



ISSUE NO. 03 | SEPTEMBER 2025

SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists



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Editor's Note



What great three months we had. It was the busiest period for the SLCOG in this calendar year and was full of numerous academic activities and several social events as well. The key highlight was the 58th Annual Academic Congress in association with the AOFOG and supported by SAFOG which was held from 5th to 7th September 2025 at Cinnamon Grand Hotel under the leadership and guidance of the college president Dr Sanath Akmeemana.

The inaugural ceremony held at Cinnamon Grand on 5th of September was a very colourful event. The Chief Guest for the occasion was Prof. Sir Sabaratnam Arulkumaran and ceremony was further graced by the presence of Prof. Tsung Hsien Su, President-Elect of the AOFOG, Dr. Gillian Gibson, President of the RANZCOG and Prof. Raneer Thakar, President of the RCOG. SLCOG fellowships were awarded to three eminent international figures and several local consultants who had immensely contributed to the SLCOG and for the growth of Women's Health in Sri Lanka. Another highlight of the evening was the prestigious Prof. D. A. Ranasinghe Memorial Oration delivered by Prof. Prabodhana Ranaweera.

The scientific programme ran for two full days and comprised several key note addresses, Plenary sessions, many guest lectures, symposia and was well attended throughout.

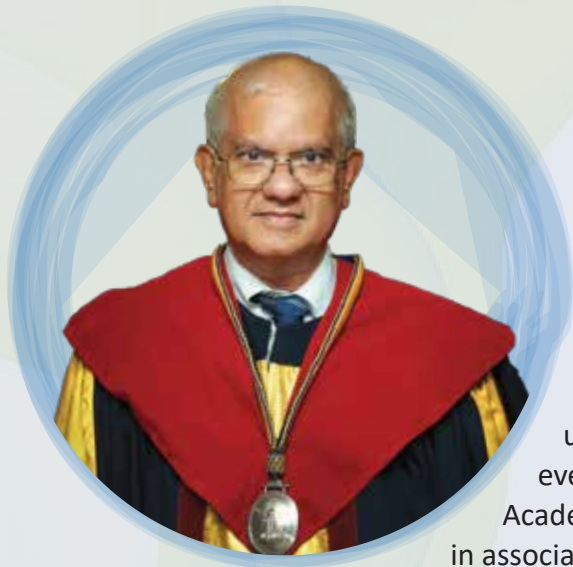
Furthermore, the newsletter include articles from Dr (Mrs) Janaki Karunasinghe, a senior consultant in obstetrics and gynaecology and SLCOG council member and Dr Prabath Randoombage, Consultant in Obstetrics and Gynaecology and Senior lecturer at Faculty of Medicine, University of Kelaniya.

The main social event was the Esela Bana programme which was held at the SLCOG and attended by a large number of SLCOG members and their families. The event was well organized by the Chairman, SLCOG social activities Dr Sumith Warnasuriya in collaboration with the ladies forum.

It was a proud moment for SLCOG when the college cricket team was able to convincingly and comfortably defeat the Principle Health care team in a cricket match played on 3rd August 2025. The college team was led by Dr Sumith Warnasuriya.

This newsletter will try its best to capture the highlights of the numerous academic and non-academic activities organized by the SLCOG during the last three months, as an appreciation the membership for their dedication and tireless contributions.

Dr Udara Jayawardena
Editor



President's Message

It is with great pleasure that I write this message for the third newsletter under my presidency during my academic tenure as the 39th President of the SLCOG continuing our unified legacy. The past few months have been exceptionally eventful, highlighted by the successful conclusion of our Annual Academic Congress held on the 5th, 6th and 7th of September 2025 in association with the AOFOG and supported by the SAFOG.

We conducted three Emergency Obstetric Drills (EOD) programme during this quarter:

- 3rd July – EOD at Base Hospital Karawanella saw excellent participation from healthcare workers. I extend my sincere thanks to Dr. Ananda Ekanayake and Dr. K K J Buddhinatha both for meticulously organizing this event.
- 23rd July – EOD at Base Hospital Pottuvil was highly successful. I would like to express my gratitude to Dr. Asiri Mahanama, for his efforts in organizing this programme.
- 25th September – The 8th EOD program took place at Base Hospital Balapitiya. Special thanks go to Dr. Darshana Abeygunawardane, whose leadership was instrumental in organizing this well-attended and successful event. Many doctors and healthcare workers from surrounding government and private hospitals actively participated.

I express my sincere appreciation to all consultants and senior registrars for their commitment and dedication in conducting and participating in these valuable programmes.

A Basic Surgical Skills Workshop was held on 21st July 2025 at the Samson Rajapakse Auditorium, SLCOG, for first-year trainees newly enrolled in O&G training. The workshop was conducted by Dr. Kanishka Karunaratne, and Dr. Prabath Randombage, and we've received excellent feedback from the trainees.

The third Safe Motherhood Programme was conducted at the District General Hospital Ampara on 24th July 2025. A guest lecture and dinner were held on the previous evening (23rd July) featuring Dr. Anura Gunawardane, Consultant Psychiatrist, Ampara, who delivered an insightful lecture on the Legal Aspects in O&G. The programme was a great success. I wish to thank Dr. Buddhika Asela Amarasena and Dr. Dilan Tharindu Edirisuriya for their dedicated efforts in organizing this event.

