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Faculty of Nursing Newsletter 2023 Volume 2 Issue 1



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ACKNOWLEDGEMENTS

The Dean, the Heads of departments, the members of the academic staff and the students are greatly appreciated for providing information for this newsletter. Further, we would like to acknowledge the photo credit for the pictures included in this newsletter.

DISCLAIMER

Neither the editors nor the publisher bears any responsibility for the lack of accuracy in the information included in this publication.

Academic Contribution

Keynote Speech in Oath Ceremony at Navy Hospital

Professor Sudath Warnakulasuriya, Dean Faculty of Nursing was the guest of honor and keynote speaker at the oath ceremony of the 9th batch of nurses who received the Nursing Diploma from Nurses' Training School of the Navy Hospital, Welisara. The ceremony was held on 10th May 2023 at the Navy headquarters in Colombo. He delivered the ceremonial speech, highlighting the importance and values of the nursing profession.



Chief guest at Melsta Hospital International Nurses' Day Celebration 2023

Professor Sudath Warnakulasuriya was invited as the chief guest for the International Nurses' Day celebration 2023 at Melsta Hospital, Ragama on the 17th May 2023. He delivered a speech on the theme "Our Nurses Our Future" which is the theme of International Nurses' Day 2023.



International Nurses' Day Celebration 2023 by Sri Lanka Nurses' Association (SLNA)

The International Nurses' Day 2023 was celebrated on the 10th May at the new auditorium, Post Basic College of Nursing. Professor Sudath Warnakulasuriya, President of the Sri Lanka Nurses' Association (SLNA) delivered the theme speech on "Our Nurses Our Future".



Special Lecture on Occupational Health at the Open University of Sri Lanka (OUSL)

Prof. Sudath Warnakulasuriya conducted a special session on occupational health for the students reading for the Master of Science in Nursing at the OUSL on 04th May 2023.

60th Annual General Meeting of The Sri Lanka Women Lawyers' Association

Professor Sudath Warnakulasuriya was invited as a key speaker for the 60th Annual General Meeting of Sri Lanka Women's Lawyers' Association. He delivered a speech on Mental Health and diseases arising from cognitive impairments.





Awards Ceremony of International Nurses' Day 2023 organized by the National Hospital Sri Lanka



Academic Programmes

The First Advanced Certificate Program of the Faculty of Nursing

The First online Advanced Certificate Program on 'Health Research' for external candidates offered by the Department of Basic Sciences and Social Sciences for Nursing, was initiated and launched on the 22nd April 2023. The event was held as an online session and was graced by Prof. S.S.P. Warnakulasuriya, the Dean of the Faculty of Nursing, Dr. D.A.S. Elvitigala, Head, Dept. of Basic Science and Social Science of Nursing, Mr. Thimira Amarasinghe, the coordinator of the program. Around 30 registered students also participated in the event online. The teaching-learning activities of the certificate program are scheduled to be conducted online every Saturday from 9.00 a.m. to 4.00 p.m. and the duration of the program is 6 months.

Submitted by: -

Dr. D.A. S. Elvitigala

Head/ Senior Lecturer

Dept of Basic Sciences & Social Sciences

Inauguration Ceremony of Orientation Program- 2021/2022 New Entrants - Faculty of Nursing, University of Colombo



The inaugural ceremony for the 2021/2022 new entrants to the Faculty of Nursing was held on the 12th June 2023, at the auditorium of the Faculty of Graduate Studies, University of Colombo. Over 100 new undergraduates registered for the new academic year.



The ceremony was graced by Senior Professor (Chair) H.D. Karunaratne, the Vice Chancellor of the University, and the welcome speech was delivered by Professor Sudath Warnakulasuriya, the Dean of the Faculty of Nursing. The Senior Student Counselor of the University, Dr. Rajitha Silva, and the Marshal Officer of the faculty, Mr. Lakmal Karunadasa, representing the Deputy Chief Marshal of the university also addressed the gathering. The Registrar of the university, Mr. K.A.S Edward, the Acting Librarian of the University of Colombo, Mrs. H.M.D. Sajeewanie D. Somaratna, the Heads of the respective Departments and staff members from the Faculty of Nursing also participated in the event. The event was highlighted by the recreational items presented by the students of the 2020/21 intake. The Assistant Registrar of the faculty, Mrs. Sakunthala Samarakoon delivered the vote of thanks.

