



ISSUE NO. 01 | March 2026

SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists



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Editor's Note



Dear fellows & members,

It is indeed a great honour to be a part of council of SLCOG again in 2026 and I am very thankful to our college president, Professor Rukshan Fernandopulle for the trust he has placed on me.

This is the first newsletter published for the year 2026 with the aim of keeping the membership well informed of all college activities.

The main event highlighted is the ceremonial induction of the 40th President of the Sri Lanka College of Obstetricians and Gynaecologists Professor Rukshan Fernandopulle, which was held on the 11th of January 2025 at the Grand Ballroom, Hotel Galadari. This ceremony was attended by the, Hon. Minister of Science & Technology Professor Chrishantha Abeysena, Secretary, Ministry of Health and Mass Media Dr. Anil Jasinghe.

I am very grateful to Professor Sanath Lanerolle for agreeing to write the feature article for the first newsletter of the year, sharing his vast experience as an editor of many organizations including the SLCOG. I am also very thankful to Dr. Mrs. Marlene Abeyewardena the president of the Ladies Forum and Dr. Rasika De Silva for their contributions to this newsletter.

Furthermore, this newsletter has details about the numerous activities organized by the SLCOG in the first quarter of the year. These include the EOD programmes done in Mahiyanganaya and Batticaloa and the joint symposiums with the College of Haematologists for World Anemia Day 2026, joint symposium with the College of Endocrinologists on hyperglycaemia and pregnancy and joint symposium with the College of Oncologists on gynaecological malignancies.

Dr Udara Jayawardena
Editor

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Sri Lanka Journal of Obstetrics and Gynaecology

ISSN 1391-7536

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President's Message

It is with great respect to the membership, I pen the progress made by SLCOG in the first quarter of the presidency 2026. The foundation laid by the past councils with the foresight of the leadership and core values of SLCOG is maintained throughout in further improvement of women's reproductive health.

The key areas concentrated on this year are the capacity building of health care staff, setting standards in reproductive health care and advocacy to policymakers to enhance reproductive health care delivery. On capacity building, practicing specialists, post graduate trainees nursing and midwifery staff-centered programs were delivered. An urogynaecology interactive session for consultants and trainees was conducted by Prof. Ajaye Rane, a successful one-day stakeholder meeting was conducted over "Eliminating Maternal Deaths due to Post-partum Haemorrhage" with the participation of representatives from WHO, the Ministry of Health, FHB, and other professional colleges. The launch of the National Guideline on HIP was successfully concluded in collaboration with the Sri Lanka College of Endocrinologists, while being able to conduct another joint collaboration with the Sri Lanka College of Oncologists. Also, we had the privilege to commemorate "World Anemia Day 2026" by organizing a mini symposium, joining hands with the Sri Lanka College of Haematologists.

Further, a webinar programme was also held targeting the PG trainees on "Progesterone Therapy: efficacy without compromise" with the collaboration of our corporate partners.

The Training of Trainers (TOT) in PPH management is based on the new national PPH management guideline developed with SLCOG, supported by other stakeholder colleges: the College of Anaesthesiologists and Intensivists of Sri Lanka, the Sri Lanka College of Haematologists, and the Sri Lanka College of Transfusion Physicians. The WHO is instrumental in supporting the TOT on PPH management conducted at SLCOG House on 26th March 2026; the next TOT is due towards the end of April 2026.

The Essentials of Obstetrics at Your Doorstep training program was conducted at the Base Hospital Mahiyanganaya and the Teaching Hospital, Batticaloa, on 5th and 6th March 2026, respectively. Due to the constraints that arose regarding the fuel situation in the country, the healthcare staff attendees found difficulty in attending the scheduled Safe Motherhood Programme at the TH Anuradapura which was scheduled on 19th of March. Therefore, the programme was postponed to the month of May.

The Sinhala and Tamil New Year celebrations were done on a grand scale with a record number of members attending. The organization by Ladies Forum and the Chairman of the Social Activities, Dr. Ruwan Silva, were remarkable.

The SLCOG Council is much grateful to Dr. M Sathanandan for his generosity of establishing the Reproductive Medicine and Surgery research award fund by donating Rs 5 Million to the College.

The annual academic sessions are due to be held with many local and international reputed speakers starting from 4th September to 6th September 2026. You are invited to submit abstracts of research papers and topics of intended lectures via the SLCOG congress webportal.

