

An abstract graphic featuring a network of white lines and circles on a teal background. The lines are vertical and horizontal, with some branching out, resembling a circuit board or a neural network. The circles are placed at various points along the lines, some at the ends and some in the middle. The overall effect is a complex, interconnected pattern.

A vibrant collage of various athletes in action, including basketball players, soccer players, a cyclist, a swimmer, a horse jockey, and a sprinter, all set against a colorful, abstract background.

EVENTS ORDER IN BRIEF

	MONTH	EVENT	Status
01	March, 2021	Established the Faculty Sports Association	Successfully Done
02	April, 2021	Reserved the School, Dr. Richard Pathirana Ground for Student's practices	Approved & Reserved
03	April to May, 2021	Practical Session for Team Selection	Postponed Because of the COVID 19
04	May, 2021	Aerobic Exercise Program for Students and the Staff of FAHS	On Going Program
05	August, 2021	Orientation Program	Successfully Done
06	Webinar Session 01	Introduction to University Sports	Successfully Done
07	Webinar Session 02	What do you want to know about Chess?	Successfully Done
08	Article Competition	Essay Competition for FAHS students	On Going Program

01. ESTABLISHED THE FACULTY SPORTS ASSOCIATION

Annual General Meeting Establishing Sports Association of Faculty of Allied Health Sciences University of Ruhuna

The first annual general meeting to establish the Sports Association, Faculty of Allied Health Sciences will be held on 23rd March 2021 via zoom.

Use following link;

<https://join.zoom.us/j/61931759939?pwd=Qm9EMmhLcW9wVUVpczEvVWZsd2kyZz09>

Your presence is highly appreciated.

Thank you.

Agenda

1. Introduction to Sports Association – Dr. RHMPN Rathnayake, SAB member, FAHS
2. Speech by Dean, FAHS – Prof. Imendra Kotapola
3. Familiarize with the constitution
4. Appointing executive committee members to the Sports Association
 - 4.1 President
 - 4.2 Vice president
 - 4.3 Secretary
 - 4.4 Assistant secretary
 - 4.5 Senior treasurer
 - 4.6 Junior treasurer
 - 4.7 Editor
5. Appointing sports captains for different games
6. Speech by newly appointed president
7. Introduction of Faculty Sports Coordinators
8. Suggestions and ideas of members
9. Appreciation of staff members participated for the staff sports meet

Dr. RHMPN Rathnayake
Sports Advisory Board Member
FAHS

Minute of the first Annual General Meeting of Sports Association Faculty of Allied Health Sciences University of Ruhuna

Subject : First Sports Association Meeting
Date : 23rd of March 2021
Time : 12.30 P.M onwards
Venue : Zoom Meeting (Uluwitage Premises)

The first annual general meeting to establish the Sports Association of Faculty of Allied Health Sciences was held on 23rd March 2021 via zoom.

Present (Physically)

Prof. Imendra Kotapola (Dean, FAHS)
Dr. Thushari Bandara (Senior Lecturer, Department of MLS)
Ms. SMEB Weeraratna (Head, Dept of Nursing)
Dr. HH Peiris (Head, Dept of MLS)
Dr. RHMPN Rathnayake (SAB member, FAHS)
Ms. Dinusha Amarasingha (SAB Member, FAHS)
Ms. Chamika Shamali (Sports instructor, FAHS)
Ms. Prabhavi Wijesiriwardene (Lecturer, Dept of Dr. Buddhi Fernando (Lecturer, Dept of MLS)

Present (Virtually)

All the lecturers of FAHS
64 undergraduates from MLS, Nursing and Pharmacy

The meeting was commenced at 12.30pm and participants to the meeting.

2021.3.23.1.1. Introduction to Sports Association

Introduction to the Sports Association, the objectives expected activities to be performed under Rathnayake.

2021.3.23.1.2. Speech by Dean, FAHS Prof. Imendra

The Dean of the Faculty of Allied Health Sciences Prof. Imendra Kotapola congratulated for the Sports Association and he explained his views and ideas to be implemented in the Faculty in order to enhance the sports activities of students in the Faculty. He further mentioned that he give his fullest support to the activities that are organized by the Sports Association with necessary approvals in a transparent way.

