



KAMSHA PONRAJ

UNDERGRADUATE

✉ kamshaponraj@gmail.com

☎ 076 6823180

📍 kanukkerny-west,
Mulliyawalai,
Mullaitivu.

SKILLS

Soft Skills

- Effective Communication
- Leadership
- Time Management
- Teamwork
- Decision making

Technical Skills

- Computing (Microsoft office)
- Data Collection & Data Analysis
- Research

LANGUAGE

Tamil. - Native

English - Proficient

Sinhala – Basic

About Me

A passionate and dedicated undergraduate student in Health Promotion at Rajarata University of Sri Lanka, with two years of fieldwork experience in a village community. Skilled in community engagement, public health services, and research. Committed to improving community health and well-being through sustainable interventions. Seeking opportunities to apply knowledge and gain practical experience in public health initiatives.

EDUCATION

- **Degree in BSC in Health Promotion (Reading)**
Rajarata University of Sri Lanka
2021-2025
- **Spoken English Course**
RST British English Language Centre, Mullaitivu
2021
- **Diploma in Human Resource Management (Reading)**
Comparative Analysis for Scientific Environmental Development (CASED)
2025 - 2026

WORK EXPERIENCE

- **Health promotion facilitator**
Mihintale, Anuradhapura District | March 2023 - February 2025
2 years community-based field experience , worked with children, women, mothers, and men to improve overall health and wellbeing
- **University Student ambassador**
National Child protection Authority | 2023 - present
Working with stakeholders to create child friendly and protective environment for children
- **District Leader (Mullativu)**
National Child protection Authority | March 2025 - present
coordinating the Mullaitivu district university student ambassadors to work with schools