In parallel with the Annual Academic Congress, we successfully conducted eight pre-congress workshops.

- Cervical Cancer Screening Update and Colposcopy Workshop
- Prevention of Urogenital Tract Injuries in Endoscopic Gynae Surgery
- Ultra Sound Obstetrics 3D/4D
- Bridging the Gap Between Natural Conception and IVF: Mastering Ovarian Stimulation and IUI
- Science of Energy
- Optimising Outcomes in Laparoscopic and Hysteroscopic Surgery: A Video-Based, Practical Approach to Benign Gynaecological Disease
- Post-Partum Haemorrhage
- Pelvic Floor Dysfunction; the correct surgical approach

Additionally, a post-congress workshop was held at the Ninewells Hospital, catering to both private and government healthcare workers.

I would like to thank all the resource persons for their outstanding contributions and for our organizing committee for the excellent work.

The President's Dinner was held on the 4th September at Taj Samudra Hotel Colombo for foreign delegates and council members which gave space to connect, exchange views and building new bonds.

The Inauguration Ceremony took place on the 5th of September at Cinnamon Grand Hotel. It was a glamorous and well-organized event, graced by a distinguished audience. The Prof. D.A. Ranasinghe Oration was delivered by Prof. Probhodana Ranaweera on “Wombs of Sorrow – From Grief to Grace: Reflection and Resolution in Intrauterine Death”

The College Banquet was held on the 6th of September at the Galadari Hotel, Colombo, with the participation of foreign delegates, fellows, members, and other invitees. The tokens of appreciation were presented to the president elect of FIGO, Prof Frank Louwen; Vice president Prof Hsein Sue of the AOFOG; Dr Shyam Desai, president SAFOG; Dr Gillian Gibson, president RANZCOG and Prof Raneer Thakar, President RCOG.

Prof Sir Sabarathnam Arulkumaran Young Gynaecologist awards were presented to Dr Saajid Ussama, who placed as the first awardee.

The academic sessions held on the 6th and 7th September were comprehensive, informative, and insightful, covering many areas of Obstetrics and Gynaecology. The scientific programme featured:

- Dr. Rohana Haththotuwa Oration delivered by Dr Gillian Gibson president RANZCOG on “Challenging the Status Quo: Women Leaders Transforming Medicine and Higher Education”
Breaking Norms, Building Legacies”
- Dr. P Dissanayake Endowment Lecture by Prof. Raneer Thakar, President RANZCOG on “Management of Obstetrics anal sphincter injuries (OASI)”
- One Keynote Address delivered by Prof Sir Sabarathnam Arulkumaran
- Three Plenary Sessions
- Fourteen Symposia,
- Nine Guest Lectures,
- 140 E-Posters,
- 60 Free Paper Presentations,
- A valedictory session followed by presentation of awards to winners of Free papers and E posters.

I would like to thank all those who contributed to the success of these following programmes, especially our organizing teams, speakers, and participants. Your collective effort continues to elevate the standard of academic and clinical excellence in our field. Finally, I would like to thank our office staff for their tireless efforts in making this event a success.

Dr. Sanath P. Akmeemana
President, SLCOG

Secretary's Message



It is my pleasure to pen down my thoughts for SLCOG newsletter. It has been an extremely productive and busy period for the SLCOG membership.

It gives me immense pride and gratitude to reflect on the success of the *Annual Academic Sessions 2025* of the Sri Lanka College of Obstetricians and Gynaecologists, held from the 5th to 7th of September 2025 at Cinnamon Grand, Colombo. This year's congress, themed "*Improving Reproductive Health of Women – Challenges and Opportunities – An Evidence-Based Approach*", was a resounding success, bringing together a vibrant community of clinicians, researchers, and educators united by a shared commitment to advancing women's health.

Our theme aptly underscored the importance of science, innovation, and collaboration in addressing the evolving challenges in reproductive health. It also reminded us of our collective responsibility as professionals to bridge gaps in care and to continuously strive for excellence through evidence-based practice.

A major highlight of this year's event was the collaboration with the prestigious **Asia and Oceania Federation of Obstetrics and Gynaecology (AOFOG)**, which added significant academic depth and global partnership to our sessions. We were privileged to host distinguished international faculty representing leading professional organizations including **FIGO, SAFOG, RCOG, and RANZCOG**, whose contributions greatly enriched our discussions.

The scientific programme was both diverse and inspiring, featuring the **Professor D. A. Ranasinghe Memorial Oration, Dr. Rohana Haththotuwa Oration, Dr. P. Dissanayake Endowment Lecture, and the Professor Sir Sabaratnam Arulkumaran Young Gynaecologist Award (YGA)**. These events not only celebrated excellence but also served as a platform to encourage and nurture the next generation of obstetricians and gynaecologists.

Equally impactful were the pre- and post-congress workshops covering critical areas such as labour care, laparoscopy, colposcopy, and urogynaecology. These sessions offered valuable opportunities for hands-on learning and skill enhancement, reinforcing our commitment to improving clinical practice and patient outcomes.