2021.3.23.1.3. Familiarize with the constitution

Dr. RHMPN Rathnayake explained about the constitution and the history of its development. All the students and academic staff members who are going to be the members were asked to go through the constitution once it is uploaded into the LMS.

2021.3.23.1.4. Appointing executive committee members to the Sports Association

President

Mr. Mohamed Nuzry, a 10th undergraduate from MLS degree programmes was appointed as the president of the Sports Association as proposed by Ms. N.D.K.C. Narasinghe from 10th batch and seconded By Mr. Chathumal Kariyawasam from 10th batch. No other nominations were received.

Vice president

Mr. M.K. Kanishka Jayarathna, an 11th batch undergraduate appointed as the vice president of the Sports Association 11th batch and seconded by Mr. A.P.K. Navoda from received.

Secretary

Ms. N.D.K.C. Narasinghe a 10th batch undergraduate appointed as the secretary of the Sports Association 10th batch and seconded by Ms. N.C. Waidyaratna from received.

Assistant secretary

Ms. K.N. Rathnakumari, an 11th batch undergraduate appointed as the assistant secretary of the society as 11th batch and seconded by Mr. M.K. Kanishka Jayarathna were received.

Senior treasurer

Dr. RHMPN Rathnayake, a Senior Lecturer in the Department of Board Member was nominated as the Senior Treasurer Dr. Thushari Bandara and seconded by Ms. Dinusha A

Junior treasurer

Ms. E.A.A.S. Edirisinghe from 10th batch undergraduate was appointed as the junior treasurer of the society as proposed by Mr. D.R.I.B. Jayatilaka from 10th batch and seconded by Mr. N.K.S.U.K. Silva from 10th batch. No other nominations were received.

Editor

Mr. Thamaras Weerasingha a 12th batch undergraduate was appointed as the editor of the Sports Association as proposed by Mr. Kanishka Jayarathna from 11th batch and seconded by Mr. Mohamed Nuzry from 10th batch. No other nominations were received.

2021.3.23.1.5. Appointing Sports Captains for Different games

It was decided to have sessions for different games and select the game captains after selection of students for Faculty Teams. The team selection sessions will be arranged in last two weeks of April with the involvement of the Faculty Sports Instructor and other instructors from Physical Education Unit.

2021.3.23.1.6. Speech by newly appointed president

Mr. Mohamed Nuzry, newly appointed president members and academic staff to the Sports Association. He requested all the students to participate rank among the University Faculties in sports.

2021.3.23.1.7. Introduction of Faculty Sports Coordinators

Dr. RHMPN Rathnayake introduces the sports coordinators appointed for different games. Also students as coordinators, once the teams selected and captain to give their fullest support for the student's activities in sports activities.

2021.3.23.1.8. Suggestions and ideas of members

1. Nursing students specially concerned about the placements and cover-up duties. It was decided the practices those who need such arrangements
2. Students were asked to prepare the selection process sports activities.
3. Preparation of a logo was discussed and it was submitted.

4. Dr. RHMPN Rathnayake explained procedure of approval for any activity planned in the Faculty by the Sports Association. It is, president/secretary/junior treasurer should submit the request to DVC sir, through senior treasurer and Dean, FAHS with a copy to Director, Physical Education Unit and Chairman, Sports Advisory Board.

2021.3.23.1.9. Appreciation of staff members participated for the staff sports meet

As an additional event, staff members of the FAHS who participated for the staff sports meet of University of Ruhuna held on 13th and 20th of February 2021 were appreciated. They were awarded a token and an appreciation letter by the Dean, FAHS.

The meeting adjourned at 1.30 pm.

Prepared by
Ms. N.D.K.C. Narasingha
Secretary of Sports Association
FAHS

Approved by
Dr. RHMPN Rathnayake
Senior Treasures of Sports Association
FAHS

SPORTS ASSOCIATION LOGO AND THE LETTER HEAD



Sports Association
Logo

 FAHS SPORTS ASSOCIATION 	
Faculty of Allied Health Sciences University of Ruhuna Godakanda, Galle, Sri Lanka.	
Tel: 0777387136/0775557513 Email: sportsassociationfahs@uahs.ruh.ac.lk FB page:	
Prof. Imendra Kotapola Patron 0714460919	Letter Head of Sports Association
Dr. R.H.M.P.N.Rathnayake Senior Treasurer 0772264124/ 0775749621	
M.N.M.Nusry President 0777387136	
M.K.Kanishka Jayarathna Vice President 0775522196	
N.D.K.C.Narasinghe Secretary 0775557513	
K.Nirosha Rathnakumari Assistant Secretary 0767214424	
E.A.A.S.Edirisinghe Junior Treasurer 0702439908	