Submitted by: -

Dr. D.A. S. Elvitigala

Head/ Senior Lecturer

Dept of Basic Sciences & Social Sciences

Library Visit of New Entrants of the Faculty of Nursing

The inauguration ceremony for the 6th batch (2021/2022) of the Faculty of Nursing was held at the auditorium of the Faculty of Graduate Studies on 12th June 2023. After the inauguration ceremony, the new nursing undergraduates visited the Main Library of the University of Colombo and they were warmly welcomed by the Acting Librarian, Mrs. Sajeewanie D. Somaratna, and all the academic and non-academic staff of the library. The event was coordinated by Mrs. Ishara Senanayake, the Assistant Librarian of the Faculty of Nursing. The students participated in an awareness session on the effective use of library resources including online sources as a part of their visit.



Submitted by: -

K.I.D.F. Senanayake

Assistant Librarian

Faculty of Nursing

Achievements & Awards

Vice Chancellor's Award for Research Excellence – 2021



Dr. Gnanaselvam Kisokanth, Senior Lecturer of the Faculty of Nursing was awarded the Vice Chancellor's Award for Research Excellence – 2021 at the Postgraduate Convocation held on the 2nd March 2023 at the Bandaranayake Memorial International Conference Hall.

Inter-Faculty Championship 2023

The Inter-Faculty Championship, 2023 was organized by the Department of Physical Education, UOC with the aim of improving the sports skills of the undergraduates. The carrom tournament was held on 30th April 2023 at the Indoor Stadium, University of Colombo. The following students of the Faculty of Nursing became the overall 1st runners-up in the carrom tournament (Female).

Carrom team-(Female)-First runner-up- Faculty of Nursing

- H.A.M.S. Perera
- D.M.S.H. Kumarathunga
- I.D.M.P. Jayasinghe
- G.K.H.I. Lakshani
- A.A.D.M. Madhuhansi

- B.O. Prabhashvaree
- L.M.T.M. Demel



100 m Event- 3rd Place -Faculty of Nursing

B. H. H. S. R. Sanjeewa, a student of the Faculty of Nursing -2019/2020 batch, showcased her remarkable athleticism by securing the 3rd place in the 100-meter event at the annual inter - faculty Track and Field Championship of the University of Colombo held on 20th May 2023.



Let's extend our warmest congratulations on her achievement!



Community Development Projects

International Conference on Neurodegenerative Disorders



Co-funded by the
Erasmus+ Programme
of the European Union

618596-EPP-1-2020-1-SE-EPPKA2-CBHE-JP.



nEUROcare – a European Initiative For Capacity Building to meet the Challenges of caring for people with Neurodegenerative Disorders in Sri Lanka.

International Conference On Neurodegenerative Disorders

9th - 10th February 2023
Faculty of Nursing, University of Colombo, Sri Lanka
“Expanding The Horizon For Neurocare In Sri Lanka”

Tracks for abstract submission

- Neurodegenerative disorders
- Dementia care
- Aging and Elderly care
- Person centred care and psychology

Abstract Submission Open Now
neurocare@nursing.cmb.ac.lk



Abstract submission : 3rd October 2022
Abstract closing date : 15th December 2022
Notification of acceptance : 30th December 2022

Conference Chair:
Prof. SSP Warnakulasuriya - University of Colombo

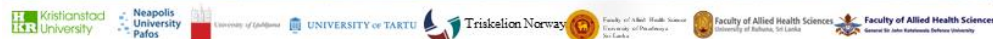
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Dr. H.M.P. Herath - General Sir John Kotelawala Defence University (0777447590)

Keynote Speaker
Prof. Zvezdan Pirtosek
Consultant Neurologist,
Head, Research Unit, Department of Neurology,
University Medical Centre Ljubljana.

