



PeMSAA-UK

Peradeniya Medical School Alumni Association
United Kingdom

International Academic Conference

&

ANNUAL BALL

Center Parcs, Woburn Forest Millbrook

Bedford MK45 2HZ, UK

8 - 11 June 2018

***INSIDE:** Messages, Programmes, Abstracts, Profile of Speakers, Tributes to Prof Varagunam, Articles of interest and more....*

A 'RETURN' IN EVERY ASPECT

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HOME

AS A HOME TO
RETURN TO

AS A RETURN
ON INVESTMENT

AS A RETURN
ON THE FUTURE



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Message from PeMSAA-UK President

I am deeply humbled to welcome you to the 2018 International Academic Conference and annual Ball. It is indeed an honour and a privilege to be serving this prestigious group. We have heard on the grapevine that the Peradeniya Medical Faculty continues to leap towards being the leading Medical Faculty in Sri Lanka. We are so proud to be part of this great establishment.



2017 was a successful year in its own regard and the highlight of the year was the Inaugural Ball, with Professor T Varagunam as the Chief Guest, following the inception of the new PeMSAA-UK in the early part of the year.

This year we aim to enhance the Alumni annual event by hosting a whole day International Academic Conference with renowned speakers participating, introducing the first ever Professor Varagunam Memorial Lecture and dance the night away in the annual Ball.

Our goal is to help our alumni and, by extension, Peradeniya Medical Faculty itself succeeds. We aim to inspire the alumni connect with each other as well as with their alma mater. At the same time, I would challenge you to think of ways you can give back to the Faculty to whatever degree you are comfortable. There are many ways to give back, from career and academic mentoring to volunteering time at Alumni events to simply attending academic and social events.

On behalf of PeMSAA-UK Executive Committee I wish to thank all the Speakers at the Academic Conference, our Guest of Honour the Dean of the Faculty Professor Vajira Weerasinghe and our Chief Guest Dr Palitha Abeykoon for being with us at this historic occasion.

Organising an event of this calibre is a mammoth task parallel to our busy daily lives. I am proud and thankful to the talent and dedication among this closely knitted group of men and women in executive committee.

Joining the Alumni Association encourages continued success for the students and support for the Faculty. We want to reach out and connect with you, no matter where you may be. Thank you for your support for making PeMSAA-UK proud.

Please continue to visit us on the website www.pemsaa.uk for information on Alumni activities.

Dr Krish Thambiah Radhakrishnan

President, PeMSAA-UK

International Academic Conference 2018

Programme

Kings and Portland Suites Center Parcs, Woburn Abbey

8.30 hours **Registration**

9.00 hours **Welcome address**

Dr Krish Thambiah Radhakrishnan,
President - PeMSAA-UK

Morning Session:

9.10 hours **Peradeniya Faculty & Medical Education**

Dr Palitha Abeykoon &
Prof Vajira Weerasinghe

9.30 hours **Carcinoma of Lungs - Epidemiology and recent
advances in diagnosis and treatment:
Panel presentation & discussion**

Moderator: Dr Chula Goonasekera

Dr Palitha Abyekoon
Dr Sethsiri Wijeratne
Dr Jeyakumar Singanayagam
Dr Gayathri Wathuge
Dr Nirupa Murugaesu
Prof Wickii Thambiah Vigneswaran

11.30 hours **Coffee**

12.00 hours **Chairperson:** Prof Swaminathan

Guest Lecture - How Life Style Influences Heritable Changes” – Epigenetics

Dr James Flanagan, Senior Lecturer,
Imperial College

13.00 hours **Lunch**

Afternoon Session

13.45 hours: **Chairperson:** Prof Swaminathan

Vitamin D - Is it the Panacea for all Ill Health?

Prof Sunil Wimalawansa

14.45 hours **Smart Photography – Dos & Don'ts**

Mr Ivan Finch

15.00 hours **Coffee**

15.30 hours **Professor Varagunam Memorial Lecture**

Healthcare in 2025 & Beyond

Prof Nadarajah Sreeharan

16.30 hours – 15.30 hours

PeMSAA-UK Annual General Meeting

Message from our Chief Guest

Dear Fellow Alumni.

It is a pleasure and a privilege to send this message to the PEMSAA-UK Annual Reunion and the Academic Conference to be held in what has been described as “a picturesque landscape ...and a haven of peace and tranquility”, in Bedford. I wish to thank the President and the Council of PEMSAA – UK, very sincerely for their kind invitation to me as the Chief Guest for this wonderful occasion and I send warm greetings from Sri Lanka.



Having the honour of being the first student to be admitted to the Peradeniya Medical Faculty in 1962 (purely due to the letters in my name!) and having been closely involved in the founding of the PEMSAA in 1992, it makes me extremely happy and proud to note that our UK Alumni Association is thriving and is a vibrant component of the PEMSAA network around the world.

I have been rather privileged to have had an unbroken formal and informal relationship with the old Alma Mater for over five decades and it has always heartened me to see that over all these years Peradeniya has maintained its customary preeminent position in the medical education landscape in Sri Lanka. It has preserved excellent academic standards throughout, pioneered many exciting innovations that have now become routine in all medical schools, but equally importantly, has continued to proactively respond to the social and community needs of the Sri Lankan health system. Now, as then, the “Peradeniya Brand” is automatically recognized and highly valued.

There could be no question that PEMSAA- UK will continue to lend its unconditional support to make Peradeniya that we have come to love and treasure to shine as the beacon of medical education in Sri Lanka. Finally, I have no doubt, that the 2018 Academic Conference and Annual Reunion will be a memorable event for everyone to reminisce over a long time.

Palitha Abeykoon
Colombo

Message from our Guest of Honour

Dear Alumni,

It is with great pleasure that I send this to the PEMSAA-UK 2018 Academic Conference and Annual Reunion to be held in Bedford, UK. On behalf of the staff and students of your alma mater, the Faculty of Medicine, University of Peradeniya, I bring warm greetings from Sri Lanka. First of all, let me thank the organising committee for inviting us as the Guests of Honour for this revered occasion.



I have to report that at the age of "56 years", the Faculty is excelling both in academic affairs as well as in social and other spheres as the best medical faculty in the country. During last several years our graduates have secured the first place in the common merit list of all the medical graduates in the country. One of them, Dr. Chamara Dalugama had accomplished an unbeaten record of securing all the first classes, all the distinctions, all the medals and all the prizes awarded by the faculty. Last year, our graduates have won the first, the second and the third places in the common merit list of all the 870 medical graduates passed out from eight medical faculties in the country.

Our students have been the winners of the National Paediatric Quiz several times in a row, the Champions of the National Diabetes Quiz, the Runners up at the International Physiology Quiz held in Malaysia. They have also won the Best Research Paper award at the International Students' Congress on Medical Sciences held in Amsterdam and the Royal College of Psychiatrists Annual Academic Sessions held in London. One student represented the University of Peradeniya at the First Asian University Chess Championship held in China. This year, our students' cricket team won against Colombo, Galle and Sri Jayawardenepura medical faculties at their annual cricket encounters. Our students' aesthetic performances in singing, music, dancing and drama are of the highest calibre and highly creative in nature. Many of our academic staff members have been regularly receiving the Presidential Awards for research and have earned an International Reputation in medical research.

The Faculty is ever more grateful to the powerful alumni it has around the world, many of whom are very supportive of their alma mater. The Faculty is ever more grateful to the powerful alumni it has around the world, many of whom are very supportive of their alma mater.

I am extremely happy to see our UK Alumni gathering at this event in celebrating academically and socially the PEMSAA-UK 2018 Academic Conference and Annual Reunion and wish good luck for the proceedings so that this will be a memorable event for all of us to remember for a long time.

Prof. Vajira Weerasinghe, Dean, Faculty of Medicine, University of Peradeniya, Sri Lanka

Message of the President PeMSAA Peradeniya

It is indeed a privilege and a great pleasure to send this message on the occasion of academic conference and annual reunion organized by PeMSAA UK, one of the most important events in the PeMSAA UK calendar. I bring you all, the greetings and best wishes of the PeMSAA Peradeniya!



PeMSAA UK has been functioning closely with the Peradeniya parent branch. We are very much thankful to the support extended to us in many areas throughout particularly the manpower training.

While the Faculty of Medicine, University of Peradeniya celebrating her 56th birthday this year, PeMSAA reached 26 years from its' inception in 1992. During this period the faculty has undergone a tremendous change. New buildings for the preclinical and para clinical departments, admission of more than 200 students per batch including substantial number of foreign students are some of the physical changes. Introduction of semester and module based curriculum have contributed to improve the quality of teaching learning environment of the faculty. Over the last 5 years, our students excelled at the common merit examination of final MBBS. They were blessed with top ranks in the island common merit list of medical undergraduates. In 2017, Peradeniya medical school was fortunate enough to possess all three first merit positions among nearly 1000 medical undergraduates from all 8 medical faculties in the island.

This academic excellence has brought in about many revolutionary changes in the faculty; the change of admission policy of the medical students to the faculty was among many of such things. As a result, since 2012, Faculty of Medicine, Peradeniya admits only the merit order students from A/ L results. This could be considered a one of the remarkable academic achievements of the faculty.

PeMSAA has looked in to many aspects of enhancing the learning and welfare environment of medical students. Donation of teaching aids, and sports accessories and equipment to the faculty, provision of financial supports for needy students are some of them. However, the welfare and social facilities available in the faculty have not improved enough over the time compared to the teaching and learning facilities. PeMSAA has given a serious considerations to this and embarked on a strong step to support the construction of the proposed "faculty hub" which is expected to provide all basic welfare facilities needed for students and staff of the faculty.

I, on behalf of members of PeMSAA, Peradeniya make a humble appeal to those who would wish to see a bright future of Peradeniya Medical Faculty to come forward to make a contribution to this worthy cause. I wish all the members of the organizing committee and the participants of PeMSAA-UK, a very successful and jubilant PeMSAA-UK reunion. Finally I extend my warm wishes to all of you.