Beyond the academic content, the congress also reflected the warmth, hospitality, and cultural richness of Sri Lanka. Delegates enjoyed not only stimulating scientific exchange but also the camaraderie and fellowship that make our professional community truly special.

On behalf of the College, I extend my heartfelt appreciation to our international and local faculty, delegates, sponsors, and well-wishers whose support made this congress possible. My sincere thanks also go to the Organizing Committee, the SLCOG Council, and our dedicated administrative staff for their tireless efforts in ensuring a seamless and memorable event.

As we look back on the Annual Academic Sessions 2025, we can take great pride in what we have achieved together—a congress that fostered learning, collaboration, and innovation for the betterment of women's health in Sri Lanka and beyond. I invite you all to take part in the upcoming events and hope to see you all at the Colors Awards Ceremony on 18th of October 2025.

Dr. Achintha Dissanayake
Hon. Secretary, SLCOG

58TH ANNUAL ACADEMIC CONGRESS

IN ASSOCIATION WITH
AOFOG
SUPPORTED BY
SAFOG

"Improving Reproductive Health of Women, Challenges and Opportunities – An Evidence-Based Approach"

Inauguration Ceremony

The Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) ceremonially inaugurated its 58th Annual Academic Congress on the 5th of September at 5:30 p.m. at the Oak Room, Cinnamon Grand Hotel, Colombo.

The proceedings commenced with the arrival of the distinguished guests. The Chief Guest for the occasion was Emeritus Prof. Sir Sabaratnam Arulkumaran. The Guest of Honour was Prof. Tsung Hsien Su, President-Elect of the Asia & Oceania Federation of Obstetrics and Gynaecology (AOFOG). The ceremony was further graced by the presence of two eminent special guests: Dr. Gillian Gibson, President of the Royal Australian and New Zealand College of Obstetricians & Gynaecologists (RANZCOG), and Prof. Raneer Thakar, President of the Royal College of Obstetricians & Gynaecologists (RCOG).

Following the formal welcome extended by the President of the SLCOG, Dr. S. P. Akmeemana, the distinguished guests delivered their addresses, enriching the proceedings with their words of wisdom and vision for the advancement of women's health.

A key highlight of the evening was the prestigious Prof. D. A. Ranasinghe Memorial Oration by Prof. Prabodhana Ranaweera. The inauguration concluded with the vote of thanks by Dr. Achintha Dissanayake, Honorary Secretary of the SLCOG, marking the formal opening of this landmark academic event of the College's calendar.







Prof D. A. Ranasinghe *Memorial Oration* 2025

This annual oration marks the contribution made by Prof. D A Ranasinghe to the reproductive health in Sri Lanka. The Prof. D A Ranasinghe oration 2025 was held in the 58th Annual Academic Congress of the SLCOG at the Oak Room, Cinnamon Grand Hotel, Colombo. The orator was Professor Prabhodana Ranaweera, who spoke on the topic.

“Wombs of Sorrow – From Grief to Grace: Risks, Reflection and Resolution in Intrauterine Deaths”

The session was chaired by Dr (Mrs) Marlene Abeyewardena (Patron-SLCOG), Emeritus Prof Sir Sabaratnam Arulkumaran (Chief Guest), Prof Tsung Hsien Su (Guest of Honour), Prof Ranee Thakar (Special Guest) and Dr Gillian Gibson (Special Guest), Dr S P Akmeemana (President-SLCOG), Dr A Sritharan (Chairman Scientific Activities & Research-SLCOG), Dr Achintha Dissanayake (Hon. Secretary-SLCOG).



Dr. Rohana Haththotuwa Oration 2025

The Dr Rohana Haththotuwa oration was initiated as a tribute to the service rendered and to mark the contribution made by Dr Rohana Haththotuwa to reproductive health in Sri Lanka.

This prestigious oration was held at the day 02 of the 58th Annual Academic Congress of the SLCOG 2025 at Cinnamon Grand Hotel, Colombo.

The orator was Dr Gillian Gibson, President of the Royal Australian and New Zealand College of Obstetricians & Gynaecologists who spoke on “Challenging the Status Quo: Women Leaders Transforming Medicine and Higher Education” Breaking Norms, Building Legacies”

The head table embraced by the Patron SLCOG Dr (Mrs) Marlene Abeyewardena, President Dr S P Akmeemana, Orator Dr Gillian Gibson, Hon. Secretary Dr Achintha Dissanayaka and Chairman Scientific Activities & Research Dr A Sritharan.



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"Improving Reproductive Health of Women, Challenges and Opportunities – An Evidence-Based Approach"

Dr. P Dissanayake Endowment Lecture 2025

"Management of Obstetrics anal sphincter injuries (OASI)"

By Prof. Raneer Thakar

(President of the Royal College of Obstetricians & Gynaecologists)