03. PRACTICAL SESSION FOR TEAM SELECTION

Team selection schedule for sports

Faculty of Allied Health Sciences

Year 2021

Introduction

The Faculty of Allied Sciences currently does not have the selected sports teams for different games. Therefore, team selection for different games will be organized in last two weeks of April and 1st week of May 2021. This will be done under the supervision of Sports Instructor of FAHS, several sports instructors from Physical Education Unit and with the involvement of the sports coordinators of the Faculty.

Aim

To formulate and strengthen the teams for the separate sports event in the faculty



Tentative plan for team selection

Days	Place	Sports
21/04/2021 (Wednesday)	Faculty of Allied Health Sciences (Uluwatake Premises)	Carom Chess Table tennis Tennis
22/04/2021 (Thursday)	Faculty of Medicine	Badminton Softball cricket Netball
24/04/2021 (Saturday)	Faculty of Engineering	Athletics Elle Volleyball
28/04/2021 (Wednesday)	Faculty of Medicine	Kabadi Football


29/04/2021 (Thursday)	Faculty of Allied Health Sciences (Uluwatake Premises)	Carom Chess Table tennis
01/05/2021 (Saturday)	Faculty of Engineer	Athletics Football Badminton
05/05/2021 (Wednesday)	Faculty of Medicine	Volleyball Netball
06/05/2021 (Thursday)	Faculty of Medicine	Hardball cricket Kabadi Karate
08/05/2021 (Saturday)	Faculty of Engineering	Softball cricket Elle

04. AEROBIC EXERCISE PROGRAM


*AEROBICS
FOR HEALTHY LIFE.....*



Every Tuesday @ 4.30pm
& Friday @ 5pm



Conducted by,
Shamali Rajapaksha
Physical Instructor
Faculty of Allied Health Sciences
University of Ruhuna



05. ORIENTATION PROGRAM



Faculty of Allied Health Sciences, University of Ruhuna Orientation Programme – 2021 Time Table

Week 05 – 09th August - 13th August 2021

Time	Monday 09.08.2021	Tuesday 10.08.201	Wednesday 11.08.2021	Thursday 12.08.2021	Friday 13.08.2021
8.00 a.m. – 10.00 a.m.	English	English	English	English	Balance life as academic with sports Mr. K Kumara Ms. C Shamali
10.30 a.m. – 12.30 p.m.					
12.00 noon - 2.00 p.m.	Lunch Time				
2.00 p.m. – 4.00 p.m.	Medical Ethics Prof Imendra Kotapola	Music for life Prof D Premachandra Faculty of Science		Catholic & Hindu Religious Activities Student Counsellors	CGU Activities

06. WEBINAR SESSION 01

"Moving Forward With University Sports"

Webinar on Introduction to University Sports

Sports Association

Faculty of Allied Health Sciences

University Of Ruhuna

Webinar Agenda – 25th of September 2021, at 5.00 pm to 6.30 pm

Via Zoom

<https://learn.zoom.us/j/67570610080?pwd=QnZHQ1ZFQEVZVlU1SHpL1UxVGhJZz09>

Meeting ID : 675 7061 0080

Passcode :- 9bhAKbZ#

5.00PM - 5.10PM	Log In
5.10PM - 5.15PM	Welcome Speech by the President of the Sports Association
5.15PM - 5.20PM	Address by the Patron
	Prof. Imendra Kotapola
	(Dean, Faculty of Allied Health Sciences)
5.20PM - 5.50PM	Address by Prof. Nilantha Lakshman
	(Chairman, Sports Advisory Board, University of Ruhuna)
5.50PM - 6.15PM	Address by Mr. P. N. Weerasinghe
	(Director, Physical Education Unit, University of Ruhuna)
6.15PM - 6.25PM	Q & A Session
6.25PM - 6.30PM	Vote of Thanks by Secretary of the Sports Association



MOVING FORWARD WITH UNIVERSITY SPORTS



SESSION ONE



ORGANIZED BY,
SPORTS ASSOCIATION,
FACULTY OF ALLIED HEALTH SCIENCES,
UNIVERSITY OF RUHUNA.