Prof. P.V.R. Kumarasiri, Peradeniya

ABSTRACTS

Carcinoma of Lungs:

Panel presentation & discussion

Drs Palitha Abyekoon Chairman of the National Authority on Tobacco and Alcohol (NATA), under the Ministry of Health, Sri Lanka

Dr Sethsiri Wijeratne Clinical Lead and Consultant Chemical Pathologist, Coventry and Warwickshire Pathology Service

Dr Jeyakumar Singanayagam Consultant Radiologist, Milton Keynes University Hospital, United Kingdom

Dr Gayathri Wathuge Consultant in Cellular pathology, Buckinghamshire Healthcare NHS Trust

Dr Nirupa Murugaesu Consultant in Medical Oncology at St George's Hospital

Prof Wicki Thambiah Vigneswaran Director of Thoracic Surgery at Loyola University Health System and System Director of Edwards and Elmhurst Health, in Chicago, USA

The purpose of this session on lung cancer is to review the current management of lung cancer with a particular emphasis on non-small cell lung cancer, which is the frequent form of lung cancer encountered in clinical practice. After attending the session the participants would be able to understand the current indications for lung cancer screening, the methods of establishing the diagnosis, and various treatments that are available for different stages of lung cancer. The format of the session is multiple didactic lectures on epidemiology, screening, diagnosis, staging, indications for surgery, neoadjuvant and adjuvant therapies. In addition there will be lectures on molecular markers, recent advances on targeted therapies and anticipated near future developments in the field. For discussion and audience participation a typical case of non-small cell lung cancer will be presented and the panel will discuss management.

How Life Style Influences Heritable Changes

Dr James Flanagan, Senior Lecturer in the Epigenetics Unit, Dept. of Surgery, Imperial College, London

Epigenetic modifications, such as DNA methylation or histone modifications, are key determinants of chromatin structure, genomic stability and gene expression. These epigenetic modifications are maintained during cell division and when perturbed, play a key role in cancer development. Recent research has explored the possibility that epigenetics may play a role in determining cancer risk. The underlying mechanisms of how epigenetic patterns are altered and how this is related to cancer risk are unclear. The main hypothesis proposes that cancer risk exposures, lifetime and environmental events, can alter the epigenome and stably modify an individual's cancer risk. The best example of this thus far is the epigenetic signatures of smoking that partly mediate lung cancer risk. Other lifestyle factors that influence the epigenome include aging, body mass index, alcohol consumption and hormonal factors. Whether these lifestyle induced epigenetic changes are heritable across generations remains controversial.

Vitamin D: Is it The Panacea for All Human Ill-Health?

Prof Sunil J. Wimalawansa, Professor of Medicine, Endocrinology & Nutrition

The nutrient vitamin D and its active hormonal form, 1,25(OH)₂D are essential for human physiological functions, procreation, and survival. Well-known hormonal functions of 1,25(OH)₂D include stimulation of calcium and phosphate homeostasis (intestinal absorption, renal handling, bone resorption, in part, regulation through parathyroid hormone) and bone metabolism. However, effects of vitamin D extend beyond calcium and phosphate homeostasis and prevention of osteomalacia, rickets, falls and fractures.

Mounting evidence supports that suboptimal concentration of serum vitamin D [i.e., serum 25(OH)D less than 75nmol/L (30ng/mL)] is associated with dose-dependent increase risk of morbidities and all-cause mortality, even in the presence of normal 1,25(OH)₂D concentration. Disorders associated with hypovitaminosis D include, hypertension, cardiovascular diseases (atherosclerosis, peripheral vascular disease, myocardial infarctions), metabolic disease (obesity, insulin resistance, type 2 diabetes), pregnancy and birth-related outcomes, autoimmune disorders, certain cancers, impairment of DNA repair, and systemic inflammation. The interaction of 1,25(OH)₂D with its intracellular receptors modulates vitamin D-dependent gene transcription, triggering several secondary messenger systems leading to protection against disorders like autoimmunity, and viral and bacterial infections.

To-date, many information generated on vitamin D are from observational, epidemiological and ecological studies; only few randomized control trials (RCT) data available. Many published and ongoing RCTs have major study design failures, thus one cannot expect them to generate meaningful data to clarify unknowns. The treatment of vitamin D deficiency costs less than 1% of the cost of investigations and treatment of worsening comorbidities and complications associated with hypovitaminosis D. Despite this cost-benefit, in millions of people, vitamin D deficiency remains uncorrected. Countries with proactive health systems, combined approaches have been introduced to alleviate vitamin D deficiency, including food fortification, advocating safe sun exposure and supplementation; these recommendations are geared for both health professionals and the public.

Countries that have not yet adapted these cost-effective public health interventions should consider embracing such measures. The goal is to maintain the health in populations by maintaining serum 25(OH)D concentrations above 75 nmol/L. The progress of knowledge in biology and physiology made over the last two-decades, in relation to clinical applications to human health will be presented. New understandings of metabolomics, transcriptomics, and epigenetics related to vitamin D promise better clinical outcomes.

Professor Varagunam Memorial Lecture:

Healthcare in 2025 and Beyond

Prof Sreeharan, Visiting Professor at King's College, London, University of Jaffna, Sri Lanka and in Malaysia and a Consultant to the Biotechnology Industry.

The delivery of healthcare has seen some extraordinary changes in the past 50 years. Many of these have developed insidiously over the years and have resulted in significant improvements in most health-related outcomes. The pace of change has however increased dramatically in recent years, is expected to accelerate even further in the future and many healthcare systems across the globe will struggle to adapt to these challenges. Predicting the nature of the healthcare environment over the next several decades could be seen more as a role for a clairvoyant rather than as a scientific and evidence-based endeavour. However, evidence from previous developments and current indicators of change could be used to predict the possible healthcare environment of the future.

The main drivers for a paradigm shift in the future delivery of healthcare will be the impact of dramatic technological advances in biology and medicine and the development of artificial intelligence including the processing of “big data” and machine learning. The consequent challenges to the traditional role of doctors and other healthcare providers will need to be managed. The wider society will also need to respond to these changes by modifying its choices and preferences on health and end of life decisions. It is essential that a modern curriculum for the training of tomorrow's doctors should reflect these dramatic changes to ensure that healthcare practitioners and providers are ready to respond optimally to the challenges.

Profile of the Speakers

Dr. Palitha Abeykoon MD, MPH Chairman of the National Authority on Tobacco and Alcohol (NATA), under the Ministry of Health, Sri Lanka

Dr. Palitha Abeykoon is currently the Chairman of the National Authority on Tobacco and Alcohol (NATA), under the Ministry of Health, which has overall responsibility for tobacco and alcohol policy formulation and oversight in Sri Lanka.



Dr. Abeykoon had his secondary education at Trinity College Kandy, was in the pioneering batch of medical students who started the Peradeniya Medical School. He is the proud holder of the first record book from Peradeniya Faculty, number M 1. After a 2 year period at the Lady Ridgeway Children's Hospital, he was also one of the first Peradeniya Alumni to join the Academic Staff of Peradeniya. While there, he went for his postgraduate education to the University of Southern California in Los Angeles where he earned two Masters degrees, in Medical Education and in Educational Technology. He also obtained a Masters in Public Health (MPH) Degree from Harvard University in Boston where he was awarded the Taro Takemi Senior Fellowship. He also completed the Diploma in Population and Health from the University of Geneva. He is a Fellow of the College of Community Physicians of Sri Lanka, Fellow of the College of Medical Educationists of Sri Lanka and also an Honorary Fellow of the College of Medical Administrators of Sri Lanka.

Dr. Abeykoon served for over 12 years in the Peradeniya Medical Faculty in the Departments of Community Medicine and Medical Education. He was the Director of the first ever Medical Education Unit in the country and helped to establish the WHO Regional Teacher Training Centre at Peradeniya. Later he went on to establish National Medical Education Centres in each of the countries of the South East Asia Region with the support of the World Health Organization.

He then joined the World Health Organization and first served in Nepal and Indonesia as the Health Advisor to these countries. He helped to develop their health and education systems, including setting up the first Medical School in Nepal (IOM), and the Faculties of Public Health in Indonesia. Then he moved to the WHO Regional Office in New Delhi where, during the period from 1987 to 2009, he was first the Regional Advisor in Medical Education and Human Resources for Health, and thereafter consecutively the Director of Health Technology, Director of Health Systems, and later the Director of Non Communicable Disease Control.

He has a wide knowledge and experience in each of these areas and has lectured and written extensively on these subjects. During his assignment in the WHO Regional Office in India he also served as the WHO Representative to India for 2 years. He was the winner of Fred Katz Gold Medal from the Australian Medical Association for outstanding contribution to medical education in Asia and was a recipient of the prestigious Prof. Taro Takemi Award for Public Health from the Harvard School of Public Health. Recently he was awarded the prestigious **WHO Director General's No Tobacco Day Award** for the outstanding contribution to prevent harm from tobacco in Sri Lanka.

Since his retirement he has been invited as an Advisor to the WHO and to the Ministry of Health in Sri Lanka and is a Senior Research Fellow of the National Science Foundation of Sri Lanka. He led the formulation of the National Non Communicable Disease Policy, the first National Mental Health Policy and the National Medicinal Drugs Policy and coordinates its implementation. He also served as a Health Advisor to the Governments of Bhutan, Myanmar, Maldives, DPR Korea and Indonesia. Last year he also formulated the Health personnel Educational Strategy for Timor-Leste, the HRH policy of Bhutan and the National Health Policy of Myanmar. He also currently heads the Technical Committee for the development of the Health Sector Reorganization Project of the Ministry of Health and the World Bank.

He has delivered a large number of orations locally and abroad, and has contributed widely as author and reviewer to health and medical literature.

Dr Sethsiri Wijeratne MBBS, MD, FRCPath, Clinical Lead and Consultant Chemical Pathologist, Coventry and Warwickshire Pathology Service

Dr Wijeratne entered to the Faculty of Medicine, University of Peradeniya Sri Lanka in 1982. He completed his internship at Peradeniya in 1991 and joined the Department of Pathology as a Lecturer in Pathology at the same medical faculty. He completed his MD in Chemical Pathology, from University of Colombo, Sri Lanka in 1999. During this period he worked at National Hospital in Sri Lanka and pioneered automation in Sri Lankan Chemical Pathology Laboratories. He played a key role in developing a major independent private laboratory.



In 1999 he moved to UK for his further education and worked at St .Thomas & Guys Hospitals and Kings College Hospital in London Prior to obtaining his FRCPath in 2004. He was appointed as Consultant chemical pathologist at Warwick Hospital and later joined University Hospital of Coventry and Warwickshire, Coventry as part of one of the largest pathology network. Currently he is the clinical lead for Biochemistry and Immunology in the network and closely involved with the Nuffield Health care as well as a Lead Pathology Advisor.

His current interests are provision of cost effective biochemistry service and facilitating research and innervation while providing Vascular Risk Factor clinical service and leading the department to adopt to changing and vastly challenging health care provision.

Dr Jeyakumar Singanayagam, FRCSEd, FRCR, Consultant Radiologist, Milton Keynes University Hospital, United Kingdom.

