dr A Sriharan, Chairman-Scientific Activities & Research. Dr Saliya Kularathne and Dr Gamini Wijewardhana coordinated the programme on behalf of the SLCOG. Many other consultants from different specialties throughout the Vavuniya district joined the programme to share knowledge with the participants.

Dr N P D Ariyaratne, Hospital Director, DGH, Vavuniya, Dr V P S D Pathirana, Provincial Director and Dr S Subaskaran, Regional Director, participated and addressed the gathering at the inauguration.

This was a one-day programme, and after the inaugural session, two parallel sessions for field staff and Hospital Staff including doctors were conducted by well-experienced senior members of the college.

At the end of the inaugural program, there was a session to provide space for discussing the challenges and problems faced by the professionals with the health administrators of the area.

At the end of the day, it was a very productive event pertaining to maternity care. All the members of the college who participated in the event as well as who extended support in numerous ways must be appreciated for the excellent work done.







Essentials of Obstetrics at your Doorstep

Phase 03

**Teaching Hospital,
Anuradhapura, Sri Lanka**

The third program of the project series for the year 2025 was successfully held at the Teaching Hospital, Anuradhapura, Sri Lanka on 04th April 2025. The programme was launched under the leadership of President SLCOG Dr Sanath P Akmeemana, and the programme was reformed by Dr Darshana Abeygunawardana, Chairman of Regional Activities and Developments.

The programme was well coordinated by Dr Kumara Dissanayake together with the Anuradhapura Medical Association. Health Staff from the BH Thambuththegama and Sub areas have joined the session. Capacity building was done for health professional doctors, institutional nurses, and field staff.





Phase 04

District General Hospital,
Chilaw, Sri Lanka

The fourth program of the project series for the year 2025 was successfully held at the District General Hospital, Chilaw, Sri Lanka, on 29th May 2025. The programme was launched under the leadership of President SLCOG Dr Sanath P Akmeemana, and the programme was reformed by Dr Darshana Abeygunawardana, Chairman of Regional Activities & Developments and Dr Prabath Randomabge, Chairman of Education and Setting Standards.

The programme was well coordinated by Dr W M A P B Walisundara and Dr Hilmy Salih on behalf of the SLCOG. Health staff from the BH Marawila and Sub areas have joined the session. Capacity building was done for health professional doctors, institutional nurses, and field staff.





Phase 05

District General Hospital,
Gampaha, Sri Lanka

The fifth program of the project series for the year 2025 was successfully held at the District General Hospital, Gampaha, Sri Lanka, on 18th June 2025. The programme was launched under the leadership of President SLCOG Dr Sanath P Akmeemana, and the programme was reformed by Dr Darshana Abeygunawardana, Chairman of Regional Activities & Developments and Dr Prabath Randomabge, Chairman of Education and Setting Standards.

The programme was well coordinated by Dr Prasad Rannulu and Dr S R P R Pathiraja on behalf of the SLCOG. Health staff from BH Mirigama, BH Wathupitiwala, BH Minuwagoda and Sub areas have joined the session. Capacity building was done for health professional doctors, institutional nurses, and field staff.

"Empowering Women Facing Gynecologic Cancer: My Journey as a Gynecological Oncologist"



By Dr Yapa Wijeratne

Becoming a gynaecological oncologist was not something I had initially dreamed of. During my internship, I was drawn to obstetrics and gynaecology, inspired by the challenging yet rewarding nature of obstetrics. However, as I prepared for postgraduate studies, I witnessed firsthand the devastating impact of malignancy within my own family. This experience reshaped my perspective.



A pivotal moment came during a three-month oncology appointment at Maharagama under the guidance of Dr. Chintana Hapuwachige. Until that visit, all I had heard about Maharagama was the haunting phrase: "Only footsteps enter, but none return." But reality proved different—I saw how a team of dedicated professionals transformed the fate of women who, in their minds, were carrying death certificates. Their unwavering commitment left me in awe. A thought lingered in the back of my mind: If I could contribute to this, I would. Yet doubts crept in—was I capable of performing such intricate surgeries? Was I a gifted surgeon? Would I falter halfway? I did not know.