Speakers

 Prof. Martin Persson, Kristianstad University	 Prof. Peter Hagell, Kristianstad University
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 Dr. Damayanthi Dassanayake University of Peradeniya	 Dr. H. M. P. Herath General Sir John Kotelawala Defence University
 Dr. R.H.M.P.N. Rathnayake University of Ruhuna	



An International Conference on neurodegenerative disorders was organized by the Faculty of Nursing on 9th and 10th February 2023 under the nEUROcare capacity building European project. The conference was held at the main auditorium of the Faculty of Graduate Studies, University of Colombo. Around 30 participants from five European universities (Kristianstad University Sweden, Tatu University Estonia, University of Ljubljana Slovenia, University of Neapolis Cyprus and Triskelion Research Organization, Norway) participated in the conference.

The University of Colombo, University of Ruhuna, University of Peradeniya and Sir John Kotelawala Defense University participated as Sri Lankan partner universities with 20 project members and 40 students from each university. Professor Hakan Pille, Vice-Chancellor of Kristianstad University, Sweden was the Chief Guest of the conference and Dr. Asela Gunawardena, Director General of Health was the Guest of Honor. Further, healthcare professionals representing all main hospitals in Sri Lanka took part in the event. Altogether about 420 participants from all sectors participated in the conference. This conference was one of the major events held under the neurocare project.



International Affairs

Roundtable Member of Global Rare Disease Network at Curtin University Singapore



The Global Rare Disease Network in collaboration with Curtin University, Singapore organized a roundtable discussion on expanding the global rare disease network at Curtin University, Singapore on 9th and 10th March 2023. Professor Sudath Warnakulasuriya was invited as a resource person for this discussion.

International Workshop on Sample Size Calculation and Publication Ethics

Professor Sudath Warnakulasuriya was invited as a resource person for the workshop on sample size calculation and publication ethics organized at NIMS University Jaipur, Rajasthan, India. Prof. Sudath Warnakulasuriya made a presentation on quantitative research designs at this workshop.



International Council of Nursing, ICN Congress 2023

The ICN Nursing Congress and ICN Nursing Conference 2023, organized by the International Council of Nursing was held in Montreal, Canada from 29th June to 5th July 2023 under the theme of “***Nurses together, a force for global health***”. Professor Sudath Warnakulasuriya, Dean, Faculty of Nursing, University of Colombo, the president Sri Lanka Nurses Association (SLNA) and a Scientific Steering Committee Member of ICN participated in this event as an invited speaker and delivered a speech on “*Psychosocial and political determinants of nurses in Southeast Asia and its impact on countries’ health systems*” at the Southeast Asian Regional Session on “Nursing leadership in crisis situations in Southeast Asian Region”, becoming the first Sri Lankan to address the ICN congress.





Research, Conferences and Workshops

Research Workshop

A workshop on quantitative research was organized by the Graduate Nurses' Foundation of Sri Lanka and Professor Sudath Warnakulasuriya was invited as a resource person for this session. This was held on 11th February 2023 in the auditorium of Post Basic School of Nurses.



Research Workshop by KAATSU International University Sri Lanka

The Global Health Network and the Global Research Nurses organized a research workshop on “How to set up your own nursing research study” in collaboration with KIU University. Prof. Sudath Warnakulasuriya was invited as a resource person for this workshop which was held on 16th July 2023 at the KIU auditorium.



Seminar by Graduate Nurses' Foundation Sri Lanka (GNFSL)

A seminar on " Rising Trend of Aging & Effective Management of Cognitive Impairment" was organized by the Graduate Nurses' Foundation of Sri Lanka (GNFSL) in collaboration with the Organization of Professional Associations (OPA) on 03rd February 2023. Professor Sudath Warnakulasuriya was invited as a key speaker for this seminar and made a presentation on the above mentioned theme.