Dr Jeyakumar entered medical school at University of Peradeniya in 1976. He obtained First class honours with distinctions in Physiology and Biochemistry in the 2nd MBBS. He was awarded a gold medal for the 2nd MBBS. Obtained 2nd class honours in the 3rd and Final MBBS with distinctions in Pharmacology, Forensic medicine and Paediatrics. He qualified as a doctor in July 1981.



He did internship at General Hospital Kandy following qualification and commenced General Surgical training in the Professorial Surgical Unit at the University of Peradeniya.

He continued with general surgical training in UK from 1984 to 1989 and obtained the FRCS from the Royal College of Surgeons in Edinburgh in 1988. Dr Singanayagam changed speciality and commenced training in Diagnostic radiology at University Hospital of North Staffordshire, Stoke on Trent in 1989. Completed Radiology training and was appointed as Consultant Radiologist at Queens Hospital, Burton on Trent, Staffordshire in 1996. Moved to Milton Keynes University Hospital in 2003 following the appointment as Consultant Radiologist.

Has been a Clinical Director in Radiology at both Queens Hospital, Burton on Trent and Milton Keynes University Hospital for a total period of 8 years. Clinical Tutor in Radiology in the last few years and is involved in the teaching of Registrars from the Oxford Radiology training scheme. Also undertakes regular teaching of specialty doctors in radiology and occasionally medical students from the University of Buckingham. Has also undertaken teaching of FY1 and FY2 doctors previously.

His main interest is in abdominal Imaging which includes the Gastro intestinal tract and Genito-Urinary Tract. He attends and presents cases regularly at the Upper GI, Colorectal, Gynaecology and Urology MDTs on a weekly basis.

Dr Gayathri Wathuge MBBS, Dip Path, MD, FRCPath Consultant in Cellular pathology, Buckinghamshire Healthcare NHS Trust

Dr Wathuge graduated from the Faculty of Medicine, University of Peradeniya, Sri Lanka in 2000. In 2003 she started post-graduate training in Histopathology at the Faculty of Medicine and the Teaching Hospital, Peradeniya. After completing the Diploma in Pathology (2003) and Doctor of Medicine in Histopathology (2008) she joined the John Radcliffe Hospital, Oxford where she completed a fellowship in Histopathology (2010).



She passed the FRCPath exam in 2012 and since then has been working as a consultant Cellular Pathologist for Buckinghamshire Healthcare NHS Trust. She is a general Histopathologist with a special interest in Lung, Breast and Gynaecological histopathology and non-gynaecological Cytopathology. Dr Wathuge is also interested in teaching and training and currently works as an Educational supervisor for Oxford Deanery and an Examiner for Royal College of Pathologists.

She has also created an honorary training post for Sri Lankan post graduate doctors for overseas training at Wycombe Hospital to support the Sri Lankan Histopathology post graduate training programme of PGIM Colombo.

Dr Nirupa Murugaesu MBBS PhD BSc MRCP, Consultant in Medical Oncology at St George's Hospital

Dr Murugaesu qualified from UCL Medical School in 2001. After completing her general medical training in London, she trained in Medical Oncology at St Bartholomew's and University College London Hospitals and completed a PhD at The Institute of Cancer Research in 2011. Following which, she completed a Clinical Lectureship in The Translational Cancer Therapeutics Laboratory at University College London and The Francis Crick Institute with an academic research interest in tracking cancer evolution through therapy.



Dr Murugaesu is a Consultant in Medical Oncology at St George's Hospital and the Clinical Lead for Molecular Oncology for the 100,000 Genomes Cancer Programme. This role includes clinical leadership and oversight of the Cancer Programme which aims to establish a national research platform of molecular data linked to longitudinal clinical data and to transform delivery of molecular testing in NHS clinical cancer care.

Professor Wickii Thambiah Vigneswaran, MD, MBA Director of Thoracic Surgery at Loyola University Health System and System Director of Edwards and Elmhurst Health, in Chicago, USA.

He graduated from the University of Sri Lanka, Peradeniya in 1978. He completed his early training in surgery and cardiothoracic surgery in UK and continued his advanced training in the US. He trained in many prestigious institutions in UK and USA, such as University of Glasgow, University of Edinburgh, Imperial College in London, University of Colorado Health Sciences Center and Mayo Clinic. He held appointments as Professor and Chief of Thoracic Surgery at Loyola University Medical Center, and Professor and Associate Chief of Cardiac and Thoracic Surgery at University of Chicago before returning as the Director of Thoracic Surgery at Loyola University Health System. Professor Vigneswaran received his Master in Business Administration in Leadership and Adjusting to Change from Concordia University.



He is a Fellow of the Royal College of Surgeons of Edinburgh, Fellow of the Royal College of Surgeons and Physicians of Canada and Fellow of the American College of Surgeons. He is the Past President of the International College of Surgeons of US Section, former Trustee of the American College of Chest Physicians and a member of the House of Delegates of the American Medical Association.

Professor Vigneswaran has authored more than 110 original peer reviewed scientific articles and over 90 brief communication, book chapters and videos related to his field. He has edited three seminal medical books on Lung Transplantation and Thoracic Surgery. He is an invited lecturer in many institutions around the world. He is appointed as a visiting Professor at Ricardo Palma University in Lima, Peru. He is a Member or Fellow of many National and International professional societies, including Royal Society of Medicine. Professor Vigneswaran is a recipient of many honours and awards.

He is listed in Who is Who, named as Man of the Year in Medicine and Healthcare in 2012 by the American Biographical Society and listed as Top Cardiothoracic Surgeon in US News and World Report every year for the past 10 years. His research interest includes lung transplantation, robotic thoracic surgery, outcome research, tumor and transplant immunology. He enjoys travelling and participating in voluntary medical missions. He has served as a voluntary Physician and Surgeons, in Sri Lanka (multiple times), Honduras, Vietnam, Cambodia and Ethiopia. He enjoys spending time with his family and friends during spare time.



A beautiful view of our alma mater

Dr James Flanagan, Senior Lecturer in the Epigenetics Unit, Dept. of Surgery, Imperial College, London

Dr Flanagan completed his PhD in 2002 at the Queensland Institute of Medical Research in Brisbane, Australia, and has pursued postdoctoral work in Cancer Genetics (QIMR 2002-2004), Epigenetics (University of Toronto 2004-2006) and Cancer Epigenetics (UCL, 2006-2009). He was awarded a Breast Cancer Campaign Scientific Fellowship (Imperial, 2009-2014) and is now a Senior Lecturer in the Epigenetics Unit, Dept. of Surgery, Imperial College (2014-present).



His work addresses the hypothesis that epigenetic variation may be a driver of cancer risk whether by inherent constitutional variation or as a mediator of other cancer risk factors. Recent work has focussed on cancer risk and prevention for both breast and ovarian cancer. He was awarded the British Association of Cancer Research Translational Researcher Award in 2011.

Professor Sunil Wimalawansa, MD, PhD, executive MBA, DSc, a graduate (1970 batch) from Medical School, Peradeniya.

When he was a medical student, he was a member of Sri Lankan hockey team and junior soccer team and represented six different sports' teams for the university. Consequently, awarded the best, all-round sportsman of the year in 1974. He started the University Environment and Explores Clubs, and the Sri Lanka Explorer' Club in early 1970s; he climbed Himalayas in 1972 and climb-down the World's end escarpment in 1973.



He is a former University Professor, Professor of Medicine, Chief of Endocrinology, Metabolism & Nutrition, renowned expert in endocrinology; osteoporosis and metabolic bone disease, vitamin D and nutrition. He holds numerous distinctions as an educator, author, researcher, innovator, executive board member, an administrator, and philanthropist. His research interests include osteoporosis, metabolic bone diseases, obesity, nutrition, CKD, and type 2 diabetes. He has over 250 publications and written several books.

His medical and scientific innovations include, the development of once-a-week bisphosphonate therapy, combination therapies for osteoporosis, treatment model for preeclampsia, technique to enhance bisphosphonates efficiency, and cost-effective therapies like vitamin E and nitric oxide donor regimens for osteoporosis. In 1984, he developed the ground-breaking, intra-operative hormone assays to assist endocrine surgical procedures. This procedure is now used worldwide, as the standard of care. In addition to several young investigators scientific awards, he also had Dr. Boy Frame Award for Excellence in Metabolic Bone Diseases, American Endocrine Society Glen Foundation Awards, and innovation award from Asian Chamber of Commerce. He received a coveted Lifetime Achievement Award for his contributions to science and medicine in 2004 and Dr. Oscar Gluck International Humanitarian Award in 2007 for his global humanitarian contributions. He served on many national and international scientific committees, including the NIH, VA, DEA, and NASA.

Ivan Finch LMPA; LRPS. Town and Country Photographic was founded in 1995 by multi award winning photographer Ivan Finch LMPA; LRPS.

Ivan's experience in photography started at an early age, being part of a photographic family. After leaving school he studied photography at The Kingsway Princeton College in Central London. Ivan worked in several laboratories and studios in the London area gaining experience in many different fields of photography. He also worked for several years as a cruise ship photographer which allowed him to travel on some of the worlds most prestigious cruise liners, in some of the worlds most exotic locations. He left this enviable position in 1995 to found his own business.



Ivan is a qualified member of The Royal Photographic Society and The Master Photographers Association. He also has three City and Guilds distinctions in various disciplines of photography and is the current chairman of The London Portrait Group. In recent years Ivan's portrait photography has evolved and he is working with the environment and natural light more than ever. Ivan is proud to still have clients from when he founded his business in 1995.

Living close to London Ivan enjoys days and evenings exploring and taking photographs in our great city. He has a wide and varied taste in the arts and enjoys watching classic Hollywood films. Ivan also enjoys going to the gym and is a keen motorcyclist!

Prof Nadarajah Sreeharan MD FRCP PhD FACP

Prof Sreeharan currently holds Visiting Professorships at King's College, London, University of Jaffna, Sri Lanka and in Malaysia and acts as a Consultant to the Biotechnology Industry.

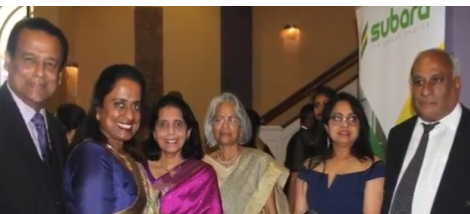
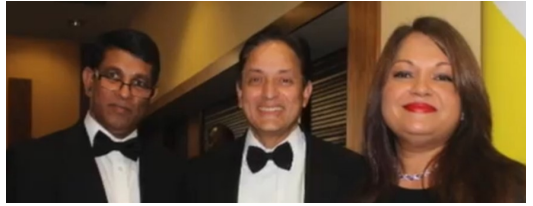
He graduated from the University of Colombo with 1st class honours in 1970, subsequently completing the MD (Colombo), MRCP(UK) and a PhD at the British Heart Foundation Department of Cardiovascular Studies in Leeds, UK. Following a period as Senior Lecturer at the University of Peradeniya, he assumed the Foundation Chair in Medicine at the University of Jaffna in 1980, where he also functioned as the Clinical Sub-Dean.



