

AHAMED SEENATH MANEESHA

UNDERGRADUATE

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 ManeeshaAhamed

 No 21, Kattakaduwa, Palukadawala, Galgamuwa



EDUCATION

Bachelor of Science in Health Promotion

Rajarata university of Sri lanka

01/2021 - Present Anuradhapura, Sri Lanka

Certificate Course in Professional English

National Youth Services Council - Ministry of Sports & Youth Affairs

01/2020 - 06/2020 Kurunegala, Sri Lanka

WORK EXPERIENCE

Health Promotion Facilitator - Field Work

01/2023 - 01/2025 Bogahayaya

- Empowered communities to achieve optimal health through physical, mental, and social well-being initiatives.
- Improved academic engagement of school children and enhanced ECCD practices for caregivers.
- Reduced NCD risks among adults and promoted alcohol reduction for men over 35 years.
- Monitored and evaluated health programs, ensuring effectiveness and sustainability.
- Prepared and presented field reports on community health interventions.

Health Promotion Facilitator - Field Work

01/2022 - 01/2024 Rajarata University of Sri Lanka

- Empowered undergraduate students to achieve optimal health through targeted wellness programs.
- Enhanced mental well-being by improving decision-making skills among students.
- Monitored and evaluated the overall process to ensure program effectiveness.
- Prepared and presented reports on health promotion initiatives.

Field research assistant

CKDu research

08/2023 - 08/2023

- Worked as a Research Assistant with the WHO team for the research "A Prospective Cohort Study on Environmental and Behavioral Risk Factors for Declining Kidney Functions – Fourth Annual Survey"

Committee Member

Health Promotion Society, Rajarata University of Sri Lanka

2024 - 2025

- Served as a committee member, coordinating the execution of projects, society activities, and health-related events. Worked collaboratively with team members to design and implement impactful programs and initiatives.

COURSES

Course of Instruction in First Aid

Attended a course of instruction in first Aid - The St. John Ambulance Association and Brigade in Sri Lanka - 2023

Human Resource Management Professional Certificate Course

Completed Human Resource Management Professional Certificate Course in 2022

LANGUAGES

Tamil Native

English Proficient

Sinhala Proficient

SUMMARY

As a Health Promotion Facilitator, I empower communities to optimize their health through positive choices in physical, mental, and social well-being. Skilled in crafting evidence-based interventions, I draw on community initiative experience and look forward to integrating research into my career. Adaptable and self-motivated, I seek a rewarding role in a successful organization to drive impactful health initiatives.

WORKSHOP AND TRAINING EXPERIENCE

Training of Trainers Workshop on Adolescent Sexual & Reproductive Health for Youth Leaders

Family Health Bureau, Ministry of Health

08/2023

Participated in a workshop focused on training youth leaders about adolescent sexual and reproductive health.

Consultative Meeting to Discuss Way Forward for School Dropouts Issue

Family Health Bureau, Ministry of Health

08/2023

Participated as a resource person in a meeting to discuss strategies for addressing the issue of school dropouts.

3-Minute Video Competition at 1st Biomimicry Conference, GAP HQ 2024

GAP HQ

08/2024

Participated in a competition focusing on nature-inspired solutions for a sustainable future.

SKILLS

Communication skill	Presentation skill
Team collaboration	Project coordination
Event Management	Problem Solving
Data collection and analysis	
IT skill - Competent in MS Office	

REFERENCES

Mrs.Parween Reyhal

Senior Lecturer
Department of Health Promotion
Faculty of Applied Sciences
Rajarata University of Sri Lanka