Prof. Rukshan Fernandopulle
President, SLCOG



Prof. M Sathanandan donating 5 million worth of funds to establish the Reproductive Medicine and Surgery research award. Prof. Rukshan Fernandopulle (President SLCOG) receiving the donation and Dr Sanath Akmeemana (Immediate Past President SLCOG), Dr Janakie Karunasinghe (President-Elect SLCOG), Dr A Sritharan (Chairman Scientific Activities & Research SLCOG), Dr Chaminda Hunukumbura (Hon. Secretary SLCOG) and Dr Udara Jayawardena (Editor SLCOG) witnessing the event.



Secretary's Message

It gives me immense pleasure to present this edition of the SLCOG Newsletter, which captures the vibrant academic and social life of our College over the past three months.

The period under review has been marked by a series of highly successful collaborative ventures. Immediately after the presidential induction, a pivotal stakeholder meeting was convened at the Water's Edge Hotel to chart a strategic path towards eliminating maternal deaths due to postpartum haemorrhage – a commitment we hold dear. Following closely, our joint symposium with the Sri Lanka College of Haematologists to mark World Anaemia Day brought together experts from both disciplines to address a critical area of women's health.

We were equally proud to launch the guideline on Hyperglycemia in Pregnancy through a joint symposium with the Sri Lanka College of Endocrinologists, a timely resource for our members. Our collaboration with the Sri Lanka College of Oncologists on "Gynaecological Malignancies" further underscored the importance of multidisciplinary care.

The spirit of our College extends beyond the lecture halls. Our flagship Essentials of Obstetrics at Your Doorstep (EOD) programmes were successfully held at Base Hospital, Mahiyangana, and Teaching Hospital, Batticaloa, taking essential skills to the periphery. And on a lighter note, the Sinhala and Tamil New Year celebrations organized by the SLCOG Ladies Forum reminded us of the warmth and camaraderie that bind our fraternity.

I am delighted to note that this newsletter also features an insightful article by Professor Sanath Lanerolle, alongside the Young Gynaecologist's Diary presented by Dr. Rasika de Silva. I commend all contributors for their dedication and encourage every member to remain actively engaged in the life of our College.

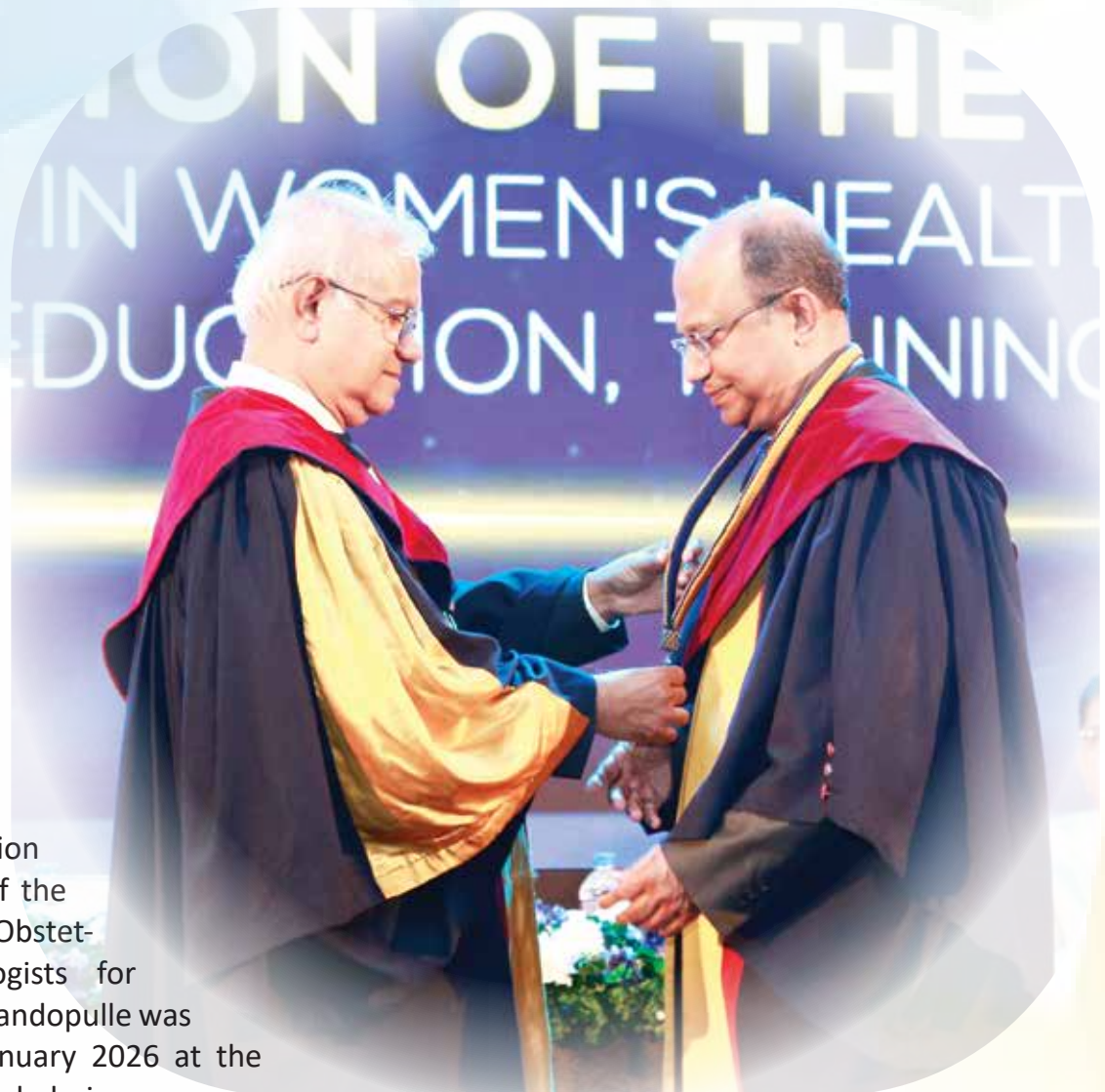
Dr. Chaminda Hunukumbure
Hon. Secretary, SLCOG

