



Nimesha Sewwandi

Undergraduate(Past Finalists)/ Health promotion

Facilitator

• Personal details

Full Name: H.P.D.Nimesha

Sewwandi Rathnayaka

D.O.B: 1999.03.08

Gender: Female

Nationality: Sri Lankan

• Contact details

Address: Thoragalla,

Hettipola

E-mail:

sewwandin856@gmail.com

Phone : 076 7713658

• Skills

- Time management
- Public speaking
- Team working
- Communication
- Leadership
- Quick Learner
- Strong communication skills
- Microsoft office
- (Word, Excel, Powerpoint etc)

• Career objective

I am an enthusiastic health promotion undergraduate student working towards improving community well-being through knowledge, skills, and health facilitation. My research interests focus on suicide prevention among youth, with an emphasis on enhancing their psychological well-being. I am a dedicated learner, committed to continuously expanding my knowledge and skills in the field of health promotion.

• Experience

Community based Health Promotion Experience

(2023 - 2025)

Worked for two years with the community of Mahakanadarawa Yaya 3 as part of university academics, leading initiatives to improve health and well-being. Collaborated with my group to engage with key institutions, including the local school, preschool, community societies, and villagers. Implemented participatory approaches to address health concerns, empower community members, and foster sustainable change

• Languages

- English
- Sinhala

● References

Dr. Lalith Senarathna
Head / Senior Lecturer
Department of Health
Promotion
Faculty of Applied
Sciences
Rajarata University of Sri
Lanka
Director of Staff
Development Center
Rajarata University of Sri
Lanka
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● Certificate Courses

- ICT Diploma at Esoft Metro College
- English Diploma at Esoft Metro College
- English courses at The English Bank Giribawa
- First Aid Course

● Education

- Bachelor of Science in Health Promotion Faculty of Applied Sciences Rajarata University of Sri Lanka
2021 - 2025
- Course of Instruction in First Aid The St.John Ambulance Association and Brigade in Sri Lanka
- A/L Results (2019)
 - Biology - B
 - Chemistry - C
 - Agri Science - B

● Extra curricular activities

Member of the health promotion society