

SOFT SKILLS PROGRAM - 2015/16 BATCH- 2nd – 10th JANUARY 2017

Date	Morning	Afternoon
02.01.2017 (Mon)	<p>8.30 – 9.15 Introduction to Soft Skills – <i>Dr. Yasitha Illangasekera</i> (Physiology Lec. Thtr.)</p> <p>9.30 – 12.00 noon Motivation and Positive Thinking – <i>Dr. W.D Chandrasena (CDCE)</i> (Physiology Lec. Thtr.)</p>	<p>13.30 – 15.30 Sexual Education – <i>Dr. Shavindra Dias</i> (Physiology Lec. Thtr.)</p>
03.01.2017 (Tue)		<p>13.30 – 14.30 Effective Learning <i>Dr. Jayampathi Dissanayake</i> (Physiology Lec. Thtr.)</p>
04.01.2017 (Wed)	<p>9.30 – 12.00 noon Alcohol and drug abuse prevention – <i>ADIC Sri Lanka</i> (Physiology Lec. Thtr.)</p>	
05.01.2017 (Thu)		<p>13.30 - 15.00 Time Management workshop - <i>Dr. Jayalath Edirisinghe (CDCE)</i> (West Lec. Thtr.)</p>
06.01.2017 (Fri)	<p>8.30 – 12.00 noon Counseling Service – <i>Mrs. Sriya Thennekoon & Mr. Nandana Ariyapperuma (Nivahana Society)</i> (Physiology Lec. Thtr.)</p>	<p>13.30 – 15.30 Recognizing Anxiety/Depression – <i>Dr. Devasmika Ariyasinghe</i> (Physiology Lec. Thtr.)</p>
09.01.2017 (Mon)	<p>9.00 – 10.30 Public Speaking & Oratory skills – <i>Dr. Induwara Gunaratne</i> (Physiology Lec. Thtr.)</p> <p>11.00 – 12.00 noon Career Guidance – <i>Prof. Thilak Jayalath</i></p>	<p>13.30 – 16.00 Image Building workshop <i>Mr. S. Afrideen (Image Counsel & GM, Esoft Campus)</i> (Physiology Lec. Thtr.)`</p>

	(Physiology Lec. Thtr.)	
10.01.2017 (Tue)	9.00 – 10.00 Developing Soft Skills – <i>Prof. Kapila Gunawardana</i> (Physiology Lec. Thtr.) 10.00 – 11.00 Stress Management – <i>Dr. Vipula Wijesiri</i> (Physiology Lec. Thtr.)	

Non-faculty Resource Persons

1. Dr. Jayalath Edirisinghe – Director/ Centre for Distance and Continuing Education, University of Peradeniya.
2. Dr. W.D Chandrasena – Deputy Director, Learning Resources/ Centre for Distance and Continuing Education and Senior Lecturer, Science Education Unit, Faculty of Science, University of Peradeniya.
3. Mr. S. Afrideen – Image Counsel - General Manager, Esoft Metro Campus, Colombo 4.
4. Program Officers from Alcohol and Drug Information Centre (ADIC), No 40/18, Park Road, Colombo 5.
5. Mrs. Sriya Thennekoon and Mr. Nandana Ariyapperuma – Senior Counselors – Nivahana Society of Kandy, 179/1, Eriyagama, Peradeniya.