



# CCP NEWS

Newsletter of Ceylon College of Physicians

ISSN 3030-7511

## Physicians for the Future

### CCP 25

Welcome to the fifth edition of our bimonthly newsletter for the year 2025! In this edition, we offer a comprehensive update on the college's activities during the months of November and December 2025.

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**Dr Sandani Alahapperuma**



## PRESIDENTS' MESSAGE



Vidya Jyothi Professor Prasad Katulanda

As I bring my tenure as President of the Ceylon College of Physicians for 2025 along with the Council to a close, I do so with a sense of pride, satisfaction, gratitude, and enduring confidence in the future of our College.

When we started the year, we articulated the theme "The Physician for the Future." This was not merely a slogan, but a guiding philosophy—one that sought to prepare our physicians to meet the evolving demands of medicine in Sri Lanka while remaining firmly grounded in professionalism, compassion, and scientific integrity. Throughout 2025, the College was able to meaningfully translate this vision into action across its academic, professional, and societal engagements.

Despite a challenging national and global context, the CCP successfully sustained its core academic mandate. All Continuing Professional Development programmes, monthly clinical meetings, Young Physician Forums, Periphery to the Fore programmes, and three regional meetings were conducted as planned, ensuring that learning, dialogue, and collegiality continued uninterrupted across the country.

A defining feature of the year was the College's deliberate engagement with the future of medicine, particularly through its work on artificial intelligence in healthcare. The publication of the CCP White Paper on Artificial Intelligence in Medicine marked an important step in providing principled, ethical, and context-appropriate guidance for clinicians. In parallel, the CCP CPD Portal reached its final stages of development and will become operational from January 2026, representing a landmark transformation in lifelong learning.



## **PRESIDENTS' MESSAGE CONTINUED ...**

The CCP Annual Academic Sessions 2025, held at the Cinnamon Life Hotel and Convention Centre, stands out as a major milestone. Expanding the conference from two to three days enabled broader and more inclusive engagement. Collaboration with the Royal College of Physicians of London and Edinburgh, the Royal Australasian College of Physicians, the European Federation of Internal Medicine, the Pakistan Society of Internal Medicine, the Ministry of Health, and the Postgraduate Institute of Medicine enriched the scientific programme. The strong participation of international faculty, expatriate Sri Lankan physicians, and overseas delegates reflected the growing global relevance of the CCP.

The College also broadened its engagement through the introduction of a Public Health Forum and the initiation of an orientation programme for Senior Registrars in Medicine. A particularly significant long-term achievement was the finalisation of land for the Ceylon College of Physicians through a lease agreement with the Urban Development Authority, laying the foundation for a permanent home for the College.

In response to the Ditwa cyclone and floods, the CCP mobilised support for affected communities and healthcare institutions, particularly in Chilaw and other impacted areas, demonstrating the profession's solidarity and social responsibility.

I am profoundly grateful to the Council and the wider membership for their trust, collegiality, and commitment throughout the year. As I step aside, I do so with full confidence that the College is in safe hands under the leadership of Professor Namal Wijesinghe and the new Council for 2026.

I wish all members of the Ceylon College of Physicians a peaceful, fulfilling, and prosperous New Year, and every success in 2026 and beyond.



## YOUNG PHYSICIANS' FORUM

The young physicians' forum for the month of November was held on 18<sup>th</sup> November 2025.

The two speakers for the month of November were Dr Indika Wettasinghe, Senior Registrar in Internal Medicine, National Hospital of Sri Lanka and Lecturer in the Faculty of Medical Sciences, University of Sri Jayawardenepura, and Dr. Pramith Ruwanpathirana, Senior Registrar in Neurology, Institute of Neurology, National Hospital of Sri Lanka.



**Unmasking the hidden causes of hypoglycaemia**

**Dr Indika Wettasinghe**

Senior Registrar in Internal Medicine  
National Hospital of Sri Lanka  
Lecturer, Faculty of Medical Sciences  
University of Sri Jayawardenepura



**Central Nervous System Inflammatory Demyelinating Diseases.**

**Dr Pramith Ruwanpathirana**

Senior registrar in Neurology  
Institute of Neurology  
National Hospital of Sri Lanka

To view the lecture visit



Young Physicians Forum-November





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The Young Physicians' Forum for the month of December was held on 16<sup>th</sup> December 2025, at the ClinMARC Auditorium, NHSL.