Prof Sreeharan left Sri Lanka following the civil strife and after a period as Visiting Professor of Cardiology at the University of Alberta, Canada, he joined the Global R&D organisation at GlaxoSmithKline where as Senior Vice President and European Medical Director, he chaired a medical department based across the European countries with oversight for the research & development of new medicines. He led teams which developed the first non-ergot selective dopamine agonist for Parkinson's Disease (Ropinirole), the first beta blocker for Heart Failure (Carvedilol), an insulin sensitiser for Type 2 Diabetes (Rosiglitazone), a combination steroid/LABA for COPD (Seretide), an SSRI for depression/anxiety spectrum (Paroxetine), a 5 alpha reductase inhibitor for BPH (Dutasteride), and a topoisomerase inhibitor for Ovarian and Small cell Lung cancers (Topotecan).

Prof Sreeharan is a Fellow of the Royal Colleges of Physicians of London, Edinburgh and Glasgow and the American College of Physicians and has authored several publications and book chapters. As an Officer of the Board of Examiners in Pharmaceutical Medicine at the Royal College of Physicians, an advisor to the National Board of Medical Examiners in the US and a faculty to the Scholars in Clinical Science Program at the Harvard Medical School, he facilitated the international development of Pharmaceutical Medicine as an accredited medical specialty.

Memories of the PeMSAA-UK Inaugural Ball 2017



PEMSAA ANNUAL BALL

Programme of events

Master of ceremony: Dr WT Maheswaran, Dr Gayathri Wathuge

Wilstead and Laurel Suite Center Parcs, Woburn Abbey

- | | |
|-------------|---|
| 18.30 hours | <i>Cocktail Reception</i> |
| 19.15 hours | Guests seated |
| 19.20 hours | Welcome address
Dr Radhakrishnan, President - PeMSAA-UK |
| 19.30 hours | Starters followed by main meal
Dancing between meals |
| 21.00 hours | Guest of Honor address
Professor Vajira Weerasinghe, Dean of the
Faculty of Medicine |
| 21.15 hours | Chief Guest address
Dr Palitha Abeykoon |
| 21.30 hours | Appreciation of speakers |
| 21.45 hours | Honoring Teachers |
| 23.00 hours | Raffles (See page 38 for prizes) |
| | Vote of Thanks
Mr. Abey Abeyasekara, Secretary – PeMSAA-UK |
| 24.00 hours | Close |



Medical Education Unit

Faculty of Medicine, University of Peradeniya

The Historical Events and its Functions

By Prof Kosala Marambe MBBS PhD, Director Medical Education unit,
Faculty of Medicine, University of Peradeniya

The original innovative idea was conceived by the first Dean of Faculty of Medicine at Peradeniya Campus, Prof. Senaka Bibile. As an initial step, he formed the Working Group on Medical Education (WGME), comprising a few senior medical faculty dons including Professor Valentine Basnayake as its secretary. According to records this group has met on Tuesday evenings after the 'Tuesday talks' and discussed in detail the book 'Teaching and learning in Medical school' edited by George Miller.

Subsequently, Dr. T. Varagunam, at the request of Prof. Bibile took up the challenge to study medical education in the year 1970, under Prof George Miller, who is widely considered the father of medical education. He was entrusted initially to introduce the new Medical Education discipline to the Faculty of Medicine, Peradeniya. The Unit was formally established in 1973 under the directorship of Prof. T. Varagunam, who was a senior academic in the Department of Medicine.

Upon returning from his adventure at the University of Illinois, Chicago, the pioneering, outstanding place for Medical Education, often referred to as the Mecca of Medical Education, with a Master's Degree, Prof. Varagunam opened innumerable new vistas to the inquiring minds of the teachers, students, academics of other disciplines, and gave fantastic glimpses of potential new horizons.

Immediately after establishing the Unit, another senior academic from the Department of Anatomy, Dr. Raja Bandaranayake returned to the Faculty after obtaining a Master's from University of Southern California, USA.

Two permanent academic staff members were recruited to the MEU in early 1973. They were Dr. Palitha Abeykoon and Prof. P. T. Jayawickramarajah - both had to undergo training in Medical Education in Southern California and Chicago Centres in the USA respectively and eventually obtaining Masters Degrees in Medical Education. With this development the MEU was equipped with its own staff and the discipline of medical education was formally established in Sri Lanka.

According to records, in February 1974 a workshop had been conducted at Peradeniya for academic staff of Faculties of Medicine, Colombo and Peradeniya by Professor George Miller, a Physician (University of Chicago) and Prof. Steve Abrahamson, an Educationist (University of Southern California). Incidentally, these two academics were instrumental in engaging in pioneering work and introducing the discipline of Medical Education in the 1960s to the World.

In addition to trained academic and non-academic staff in the MEU, Prof. Varagunam opened the portals of the Unit for other interested staff to join the resource pool and provided them training in different areas of Medical Education leading to forming a spirited group called "Staff Associates" who later became intangible assets to the Medical Education Unit. Regular training workshops were conducted for teachers from Medical, Dental, Veterinary and Allied Health Schools. With a view to improve clinical teaching, training was further extended to hospital clinical teachers. In the early days teachers from Faculties of Science and Engineering were invited to undergo training programmes especially designed for them. It is also noted that senior academics from the Engineering Faculty and Department of Education served as Staff Associates for a long period of time. Since then the staff associates of the MEU have assisted in numerous ways to organize and conduct workshops.

Owing to Prof. Varagunam's pioneering efforts, the WHO recognized the MEU as one Regional Teacher Training Centre for the South East Asia Region and teachers of health professions education from the regional countries were sent for short term training programmes. This centre at that time was recognized as one of the six Regional Teacher Training Centres (RTTCs) for Health Personnel Education in the World. It is noted that many health professional trainers from India, Pakistan, Bangladesh, Nepal and Myanmar have undergone training at the MEU.

In addition to conducting training programmes for health professions educators, MEU spearheaded projects such as the Assistant Medical Practitioners' Training, Programme of Common Order of Merit for newly passed out graduates of the two existing medical schools, time and motion study of medical internship, Cell Biology course for pre-clinical students. The MEU had taken up the function of coordinating the clinical training with a view to streamline the hospital clerkship programmes and to give logistic support to clinical teachers. Further, MEU has initiated an integrated curriculum for assistant medical practitioner students and the training course impressively succeeded by producing competent Medical Assistants.

The MEU in its existence of more than four decades has organized a series of training workshops to train teachers of health personnel in Educational Process

to include broad topic areas such as learning objectives, teaching methods, curriculum development, assessment of students, program evaluation, educational change. Two week educational technology workshop was popular among trainers in health professions education. Over the last decade MEU has conducted a 3 week induction program for academic staff of faculties of Health sciences, which is accredited by the University Grants Commission as a pre requisite for confirmation in the University service.

The activities of the MEU are centred around teaching and learning in medical school, clinical teaching, objective assessment of medical students, staff development, active and independent learning of students, educational research, development of learning resources for students, contributing to quality assurance process and taking part in evaluation missions. Since 2005 with the introduction of the new curriculum, MEU has played an active role in undergraduate teaching and learning process.

The third recruit to MEU had been Dr. Gamini Preamadasa in 1984; he has also obtained a Masters in Medical Education from Michigan State University, USA. The fourth recruit to MEU had been Dr. Nimal D. Kasturiaratchi, in the year 1992, a Medical Anthropologist, who obtained the doctorate from Princeton University, USA. The fifth permanent recruit was Prof. Kosala N. Marambe, who obtained her Doctorate in Medical Education from University of Maastricht, the Netherlands. She is the present Director of the Unit.

The sixth recruit was Dr. T.M.S.H. Dharmaratne, who obtained MD in Medical Education from the Post Graduate Institute of Medicine, University of Colombo and is currently undergoing training in the Leeds institute of Medical Education, U.K. It is with great sense of pride, I wish to place on record that the predecessors of the MEU are world renowned Medical Educationists and contributed to human resource development through their services to World Health Organization, other national and international agencies as well as Universities in different regions of the world.

List of past Directors of the Medical Education Unit in chronological order: Prof. T. Varagunam (January 1973 – October 1980), Dr. Palitha Abeykoon (November 1980 – August 1982), Prof. P. T. Jayawickramarajah (September 1982 – May 1984), Dr. Gamini Premadasa (June 1985 – October 1987), Prof. K. Jayasena (March 1988 – December 1989), Dr. Ranil Abeyasinghe (January 1990 – May 1994), Dr. Nimal D. Kasturiaratchi (June 1994 – August 2003), Prof. Ananda S. B. Wijekoon (September 2003 – September 2005), Dr. T. N. C. Athuraliya (December 2005 – 2008) and Prof. Kosala N. Marambe (January 2009 to date)

Ref. Faculty of Medicine, Peradeniya (2012). 50th Anniversary commemoration volume Peradeniya Medical school. ISBN: 978-955-589-155-4.



Tributes to the Late Professor Varagunam

The passing away of Professor Varagunam has caused shock and extreme sadness among the members of the PeMSAA-UK. Professor Varagunam Memorial Lecture has been inaugurated by PeMSAA-UK in his memory. We publish three tributes paid to The Late Prof Varagunam.

From Prof Nadarajah Sreeharan

The news of the departure of Professor Varagunam was received with a sense of loss and sadness by his many friends, colleagues and past students. Although we were aware of his deteriorating health over the past year, the final illness was sudden and unexpected. Hence the enormity of the grief and the irreparability of the loss. Our thoughts and prayers are with his wife Thayalam and daughters Mira, Radha and Sita.

Once in a life time, humanity is adorned by exceptional individuals. Prof Varagunam belonged to this rare breed who through their selfless service and goodness of their heart touch the lives of so many. He was an astute clinician and a talented teacher but what defined him above all was his exceptional personality; humble, humane and kind. He treated prince and pauper alike. A patient, a Departmental attendant, a Dean or Professor of Medicine, a medical student, a Vice Chancellor or a nurse; they were all received with the same level of acceptance, humour and straight talk.

Prof Varagunam was a pioneer in all his endeavours. He challenged the status quo, exhibited “out of the box” thinking and was a visionary whose thought process was years ahead of many of his contemporaries.