Main Summit of All Ceylon Nurses' Union

All Ceylon Nurses' Union organized the national convention on 8th January 2023. Prof. Sudath Warnakulasuriya was invited to deliver a speech on current trends and issues in nursing as a keynote speaker.



Indexed Research Articles Published by the Academics of the Faculty of Nursing

- Sumi Jung, Myoung-Jin Kim, Chaehyeon Lim, **Don Anushka Sandaruwan Elvitigala**, Jehee Lee, Molecular insights into two ferritin subunits from red-lip mullet (*Liza haematocheila*): Detectable antibacterial activity with its expressional response against immune stimulants. *Gene* 2023; 851: 146923

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Research paper

Molecular insights into two ferritin subunits from red-lip mullet (*Liza haematocheila*): Detectable antibacterial activity with its expressional response against immune stimulants



Sumi Jung^{a,b,1}, Myoung-Jin Kim^{d,1}, Chaehyeon Lim^a, Don Anushka Sandaruwan Elvitigala^{c,*}, Jehee Lee^{a,b,*}

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ARTICLE INFO

Edited by Claudia Montefusco

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Liza haematocheila
Iron deprivation
Host antibacterial defense

ABSTRACT

Iron (Fe) is considered as an essential micronutrient due to its diverse functions in living systems. However, regulation of free iron levels is essential because free Fe ions, in excess, induce biological toxicity through different routes, including production of reactive oxygen species. Ferritin proteins play a vital role in controlling free Fe ion homeostasis by sequestering excess iron in the body. Ferritins comprise an H subunit with a ferroxidase center and an L subunit with a Fe nucleation site. However, lower vertebrates such as fish harbor an additional subunit termed ferritin M, which shows the characteristic features of both H and L. In this study, two ferritin subunits (H and M) with ferroxidase centers were identified and characterized from red-lip mullet (*Liza haematocheila*). The open reading frames of red-lip mullet ferritin H (LhFerH) and ferritin M-like (LhFerM) subunits comprise 534 and 531 bps, which encode for putative polypeptides of 177 and 176 amino acids, respectively. LhFerH and LhFerM were found to retain well-conserved residues, including seven ferroxidase di-iron centers, characteristic domains, and signatures of their known homologs. We cloned the open reading frames of the two ferritin subunits to overexpress the corresponding proteins in *Escherichia coli* and subsequently demonstrated their iron sequestration activity along with antibacterial activity against *E. coli* using respective purified recombinant proteins *in vitro*. A basal expression analysis of two *LhFer* genes in selected tissues using qPCR assays showed pronounced expression in blood cells with respect to both genes. A relatively high expression level of *LhFerH* was also detected in muscle tissues. The expression level of *LhFer* in the head kidney was significantly up-regulated following lipopolysaccharides (LPS) and *Lactococcus garvieae* injection. The resulting gene expression pattern upon immune stimulation suggests that ferritin may contribute to the defense against harmful pathogen infection. Collectively, our results indicate that both *LhFerH* and *LhFerM* potentially participate in the homeostasis of free Fe ions and in the host immune defense of red-lip mullet.