Presidential Induction



of the 40th President of the SLCOG

2026



The ceremonial induction of the 40th President of the Sri Lanka College of Obstetricians and Gynaecologists for 2026, Prof Rukshan Fernandopulle was held on the 11th of January 2026 at the Grand Ballroom, Hotel Galadari.

The ceremony was presided over by the Chief Guest, Prof Chrishantha Abeysena, Hon. Minister of Science & Technology, Guest of Honour Dr. Anil Jasinghe, Secretary, Ministry of Health & Mass Media and Special Guests Emeritus Professor SirSabaratham Arulkumaran and Hon. Yasantha Kodagoda.

Traditionally, the outgoing president, Dr Sanath Akmeemana presented Prof Rukshan Fernandopulle with the president's medal and handed over the new presidency.

Following the addresses of the invited dignitaries, the event successfully concluded with the reception.





National Advocacy and Policy Dialogue on Eliminating Maternal Deaths due to Postpartum Haemorrhage



A national-level advocacy and policy dialogue on “Eliminating Maternal Deaths due to Postpartum Haemorrhage: A Collaborative Strategy for Sri Lanka” was successfully conducted under the guidance of Prof. Rukshan Fernandopulle, President, SLCOG at Water’s Edge Hotel, on the 12th January 2026, with the participation of the Ministry of Health, Sri Lanka College of Obstetricians and Gynaecologists (SLCOG), World Health Organization (WHO), policymakers, senior clinicians, key stakeholders and Emeritus Professor Sir Sabaratnam Arulkumaran as the chief guest. The event served as a platform to review national data, introduce the revised guideline on prevention and management of postpartum haemorrhage (PPH), and agree on strategies for nationwide implementation.

The programme commenced with a presentation on the impact of obstetric haemorrhage on maternal mortality in Sri Lanka over the past 25 years, highlighting its continued contribution to preventable maternal deaths. The revised SLCOG guideline on PPH was then introduced, emphasizing evidence-based recommendations aligned with global standards. Global strategies aimed at advancing towards zero maternal mortality were also discussed, reinforcing the urgency of coordinated action. Further sessions explored the role of SLCOG in training healthcare staff and lessons learned from maternal death surveillance in optimizing management of obstetric haemorrhage.