This approach led him to lead a group of exceptional individuals leaving the portals of Colombo to establish the Medical Faculty in Peradeniya. The rest is history. I saw this first hand as a Colombo graduate moving to Peradeniya in the early 70s. The interactions between students and staff were close but disciplined. The students were encouraged to question and speak out and this culture of open interactions became a model that eventually spread to other medical faculties in Sri Lanka.

Prof Varagunam's visionary outlook led him to establish the Medical Education Unit in Peradeniya at a time when many questioned the need for an evidence-based approach to education and teaching. What I personally learnt from the time spent with him at the medical education unit was of immense value not only in helping to establish the medical curriculum at the Jaffna Medical Faculty but also many years later in the corporate world. For this I am eternally grateful.

Prof Varagunam's love for the Peradeniya Medical Faculty and its graduates led him to play an active part in supporting Alumni organisations and he encouraged them to contribute positively to the development of their alma mater. The President and members of the newly created PeM-SAA UK were delighted that he was able to be their Chief Guest at its inauguration on the 17th June 2017. It is also somewhat consoling that this occasion allowed many of us to express our thanks to him in person.



As we remember and celebrate Prof Varagunam's life, one cannot fail to see exemplary leadership qualities in all his endeavours. He always led from behind, never hesitant to take the blame when things go wrong but handing over the accolades of success to others. His leadership qualities allowed him to excel beyond the portals of Sri Lanka. His contributions to the World Health Organisation have been well documented. But what pleasantly surprised me over the years was how well known and appreciated he was in many global arenas often unrelated to academic medicine.

Sir, we will miss you for ever, but your legacy will stand the test of time. I belong to that huge list of past students whose lives were enriched by your presence and we owe you an immense sense of gratitude. Thank you and Rest in Peace.

"A good head and a good heart are rare but formidable combinations"- Nelson Mandela

PROF NADARAJAH SREEHARAN

Formerly Senior Lecturer, University of Peradeniya & Professor of Medicine, University of Jaffna

A salute to you Sir, on behalf of many generations of Medical students

By Prof Channa Ratnatunga

The passing away of a veritable colossus in every sense of the word, on Sunday, February 4, brought a sadness to us, his former students, that defies description. A former Professor of Medicine, who together with the likes of Senaka Bibile, he helped to pioneer the fledgling Medical School at Peradeniya to the enviable position it now enjoys. He would have in life, wished no public accolade, that was his nature. He was the Chancellor of the Eastern University, a post he carried with aplomb, grace, dignity and ease, a panache, that seemed almost a birth right.

We were from the first batch of medical students at Peradeniya. A motley crowd from various parts of the country, were taught our basics in Medicine by this teacher who was of a new breed, with a conversance of the scientific background to what he was teaching. We lapped up the “pearls of wisdom he cast”, for they were clear expositions of a complex subject. His encouragement in sorting out any puzzlement with focused questions remains even today, the hallmark of this faculty in the hills.

Always a pioneer, he together with a physician friend Dr. Kolitha Karunaratne and the surgeon Rudra Rasaretnam were responsible for the organisation of the Kandy Society of Medicine, one of the foremost medical organisations in the country. With its scientific programmes it remains a vibrant source of continued medical education to the medical community, doctors and students, in the central regions of this country.

His nonchalant demeanour hid an extremely positive nature and we all got used to his “I say, you guys” (succinct words of advice or exhortation followed) that marked our relationship with him. Never a person to mince words, but always careful as to their choice, not to hurt a soul, he was a free spirit, though heavy with the garb of responsibility. He was a role model to us youngsters then. He always carried the wisdom that we all ‘will one by one, back in the closet lay’. One of the wisest men I have known.

He was responsible for the initiation of the WHO sponsored, unit on medical education for the South Asian region in the Faculty of Medicine Peradeniya, and for a time was its very active head, a role he undertook with all his onerous duties. A stint at the WHO in Geneva followed some years later.

A keen sportsman, the hooker in Ashley Cader's 1st Bradby Shield winning team in 1948, he kept his interest in rugby, even turning up for practices for the Kandy team, while a Senior Lecturer teaching us. A regular participant at all the scientific meetings until a few months ago, we were accustomed to his penetrating questions.

In the later years he bore his illness with the stoic attitude we were accustomed to expect from him. We salute you, Sir, for having inspired so many generations of medical students. May the turf rest softly.

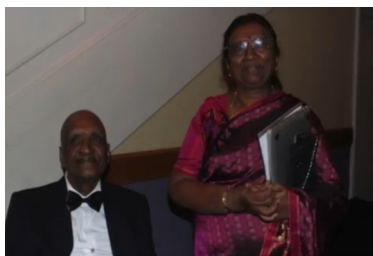
A Medical Academic with a Vision

Dr Sati Ariyanagam—A grateful student

When I was a medical student in the seventies, the majority of my teachers were very conservative in their approach to imparting knowledge. Although they instilled the values and ethos required of a future doctor but were reluctant to embrace the changes to develop the students nor did they make any attempt to nurture enquiring minds! They were particularly loathe to question their own methods or performance.

Prof Varagunam however was an exception for he was very enthusiastic to explore new ways of learning advocated by the Western academics who were gaining insight in to their own abilities, calling for analysis and research in to teaching methods displaying an interest to adopt new concepts of medical education. His enthusiasm was augmented by what he saw & learnt in Illinois, USA where he obtained his Masters degree in Medical Education. Simply put he was a visionary, one of its first kind in the mid sixties perhaps better described as the doyen of medical education when he set foot in Peradeniya as a lecturer in medicine.

On Wednesday the 7th of February 2018 generations of past medial students lined up in Kandy to pay their last respects as the mortal remains of the late Prof Varagunam lay at the funeral parlour. A cross section of the population from many parts of Srilanka and across the globe mourned the passing away of the gentle giant who dedicated most of his life time serving the faculty of medicine at Peradeniya first as an assistant



lecturer moving on to become a senior lecturer and then the Professor of Medicine, the post he held until the end of 1979. His achievements during this period were legion. While Chairing the division of medicine he also took over the medical education department from Prof Bibile bringing under his wings Drs Jayawickremarajah & Palitha Abeykoon who too made their own mark in the speciality with the former heading the department in Batticaloa and the latter taking on the mantle as the director of WHO, South East Asia.

Thambipillai Varagunam was born in Kallady Upodai in the Eastern Region of Srilanka, on 08/11/1930 . He was the only child of the late Mr Thambipillai and the late Mrs Sellathangam Thambipillai. Mr Thambipillai was an assistant medical practitioner (AMP) by profession & was a well known philanthropist cum landed proprietor from the area. The young Varagunam received his early education at Govt Central College, Batticaloa moving to Royal college, Colombo where he excelled in academics and sports, Rugby being his forte.

Entering the University of Ceylon to read medicine in 1950, he qualified in 1955 taking up training posts in Colombo North after which he left for UK to further his training. On completing the training with a membership of the Royal College of Physicians, Varagunam returned to Colombo to join the dept of medicine as a lecturer. His return coincided with the establishment of the faculty of medicine at Peradeniya which he chose as his base When the late Prof Macan Markar relinquished his duties at Peradeniya the then Vice Chancellor of the University, the late Sir Nicholas Attygalle hand picked Varagunam as the person to Chair the department. Varagunam reciprocated the trust Sir Nicholas placed on him with his exemplary leadership and commitment. The modernisation of medical education resonated well with the expectations of his students.



He entered holy matrimony in 1962 tying the knot to Miss Thayalam Sabaratnam, (daughter of the late Dr Sabaratnam from the same province) who was to become his life long partner & soul mate. She has been a tower of strength to him for the last 55 years. Prof was a very compassionate man extremely popular among every one who came in to contact with him. Sudharma Vidyatilake, his former trainee house officer and my contemporary, currently a consultant haematologist recalls the days she would be enjoying sumptuous meals prepared by Mrs Varagunam at their house where the juniors would gather often. Apparently this was a routine that Prof would carry out for all his trainees during their time spent under his tutelage.

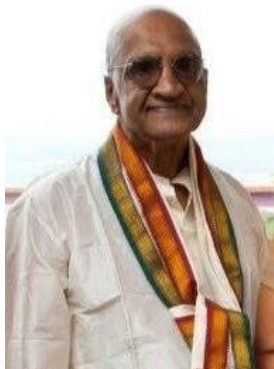
Driven by humanistic principles Prof never opted to do private practice either during his teaching career or after retirement. He was more focussed on rendering the necessary help to the institution he served with loyalty continuing in a voluntary capacity serving as the Chair of the medical research committee and promoting the activities of the Peradeniya Medical School Alumni Association which he was a patron of. Troubled by peripheral neuritis he had to cut down his activities although he remained intellectually sharp and coherent retaining his sense of humour until he was called to rest.

Philanthropy was in his genes. He donated vast acres of ancestrally owned land in Karativu for a hospital to be built for the local residents. In addition part of his property was acquired by the state for the build of the current Eastern University complex. He was down to earth and simple in his ways. Except for official duties he seldom dressed himself smart. He was also a man of good humour. On one occasion while going through the Australian customs he was asked if he could speak English! His response was "I speak better English than you mate!"

On the 4th Feb 2018 he succumbed to complications arising from prostate cancer. Fate was such that as the nation woke up to commemorate the independence, from colonial rule, his students, colleagues and patients began to grieve the loss of a great physician, a teacher, a dedicated mentor and a true friend who touched several hearts.

Our last meeting was at his daughter's residence in July 2017 in the UK. After this meeting we bid farewell planning to meet again next summer. He returned to Kandy in Aug 2017. A few weeks later I received an email from him mourning the

death of his close friend Mr Rudra Rasaratnam (Retired Cardio Thoracic Surgeon) a fellow Royalist of the same vintage. He appeared very distressed at the demise of his friend for the contents of the mail revealed the desolation he was feeling. It may well be that the solitude created by the loss of friends of his generation was unbearable.



He leaves behind his wife Thayalam, three daughters Mira, Radha and Sita and four grand children whose grief stricken emotions during the funeral were testimony to how much they loved their grandfather.

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." - Raabindranath Tagore

Profile of the PeMSAA-UK

Executive Committee Members

President:

Krish Thambiah Radhakrishnan FRCGP - 1976 Batch.

Vice President, Medical Students Association in 1979.



Dr Radhakrishnan was West Essex regional GP Training Programme Director 2001-2006 and then an Associate Postgraduate Dean and Cambridgeshire Patch Director at Health Education East of England (HEEoE) 2006 - 2014 and Vice Chair of the United Kingdom Conference of Educational Advisers (UKCEA). Currently, he is Associate Postgraduate Dean (HEEoE) and Essex Patch Director, GP Partner/Trainer and an External Adviser to RCGP on Quality Management of national GP training assessments.