58TH ANNUAL ACADEMIC CONGRESS

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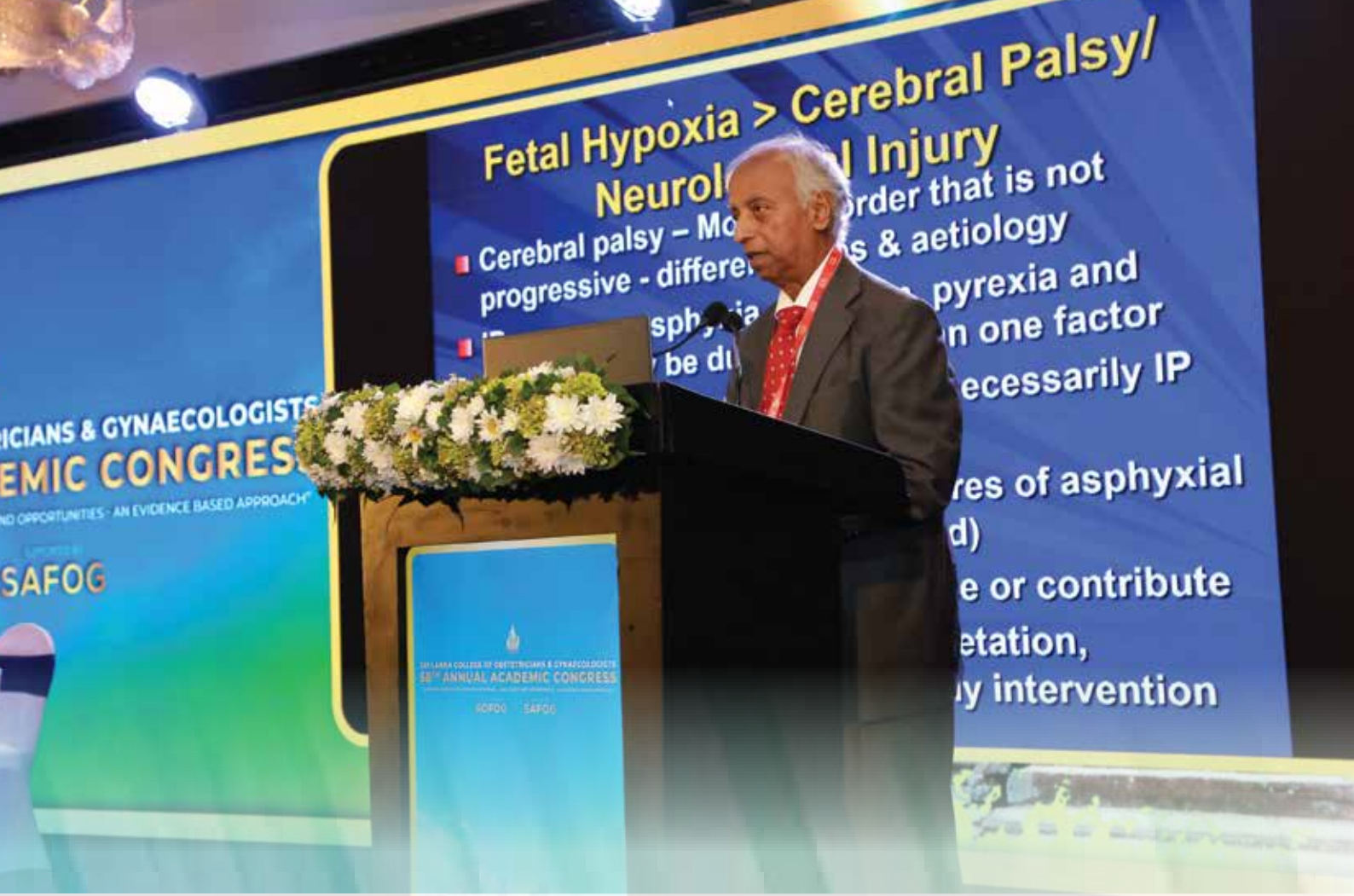
SAFOG

"Improving Reproductive Health of Women, Challenges and Opportunities – An Evidence-Based Approach"

Academic Sessions Day 01 and Day 02









58TH ANNUAL ACADEMIC CONGRESS

IN ASSOCIATION WITH
AOFOG
SUPPORTED BY
SAFOG

"Improving Reproductive Health of Women, Challenges and Opportunities – An Evidence-Based Approach"

SLCOG College Banquet

Held on the 06th September evening, starting from 7.00 pm at the Grand Ballroom, Galadari Hotel, Colombo.

The event was attended by all the foreign and local guests of the 58th Annual Scientific Congress of SLCOG, along with the families of SLCOG members.

With live music filling the air, and delicious cuisine to savour, it was a chance for the college community to come together in a relaxed and festive setting. This night function embodied the essence of professional college. Music by Groovy Musical Band.







Feature Article...

The Short, Infinite Distance

When I think back to those years of internship that began in 1986, years that stretched, bent by circumstance, into almost three, I still marvel at how we cared for women without the instruments we now take for granted. No routine ultrasound scans or cardiotocographs. No urine or blood hCGs at hand. IV cannulae were scarce. There were no mobile phones, and only a few temperamental landlines blinked.

Messages travelled by paper and footsteps. In an emergency, a nurse would write in an exercise book and send it with the "call-boy," a messenger we treated as adversary when he rapped on our doors. We would run to the ward, assess, then dispatch him again, sometimes by "call car", to the Senior House Officers' or registrars' quarters a dozen kilometres away. A few doctors lived closer by. People like Dr Kanishka Karunaratne, whom we summoned in dire emergencies.