A multidisciplinary stakeholder panel discussion focused on making the PPH guideline operational, with emphasis on effective dissemination, implementation, and monitoring. Representatives from the Ministry of Health, Family Health Bureau, SLCOG, anaesthetists, transfusion medicine physicians, and haematologists contributed to a constructive dialogue. The forum concluded with agreement on a roadmap for action, coordinated by the Family Health Bureau with support from SLCOG and other professional colleges.

This initiative represents a significant step towards reducing preventable maternal deaths in Sri Lanka. The insights generated will inform an advocacy brief to support national policy and programmatic responses, ensuring sustained efforts to eliminate maternal deaths due to postpartum haemorrhage.





Essentials of Obstetrics at your Doorstep

Phase 01

Base Hospital,
Mahiyanganaya, Sri Lanka

The very first program of the project series for the year 2026 was successfully held at the Base Hospital, Mahiyanganaya, Sri Lanka, on 04th March 2025. The programme was launched under the leadership of President SLCOG Prof Rukshan Fernandopulle, and the programme was reformed by Dr Darshana Abeygunawardana, Chairman of Regional Activities & Developments, and Dr Prabath Randoombage, Chairman of Education and Setting Standards.

The programme was well coordinated by Dr Ruwan Parakkrama Wickremasinghe on behalf of the SLCOG. Health staff from Base Hospital Bibile, Base Hospital Mahaoya, Base Hospital Dehiattakandiya, DGH Ampara and the sub-areas have joined the session. Capacity building was done for health professional doctors, institutional nurses, and field staff.



Phase 02

Base Hospital,
Batticaloa, Sri Lanka

The second program of the project series for the year 2026 was successfully held at the Teaching Hospital, Batticaloa Sri Lanka, on 05th March 2025. The programme was launched under the leadership of President SLCOG Prof Rukshan Fernandopulle, and the programme was reformed by Dr Darshana Abeygunawardana, Chairman of Regional Activities & Developments, and Dr Prabath Randoombage, Chairman of Education and Setting Standards.

The programme was well coordinated by Prof M Thirukumar on behalf of the SLCOG. Health staff from Base Hospital Valachchena, Base Hospital Kaththankudi, Base Hospital Eravur, Base Hospital Giradurukotte, Base Hospital Padiyathalawa and the sub-areas have joined the session. Capacity building was done for health professional doctors, institutional nurses, and field staff.





Feature Article...



Crafting Narratives

My Editorial Odyssey



Professor Sanath Lanerolle

MBBS, MS, FRCOG, FSLCOG, FPSSL,
 D(OBS)RCPI, FIAOG, FMAS, FICS, FCPS
 Consultant Obstetrician & Gynaecologist
 Editor in Chief – International Journal of
 Reproductive and Sexual Health (ReproSex)
 Honorary Treasurer – SAFOG
 Past President – Sri Lanka College of
 Obstetricians & Gynaecologists
 Past President – Menopause Society of Sri Lanka
 Past President – Perinatal Society of Sri Lanka

I began my editorial journey as Editor of the Sri Lanka College of Obstetricians & Gynaecologists Newsletter and the Menopause Society Newsletter.



As a Editor, I played an instrumental role in transforming the Sri Lanka Journal of Obstetrics and Gynaecology (SLJOG), completely rebranding and modernizing it to enhance its visibility and scientific impact to current appearance. I have had the privilege of serving as Editor of SLJOG three times, reflecting my long-term commitment to elevating standards in obstetric and gynaecological research in Sri Lanka.





I am the Founder Editor of the Sri Lanka Journal of Menopause, which provides a dedicated platform for scholarship in this important area of women’s health. Additionally, I served as a Founder Member of the Editorial Board of the Sri Lanka Journal of Perinatal Medicine, contributing to the dissemination of knowledge in perinatal care.

My editorial expertise extends to the international level. I am very privilege to be the Founder Editor of the International Journal of Reproductive and Sexual Health (ReproSex), through which I have worked to advance global discourse in reproductive medicine.

Throughout my career, I have focused on maintaining rigorous peer review, ethical publishing practices, and relevance to clinical practice. These experiences have strengthened scientific communication in obstetrics, gynaecology, and women’s health, both nationally and internationally.

During my tenure as Editor of the Sri Lanka Journal of Obstetrics and Gynaecology (SLJOG) — serving three terms — and as Founder Editor of the Sri Lanka Journal of Menopause and the International Journal of Reproductive and Sexual Health (ReproSex), I encountered several significant editorial challenges, particularly in a resource-limited setting like Sri Lanka.