I successfully passed the MD Part 2 at the top of my cohort. Then came the moment of decision. Obstetrics had drawn me into the field, yet pursuing gynecologic oncology would mean leaving obstetrics behind. After much contemplation, I made my choice—I would dedicate myself to gynecologic oncology.

At National Cancer Institute - Maharagama, I was fortunate to train under exceptional consultants who guided me through every possibility and stood by me until I gained full confidence. Mistakes were met with learning opportunities rather than blame, fostering an environment of growth. My overseas training took me to one of the most advanced regional referral centres in the UK, where I was exposed to an array of complex procedures, including laparoscopy, vulval reconstruction, ultra-radical multi-visceral laparotomies, and advanced robotic surgeries. I had the privilege of learning from some of the most esteemed figures in gynecologic oncology, just before their retirement—a priceless experience.



Upon returning, I began working at the National Hospital in Kandy. The role of a gynaecological oncologist within a national hospital is both demanding and deeply fulfilling. Navigating challenges—ranging from resource limitations to logistical constraints—requires continuous adaptation and strategic enhancements to the healthcare system.

Despite its status as a national hospital, resource limitations remained a stark reality. Transitioning from a high-tech setting in the UK to a



resource-constrained environment felt like landing straight from the sky. There, patients benefited from comprehensive imaging and multidisciplinary decision-making, with shared responsibilities. Here, the landscape was entirely different—MRI and CT scans were not readily available, securing an ICU bed was a challenge, and many patients had undergone unsuccessful surgeries with little clarity on the next course of action.

Fortunately, the unit had already been developed over time thanks to my two senior colleagues. With a

constant influx of referrals, the surgical team had to strike a balance between efficiency and quality care. A well-established standard was in place, and regardless of my seniority, I had to integrate seamlessly into this fast-moving system. Before beginning work, I carefully mapped out my approach, holding discussions with administrators, anaesthetic colleagues, and my team. Despite the challenges of limited resources, the unwavering support of my consultant colleagues, junior doctors, and the dedicated staff in the ward, theatre, and clinic has been a tremendous relief.

As a major referral hub for gynecologic oncology, the National Hospital Kandy faces a consistently high patient volume, necessitating streamlined processes to manage caseloads effectively. I worked to expand operating theatre lists, ensuring a smoother workflow with my team of three doctors, nurses, and minor staff working tirelessly. I introduced protocols for admissions, prioritised the surgical waitlist, and implemented structured operative record-keeping. Enhanced recovery was a priority.

Thanks to the support of my senior colleagues at referral hospitals, I travelled and performed surgeries at their locations, significantly reducing patients' travel expenses, minimising wait times, and freeing surgical slots for others in need. Within two months, I had successfully reduced the waitlist to just 1-2 weeks from the initial referral. Hospital stays became shorter, optimising patient care.

Beyond clinical work, I actively engaged in research, academic activities and public education through health camps, academic sessions, and social media advocacy. I supported post-graduate trainees in discussing oncology cases and guided them through surgical procedures.

For those considering this path, the journey is undoubtedly demanding, but the impact you can make is profound. When we do our job well, we provide hope to individuals who need it most, and that sense of purpose is truly fulfilling. Money is not the driving force—we work with patients battling life-threatening conditions, and knowing that we have helped prolong their lives and improve their quality of life is what matters most.

I take this opportunity to express my heartfelt gratitude to all my trainers, my parents and family, my team, and SLCOG for their unwavering support throughout this journey.

Dr Yapa Wijeratne

MBBS MD (Obs & Gyn) F.MAS (India) MSLCOG BSCCP

Accredited Colposcopist (UK)

Consultant (Act) Gynae Oncology Surgeon

National Hospital Kandy

Sri Lanka



SLCOG Workshops 2025

“ADVANCES IN FETAL MEDICINE AND HIGH RISK OBSTETRICS”

A Postgraduate Study Day by the Sri Lanka College of Obstetricians and Gynaecologists

Phase I

Samson Rajapakse Auditorium, SLCOG House

Continuing its mission to elevate clinical standards in maternal and fetal care, the Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) hosted an impactful Postgraduate Study Day on 25th April 2025 under the theme “Advances in Fetal Medicine and High Risk Obstetrics.” The event was held at the SLCOG Auditorium in Colombo, welcoming medical professionals committed to enhancing obstetric outcomes.