The two speakers for the forum were Dr Rudra Aathithya, Senior Registrar in Medicine, Colombo South Teaching Hospital, who delivered the lecture titled "Beyond the Numbers: Changes in the Latest Hypertension Guideline", and Dr Sujarnie Sureshkumar, Senior Registrar in Neurology, National Hospital of Sri Lanka, who spoke on "Myasthenia Gravis: A Disease as Individual as a Snowflake".



### Beyond The Numbers : Changes in the Latest Hypertension Guideline

**Dr Rudra Aathithya**

Senior Registrar in Medicine  
Colombo South Teaching Hospital



### Myasthenia Gravis: A Disease as Individual as a Snowflake

**Dr Sujarnie Sureshkumar**

Senior Registrar in Neurology  
National Hospital of Sri Lanka

To view the lecture visit



Young Physicians Forum-December





## COLLEGE LECTURE

Dr Hiruni Jayasena, Senior Lecturer in Clinical Medicine, Faculty of Medicine, General Sir John Kotelawala Defence University, and Honorary Consultant Gastroenterologist and Hepatologist at University Hospital KDU, delivered the lecture titled "IBS-D and Mimics: Diagnostic Workup and Therapeutic Challenges" as the College Lecture in November.



### **IBS-D and Mimics: Diagnostic workup and Therapeutic Challenges**

**Dr Hiruni Jayasena**

Senior Lecturer in Clinical Medicine Faculty of Medicine,  
General Sir John Kotelawala Defence University  
Honorary Consultant  
Gastroenterologist and Hepatologist at University Hospital KDU

[To view the lecture visit](#)



College Lecture- November





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Dr Yamunda Niranjalie Rajapakse, Senior Lecturer and Specialist in Respiratory Medicine, Department of Anatomy, Genetics & Biomedical Informatics, Faculty of Medicine, University of Colombo, delivered the lecture titled “Lung Cancer of Non-Smokers: A Growing Global and Sri Lankan Challenge” as the College Lecture of the Ceylon College of Physicians in December.

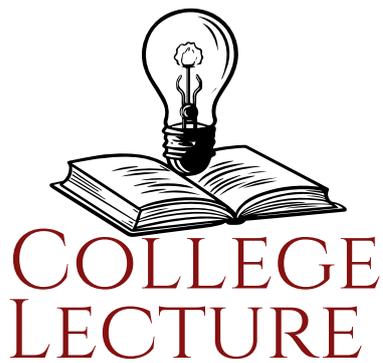


## Lung Cancer of Non-Smokers: A growing Global and Sri Lankan Challenge

**Dr Yamunda Niranjalie Rajapakse**

Senior Lecturer & Specialist in Respiratory Medicine  
Department of Anatomy, Genetics & Biomedical Informatics  
Faculty of Medicine  
University of Colombo

To view the lecture visit



College Lecture- December



## SPECIALITY UPDATE



The Ceylon College of Physicians, together with the College of Specialists in Rheumatology & Rehabilitation, Sri Lanka, successfully conducted its Speciality Update in Rheumatology on the 9<sup>th</sup> December 2025, at ClinMARC, National Hospital, Sri Lanka.

The programme was comprised of two focused symposia on Myopathies and Systemic Lupus Erythematosus (SLE). Participants gained valuable clinical insights through sessions on the spectrum of immune-mediated myopathies, case-based discussions on myositis, diagnostic pitfalls in SLE, and practical approaches to the management of complex lupus presentations. The event also featured a segment on "Rheumatology Shorts for Postgraduates," offering concise, high-yield updates relevant to trainee physicians. Each session was delivered by experienced consultants and senior registrars in rheumatology, making the programme both informative and clinically enriching.

[To view the lecture visit](#)





## 58TH ANNUAL GENERAL MEETING OF CEYLON COLLEGE OF PHYSICIANS

After a successful year with numerous academic programmes as well as delightful social events, the President of the Ceylon College of Physicians for 2025 and his Council handed over the responsibilities of the next year to the new Council at the AGM 2025, held on 12<sup>th</sup> of December at the PGIM Academic Centre.

The outgoing President, Vidya Jyothi Professor Prasad Katulanda, thanked the Honorary Joint Secretaries, Dr Lilanthi Subasinghe and Dr Praveen Weeratunga, the Honorary Treasurer, Dr Asanka Ratnayake and his Council, who stood beside him and supported the CCP activities throughout the year.

Further, Professor Prasad Katulanda congratulated the incoming President Professor Namal Wijesinghe and the new Council 2026. Dr Praveen Weeratunga, the Honorary Joint Secretary summarized the activities carried out by the Council in the year 2025.