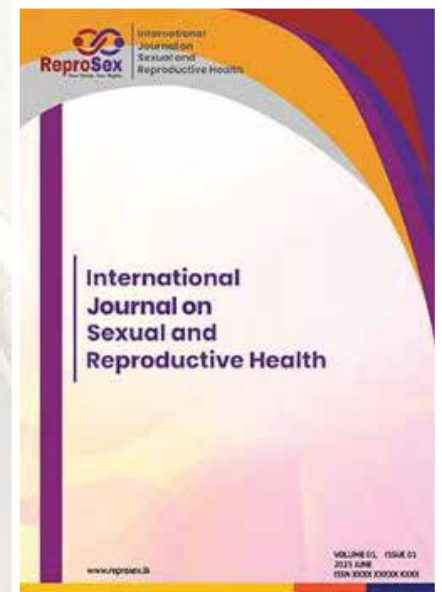
One of the foremost difficulties I encountered were the high volume of submissions combined with reviewer fatigue. Securing timely, high-quality peer reviews from busy clinicians and academics proved consistently demanding. Many potential reviewers declined invitations due to heavy clinical workloads, leading to prolonged decision timelines.

Publication ethics presented another major hurdle. I frequently dealt with issues such as plagiarism, suspected data manipulation, authorship disputes, and conflicts of interest. In a developing-country context, limited access to advanced detection tools and varying awareness of international standards (e.g., COPE guidelines) added complexity to maintaining integrity.

Resource constraints further compounded these challenges. Funding shortages affected copyediting, layout, indexing efforts, and efforts to achieve or maintain international visibility. Language barriers occasionally affected manuscript quality from regional authors, while ensuring diversity in authorship and editorial board representation required deliberate effort amid geographic and institutional biases.

Additionally, balancing local clinical relevance with global scientific rigor was delicate, especially when elevating the journal’s branding and impact. The rise of predatory publishing practices also posed risks, as authors sometimes faced pressure to publish quickly.

Despite these obstacles, addressing them through transparent processes, training initiatives, and collaborative networks has been rewarding. These experiences have strengthened my resolve to uphold ethical, efficient, and inclusive editorial practices that advance women’s health research both nationally and internationally.



Editorship in Scientific Journals: Responsibilities, Challenges, and Best Practices

The editorship of a scientific journal plays a pivotal role in maintaining the integrity, quality, and impact of scholarly communication. Editorial teams, typically comprising an Editor-in-Chief, associate editors, and editorial boards, are responsible for overseeing the peer-review process, ensuring ethical standards, and shaping the journal's scientific direction.

Core Responsibilities

Editors act as gatekeepers of scientific knowledge. Their primary duties include:

- **Manuscript Selection and Review:** Evaluating submissions for novelty, methodological rigor, and relevance. They select qualified peer reviewers and make final decisions on acceptance, revision, or rejection based on reviewer feedback and editorial judgment.
- **Ethical Oversight:** Upholding standards such as COPE (Committee on Publication Ethics) guidelines, detecting plagiarism, image manipulation, and conflicts of interest. Editors must address issues like data fabrication, authorship disputes, and duplicate publication.
- **Journal Development:** Curating special issues, promoting diversity in authorship and reviewership, and adapting to open access models while managing article processing charges (APCs).

Challenges in Modern Editorship

Editors face increasing submission volumes, often exceeding thousands annually, leading to reviewer fatigue and delays. The rise of predatory journals and paper mills complicates integrity efforts. Additionally, balancing impact factors with equitable publishing practices remains contentious. Bias in peer review – whether geographic, gender, or institutional – continues to challenge fairness.

Best Practices

Effective editorship requires transparency (e.g., publishing peer-review models and decision timelines), continuous training, and use of tools like iThenticate for plagiarism detection and ORCID for author identification. Collaborative platforms and AI-assisted screening can enhance efficiency without compromising human oversight. Diversity in editorial boards improves representation and reduces bias.

In conclusion, robust editorship is essential for trustworthy science. As publishing evolves with preprints, open data, and AI-generated content, editors must adapt while preserving core principles of rigor and ethics. Strong leadership ensures scientific journals remain pillars of knowledge advancement.