LAUNCH MEETING – ZOOM

Passcode-9bhAKbZ#

Time : 5.00pm – 6.30pm

Date : 25th september 2021

GUEST SPEAKERS

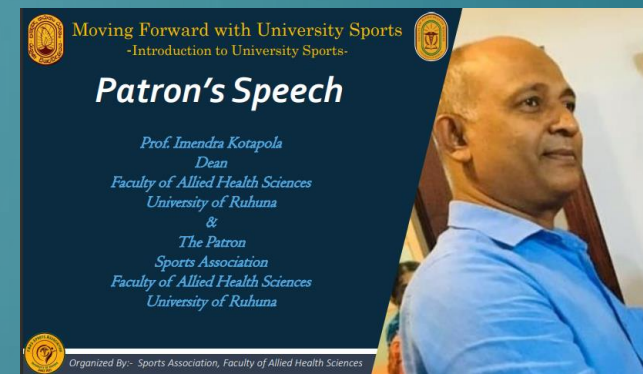
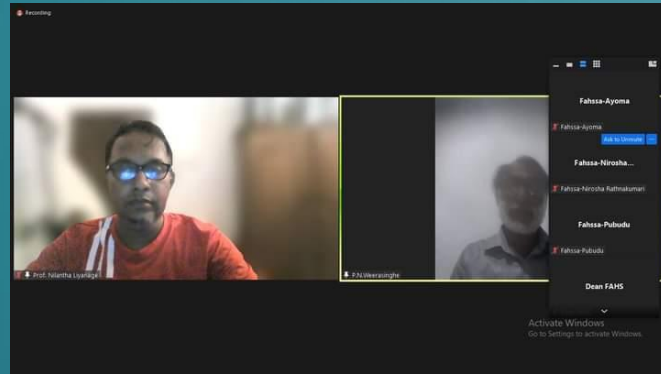


Prof. Nilantha Lakshman
Chairman
Sports Advisory Board
University Of Ruhuna



Mr. P.N. Weerasinghe
Director
Physical Education Unit
University Of Ruhuna

WEBINAR SESSION 01



07. WEBINAR SESSION 02

"Moving Forward With University Sports"

Webinar on What do you want to know about chess?

Sports Association
Faculty of Allied Health Sciences
University Of Ruhuna

Webinar Agenda _ 02nd of October 2021, At 5:00 pm to 7:00 pm
Via Zoom

<https://team.zoom.us/j/67626431598?pwd=REKG7jdVnVs7QcHxibGSG8CCVpCaw9Wkw>

5:00PM _ 5:05PM	Log In
5:05PM _ 5:10PM	Welcome Speech by the Vice President of the Sports Association
5:10PM _ 5:20PM	Address by the University Chess Coordinator Prof. Indunil Pathirana (Senior Lecturer, Faculty of Agriculture, University of Ruhuna)
5:20PM _ 5:40PM	Address by Ms. D.M. Dilupa Priyadarshani (Instructor, Physical Education Unit, University of Ruhuna)
5:40PM _ 6:45PM	Address by Mr. M.W.C. Tharindu (Chess Coach, University of Ruhuna)
6:45PM _ 6:55PM	Q & A Session
6:55PM _ 7:00PM	Vote of Thanks by Assistant Secretary of the Sports Association



Moving Forward with University Sports



WHAT DO YOU WANT TO KNOW ABOUT CHESS ?



Date - 02nd October
Time - @ 5.00 p.m



Organized by,
Sports Association,
Faculty of Allied Health Sciences,
University Of Ruhuna.