There were no dating or anomaly scans, no growth scans, no Dopplers. When the last menstrual period was uncertain, we relied



Interns in 2nd & 3rd Quarters



***Dr. Janakie Karunasingha,
Consultant Obstetrician and Gynaecologist***

on quickening and the symphysis fundal height. If maturity was in doubt, if we suspected a past-dates pregnancy, occasionally we would X-ray the abdomen in a prone oblique view and search for the distal femoral and proximal tibial epiphyses. Their bright points guided our judgment.

Mahamodara Teaching Hospital held three busy maternity units, each welcoming more than five hundred babies a month. Each unit had two house officers, but towards the end of our two years of internship, many of us did not have a permanent Co-House Officer,

including me. The blood bank had a single Medical Officer from eight to four; after that the intern house officers became the blood bank. There was not even a nurse inside after hours. Our unlucky grace was that the blood bank MO had three pregnancies during that time; with her on leave, the workload was ours 24x7. In severe postpartum haemorrhage we traced donors, bled them, cross-matched, and transfused. On more than one occasion, consultants and medical officers rolled up their sleeves for a patient they had never met.

One night, around two in the morning, my Registrar was performing an emergency caesarean section. There was a heavy bleeding, and I sprinted down the dim corridor toward the blood bank amidst heavy rain, the blue chit clutched in my hand. A puppy fell into step beside me, delighted by the chase, and then seized the chit in its teeth. We wrestled for it until it relented, leaving the paper torn and damp. Half an hour later I placed the correct unit by the patient's side.

The JVP insurgency and the anti-PMC campaign came like a long, low storm. New interns were delayed; our internship extended. As house officers we ran the weekly LRT, our sterilisation list, in the afternoon theatre. At the end of internship, we were issued a certificate of competence in female sterilisation. One afternoon, when I entered the theatre, a letter lay on the operating table: a death threat to anyone performing sterilisations. The list was suspended from that day. During the height of the insurgency the health staff were ordered to leave the hospital. Only we interns remained in the quarters opposite Mahamodara, forced to be brave.

A woman in labour would send another patient to call us. We delivered her, tucked mother and baby back into the ward, and asked the others to knock on our door if trouble came. Electricity reached only the labour ward, blood bank, theatre, and the nearby petrol shed. Our rooms lay in darkness. Soldiers took over the hospital and rapped on our doors when a patient needed help. Within days they traced and coaxed back a skeleton staff, arriving in plain clothes out of fear, uniforms folded out of sight.

By the end of our extended internship many house officers left the country. My consultant, Dr Abeysirigunawardena, a kind man and, during part of that time, the hospital's Director, led a service that was chronically short-staffed. Mutual transfers into obstetric units were hard to arrange, so I remained in Obstetrics and Gynaecology intern for almost two of those years. My registrar, Dr Saman Nanayakkara, urged me to sit the Part One examination. There were no formal classes; I revised in the quiet between knocks on the door. He covered the ward by himself the day I sat the exam. I returned the following day to our quarters to



Dr Abeysirigunawardena
Senior Consultant Obstetrician and Gynaecologist
2025

find my room forced open, my sarees and jewellery gone. I had left the key in the communal living room fridge for others to use my bathroom.

I passed the exam. Still working alone in the same unit, I watched my seniors leave for their postgraduate posts. My name was never written on a post-intern list; the moment new interns arrived I began postgraduate training. Unlike us, they were rich, came by car, some with children and televisions, kitchens packed into cardboard. It felt like a different country from the one we had been sprinting through at night.



**Netball team Galle 1987
with Prof Colvin Samarasingha and Dr Harischandra**

We were shaped by our teachers as much as by our trials. Dr Abeysirigunawardena; Dr Sarath de Silva, our paediatrician; Dr Liyanaarachchi, our surgeon; Dr L. A. W. Sirisena; Prof Malik Gunawardena; Prof Asoka Gunasekera; and registrars Dr Saman Nanayakkara, Dr Kalansooriya, and Dr Kanishka Karunarathne. These names form a constellation under which we learned. The clinical exposure was deep and unfiltered. It is no surprise that many interns of that era later became leading obstetricians and professors.

There was joy too. We had parties where “ලියතඹරා මුදු කුසුමකි” (Liyathambarā Mudhu Kusumakī) became our theme song, and law – medical cricket and netball matches that stretched into dusk. Dr Sirisena taught

us music, both instrumental and vocal, and a few of us even sat the Prathama examinations. The hospital at night could be eerie, but in the daylight, we laughed easily, and we never worked alone when a patient was in danger. It did not matter whose unit she was in; we ran to each other’s calls.

Now technology smooths many of the rough edges. Care is safer, quicker, more predictable, and I am grateful. But the essence remains unchanged: busy wards, real conversations, hands on abdomens and on shoulders, listening for fear and for hope. If those years taught me anything, it is that “patient care” only makes sense when it is human care, when we meet a woman not as a case, but as a person, and walk with her the short, infinite distance from uncertainty to birth.



Essentials of Obstetrics at your Doorstep

Phase 06

Base Hospital,
Karawanella, Sri Lanka

The sixth program of the project series for the year 2025 was successfully held at the Base Hospital, Karawanella, Sri Lanka, on 03rd July 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 Ananda Ekanayaka and Dr K K J Buddinatha on behalf of the SLCOG. Health staff from the BH Awissawella and Sub areas have joined the session. Capacity building was done for health professional doctors, institutional nurses, and field staff.



