

MAHESHI THILAKARATHNE

Undergraduate of BSc. Health Promotion | Volunteer | Health promotion facilitator

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PROFILE SUMMARY

A passionate and dedicated health promotion undergraduate with hands-on experience in community health facilitation and public awareness initiatives. I have actively contributed to health promotion initiatives under reducing non communicable disease risk, reducing tobacco and alcohol consumption, improving maternal and child health, nutrition and psychology. Mainly focused on improving individual and collective well-being through advocacy, empowerment, education and strategic intervention. I have also gained experience in environmental sustainability efforts. I have successfully organized and led volunteer initiatives that made a tangible impact.

SKILLS

- Volunteer management
- Research design and methods
- Data collection and analysis
- Program monitoring and evaluation
- Report writing and presentation
- Community Engagement
- Community facilitation
- Event planning and coordination
- Content Writing
- MS Office & Data Analysis
- Public Speaking
- Leadership
- Communication
- Teamwork
- Problem-Solving

WORK EXPERIENCE

- Health Promotion Facilitator** 2022 – 2025
 - Community health empowerment worker and health promotion facilitator, Wellaragama village, Mihintale
- Volunteer & Project Participant** 2022 – 2024
 - Active volunteer at ZeroPlastic Community, contributing to multiple environmental and public health initiatives.
- Job Skills Development Trainee** 2019 – 2020
 - Completed a Job Skills Development Training Program for school leavers at Bank of Ceylon.

EDUCATION

- B.Sc. in Health Promotion** 2021 – 2025
 - Rajarata University of Sri Lanka
- Advanced certificate course in child care and rights** 2024-Present
 - University of Colombo

LANGUAGES

- Sinhala
- English
- Tamil