Launch The Meeting

Passcode: KQc+K6Wb



Prof. Indunil Pathirana

Chess Coordinator
University of Ruhuna



Ms. D.M Dilupa Priyadarshani

Instructor in
Physical Education
Cricket & Athletic Coach
University of Ruhuna



Mr. M.W.C. Tharindu

Chess Coach
University of Ruhuna

WEBINAR SESSION 02

Moving Forward with University Sports
WHAT DO YOU WANT TO KNOW ABOUT CHESS



Prof. Indunil Pathirana
Chess Coordinator
University of Ruhuna

Ms. D.M. Dilupa Priyadarshani
Instructor in Physical Education
Cricket & Athletic Coach
University of Ruhuna

Mr. M.W.C.
Chess Coach
University of Ruhuna

Organized by,
Sports Association, Faculty of Allied Health Sciences, University Of Ruhuna.



Moving Forward with University Sports
-What do you want to know about Chess ?-

**University
Chess Coordinator**

*Prof. Indunil Pathirana
BVSc (Hons) (Peradeniya), PhD (Osaka)
Department of Animal Science
Faculty of Agriculture
University of Ruhuna*



Organized By:- Sports Association, Faculty of Allied Health Sciences

Moving Forward with University Sports
-What do you want to know about Chess ?-

Guest Speaker

*Ms. Dilupa Priyadarshani
BSc Physical EDU, SP (Sabaragamuwa)
Dip. In Physical EDU (Peradeniya)
Instructor in Physical Education
University of Ruhuna*



Organized By:- Sports Association, Faculty of Allied Health Sciences

Moving Forward with University Sports
-What do you want to know about Chess ?-

Welcome Speech

*Mr. MK Kanishka Jayarathna
Vice President
Sports Association
Faculty of Allied Health Sciences
University of Ruhuna*

- Badminton Player



Organized By:- Sports Association, Faculty of Allied Health Sciences

Moving Forward with University Sports
-What do you want to know about Chess ?-

Announcer

*Ms. SN Senarathna
Member
Sports Association
Faculty of Allied Health Sciences
University of Ruhuna*

- Karate Player



Organized By:- Sports Association, Faculty of Allied Health Sciences

Moving Forward with University Sports
-What do you want to know about Chess ?-

Vote of Thanks



*Ms. K Nirosha RathnaKumari
Assistant Secretary
Sports Association
Faculty of Allied Health Sciences
University of Ruhuna*

Athletic & Football Player




Organized By:- Sports Association, Faculty of Allied Health Sciences

08. ARTICLE COMPETITION



FAHS SPORTA Essay Competition






The sports association of faculty of allied health sciences
proudly organizing an Essay competition for colleagues of FAHS.

Express your Sports Knowledge and Creativity

HURRY UP!
FOLLOW THE ATTACHED GUIDELINES.
EXHIBIT YOUR CREATIVITY.

Closing Date
10th November 2021

Contact us for more information
Tharangani: +94 70 135 6389
Pubudu: +94 77 146 3961



First place, second place and third place and 20 merit
certificates will be provided.

Guidelines, Terms and Conditions for Essay Writing

Category	Undergraduates, Faculty of Allied Health Sciences
Themes	01. Significance of Nutrition in Sporting Performance 02. Pharmacological basis of modern drug use in sports 03. Sport plays a major role in building foundation of the individual personality. 04. Stay active during the COVID-19 pandemic.
Guidelines	01. All the essays should follow the given format <ul style="list-style-type: none">• Font – Times New Roman• Topics – Font size 14• Body – Font size 12• Word Limit - 1000 02. Only the students of Faculty of Allied Health Sciences can participate for the competition. 03. Essays should be submitted as a PDF file to the given email address on or before the deadline. sportsassociationfahs@uahs.ruh.ac.lk 04. The essays must be in the English language. 05. Essays must be original and unpublished. Plagiarized entries will be rejected. 06. Essays must be written by one person. Co-authored essays are not accepted. 07. The author (Name with initial, University registration number, academic year and the Department) details should be mentioned bottom-right corner of the Essay. 08. Winners will be selected by the sports coordinators in Faculty of Allied Health Sciences and will informed via email.
Deadline	Entries must be received on or before 10 th November 2021
Awards	1. First place, second place and third place and 20 merit certificates will be provided.
For queries, please contact	Tharangani: +94 70 135 6389 Pubudu: +94 77 146 3961

The image features a dark teal background with a subtle gradient. In the center, the words "THANK YOU" are written in a large, white, serif font. The corners of the image are decorated with white, stylized circuit board traces and circular nodes, creating a tech-themed aesthetic.

THANK YOU