The new President in his acceptance speech, acknowledged the challenges that lies ahead for the new Council and updated the membership regarding the plans for the next year.



AGM-2025

CEYLON COLLEGE OF PHYSICIANS

**CCP 2025**  
PHYSICIAN FOR THE FUTURE



## MD PART 1 PREPARATORY COURSE

A three-day online MD Selection OSPE preparatory course was conducted on the 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> of December, using a projected Zoom platform to help candidates prepare for the upcoming MD examination. The sessions were designed to familiarize participants with the online OSPE format and strengthen the essential clinical competencies assessed during the selection exam.

Throughout the mock OSPE, candidates practiced structured history-taking skills, systematic physical examination techniques, and interpretation of physical signs. The program also included tasks on analyzing investigation results, interpreting clinical data, and formulating appropriate differential diagnoses. In addition, components of communication skills and medical ethics—key elements of modern clinical assessment—were integrated into the exercises to ensure a comprehensive preparatory experience.

This structured mock OSPE provided participants with valuable exposure to the virtual assessment environment, helping them build confidence, improve performance, and better understanding of expectations at the official MD selection examination.

## MD Part I

*Preparatory  
Course* 





## FLOOD RELIEF INITIATIVE

The Ceylon College of Physicians launched an Emergency Relief Initiative to aid Sri Lanka's healthcare system, severely impacted by recent floods and cyclones. The initiative aims to restore damaged healthcare facilities, replace vital equipment, and support healthcare workers in their efforts to resume essential medical services.

Donations are being sought from local and international members, as well as well-wishers, to help rebuild the healthcare infrastructure.

### EMERGENCY FLOOD & CYCLONE RELIEF INITIATIVE - 2025



## OUR HOSPITALS & HEALTHCARE STAFF

### AFFECTED BY THE SEVERE WEATHER CONDITIONS

Sri Lanka's health system has been severely affected by extreme weather conditions, damaging facilities and impacting healthcare workers.

As during the COVID-19 pandemic, the tsunami, and the post-war humanitarian crisis, the CCP is launching an Emergency Relief Campaign to help restore essential healthcare services. This initiative aims to support healthcare workers affected, replace damaged equipment, and assist hospitals in resuming full functionality.



## How You Can Help...

Bank Name/Code	Bank of Ceylon / 7010
Account Name	Ceylon College of Physicians
Account Number	0000192243
Branch Name/Code	Borella /038
Swift Code	BCEYLK LX

### Donate

Please indicate 'CCP Flood Relief' as the reference and kindly send us the deposit slip

+94 71 288 8119  
info@ccp.lk

## TOGETHER LET US STAND IN SOLIDARITY WITH THOSE WHO ARE AFFECTED

As the Ceylon College of Physicians, we invite all local, overseas members & well wishers – to extend your support for this initiative. Let us uphold our shared responsibility to help the nation.

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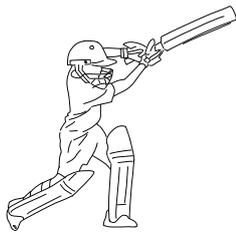
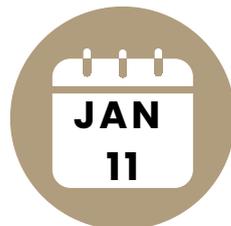
Flyer- Flood Relief Initiative



*Achieving  
Health  
Excellence  
Through Person  
Centered Care*

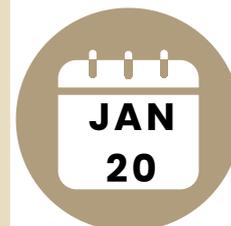
## **PRESIDENTIAL INDUCTION**

The ceremonial induction of the president of Ceylon College of Physicians 2026 will be held on the 9<sup>th</sup> January 2026 at Cinnamon Grand, Colombo.



## **CRICKET ENCOUNTER**

The Cricket Encounter of the Ceylon College of Physicians Vs Community Physicians of Sri Lanka (CCPSL) will be held on the 11<sup>th</sup> of January 2026, 9 am onwards at Army Medical Corps Ground Werahara.



## **YOUNG PHYSICIANS FORUM**

The Young Physicians' Forum will be held on 20<sup>th</sup> January 2025, from 11.45am to 12.45pm at the ClinMARC Auditorium, NHSL.



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## CEYLON COLLEGE OF PHYSICIANS

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