Spearheaded by Dr. S. P. Akmeemana (President, SLCOG) and Professor Tiran Dias, and in collaboration with Dr. A. Sritharan (Chairman, Scientific Activities and Research, SLCOG), the academic programme featured internationally respected facilitators: Professor Basky Thilaganathan, Director of Fetal Medicine at St. George’s Hospital, London, and Mr. Arisudhan Anantharachagan, a renowned expert in complex surgical obstetrics.

The event concluded with a comprehensive discussion session and peer engagement, enabling participants to explore contemporary strategies in maternal care. This postgraduate day underscored SLCOG’s continued dedication to knowledge exchange and international collaboration, fostering a new era of technology-integrated, patient-centered obstetric care in Sri Lanka.



Phase II

New Maternity Hospital, Karapitiya

The second phase of the programme was successfully held as an informative Postgraduate Study Day on 28th April 2025 at the Auditorium, New Maternity Hospital, Karapitiya. Themed “Advancements in Fetal Monitoring and Surgical Obstetrics,” the event gathered medical professionals committed to improving outcomes in complex pregnancies.

The day concluded with open discussion and interactive peer engagement, encouraging reflection on emerging practices. This Study Day reinforced SLCOG’s continued leadership in advancing evidence-based, technology-enhanced, and globally aligned maternal-fetal care in Sri Lanka.



SLCOG Workshops 2025

"Neurological Aspects of Pregnancy"

Joint Symposium by Sri Lanka College of Obstetricians and Gynaecologists and
Association of Neurologists in Sri Lanka

Collaborating with the Sri Lanka College of Obstetricians and Gynaecologists, the Association of Neurologists in Sri Lanka successfully concluded the joint symposium on "Neurological Aspects of Pregnancy" on 21st April 2025 at the Samson Rajapakse Auditorium, SLCOG House.

Under the leadership of Dr S P Akmeemana, President of SLCOG and Prof Saraji Wijesekara, President of ASN, the programme was well coordinated by Dr A Sritharan (Chairman Scientific Activities and Research SLCOG) and Prof Prabodhana Ranaweera on behalf of SLCOG and Dr Kumarangie Vithanage on behalf of ASN.

The event concluded successfully with over 50 participants from obstetrics & gynaecology and neurological disciplines.





SLCOG Workshops 2025

“Symphony of Safety: The Art of Life-Saving Collaboration”

A Joint Symposium by the Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) and the College of Anaesthesiologists and Intensivists of Sri Lanka (COAISL)

To mark a significant step in strengthening multidisciplinary care in maternal health, the Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) organized a joint symposium with the College of Anaesthesiologists and Intensivists of Sri Lanka (COAISL) on 13th June 2025 under the theme “Symphony of Safety: The Art of Life-Saving Collaboration.”

The event was held under the leadership of Dr. S. P. Akmeemana (President of SLCOG) and Dr. Vinodini Wanigasekara (President of COAISL). The symposium aimed to highlight the vital importance of collaborative clinical practice between obstetricians, anaesthesiologists, and intensivists in managing high-risk pregnancies and emergency obstetric care. The scientific programme was skillfully coordinated by Prof. Madura Jayawardana on behalf of SLCOG and Dr. Anoma Perera on behalf of COAISL.

The lecture sessions were enriched by the contributions of expert resource persons including Dr. Amila Rubasinghe, Professor Prabodhana Ranaweera, Dr. Iresha Walwage, Dr. Upul Ranjith, and Dr. Nilangani Lamaheewage, who shared valuable insights on best practices and clinical strategies. A thought-provoking panel discussion followed, featuring Professor Madura Jayawardana, Dr. Indunil Piyadigama, and Dr. Anoma Perera, who offered diverse perspectives and practical solutions to real-world clinical challenges.

The symposium was a resounding success, fostering greater understanding and unity between professional disciplines committed to ensuring the safety and wellbeing of mothers and babies in Sri Lanka.





