

Proposed Guest Lecture series **“A ray of hope; Managing Psychological wellbeing and mental health of undergraduates amongst new normal scenario”** for Student Counsellors of the University of Moratuwa

Collaboratively organized by The Student Counselling Unit - University of Moratuwa and Staff Development Center - University of Moratuwa

Proposed lecture schedule and details of resource persons.

Tentative Date	Time	Resource person	Area to be covered
05.11.2021	4.30 p.m – 7.30 p.m	Ms.Esharma Kariyakarawana <i>Senior Psychological Counsellor, Park Hospital, Colombo 05. [B.A. (Psychology - UOK), PG Dip (Counselling - UOC), M.A. (Buddhist Counselling - UOK)]</i>	Introduction to mental health of youngsters
12. 11.2021	4.30 p.m – 7.30 p.m	Mr. Kalum Dammulla <i>Psychiatric Social Worker Colombo South Teaching Hospital [B.Sc (Biology-UOK), M.Sc (Psychology & Counselling Psychology- Karnataka State Open University, Mysore)]</i>	The role of counsellor and introduction to principles and ethics of counselling
17. 11.2021 (Wednesday)	4.30 p.m – 7.30 p.m	Dr. Miyuru Chandradasa <i>Child Psychiatrist MD MRCPsych Ragama General Hospital Gampaha District, Western, Sri Lanka MBBS (Colombo), Child Psych AdvCert (Australia), MRCPsych (United Kingdom), MD Psych (Colombo) Senior Lecturer Grade II Consultant Child and Adolescent Psychiatrist Faculty of Medicine University of Kelaniya</i>	Handling the mental struggle of first years' to ensure a smooth transition for university education.
26. 11.2021	4.30 p.m – 7.30 p.m	Prof. Athula Sumathipala <i>Emeritus Professor of Psychiatry School of Medicine Faculty of Medicine & Health Sciences Keele University Staffordshire. Honorary Consultant Psychiatrist, Midlands Partnership NHS Foundation Trust. Emeritus Professor of Global Mental Health, Kings College London Chairman, National Institute of Fundamental Studies, Kandy, Sri Lanka</i>	Identifying and managing undergraduates with mental disorders

		<i>Hon. Director, Institute for Research and Development, Sri Lanka Visiting Professor in Psychiatry and Biomedical Research at the Faculty of Medicine, Kotelawala Defense University, Sri Lanka.</i>	
03. 12.2021	7.00 p.m – 10.00 p.m	Mr. Pradeep Kumara <i>Drug Counsellor /Research Officer Research Division National Dangerous Drugs Control Board</i>	Fundamentals of addiction counselling
10. 12.2021	4.30 p.m – 7.30 p.m	Ms.Esharma Kariyakarawana <i>Senior Psychological Counsellor, Park Hospital, Colombo 05. [B.A. (Psychology - UOK), PG Dip (Counselling - UOC), M.A. (Buddhist Counselling - UOK)]</i>	Counselling for healthy relationships
17. 12.2021	4.30 p.m – 7.30 p.m	Mr. Kalum Dammulla <i>Psychiatric Social Worker Colombo South Teaching Hospital [B.Sc (Biology-UOK), M.Sc (Psychology & Counselling Psychology- Karnataka State Open University, Mysore)]</i>	Best practices and challenges of counselling