Phase 07

Base Hospital,
Pottuvil, Sri Lanka

The seventh program of the project series for the year 2025 was successfully held at the Base Hospital, Pottuvil, Sri Lanka, on 23rd July 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 Asiri S G G Mahanama on behalf of the SLCOG. Health staff from the BH Kalmunai North, BH Kalmunai South, BH Samanthurai and Sub areas have joined the session. Capacity building was done for health professional doctors, institutional nurses, and field staff.



Phase 08

Base Hospital,
Balapitiya, Sri Lanka

The eighth program of the project series for the year 2025 was successfully held at the Base Hospital, Balapitiya, Sri Lanka, on 25th September 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 Darshana Abeygunawardana, Chairman of Regional Activities, on behalf of the SLCOG. Health staff from Arachchikanda Hospital, Batapola Hospital, Bentota Hospital, Kalutara Hospital, Karadeniya Hospital, Meegahatenna Hospital, the German-Sri Lanka Friendship Hospital for Women and the sub-areas have joined the session. In addition, nursing officers from corporate hospitals such as Roseth Hospital, Queensbury Hospital, Ruhunu Hospital and Co-operative Hospital participated. Capacity building was done for health professional doctors, institutional nurses, and field staff.



Young Gynaecologist's Diary



From Medirigiriya to Ragama: A Journey of Transformation over a year

When I first began my career as a young consultant in peripheral hospitals such as Medirigiriya and Kinniya Base Hospitals, the reality of medical service in Sri Lanka's most rural corners was clear to me. Limited facilities, poverty of the community, poor supply, and scarce resources defined our daily practice. Yet, those early years taught me resilience, adaptability, and above all, the true meaning of patient-centred care.

In Medirigiriya, I often stood as the single specialist VOG's voice available for miles. Patients looked at me not just as a specialist, but as lifelines – trusting me with every complication, every emergency, every uncertainty. The environment demanded independence in decision-making and the ability to act decisively without the cushion of advanced investigations or immediate multidisciplinary backup. The next posting, at Kinniya, the cultural and social complexities added another dimension to the role, shaping my understanding of healthcare not merely as a clinical service but as an act of community engagement. These experiences, though challenging, grounded me in humility and empathy.

by Dr. Prabath Randoombage

Those years also came with personal sacrifices. I travelled long distances between Medirigiriya, Kinniya and home, often away from my young children and family. The tension between serving in rural hospitals and missing out on family moments was one of the hardest parts of that journey. Some travels were at the middle of the night crossing jungles with full of elephants.

The transition to the Teaching Hospital, Ragama, marked a profound change—not just in my professional setting, but in my entire outlook. From a peripheral consultant struggling with shortages, I found myself amidst academic halls, operating theatres equipped with advanced technology, and wards where complex multidisciplinary care was possible. The contrast was stark. Here, patient care was not only about survival – it was about precision, outcomes, and pushing the boundaries of modern medicine.



At Ragama, I was able to practise what I had studied for years, moving into areas of advanced care such as minimally invasive laparoscopic surgery, urogynaecological procedures, and even newer trending cosmetic gynaecology. These opportunities allowed me to provide sophisticated interventions that improved both cure and quality of life for women.

My academic career also flourished. Appointed as the youngest specialist to join the University O&G Department at the Faculty of Medicine, University of Kelaniya, I stepped into teaching not only undergraduates but also postgraduate trainees. This role gave me the chance to shape the future of medical education, blending clinical expertise with academic



mentorship. It was here, within a short period, that I was honoured to be recognised as the Best Researcher at the Research Conference on Scholarship of Teaching and Learning (RCSoTL) 2025 – a moment that affirmed my commitment to research and innovation.



Beyond teaching and research, the private practice was developed gradually, a step that allowed me to connect with patients in a different way. Yet, even though I am now closer to my family geographically, I find myself facing the universal challenge of modern professionals: balancing demanding clinical, academic, and leadership roles with time for loved ones. Work-life balance remains a constant struggle, but one I continue to navigate with purpose.

My leadership responsibilities have also grown. Today, as the Chairman of Education and Setting Standards at the Sri Lanka College of Obstetricians and Gynaecologists (SLCOG), I am privileged to play a role in shaping national policy, postgraduate training, and professional standards. This role allows me to give back to the profession by influencing how future specialists are trained and how best practices are defined for Sri Lanka.

Looking back, the journey from Medirigiriya and Kinniya to Ragama has been one of contrasts – of scarcity to abundance, of solitude to collaboration, of sacrifice to recognition, of service to leadership.

Today, as I balance my duties as a specialist, researcher, lecturer, private practitioner, and a leader in professional bodies, I realise that every stage of my journey has prepared me for this. The peripheries shaped my resilience; Ragama nurtured my academic and surgical spirit. Together, they made me who I am.

And so, I carry both identities with me: the young consultant who learned O & G's raw reality in rural wards, and the senior lecturer who now strives to give back – through advanced patient care, research, postgraduate teaching, and national leadership – while never forgetting the family and personal sacrifices that underpin the journey.