Vice President:

Sivanandy Nagendran MD Ophthal FRCS Ophthal - 1979 Batch



Worked as a House Officer & Senior House Officer in Professorial units in Peradeniya, Specialty Trainee in Ophthalmology under the mentorship of Dr Seimon at the Teaching Hospital, Kandy.

At present Consultant Ophthalmologist in Norwich and King's Lynn, Norfolk, UK

General Secretary:

Mr Abeywardana M S Abeysekara FRCSEd, FRCS, MSc, 1976 Batch, Student Council Member of Medical, Dental & Veterinary Union – 1978-1980



Registrar training rotation in the South East London Deanery and was appointed as Locum Consultant General and Breast Surgeon, King George Hospital, BHR University Hospitals NHS Trust, Romford, Essex, UK. Currently Consultant Emergency and Breast Surgeon, North Middlesex University Hospital, UK

Assistant Secretary:

Uditha P Jayatunga FRCP, 1978 Batch.

President Medical Students Association - 1981



Currently Consultant in Rehabilitation Medicine, Royal Derby Hospital. Member NHS England-Clinical Reference Group, Rehabilitation Medicine, 2013-2016. Written 10 booklets for Sri Lankan patients- 'Your Essential Guide Series'- 2005. Co-ordinator - 'Lanka Hospital Needs'- Association of Professional Sri Lankans (APSL-UK) 2006-2011. Committee member Sri Lanka Medical and Dental Association (SLMDA -UK)- on 'Sharing professional expertise programme'- 2008-2014

Academic Secretary:

Prof Ramasamyier Swaminathan - MSc PhD, FRCPATH.

FRAC, 1962 Batch.



Was Professor of Chemical Pathology, Chinese University of Hong Kong, Hong Kong. Retired Professor of Clinical Biochemistry, King's College, London, Hon Consultant Chemical Pathologist Guy's St. Thomas' NHS Trust, UK

Social Secretary:

W T Maheswaran MBBS, MRCOG - 1968 Batch.

I have endeavoured to make a full contribution to Peradeniya medical school activities.



After working as a locum Consultant in obstetrics & Gynecology, at Watford General Hospital, UK, I opted to go into Family Practice in London. Whilst running a busy three-partner practice, I am a medical student lecturer and involved in the local NHS Board activities. I have enjoyed organizing several sports tournaments and cultural shows in London.

Treasurer:

Dr Thilaka Ratnayake DPM, MD, FRCPsych, FSLCoPsych - 1979 Batch.

He was Consultant Psychiatrist and Senior Lecturer in University of Ruhuna & Birmingham, UK.

Dr Ratnayake was the Director of Medical Education, Bedford Foundation Trust and a Visiting Professor of University of RSM University of Chennai. Was the President and treasurer of Sri Lankan Psychiatric Association UK, and served as an Executive Committee Member of Sri Lankan Medical & Dental Association UK. He is currently a Consultant Psychiatrist in Bedford, East London Foundation Trust and an Examiner of Royal College of Psychiatrist.



Assistant Treasurer:

Sandya Themini-mulle MBBS; MSc, FRCPath - 1981/82 Batch
Social Secretary, Medical Student Association in 1984/85.

Speciality Training in Microbiology rotation at St Georges Hospital , London. Currently I am the Lead Consultant Microbiologist in Darent Valley hospital, Kent UK. Was the Clinical director, Divisional Director and Associate Medical Director for 10 years in various NHS organisations.

Editor & Webmaster:

Mike Isweran MBBS, DCH, DPM, MRCPsych – 1966 Batch

Was Editor of the Medical Students Association.



Was a Consultant Forensic Psychiatrist and has worked in many forensic settings including Broadmoor Hospital. Currently working as a member of Parole Board and Tribunal Service, Mental Health.

Committee Members:

Edmund Ranasinghe Dip Imm, MSc, FRCPath - 1962 - 2nd batch.



Lecturer in Haematology at Charing Cross Hospital Medical School from 1977 to 1982. Consultant Haematologist & Chief of Pathology at Abdulla Fouad Hospital in Saudi Arabia from 1982 to 1987. Consultant in Transfusion Medicine at NHS Blood & Transplant Centres at Brentwood & Cambridge since 1990 until retirement in 2010. During this time, was Lead Consultant in Platelet Immunology & Red Cell Immunohaematology for the National

Blood Service in England.

Theva Nathan (nee Kandiah) - 1966 Batch.



Internship at Teaching Hospital, Kandy. Registrar Professorial unit Teaching Hospital (Prof Macan Markar and Prof. Varagunam)

Senior Registrar at Royal London Hospital. Consultant Stroke Physician at Barnet and Chasefarm Hospitals until retirement in 2015.

Ranjit Rajalingam. FRCOG, MSc - 1974 Batch, Junior treasurer - Medical Student Association - 1975

Senior Registrar rotation at Ipswich Group Hospitals and Consultant O & G Torbay Hospital since 1990. Was clinical director and lead for colposcopy services for 5 years. Advisor for RCOG consultant appointment advisory committee Retired from full time post on 31st march 2016.. Currently working part time in the same Hospital

Siva Srikumar MRCPsych - 1975 Batch. Committee member - Medical, Dental & Veterinary Students Union (1976-1978)

Was Associate Medical Director- (2006-2013)- NELFT, Clinical Director- (2001-2006)- North East London Foundation Trust (NELFT), Associate Director of Medical Education- BHB Trust (1999-2004), Honorary Senior Lecturer in Psychiatry- UCL (2002-2007) .Currently: Consultant Psychiatrist- (NELFT), Medical Member- Tribunal Services - Ministry of Justice, Consultant Appraiser- 2006 to date

Chulananda Goonasekera MD PhD, M Phil FRCP, MRCPCH, DCH, FCAI – 1975 Batch



Former Dean Faculty of Medicine 2005-6, Faculty of Allied Health Sciences 2006-2009 and Professor of Anesthesiology, University of Peradeniya.

Currently Consultant Pediatric Anesthetist, Kings College Hospital NHS Trust, Denmark Hill, London SE5 9RS

Yogeswary Kurunadalingam MRCP/ FRC(OPHTH) - 1976 Batch

Retired Ophthalmologist from St James's University Hospital Leeds in 30/09/2016. Currently working part time at Queen's Hospital London.

Ratnakumari Pushparajah – 1976 Batch

Currently Senior GP Partner & NHS GP Appraiser UK.

Aruni Molagoda -1982 Batch.

Was treasurer of parent PeMSAA in the past

Gayathri Wathuge MBBS, Dip Path, MD, FRCPath -1993 Batch.



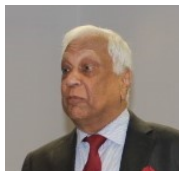
Internship in Paediatrics and Obs & Gynae – Prof Unit, Teaching Hospital, Peradeniya 2001-2002

Post graduate training in Histopathology –Faculty of Medicine and Prof Unit, Teaching Hospital, Peradeniya 2003-2010. Currently a consultant in Cellular Pathology and the Hospital Based Programme Coordinator for Cervical Screening –

Buckinghamshire Healthcare NHS Trust, High Wycombe. Also an Examiner at Royal College of Pathologists, an Educational Supervisor for Cellular Pathology PG trainees in Oxford Deanery, the Educational supervisor for Sri Lankan PG trainees on MTI scheme and a member of College of Pathologists of Sri Lanka.

Nominated Trustees

Lionel Samarasinghe –MBBS (Ceylon) 1967. MRCOG (1976) -
1962 - Batch



Was a Senior Registrar (GU Medicine) St. Giles and Kings Health District 1980-81. Temporary Senior Registrar in Obstetrics and Gynecology at North Middlesex Hospital 1979-80. General Practitioner from 1981 at Wood Green London N22 until retirement in 2013

Vadivelu Vasanthakumar MD (Cey) FRCP (UK) FRACP (Aus.) FCCP (SL) 1968 Batch. A Gold Medallist at the Medical Faculty.



2ry education at Hartley College, Point Pedro. Intern to Professors Varagunam, Aluvihare & Barr Kumarakulasinghe (Kandy) 1973. VP Vavuniya 1979; Consultant Physician Milton Keynes 1990; Specialist Physician Gold Coast, Australia 2010. Semi-retired but Full Time Bridge Player (represented Sri Lanka) and granddad of four.

Mike Sedgwick – BSc, MB ChB, MD, FRCP. Graduated Bristol, 1962.



Formerly Professor of Clinical Neurophysiology, University of Southampton. Currently Honorary Professor of Physiology, University of Peradeniya. Part time work in UK as consultant in Clinical Neurophysiology.

Long association with Peradeniya. Attended first PeMSAA meeting in Kandy in 1980.

PeMSAA-UK Raffle Prizes

To be drawn at the Annual Ball 2018 at 11.00 pm

1st Prize – John Lewis Vouchers worth £ 250.00

2nd Prize – John Lewis Vouchers worth £ 150.00 Sponsor
Dr Kamala Arunasalam (Alumni 1962) in memory of her loving Husband

3rd Prize—Marks & Spencer Voucher worth £ 100.00 Spon-
sor Dr K Nagarajah (Alumni 1963)

History of University of Peradeniya



Foundation of the University

THE UNIVERSITY of Ceylon was founded in Colombo, on the 1st July 1942, by Proclamation under the Ceylon University Ordinance, No. 20 of 1942. It absorbed two Government Colleges, the Ceylon Medical College, founded in 1870, which became the Faculty of Medicine, and the Ceylon University College, founded in 1921, which was divided into Faculties of Oriental Studies, Arts and Science. The Faculty of Engineering was established in Colombo in 1950. The Faculty of Agriculture and Veterinary Science was created in Peradeniya in 1953 by taking over from the Faculties of Science and Medicine the Departments of Agriculture, Animal Husbandry and Veterinary Science. The Uni-

versity began in 1942 with four Faculties, an academic staff of 55, and 904 students. In the 1953-54 session it had six Faculties, an academic staff of 222, and 2,382 students. Its income had risen from Rs. 850,000 to approximately Rs. 7,000,000.