World Anemia Day 2026;

A Joint Symposium on "Bridging Gaps in Haematologically Challenged Pregnancies"

by SLCOG and SLCH

To mark World Anemia Day 2026, which falls on 13 February, the Sri Lanka College of Obstetricians & Gynaecologists has organized a joint symposium with the Sri Lanka College of Haematologists under the theme "Bridging Gaps in Haematologically Challenged Pregnancies." The symposium comprised of valuable and deliberated lecture topics specifically related to the Haematological problems among pregnant women delivered by renowned Consultant Haematologists and Consultant Obstetricians & Gynaecologists in Sri Lanka. The symposium was well organized under the leadership of Prof Rukshan Fernandopulle (President, SLCOG) and Dr Thaneswary Sooriyakumar (President, SLCH). Dr A Sritharan (Chairman Scientific Activities & Research SLCOG) and the office bearers from SLCH coordinated the programme to make it a successful event. Dr Dammika Gunawardena (Consultant Haematologist), Dr Manel Rathnayake (Consultant Haematologist), Prof M R M Rishard (Consultant Obstetrician & Gynaecologist) and Dr Chinthaka Banagala (Consultant Obstetrician & Gynaecologist) provided their expertise and knowledge during the session.

Further, Dr A Sritharan (Chairman Regional Activities & Developments SLCOG) has successfully organized a webinar programme for the in-service midwifery officers about the "Anemia in Pregnancy". The webinar programme was delivered in Sinhala medium by Dr Jagath Dandeniya and in Tamil medium by Dr N Saravanabhava.

P & G Health Ltd joined hands with SLCOG to host both events.





by Dr Rasika De Silva

MBBS(Colombo), MD (Obs & Gynae), MRCOG(UK),
MSLCOG, Fellowship in Laparoscopy.
*Consultant Obstetrician and Gynaecologist
Base Hospital Welimada*

Integrating International Experience into Local Obstetric Practice

I returned to Sri Lanka in 2022 following my overseas training in the United Kingdom, where I was exposed to several evidence-based practices in modern obstetrics. Upon my return, I commenced work at Colombo East Base Hospital (CEBH), where I served for two years. Since 2024, I have been working at Base Hospital Welimada, a peripheral hospital with its own unique challenges and opportunities.

During this period, I have attempted to incorporate selected beneficial practices observed in the UK into the Sri Lankan healthcare setting, with appropriate adaptation to local needs.

Key Developments

1. Introduction of Customized Growth Charts

One of the most significant initiatives I have undertaken is the introduction of customized fetal growth charts. In the UK, the GROW (Gestation Related Optimal Weight) chart is widely used, developed under the guidance of Professor Jason Gardosi and the Perinatal Institute.

Motivated by its clinical utility, I initiated communication with Professor Gardosi and studied the underlying principles and formulas used in customized growth assessment. Subsequently, in collaboration with Mr. Damith Jayawickrema, a software engineer, we developed an independent software application capable of generating customized growth charts. This system was designed without violating any existing copyrights.

I have been utilizing this tool in both CEBH and Base Hospital Welimada. In my clinical experience, customized growth charts have demonstrated improved sensitivity in detecting fetal growth restriction (FGR) when compared to conventional population-based charts. I intend to further evaluate this through formal research in the future.

2. Promoting Partner as a Labour Companion

Since 2022, I have actively encouraged the presence of a partner as a labour companion during childbirth. At the time of introduction, this was not a common

practice in government hospitals in Sri Lanka, and implementation was met with several logistical and cultural challenges.

Despite these obstacles, gradual acceptance has been achieved through continuous staff engagement and patient education. The presence of a supportive companion has shown positive effects on maternal satisfaction and overall childbirth experience, aligning with global best practices.

3. Delivering Care in a Resource-Limited Setting

My current role at Base Hospital Welimada has highlighted the realities of working in a resource-constrained environment. Limitations in essential medications, equipment, and infrastructure are frequent challenges.

To address some of these gaps, efforts have been made to secure funding and support from local organizations. However, procurement processes can be delayed due to administrative and regulatory constraints, which occasionally impact timely service delivery.