Dr Prabath Randoombage

Senior Lecturer,
Faculty of Medicine, University of Kelaniya
Specialist in Obstetrics and Gynaecology
Colombo North Teaching Hospital, Ragama



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Pre- and Post-Congress Workshops

The 58th Annual Academic Congress of the Sri Lanka College of Obstetricians & Gynaecologists was enriched by a series of highly impactful pre- and post-congress workshops. A total of **eight pre-congress workshops** and **one post-congress workshop** were held providing valuable hands-on training for clinicians, trainees, and allied health professionals.

The workshop series commenced on **08th August** with **Workshop No. 01 – Cervical Cancer Screening Update and Colposcopy Workshop**, held at the Apeksha Hospital, Maharagama. **Workshop No. 02 – Prevention of Urogenital Tract Injuries in Endoscopic Gynae Surgery** was conducted on **27th August** at the SLCOG House. On **29th August**, **Workshop No. 03 – Ultrasound Obstetrics** took place at the University Hospital, KDU, providing hands-on ultrasound training and case-based discussions centred on fetal assessment and obstetric imaging.

The series continued at the SLCOG House on **01st September** with **Workshop No. 04 – Bridging the Gap Between Natural Conception and IVF: Mastering Ovarian Stimulation and IUI**. On **02nd September**, **Workshop No. 05 – Science of Energy** was held. **Workshop No. 06 – Optimising Outcomes in Laparoscopic and Hysteroscopic Surgery: A Video-Based, Practical Approach to Benign Gynaecological Disease** was held on **03rd September** at the SLCOG House. The following day, **04th September**, featured **Workshop No. 07 – Post-Partum Haemorrhage**, also at the SLCOG House. On **05th September**, **Workshop No. 08 – Pelvic Floor Dysfunction: The Correct Surgical Approach** was conducted at the Colombo South Teaching Hospital.

Concluding the series, **Workshop No. 09 – Safe Hands: Session on Vaginal Birth** was held on **08th September** at Ninewells Hospital, as a post congress workshop.

All workshops were successfully concluded with the excellent coordination of several dedicated SLCOG members, including **Dr Ruwan C Silva**, **Dr Priyantha Kandanearachchi**, **Dr Achintha Dissanayake**, **Dr Prabath Randoombage**, **Dr Darshana Abeygunawardana**, **Dr Udara Jayawardena**, **Dr Chaminda Hunukumbure**, **Dr Madhava Karunarathne**, **Dr U D P Ratnasiri**, and **Dr Sampath Gnanarathne**, together with fellow consultants from the Sri Lanka College of Urological Surgeons and **Prof Srinath K Chandrasekara**. The President and the Council extend their sincere appreciation for their immense contribution in organizing these academically meaningful programmes and ensuring their overall success.





Esala Bana Programme at SLCOG House

A *Dharma Deshana* was held at the SLCOG House on 27th July 2025 in commemoration of *Esala Poya* (the day of full moon during the month of July) with the participation of a large gathering comprising of Members of the Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) along with their families, well-wishers and staff of SLCOG.

Esala Poya is significant to Buddhists due to many reasons including it being the day of Renunciation of worldly belongings by Prince Siddharatha, the day of the first *Dhamma* Sermon by Lord Buddha and the beginning of the rainy season Retreat by the Maha Sangha.

From a historical perspective, the laying of the foundation stone for the *Maha Thupa* (Ruwanweliseya) in Anuradhapura is known to have occurred on an *Esala Poya* day. Furthermore, the world famous Kandy *Esala Perahera* pageant is held during the month of *Esala* (July) and involves rituals that begin on the *Esala Poya* day such as the *kap* planting.

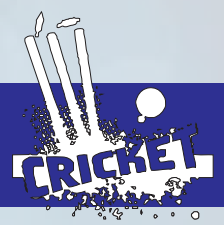
The *Dhamma Sermon* was delivered by Ven. Elamaldeniye Wimalawansa Thero, Chief Incumbent of Sri Vijitharamaya, Kirullapone.

Following completion of associated traditional Buddhist customs, refreshments and dinner was served to all participants.

The event was organised by Chairman, SLCOG Social Activities Dr. Sumith Warnasuriya in collaboration with the Ladies Forum lead by Dr. (Mrs) Dasanthi Akmeemana.



Massive Win for SLCOG



SLCOG Cricket team took on Principle Health Care team at the Kothalawala Defence University grounds in a hard ball cricket encounter on 03rd August 2025. As usual, the match was officiated by professional Umpires and a Scorer affiliated to Sri Lanka Cricket Board.

Batting first and facing the opponents' team comprising of a young outfit, SLCOG lost the wickets of Darshana Somirathne and Peshala Dangalla in quick succession. However thereafter, the innings was stabilised by a 58 run partnership between Dinesh Biyagama and Sumith Warnasuriya and followed by another 33 run partnership between Sumith Warnasuriya and Lalindra Weerasena. Chandina Wedamesthri chipped in with a valuable 22 runs towards end along with a successful acceleration of the run rate, the SLCOG scored an impressive 211 for 6 wickets in 25 Overs.

With the scoreboard pressure along with good tight bowling by Chandana Wijewickrema and Dinesh Biyagama in their opening spells, made matters difficult for the Principle Health Care team in their run chase. However it was the 6 wicket haul by Lalindra Weerasena's medium pacers that collapsed their innings cheaply.