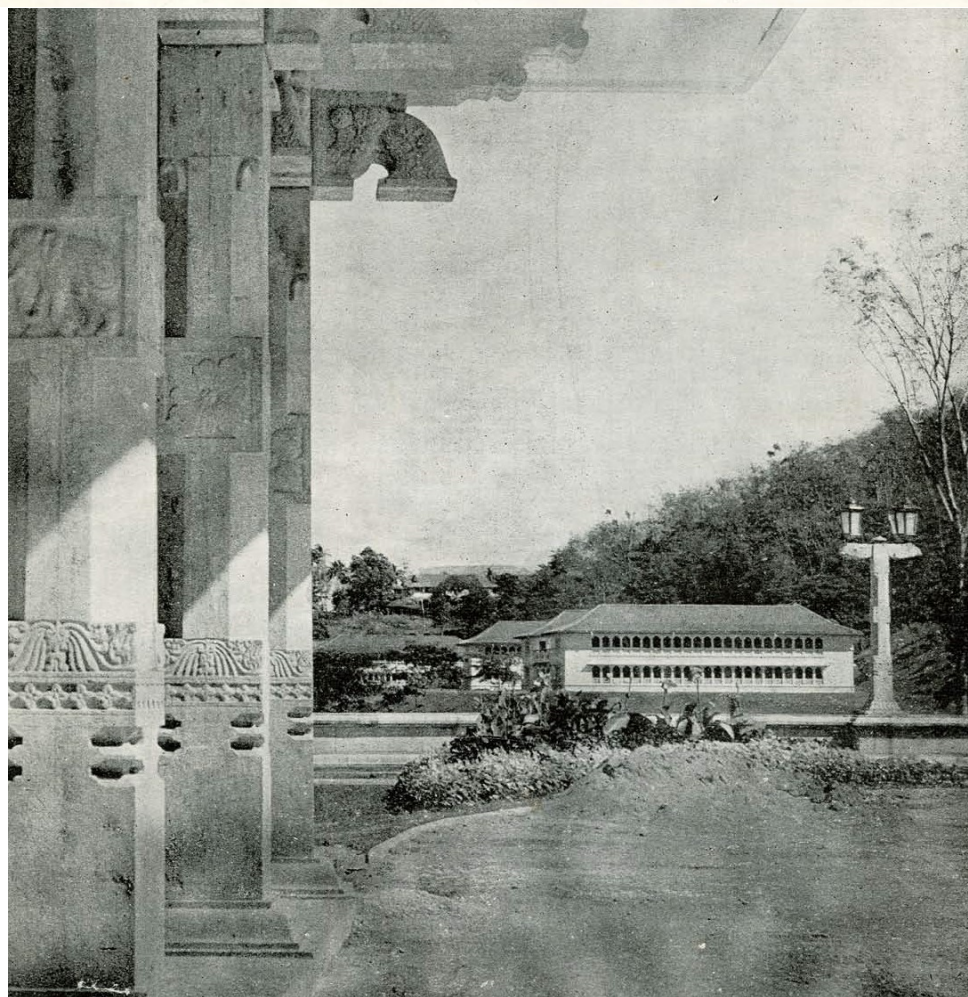
What sort of University should be established was settled by the Legislative Council, on the recommendation of a University Site Committee, in 1928. It was agreed that the future University should be autonomous, unitary and residential. Its Constitution was worked out by a University Commission presided over by Sir Walter Buchannan-Riddell, Chairman of the University Grants

Committee in the United Kingdom. A Bill was drafted and was read a second time in 1930, but proceeded no further because of the constitutional changes of 1931. Owing to the depression and numerous other difficulties, no further progress was made until 1941. The Bill of 1930, which was based mainly upon the Constitution of the University of Hong Kong, was then amended so as to give the University of Ceylon a Constitution similar to those of English Universities like Birmingham and Bristol. The amended Bill was passed in April 1942, but the provisions for

compulsory residence were suspended pending the removal of the University to Peradeniya.

Peradeniya

The site near Kandy selected by the University Site Committee became malarial in the great epidemic of 1934 and there were other difficulties which rendered it unsuitable. In 1938 Dr. Andreas Nell and the late Dr. S. C. Paul submitted a memorandum to the Government recommending the acquisition of land in Peradeniya. The then Minister for Communications and Works, now the Prime



Minister, Sir John Kotelawala, K.B.E., took up the proposal, which was approved by the Board of Ministers and the State Council. The land originally acquired was about 363 acres, but subsequent purchases and assignments of Crown land have brought the area vested in the University to just 1700 acres. It is anticipated that Crown lands to be assigned at a later date will bring the area to 2,400 acres.

Peradeniya is a village four miles from Kandy, stretching along the road from Colombo to Nuwara Eliya along the left bank of the Mahaweli-ganga up to the railway line and then following the line as far as Peradeniya Junction Station. The Kandy Road joins this road at Peradeniya Bridge. The land at present vested in the University, with some exceptions, lies in a rectangle about two miles long and a mile broad occupying the valley of the Mahaweli-ganga and the hills on either side. Thus, a person who stands on the Peradeniya Bridge sees University land if he looks anywhere between south and east, or in other words between the Nuwara Eliya Road and the Kandy Road. The Nuwara Eliya Road is, however, being diverted through University land so as to serve the Sangharama, the Faculty of Engineering, the second set of playing-fields, and the largest of the Halls of Residence (300 students.) This road will supply the finest view of the University buildings, framed in the varying greens of Hantane.

The statement that the University already owns 1,700 acres of land gives an exaggerated idea of spaciousness. Approximately 1,100 acres are on the slopes of Hantane. They include the catchment area from which the University draws its water supply. A few staff houses have been erected in Upper Hantane and a few more will be erected in Old Peradeniya; but the rest of the area is being put down to timber by the Forest Department. The area planned for academic development (apart from staff housing) is 440 acres, and so far all the development has been south of the railway and east of the Mahaweli-ganga, an area of approximately 320 acres.

This area of 320 acres was planned by Sir Patrick Abercrombie and Mr. Clifford Holli-day in 1940. On the very rare occasions on which heavy tropical rain falls in the whole of the catchment area of the Mahaweli-ganga for several days in succession, the river floods the low-lying areas, owing to the banking up of flood waters in the narrow gorge near Gannoruwa. The flooding lasts only for four or five days; but meanwhile it would do damage to any University property below the flood level. Hence all the buildings have to be erected on the hillocks. Indeed, the great flood of August 1947, which submerged two-thirds of the Royal Botanic Gardens and destroyed the village of Getambe, compelled the removal of the site of the Faculty of Science from the river-bank to the area between Jayatilaka Hall and the old tea factory.

Landscaping

This risk of a major flood causes the buildings to be widely spread. Apart from the playing-fields, which are protected by a bund, the wide open spaces between the buildings are being laid out, and in many parts already have been laid out, as gardens. Since Peradeniya receives both monsoons and has a rainfall of 100 inches spread throughout the year, while the temperature varies between 60 degrees and 90 degrees Fahrenheit, vegetation grows luxuriantly. All the trees in the University Park, except the bigger *Mara* trees and the remains of the tea and rubber estates, were planted or have grown from seed within the past ten years. Some of the trees, like the Temple trees and the solanum flower the whole year round, as do the flowering bushes, which include not only *bourgainvillea* and *hibiscus* but also *gardenia* and *jasmine*. For the rest there are two flowering periods. The *spathodea nilotica* and the *cassias* are in bloom before the north-east monsoon, while the *flamboyants* and the *peltophorum* flower in the warm weather before the south-west monsoon. Some of the trees, including "the most noble tree of them all," *amherstia nobilis*, have not yet begun to flower. Use is being made, too, of trees



and plants with coloured leaves, notably the ironwood tree, the poinsettia, and the coleas. In twenty years' time the University Park should be more beautiful than the Royal Botanic Gardens. It will cover three times the area and there will be no need for the close planting according to natural orders required in a botanic garden. The general scheme was planned by Mr. Shirley d'Alwis, who was specially interested in landscaping. The University colours, scarlet and gold, predominate, but at some seasons of the year the scarlet is

toned down to brick-red or claret and the gold to amber.

The Process of Building

The outline plans drawn by the consultant architects were approved by the Ministry of Communications and Works in 1941. A branch of the Public Works Department called the University Scheme, was established under the late Mr. Shirley d'Alwis, M.B.E., as University Architect. Until the end of the

war he had his headquarters in Colombo, though a small engineering staff was kept in Peradeniya. In 1946 the University Scheme was moved to Peradeniya, where the detailed drawings were worked out. Sir Patrick Abercrombie paid a second visit in 1948 to inspect the work so far done and the drawings, and expressed high approval. Mr. d'Alwis died suddenly in Peradeniya two weeks before the Faculties of Oriental Studies and Arts moved up. His last indistinct remarks referred to "my buildings." He was cremated in Peradeniya and a memorial has been erected in the island in University Road, between Arunachalam and Jayatilaka Halls. Control of the University Scheme in Peradeniya was vested in the Chief Construction Engineer, Mr. D. A. Peiris, M.B.E., but the architectural staff has been moved to Colombo and works under Mr. Wynne-Jones, C.M.G., G.B.E., the present University Architect.

The creation of the University in 1942 made no difference to the administrative arrangements. The University Scheme is therefore being carried out by the Ministry of Transport and Works, in accordance with Financial Regulations, and out of monies provided by Parliament. The buildings are transferred to University control, fully equipped, when they are ready for use. Close contact, has, however, been maintained between the University Scheme and the University, and all plans are approved by the Vice-Chancellor, who has made use of his right of direct approach to the Minister whenever Government procedure or financial difficulties have caused delay. One of the factors of importance has been that the present Prime Minister has been in charge of the Scheme since the land was acquired in 1938 and is therefore familiar with its problems.

