



RIFKA RAFI


Health Promotion Facilitator

PROFESSIONAL SUMMARY

Fresh Health Promotion graduate with community experience, skilled in education, prevention, and engagement to improve public health outcomes

Email : rifkarafi20@gmail.com

Address : 55, Mubeen Mosque Road, Kalpitiya.

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ACADEMIC BACKGROUND

BSc in Health Promotion 2021 – 2025

Rajarata University of Sri Lanka

President's Science College,
Puttalam

Results: Biology – C
Chemistry – C
Physics – S

Results: A Passes: Science,
Mathematics, English,
History, Islam, Arabic,
Arabic Literature

B Passes: Tamil, ICT

G.C.E. Advanced Level (Science Stream) 2017 – 2019

G.C.E. Ordinary Level 2011 – 2016

Mercy Education Campus

WORK EXPERIENCES

Community Health Facilitator - Bogahayaya Village

Mar 2023 – Feb 2025

- Facilitated NCD prevention among women's groups through health education and lifestyle awareness.
- Promoted ECCD practices among mothers of young children via workshops and sessions.

- Implemented community activities to support academic improvement in school-aged children.
- Supported mental well-being of elders through group activities and awareness programs.

- Engaged local leaders and stakeholders to strengthen community participation.
- Monitored and assessed health promotion activities using participatory evaluation tools.

Health Promotion Project – Rajarata University of Sri Lanka

Sept 2022 – Oct 2024

- Promoted university students' well-being through a health promotion project.

- Focused on enhancing decision-making skills via peer education and workshops.

- Assisted in planning and conducting student-centered health awareness activities.

- Encouraged healthy lifestyle choices and mental well-being among students.

TECHNICAL SKILLS

- Health education & promotion
- Community engagement
- Report writing
- Data collection & analysis
- Monitoring and evaluation (M&E)
- Basic research skills
- Microsoft Office (Word, Excel, PowerPoint)
- Workshop facilitation
- Project planning and coordination
- Basic first aid knowledge

SOFT SKILL

- Teamwork
- Leadership
- Problem-solving
- Critical thinking
- Conflict resolution
- Decision-making

REFERENCES

Dr. Lalith Senarathne.
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Department of health promotion
Rajarata university of sri lanka
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