OBSTETRICIANS & GYNAECOLOGISTS



OBSTETRICIANS & GYNAECOLOGISTS



O & G Ladies Forum

Opening of the new pantry setting for O & G Ladies Forum

As the Ladies' Forum of the Obstetricians & Gynaecologists, I am proud to share that we successfully inaugurated a new pantry area for the Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) on the 7th of April 2025 at 9:00 a.m., just before the traditional Avurudu table opening.

The pantry was ceremonially opened by Dr. (Mrs.) Marlene Abeyewardena, Patron of the SLCOG, and formally handed over to the current President, Dr. Sanath P. Akmeemana.

To further commemorate the occasion, a celebratory cake, brought by Dr. (Mrs.) Janakie Karunasinghe, was ceremonially cut on the new pantry counter itself, marking the beginning of what we hope will be many warm and productive gatherings in this new space.

This facility will enhance the functionality of the SLCOG Main Auditorium, enabling it to operate more independently. The pantry was constructed and donated by the Ladies' Forum as a token of our gratitude for being provided an office space to function independently within the SLCOG premises.

We sincerely hope that this contribution will be recognized as a meaningful milestone in the history of the SLCOG and a proud achievement of the 2025 President and Council of the SLCOG Ladies' Forum.

Dr. Dasanthi Akmeemana

Consultant Psychiatrist

President of the SLCOG Ladies' Forum – 2025



Celebrating Avurudu in Grand Style with the SLOOG and O & G Ladies' Forum

We are delighted to share that our recent Avurudu Festival was a resounding success, bringing together tradition, community, and celebration in a vibrant and memorable way. The event featured 26 trade stalls and was filled with the rich spirit of the Avurudu season.

The festival came alive with traditional Avurudu games, the selection of Avurudu Kumaraya and Kumari, and a grand table of traditional food showcasing a variety of festive treats. Games such as breaking of pots, keeping an eye on the elephant, and kata games were enjoyed by both adults and children, while the coconut scraping competition drew great enthusiasm among adult participants. This enthusiasm became





heightened with the selection of Mrs Kalani Karunaratne and Prof. Rukshan Fernandopulle as “Avurudu Kumari” and “Avurudu Kumaraya”

We were honored by the presence of past presidents, past and present council members of the O&G Ladies’ Forum, along with SLCOG members, whose participation made the event even more meaningful.

A heartfelt thank you goes to Dr. Sanath P. Akmeemana, President of SLCOG, for his invaluable support and for giving us the opportunity to host this celebration. We also extend our appreciation to Dr. Sumith Warnasuriya, Social Secretary of SLCOG, for his dedicated support in making this event a success.

We gratefully acknowledge our past presidents, including founding President Dr. Kushal Ranathunge, Mrs. Chandrika Haththotuwa, Dr. (Mrs.) Antionette Warnakulasooriya, Dr. Kumudu Senanayake, Mrs. Saumya Weerasekera, Dr. Pushpa Perera, Mrs. Sonali de Silva, and Dr. Shiromalie Dissanayake, as well as all past secretaries of the SLCOG Ladies’ Forum for their unwavering contributions.

Special thanks to Mrs. Sonali de Silva and Mrs. Sureni Periapperuma for their excellent coordination of the trade stalls.

Our appreciation also goes to the current office bearers:

Dr. Indumini Gunathilake and Dr. Praboda Samararatne – Joint Secretaries

Mrs. Kalani Karunaratne – Treasurer

Prof. Piyusha Attapattu – Social Secretary

Your commitment and hard work were instrumental to the event's success.

This celebration marked a significant milestone in SLCOG history, with the highest number of stalls and generous donations from Raigam and Silver Mills. We would also like to thank:

Dr. Dharshana Abeygunasekera for contributing gift mugs

Dr. Champa Nelson for providing gift bags

Mrs. Kalani Karunaratne for donating gift items for children

Dr. Ajith Dantanarayana, Director of CSHW, for providing decorative items

Dilmah Tea for offering free tea to participants

Raigam for generously providing food for all attendees.

A special mention goes to Mrs. Chandrika Haththotuwa and Dr. (Mrs.) Indumini Gunathilake for the beautiful flower decorations that enhanced the festive atmosphere.

Lastly, we thank all the vendors for their enthusiastic participation, which greatly contributed to the event's vibrancy.