Development of the Scheme

The original scheme was for 1,000 students on 363 acres. Representations by the University, supported by Sir Patrick Abercrombie, have led to the increase in the number of students to 1,600 and the acquisition of approximately 1,350 acres of land. These additions,

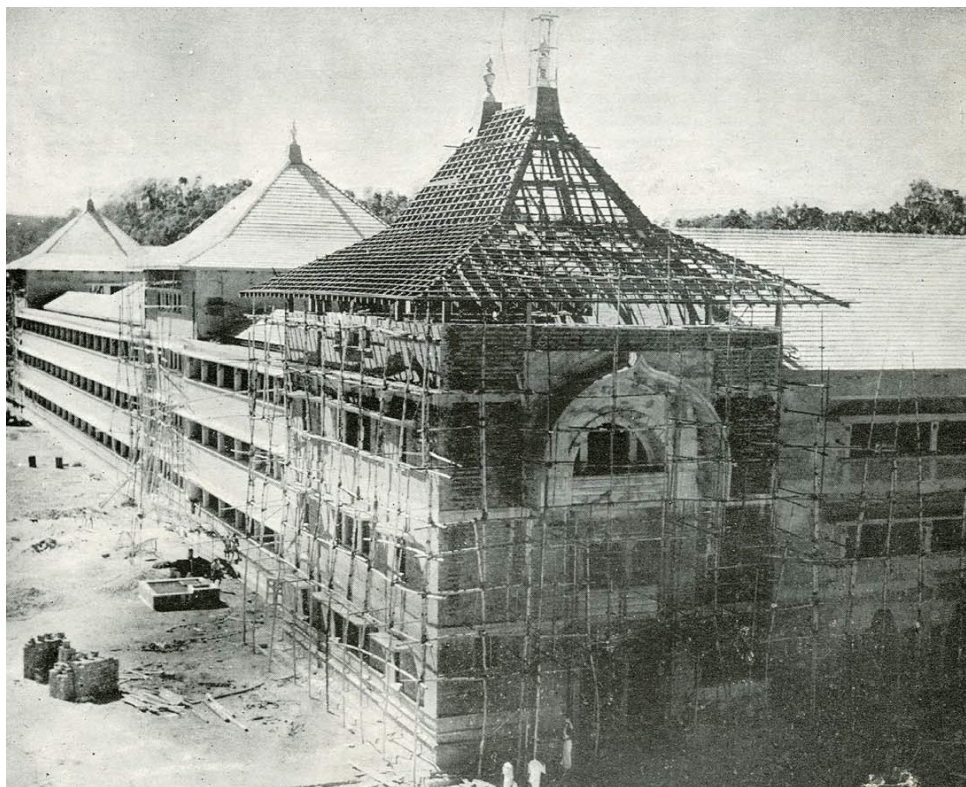
and a three-fold rise in the cost of materials and labour, raised the estimate to Rs. 53,000,000 by 1949. In that year the Government agreed to the erection of a Faculty of Engineering, and since then there have been further increases in costs. The Scheme is now estimated to cost Rs. 90,000,000. This does not include the cost of a medical school, which would be heavy because a new hospital (for which land is available) would have to be built. The present medical school is being retained in Colombo, but it is anticipated that, as the population grows, a second medical school will be needed. No detailed estimate of the cost has been made, and it is plain that in present financial conditions the pace of development must be slow.

The Scheme

The scheme assumes that, with insignificant exceptions, every student in Peradeniya will have a small and rather starkly furnished room in a Hall of Residence. There are now seven of these Halls. Arunachalam Hall was opened on an experimental basis in 1950. Jayatilaka, Marrs, James Peiris and Hilda Obeyesekere—the last a Hall for women—were opened in October 1952. The second Hall for women, Sanghamitta, was opened in July 1953. The largest of the Halls, Ramanathan, will be opened in June 1954. An eighth Hall will be ready by 1955. Two more Halls have been planned and will be opened when the Faculties of Science and Engineering move up.

The Halls are self-contained units, with their own dining halls, common rooms and kitchens, but supplies are provided centrally through the University Supply Organization. The cost of board and lodging is Rs. 630 per annum, or Rs. 3 (4s. 6d.) per diem. The University provides scholarships and bursaries for about one-third of the students, many of whom have free board and lodging. Tuition and examinations are free.

Each of the larger Halls has a tennis court and each Hall has a volley-ball court (netball



in the women's Halls) and at least one badminton court. In the main group of playing-fields are ten tennis courts, a cinder track (including a straight 200 metre track) enclosing a hockey pitch, a cricket field and a football field. There is room for a second football field (below major flood level) at Ramanathan Hall, and a second group of playing-fields will be established on the left bank when the Faculty of Engineering is erected. Since evening rains are frequent in Peradeniya,

arrangements have been made for the installation of a hangar (suitably camouflaged) below major flood level on the river bank. This will provide space for tennis, volley-ball, netball, basketball, gymnastics, amateur dramatics, and concerts. Film shows are given in the University Theatre.

An unexpectedly large part of the cost of the University Scheme has been due to the necessity for building or acquiring houses for almost the whole staff, from the Vice-Chan-

cellor to the labourers. The University has thus become landlord on a large scale. Also, the University Park is outside the Kandy Municipal limits, and so the University has to supply all the amenities of a "garden suburb," including water, electricity, telephones, street lighting, a sanitary service, a health centre, a shopping centre, a laundry, a barber's shop, a bookshop, recreational facilities, and so on. Arrangements have already been made for a petrol station, a bank and a post office. When the Faculties of Science and Engineering move up with their large staffs of technicians and attendants it will be necessary to provide a school. Indeed, when the University has reached the maximum size of 3,500 students and has a hospital of 1,000 beds it is estimated that the population dependent upon it will number 10,000—one quarter of the present population of the town of Kandy.

The centre of the University is a plateau near the river now known as Convocation Hill. On it, it is believed, stood some of the main buildings of the capital city from 1371 to 1377, when Wickrama Bahu III held his court in Peradeniya. As the University builders discovered to their cost, the hill has been artificially enlarged at its north end, and piles have had to be driven in to sustain the weight to the Library. At the north end of Convocation Hill the Library is in course of erection. At the south-end will stand the Convocation Hall. Between is the Senate Building, a long

narrow building apparently carried by granite pillars like those of the Brazen Palace at Anuradhapura, forming a sort of oriental cloister. The appearance is deceptive, for the weight is borne by steel cantilevers. Stretching eastwards from the Library is the Arts Building, which connects at the eastern end with the University Theatre, off University Road. The step down from the Senate Building will be provided with a canopy held on granite pillars which will not only set off the architecture of the Senate Building but also provide parking space for cars. North of the Library is a space reserved for Geography and Geology and the Faculty Club. East of the University Theatre, raised above University Road, is the office of the University Scheme, which will eventually be used for a second Arts Building.

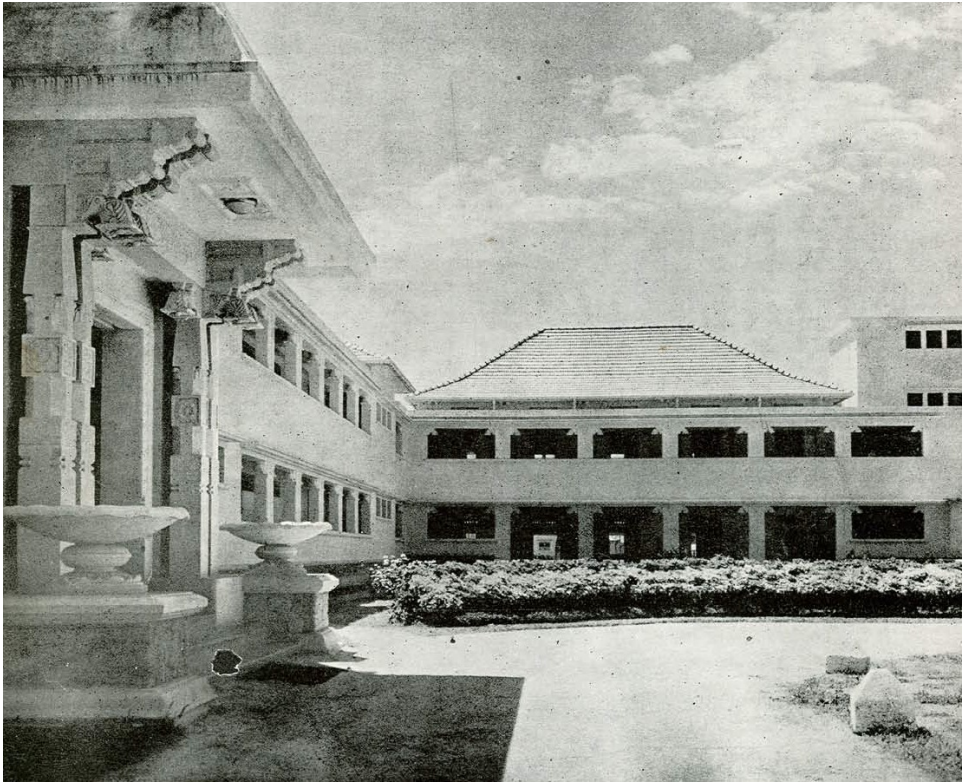
The Faculty of Science will occupy two large blocks between University Road and the derelict tea factory. The steel frame of the Physics and Chemistry Building has already been erected, though funds will not permit of the beginning of the building until 1955. The site for Botany and Zoology behind it has been cleared, but building cannot begin until 1956. The site for the Faculty of Engineering is on the left bank of the river.

Religious Buildings

The University is secular, but provision has been made for religious education through

Kandyan Lion, Arts Building





the appropriate religious bodies, which have been provided with sites. The University Sangharama and Vihara Trust hopes to build a Sangharama (monastery) for 100 bhikkhus (Buddhist monks), a vihare (temple) for the use of Buddhist students, and a dagaba. A portion of the Sangharama, for 40 bhikkhus, is in course of erection on the left bank, above the railway bridge. A Hindu Temple Trust has collected funds for a Hindu temple off Temple Road, above Jayatilaka Hall. A committee has been formed to erect a mosque,

and a site has been selected further along Temple Road, overlooking the Maha-oya. The Roman Catholic Church, with a small monastery for priests in training, is in course of erection at the south-end of the University Park, near Ramanathan Hall. The Christians of denominations other than the Roman Catholics have combined in the National Christian Council of Ceylon to erect a Church at the head of the valley of the Maha-oya, where Church Road joins Old Peradeniya Road, and work is in progress.

The above article is an extract from the booklet made for the occasion of the opening ceremony of the University of Peradeniya (University of Ceylon then) by Duke of Edinburgh in the presence of Queen Elizabeth II, on 20th April 1954. The full version of the booklet is available on the PeMSAA-UK website www.pemsaa.uk.



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Faculty of Medicine, University of Peradeniya

Proposed Student Hub



EXISTING SITE



PROPOSED ALTERATION AND RENOVATION OF NEW CAFETERIA AND RECREATIONAL CENTRE FOR THE MEDICAL FACULTY, UNIVERSITY OF PERADENIYA

CLIENT : MEDICAL FACULTY, UNIVERSITY OF PERADENIYA

TOTAL FLOOR AREA: 3200 sqm

PROJECT COST: 200 million (approx)

BRIEF	
Ground floor plan	AREA
01 dining area for 400 student	1160sqm
03 public toilet male/female	50sqm
04 kitchen area(store room,workers room,toilet)	160sqm

First floor plan		
01	student library	75sqm
02	common room	85sqm
03	union room	55sqm
04	wi-fi area	100sqm
05	book shop	50sqm
06	snack bar with comfortable seating's	100sqm
07	gym	100sqm
08	news paper reading area	50sqm
09	waiting space	50sqm
10	chess/billiard playing area	55sqm
11	carom table tennis playing area	85sqm
12	locker room	55sqm
13	music room	100sqm
14	locker room	25sqm
15	public toilet (male, female)	50sqm
16	store room	25sqm