Abbreviations: BHIS, Brain Heart Infusion Salt (medium); cDNA, complementary DNA; CFU, colony forming units; ddH₂O, double distilled water; DNA, deoxyribonucleic acid; dsRNA, double stranded RNA; E.coli, *Escherichia coli*; EF1 α , elongation factor 1-alpha; FerH, ferritin H subunit; FerM, ferritin M subunit; IBRS, iron binding region signatures; IPTG, isopropyl - β -D- thiogalactopyranoside; LB, Luria-Bertani (medium); LhFer, *Liza haematocheila* ferritin subunits (both H and M); LhFerH, *Liza haematocheila* ferritin H subunit; LhFerM, *Liza haematocheila* ferritin M subunit; LPS, Lipopolysaccharides; MBP, maltose binding protein; mRNA, messenger RNA; MS-222, Tricaine methanesulfonate; NCBI, National Center for Biotechnology Information; NCBI-CDS, NCBI -Conserve Domain Search; OD, Optical Density; ORF, Open Reading Frame; PAMP, Pathogen Associated Molecular Pattern; PBS, Phosphate Buffered Saline; PCR, Polymerase Chain reaction; pi, post injection; poly I:C, Polyinosinic:polycytidylic acid; qPCR, Quantitative real time Polymerase chain reaction; rLhFerH, recombinant -*Liza haematocheila* ferritin H subunit; rLhFerM, recombinant -*Liza haematocheila* ferritin M subunit; rMBP, Recombinant maltose binding protein; RNA, Ribonucleic acid; ROS, Reactive oxygen species; SD, Standard deviation; SDS-PAGE, sodium dodecyl sulfate - polyacrylamide gel electrophoresis; UTR, Untranslated region.

* Corresponding authors at: Marine Molecular Genetics Lab, Department of Marine Life Sciences, Jeju National University, Jeju 63243, Republic of Korea (J. Lee).

Special Events

Career Guidance for Nursing Undergraduates

An awareness program on 'Job opportunities for nurses in the private sector in Sri Lanka' was organized by Ms. M.G.A. Shiroma Malkanthie (Senior Lecturer, Academic Career Guidance Advisor-Faculty of Nursing) for the students of the 2016/2017 batch on 20th January 2023 via zoom platform.

The aim of the program was to make the students aware of the opportunities available for nurses in the private sector in Sri Lanka. Ms. Chithra Damayanthie (RN, RM, Medu, Dip in Teaching & Supervision, Manager Clinical Training, Deputy Chief Matron-Lanka Hospital) was invited as the resource person for this discussion.



Motivational Program on “International Job Opportunities for Nurses”

An effective motivational program on “International Job Opportunities for Nurses” was organized by Ms. M.G.A. Shiroma Malkanthie (Senior Lecturer, Academic Career Guidance Advisor-Faculty of Nursing) for the final year nursing undergraduates (2016/2017 batch) on 28th February 2023 via zoom platform. The aim of the program was to motivate the undergraduates by providing information about various opportunities available for graduate nurses in developed countries. Ms. Udeni Kottage (Managing Director CNNC London Limited) and Mr. Chris Moore (Managing Director Specialist Language Courses-SLC) were invited as resource persons for this discussion.

Submitted by: -

Ms. M.G.A. Shiroma Malkanthie

Senior Lecturer, Academic Career Advisor

Dept of Fundamentals of Nursing

Thai Pongal Festival



Thai Pongal festival is held to show gratitude for the service of the Sun God in giving life to the plants and animals and making the people self-sufficient with crops and good harvests for a whole year. This grand festival showcases not only the beauty of culture, but it is an opportunity to reflect unity and cultural appreciation. Thai Pongal festival also portrays the prosperity and joy of the community. Under the guidance of the Students' Union, the Faculty of Nursing celebrated "Thai Pongal - 2023" in a grand manner on 22nd January at the faculty premises with the participation of all the students of the faculty.



Blood Donation Program

By donating blood, you are not just giving a part of yourself; you're offering the most precious gift of life. Your selfless act has the power to heal, revive, and inspire others, embodying the true essence of humanity.

The students of the Faculty of Nursing at the University of Colombo organized a special blood donation program with the guidance of the Students' Union. This program

was held to celebrate the 5th anniversary of the faculty on January 5th, 2023, at the faculty premises. Students of the faculty volunteered to donate blood, showing their compassion and unity. This event is a powerful example of selflessness and it further highlights the impact we can make by working together. It will leave a lasting impression on the faculty and the community, inspiring others to give back as well.