And once again, a sincere thank you to Dr. Sanath P. Akmeemana and the SLCOG Council for their outstanding support in making this celebration a true success.





Donations to Hospitals

Further I am pleased to share that we successfully secured donations for the Safe Motherhood Programme held in Vavuniya on 16th May 2025. As in the previous time, we received generous contributions from Hemas Company, including Fems and Baby Cheramy soap packets.

These items were officially handed over to the Director of Vavuniya Hospital for distribution.

Dr. Dasanthi Akmeemana

Consultant Psychiatrist

President of the SLCOG Ladies' Forum – 2025





SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS **58TH ANNUAL ACADEMIC CONGRESS**

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5TH TO 7TH SEPTEMBER 2025 AT CINNAMON GRAND HOTEL, COLOMBO

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slcogsession2025@gmail.com
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REGISTRATION FEES

	Early Bird (Ends on 31 st July)	Late/Onsite
OVERSEAS		
Consultants (Two Days)	170 USD	200 USD
Consultants (One Day)	100 USD	100 USD
LOCAL		
Consultants (Two Days)	12,000 LKR	15,000 LKR
Consultants (One Day)	8,000 LKR	10,000 LKR
PG Trainees / Medical Officers (Two Days)	6,000 LKR	8,000 LKR
PG Trainees / Medical Officers (One Day)	4,000 LKR	4,000 LKR
Others (One Day)	4,000 LKR	4,000 LKR

REGISTRATION INCLUDES :

- Entry to the Scientific Session and Trade Exhibition
 - Tea and Lunch Coupons
 - Conference Bags

PAYMENTS METHODS

Cash Payments

Made directly in person during normal working hours (8.30 am to 4.00 pm) at the SLCOG office, No. 112, Model Farm Road, Colombo 08.

Your participation will only be confirmed upon receipt of the payment.

For any queries please contact us at
Tel: +94 77 967 8787/ +94 11 268 9036
E-mail: slcogsession2025@gmail.com

Deposits/ Online Fund Transfers

Overseas

Sri Lanka College of Obstetricians & Gynaecologists (USD Account)
Account No: 5004 1000 0027
Bank: Sampath Bank
Branch: Borella Branch

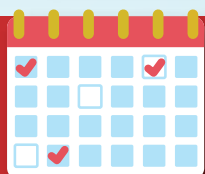
Local

Sri Lanka College of Obstetricians & Gynaecologists
Account No: 0820-00623484-001
Bank: Seylan Bank
Branch: Borella Branch

A copy of the Payment Slip/Debit note should be sent to us via email to slcogoffice@gmail.com or WhatsApp No: 0779678787 with your name.

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Indications and Dose:

Threatened abortion¹

-40 mg immediately, then 10 mg every 8 hours until symptoms remit

Habitual abortion¹

-10 mg twice a day until the 20th week of pregnancy

Infertility¹

(Due to luteal insufficiency)

-10 mg once a day for at least 6 consecutive cycles



Dysmenorrhoea

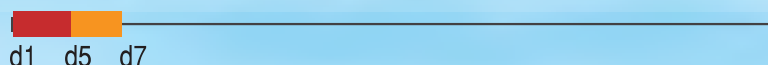
-10 mg twice a day



Dysfunctional uterine bleeding^{1,2}

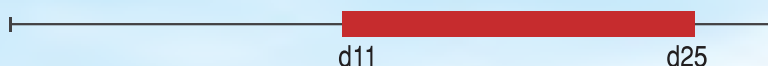
To stop bleeding

-10 mg twice a day for 5 to 7 days



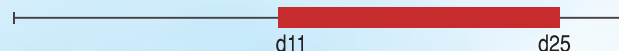
To prevent bleeding

-10 mg twice a day from day 11 to day 25 of the cycle



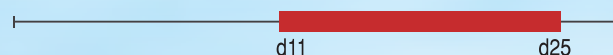
Irregular cycles^{1,2}

-10 mg twice a day from day 11 to day 25 of the cycle



Premenstrual syndrome¹

-10 mg twice a day from day 11 to day 25 of the cycle



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ACROSS LIFESTYLES & CONDITIONS[^]


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