Conclusion

My journey over the past few years reflects an ongoing effort to bridge international best practices with local healthcare realities. While challenges remain, particularly in peripheral settings, incremental improvements and innovations can contribute meaningfully to maternal and fetal outcomes in Sri Lanka





Joint Symposium by
Sri Lanka College of Obstetricians & Gynaecologists
In collaboration with
Sri Lanka College of Endocrinologists

**Newer Advances of Hyperglycaemia in Pregnancy:
Translating Evidence into Clinical Practice**

The Sri Lanka College of Obstetricians & Gynaecologists (SLCOG), in collaboration with the Sri Lanka College of Endocrinologists (SLCE), held a joint symposium titled “Newer Advances of Hyperglycaemia in Pregnancy: Translating Evidence into Clinical Practice” at the Samson Rajapakse Auditorium, SLCOG House, Colombo 8. The event coincided with the launch of the updated Clinical Practice Guideline on Hyperglycaemia in Pregnancy.

The joint symposium was successfully conducted under the leadership of Prof. Rukshan Fernandopulle (President, SLCOG), Dr. Aravinthan Mahalingam (President, SLCE), Dr. A Sritharan (Chairman Scientific Activities and Research, SLCOG) Dr. Chaminda Hunukumbura (Hon. Secretary SLCOG), Dr. Gayani Samarasinghe (Hon. Secretary, SLCE) with the excellent organizing skills of Dr. Prabath Randoombage (Chairman, Education and Setting Standards, SLCOG) and Dr. Uditha Hettiarachchi.

A lively expert panel discussion which was conducted by Dr. Prabath Randoombage, Dr. Uditha Hettiarachchi, Dr. Shani A D Mathara Diddhenipothage, Prof Rasika Herath, Prof. Madura Jayawardane, Dr. Darshana Abegunawardana, Dr. Jayani Tennakoon Jayaweera and



Dr. Sangeetha Wickramaratne focused on implementing universal screening and multi-disciplinary models of care, reflecting the guideline's emphasis on early detection, team-based management and postpartum follow-up to reduce long-term cardiometabolic risk.

With the new document now available through SLCOG website, stakeholders called for continued training, audit and research to monitor its impact in the coming years.





Joint Symposium by
Sri Lanka College of Obstetricians & Gynaecologists
In collaboration with
Sri Lanka College of Oncologists

Case-Based Updates in Gynaecological Malignancies

The Sri Lanka College of Obstetricians & Gynaecologists (SLCOG), in collaboration with the Sri Lanka College of Oncologists (SLCO), conducted an interactive workshop titled “Case-Based Updates in Gynaecological Malignancies” at the Samson Rajapakse Auditorium, SLCOG House, Colombo 8. This case driven symposium was designed for consultants and postgraduate trainees, furthering the College’s commitment to translating emerging oncological evidence into practice through structured clinical discussion.

The event was held under the leadership of Prof. Rukshan Fernandopulle (President, SLCOG), Dr. Sanjeewa Gunasekara (President SLCO), Dr. A Sritharan (Chairman Scientific Activities and Research, SLCOG) with excellent overall coordination by Dr. Chinthana Hapauchchige and Dr. Yapa Wijeratne, Consultant Gynaecological Oncological Surgeons. Their collective efforts ensured a cohesive programme that provided multidisciplinary expertise to the participants.

Dr. Thanuya Mahendran, Dr. Buddhinie Karunaratne, Dr. Madara Ojithmali, Dr. Wasantha Rathnayake, Dr. Yapa Wijeratne, Dr. Chinthana Hapuachchige, Dr. Vimukthinie Peiris, Dr. S Visagan and Dr. Sumith Ratnayake were among the expert panel who have actively engaged in knowledge sharing during the day.





Led by,



Prof. Rukshan Fernandopulle
President, SLCOG



Dr. Sanjeewa Gunasekara
President, SLCO



Dr. A Sritharan
Chairman Scientific Activities, SLCOG

Coordinated by,



Dr. Chinthana Hapuachchige
Consultant Obstetrician & Gynaecologist



Dr. Yapa Wijeratne
Consultant Gynaecological Oncological surgeon

Message *from the*



OBSTETRICIANS & GYNAECOLOGISTS LADIES FORUM



Dr. Mrs. Marlene Abeyewardena
Past Patron, SLCOG
President, O & G Ladies Forum

As President of the Ladies Forum of the College of Obstetricians and Gynaecologists, it is with immense pride and heartfelt appreciation that I extend my sincere gratitude to the President of SLCOG, Professor Rukshan Fernandopulle, and the SLCOG Council for their unwavering encouragement and gracious support extended to all our Forum's endeavours.

