



# UMESHI VISHMANI

## ABOUT ME

I am an energetic, dedicated, hardworking and enthusiastic undergraduate in Health Promotion at Rajarata University, Sri Lanka, with hands-on experience in community health initiatives, event coordination, and fieldwork in semi-urban area. Skilled in community facilitating, presenting, leadership, public speaking, teamwork. I work well under pressure. Strong background in athletics and weightlifting with a commitment to personal and professional growth.



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No. 254/07, Gunananda  
Mawatha, Opatha, Kotugoda

## PROFILE

**Name :** Paththinige Umeshi Vishmani  
Gunawardana

**Gender :** Female

**Marital Status:** Single

**Date of Birth :** 05/02/1998

**Nationality:** Sri Lankan

**Batch. :** 19/20 (3<sup>rd</sup> Year)

**Registration number :** HPT/19/20/018

## SKILLS

- Public speaking (English & Sinhala)
- Leadership
- Confidence
- Communicating
- Active listening
- Adaptability
- Creativity
- Analytical thinking
- Teamwork

## TECHNICAL SKILLS

- MS Office
- Graphic Design
- Data Management

## EDUCATION

- Bachelor's Degree (Honors) in Health Promotion (June 2021 - Present)  
Rajarata University of Sri Lanka
- G. C. E. ADVANCED LEVEL EXAMINATION (2019)  
Rathnavali Balika Vidyalaya, Gampaha
- G. C. E. ORDINARY LEVEL EXAMINATION (2014)  
Rathnavali Balika Vidyalaya, Gampaha

## WORK EXPERIENCE

- Health Promotion Facilitator in Field Practical Placement (2 Years)  
Wellaragama village, Mihinthale, Anuradapura
- Worked in Research Program on Infant formula  
Internationally recognized first aid trainee  
from St.Jhon's Ambulance Association in Sri Lanka
- Work as an University student ambassador at NCPA  
Accountant (2019-2021)  
Gajasinghe Group
- Marketing Officer & Clerk/Computer Operator (2019-2021)  
Construction Industry

## LEADERSHIP & EXTRACURRICULAR ACTIVITIES

- Captain - Weightlifting women team Rajarata University of Sri Lanka
- Weightlifting, Athletics, Swimming (fresher's meet, inter faculty meet, inter university meet, SLUG)
- Member of health promotion society
- Event coordinator of health promotion society
- Member of journal club
- Former member of gavel club
- Former member of zero plastic
- School junior prefect of Rathnavali Balika Vidyalaya
- School house games captain

## ACHIEVEMENTS & SPORTS

- National Youth Sports Festival
- Junior John Tarbert National Athletics Meet - Participant
- Athletics (Zonal & School Level) - Multiple 1st, 2nd, and 3rd place finishes in relay races, 100m, and 200m sprints
- Daham Danuma- Dhamma school- zonal & district level winner

## INTERESTS & ADDITIONAL INFORMATION

- Passionate about health promotion intervention to improve community well-being
- Interested in activities that can lead to forming groups for the common good of society
- Seeks opportunities to volunteer and expand expertise in community health

## REFERENCE

H.A.H. Jayawardhana  
Principal  
Rathnavali Balika Vidyalaya,  
Gampaha  
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Ven. D. Dhammaseeha Thero  
Chief Abbot (Justice of Peace)  
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