



KUGATHARSHAN ELANGESWARAN

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PROFESSIONAL SUMMARY

A results-driven Public Health and Health Promotion Professional with expertise in disease prevention, epidemiology, project management, and health administration. Skilled in research, data analysis, policy development, and community-based interventions. Proficient in designing, implementing, and evaluating health awareness campaigns, youth empowerment projects, and leadership programs. Experienced in program management, team leadership, and stakeholder coordination. Strong background in health communication, resource management, and administrative operations to support effective healthcare initiatives. Passionate about improving public health outcomes through evidence-based strategies, efficient project execution, and sustainable community engagement, with a focus on skill development and social impact.

EDUCATION

- General Certificate Examination Advanced Level (Index No: 8770794)
Biology : B | Chemistry : B | Physics : C | General English : C | GIT : A
- General Certificate Examination - Ordinary Level (Index No: 45127123)
Mathematics : A | Tamil : A | Science : A | ICT : A | Geography : A | ART : A | History : A | Religion : A | English : C
- BSc in Health Promotion – Rajarata University of Sri Lanka
- Diploma in Child and Educational Psychology
- Diploma in Counselling Psychology - Transmind Institute of Training and Development (Pvt) Ltd
- Diploma in Human Resource Management - CASED institute
- Diploma in Sinhala - CASED institute
- Diploma in English (UK Person Assured) – ESOF Metro Campus

PROFESSIONAL EXPERIENCE

G17 University Ambassador (2024) – Sustainable Development Goals (SDGs) Project

- Planned and implemented a one-year sustainable skill development project, helping 50 students, 5 teachers, and 15 university students improve leadership, teamwork, and decision-making skills.
- Organised community-based SDG awareness programs to promote sustainable lifestyles and strengthen community resilience.
- Created initiatives focused on education, climate action, economic sustainability, gender equality, and equity.
- Designed and carried out the SkillUp Sri Lanka project, a youth leadership and sustainable development program.
- Trained students and educators in team building, communication, and goal setting.

National Child Protection Authority University Ambassador (2024-2025)

- Participated in a Child Protection Training Program at the NCPA office.
- Conducted child protection awareness campaigns in schools and communities.
- Educated students on safe and unsafe touch, child rights, and emergency protection services.

Health Promotion Society Member, Rajarata University (2021-2025)

- Developed and implemented public health awareness campaigns through digital content and social media platforms.
- Conducted workshops on nutrition, mental health, disease prevention, sexual and reproductive health, family health, and violence prevention to enhance community well-being.
- Partnered with Anuradhapura Teaching Hospital to organise Diabetes Awareness Campaigns.
- Provided health and hygiene education, cognitive development, and variety of interest sessions for primary school children.
- Organised charity shop events and fundraising activities to support ongoing health promotion initiatives.
- Journal Club Member – Department of Health Promotion.
- Supported event photography, videography, and video editing to capture key moments for documentation, promotional materials, and digital health awareness campaigns.

COMMUNITY & SOCIAL WORK EXPERIENCE

Kaluthavalai University Students' Association - President (2024 - 2025)

- Provided educational support, including academic guidance and career mentoring for students.
- Organised seminars and workshops on career development to help students transition into professional fields.
- Established a community library, improving access to educational resources in the village.
- Led educational projects, including tutoring programs and skills-based training for students.

SEEDA Kaluthavalai (3 years)

- Provided educational and social support services to underprivileged students.
- Participated in environmental development projects to enhance community well-being.
- Assisted vulnerable populations in accessing resources and support services.

Educational Development Society, Kaluthavalai (6 years)

- Provided quality education as a free service for underprivileged students.
- Organised sports events, and promoted ethical values to foster holistic student development.

FIELD WORK EXPERIENCE

Mihintale District (2 years)- Worked closely with the community to improve health and well-being.

Engaged with a population of 349 individuals. Focused on:

- Non-communicable diseases (NCDs)
- Poor Early Childhood Care & Development (ECCD) practices
- Poor academic engagement among children
- Alcohol and tobacco consumption

Rajarata University (2 years) – Collaborated with a student group (25 students) to promote university students' well-being, focusing on time management.

CORE SKILLS

- Health Promotion & Public Health Awareness
- Sustainable Development & SDG-Based Projects
- Early Childhood Care & Development (ECCD) Awareness
- Event Planning & Implementation
- Research Assistance & Data Collection
- Research & Report Writing
- Non-Communicable Disease (NCD) Prevention
- Community Engagement & Leadership Training
- Alcohol & Tobacco Reduction Campaigns
- Sexual Health Education
- Leadership
- Decision Making
- Time Management
- Public Speaking (Tamil)
- Microsoft Office (word, Excel & Powerpoint)
- Video Editing & Flyer Making (Canva)

LANGUAGES

- Tamil – Native
- English – Proficient
- Sinhala – Manageable

REFERENCES

Dr. Manoj Fernando

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