SLCOG CRICKET

Principle Health Care Challenge Trophy 2025

SLCOG: 211 for 6 in 25 Overs

Principle Health Care: 66 All Out in 15.5 Overs

SLCOG won the Principle Health Care Challenge Trophy by 145 runs

Best Batsman: Dinesh Biyagama

Best Bowler: Lalindra Weerasena

The match was followed by an enjoyable post-match Fellowship

Compiled by Dr Sumith Warnasuriya





OBSTETRICIANS & GYNAECOLOGISTS LADIES FORUM



Dr. Dasanthi Akmeemana
Consultant Psychiatrist,
President Ladies Forum of the
Sri Lanka Obstetricians & Gynaecologists

We are pleased to share a number of meaningful accomplishments and upcoming events that reflect our ongoing commitment as spouses of the Obstetricians & Gynaecologists in social, cultural, religious and educational activities

We are proud to announce the successful completion of the 3rd Safe Motherhood Programme, held on 24th July 2025 at Ampara General Hospital. Thanks to generous donations, we were able to contribute a box of Fems sanitary packets and a box of Baby Cheramy soaps to support the hospital and its patients.

As part of the programme, I had the opportunity to deliver a 30-minute lecture on Perinatal Psychiatry to both the public health staff and hospital staff at Ampara General Hospital, highlighting the importance of mental health care during the perinatal period.



A Dhamma sermon was conducted on 27th August 2025 as part of our spiritual wellness initiatives. The sermon was delivered by a priest arranged by Dr. Sumith Warnakulasooriya, and a dinner for the participants was graciously organized by Dr. Sanath P. Akmeemana, President of SLCOG.



We have commenced a garden project at the SLCOG house, following recent renovations to the backyard. This initiative aims to enhance the aesthetic appeal of the premises, and we look forward to seeing it flourish with time. I would like to give a big thank to Dr. (Mrs.) Chandrika Haththotuwa for her generous donation of beautiful and valuable plants for this entire project.



It was a privilege to be part of the grand inauguration of the Sri Lanka College of Obstetricians & Gynaecologists (SLCOG), held in collaboration with AOFOG and SAFOG at the Cinnamon Grand Hotel on 5th September 2025.

The event was supported and advised by Dr. (Mrs.) Marlene Abeyewardena, with organizational efforts led by Dr. (Mrs.) Janakie Karunasinghe. Special thanks to Dr. (Mrs.) Shiromalie Dissanayake, who coordinated the oil lamp lighting ceremony and the cultural performance by Mr. Paneebaratha's Dancing Academy.

I am especially proud that my three daughters – Dr. Nethmee, Thewni, and Sasmi – contributed immensely to the event proceedings over the course of all three days of the conference.

We commemorated World Mental Health Day with a special event on 17th October 2025, organized by the Sri Lanka College of Psychiatrists in collaboration with the Ladies' Forum of the Sri Lanka College of Obstetricians & Gynaecologists, Menopause Society of Sri Lanka, and the Leo Club.

This event raised awareness of mental health issues and reduced stigma through multi-organizational collaboration. As I currently serve as President of the Sri Lanka College of Psychiatrists, President of the Ladies' Forum of Obstetricians & Gynaecologists, and Vice President of the Menopause Society of Sri Lanka, I saw this as an excellent opportunity to bring these organizations together for a united cause.

The event was graced by:

Chief Guest: Mrs. Anoja Weerasinghe –
Actress, Producer, and Yoga Instructor

Guest of Honour: Prof. Chrishantha Abeysena –
Minister of Science & Technology

Special Guest: Mr. Ravindra Randeniya –
Chairman of the Film Team

...along with several other distinguished guests.

We thank all who participated, as it is the most vital part of making this event a success.

I would like to thank the current president of the Sri Lanka of Obstetricians & Gynaecologists, Dr. Sanath P. Akmeemana for guiding and helping me with this great opportunity.

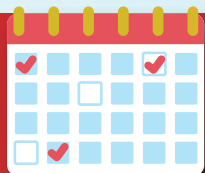
A special thank will go to Dr. Indumini Gunathilake for helping me of the flower decorations in the ground floor of the SLCOG house.

Thanking you

Dr. Dasanthi Akmeemana
Consultant Psychiatrist
President,
O & G Ladies Forum



IF IT'S ORALLY EFFECTIVE IT'S[†] *duphaston*[®] Dydrogesterone Tablets IP 10mg



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

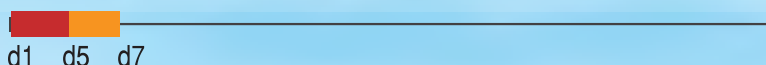
-10 mg twice a day



Dysfunctional uterine bleeding^{1,2}

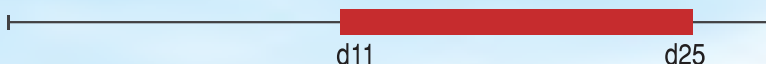
To stop bleeding

-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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For full prescribing Information please contact:
CIC Holdings PLC
"CIC House", 199, Kew Road, Colombo 02, Sri Lanka.
Tel: +94 112 359 359 Fax: +94 112 327 132
Web: www.cic.lk