My deepest appreciation goes to the dedicated Committee Members of the Ladies Forum, whose strength, grace, and commitment have been the foundation of every project we have undertaken. Your tireless efforts, unity, and spirit of sisterhood have truly been inspiring. I would also like to make special mention of Mrs. Fernandopulle, the SLCOG office staff, and the pharmaceutical partners who have stood by us with generosity and good will at every step.



We were delighted to come together in celebration at our first social event of the year, the vibrant and much-anticipated Avurudu Celebration. It was a beautiful reflection of fellowship, joy, and cultural elegance. This year's committee out did themselves, and I am deeply grateful to each and every one who contributed with such enthusiasm and care.

Our ongoing project, the donation of essential items to labour rooms in outstation hospitals, remains close to our hearts, and we are committed to continuing this meaningful initiative in the year ahead.

Due to unavoidable personal constraints, we were unable to proceed with our 2026 social service project the Wellness Programme for female employees in the Free Trade Zone as planned. However, our intention and passion remain strong. We look forward to bringing this initiative to life, with the aim of uplifting and enhancing the wellbeing of women working in BOI factories. It is heartening to see so many capable and compassionate members of our Forum stepping forward as resource persons to support this cause.

In addition, we hope to extend our care and compassion to an orphanage, embracing yet another opportunity to share kindness where it is most needed.

Ladies, I am truly proud of the warmth, unity, and resilience that define this Forum. Together, we embody not only professionalism, but also empathy, elegance, and a deep sense of purpose in serving others.

As I conclude my tenure as President, I do so with gratitude in my heart and admiration for each one of you. Thank you for your unwavering support, friendship, and dedication.

With warmest regards,

Dr. Mrs. Marlene Abeyewardena





Advertisements

SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS Orations 2026

Applications are called for;

1. Prof. D.A. Ranasinghe Oration - 04th September 2026
2. Prof. D.E. Gunatilleke Oration - October 2026
3. Dr. Siva Chinnatamby Oration - November 2026
4. Dr. Nalin Rodrigo Oration - 20th December 2026

Members are cordially invited to apply to deliver one of these prestigious orations in 2026. Interested applicants are requested to submit the proposed oration along with a brief resume highlighting the salient points.

The closing date for applications is two months prior to the scheduled date of the respective oration.

Please send the applications to: slcogoffice@gmail.com

For inquiries: Tel: 011 2689036



Save the Date

SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS 59TH ANNUAL ACADEMIC CONGRESS

"BRIDGING GAPS IN WOMEN'S HEALTH: THROUGH COLLABORATION, EDUCATION, TRAINING, AND RESEARCH."

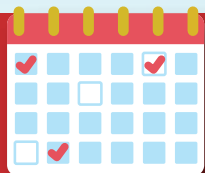
4TH TO 6TH SEPTEMBER 2026
AT UNIVERSITY OF COLOMBO,
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Infertility¹

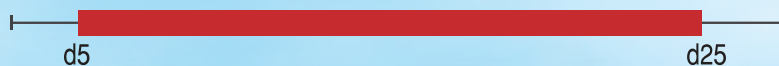
(Due to luteal insufficiency)

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



Dysmenorrhoea

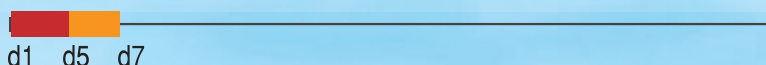
-10 mg twice a day



Dysfunctional uterine bleeding^{1,2}

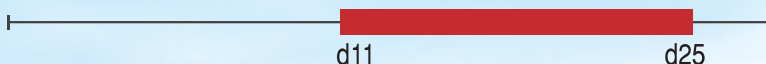
To stop bleeding

-10 mg twice a day for 5 to 7 days



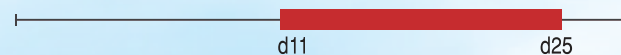
To prevent bleeding

-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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References: 1. Duphaston product monograph 2. Duphaston Prescribing Information





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1 mg / 10 mg
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Femoston[®] mono

17 beta estradiol

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estradiol/dydrogesterone

1 mg / 5 mg

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