Pirith Ceremony to Mark the 5th Anniversary of the Faculty



To commemorate the 5th anniversary of the Faculty of Nursing, a pirith ceremony was organized under the guidance of the Students’ Union with the participation of Rev. Balangoda Vipulasiri Thero on 7th January 2023. The students of the faculty listened to

the pirith chanting throughout the night bestowing blessings to all who had contributed in numerous ways to make this 5-year journey successful and memorable.



Nena Warna

“Education is not just about learning facts and figures; it’s about discovering new ideas and perspectives that can change the world.”



Under the guidance of the Students' Union of the Faculty of Nursing, University of Colombo, the "Nana Warna" educational and hospitality program was carried out on the theme of "Sittam Karanu Was Kalu Sudu Heena" for the fourth consecutive year. It is a project carried out with the objective of improving the educational level of the Ordinary Level students in rural areas and developing infrastructure facilities of those schools.

Its fourth stage, called "Nana Warna - 2023" was conducted this year, by the 2019/20 fraternity of the Faculty of Nursing, for three days from 24th to 26th of April at the Kuli/Ihala Molaelpitiya Junior School in the Northwestern Province.



Ehipassiko

"Vesak, a radiant celebration in the heart of Buddhism, illuminates the world with compassion, wisdom, and enlightenment. As the lotus blooms in pristine beauty, so does Vesak inspire us to cultivate inner peace and embrace the interconnectedness of all beings. In the gentle glow of flickering lanterns, we find solace, unity, and the timeless teachings of the Buddha. Let the light of Vesak guide us towards liberation and awaken the boundless potential within."



On the 4th of May 2023, the Faculty of Nursing, University of Colombo was transformed into a vibrant and colorful place with the celebration of Vesak. The “Ehipassiko” dhamma sermon was delivered by the Rev. Varapitiya Premananda Thero. The event was organized under the guidance of the Students’ Union, Faculty of Nursing, University of Colombo and it was a true testament to the spirit of Vesak, with its joyous decorations and festive atmosphere.



Megha

“Mentoring is not just about passing on knowledge or skills but about building a relationship that lasts a lifetime.”

On May 13th, 2023, the students of the 2017/18 batch of the Faculty of Nursing organized a glamorous Farewell Ceremony for the students of the 2016/17 batch at the Faculty of Nursing with the guidance of the Students’ Union. All the junior groups of the faculty are so grateful for the senior fraternity of 2016/17, who started creating history as the first batch of students in the Faculty of Nursing, the first Nursing Faculty in South Asia, facing various challenges. These beautiful moments were organized to convey the heartfelt gratitude for their unwavering dedication and commitment towards the faculty and for their sincere mentorship shown to their junior groups.



Hanthana Batch Trip

"Unity brings fraternity and friendship together, like a strong bond that knows no limits. When we stand as one, supporting and caring for each other, we create a powerful force of togetherness."



The 1st batch trip of the 2019/2020 batch of students of the Faculty of Nursing, University of Colombo, organized on the 25th of February 2023, was a great success and helped to strengthen the bonds among each other. The destination of the batch trip was the marvelous peaks of the Hanthana mountain range. It became a success due to the immense support of the senior fraternity as well as the unity of the 19/20 batch.



Annual Food Festival- 2023

"A healthy diet is the foundation of a vibrant life, nourishing our bodies and nurturing our souls. With every bite of wholesome food, we sow the seeds of vitality, reaping the rewards of energy, strength, and overall well-being. Just as a garden thrives with diverse plants, our bodies flourish when we embrace a variety of nourishing choices."

The food festival 2023, which was organized by the students of the 2018/2019 batch of the Faculty of Nursing was held on 16th February 2023 at faculty premises. The food festival was organized for academic purposes and the goal of the festival was to introduce various nutrition-patterned diets useful for patients.



Submitted by: -
H.M.S.N. Sathsarani
2019/2020 Batch
Faculty of Nursing

**Members of the Library Committee- Faculty of
Nursing**

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Faculty of Nursing Newsletter!***

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***We look forward to hearing
from you!***