



# ASSL News

Newsletter of the Anatomical Society of Sri Lanka

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## EDITORIAL

**Dr. Harsha Dissanayake**

*Editor - Anatomical Society of Sri Lanka*

The activities of the Anatomical Society of Sri Lanka, over the past year has taken a giant stride thanks to the team lead by Senior Professor B. G. Nanayakkara and the persistent support and guidance given by the founder president, Emeritus Professor Rohan W. Jayasekera. A herculean task is ahead for the equally efficient current council, being led by Senior Professor Surangi Yasawardene.

We have planned an induction ceremony for the president, launching of the anatomical society web site, a workshop for the students who have completed Advanced Level and awaiting admission to the faculties of medicine, continuation of the publication of the quarterly newsletter and the two volumes of "Sri Lanka Anatomy Journal" for the coming year.

The seminar for the prospective students who are to undertake a course in the field of medicine where anatomy is a subject has been successfully conducted in November 2017. There we introduced them to the subject of Human Anatomy, enlightened them on how to study anatomy and showed how successful an undergraduate can be in the field of Anatomy.

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Ceremonial induction of the president will be held in March 2018.

It should be highlighted that this newsletter is a platform for discussion of various issues pertaining to the field of Anatomy. In addition concise academic articles and research reports are also welcome. We invite you to contribute to the quarterly newsletter to make it a success and also to send your research work to be published in the Sri Lanka Anatomy Journal.

We wish all our readers a very happy, peaceful and prosperous new year -2018

## NEWSLETTER COMMITTEE

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(Advisor)

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## INVITED ARTICLE

### Medical Education Fit for the 21<sup>st</sup> Century



*By Professor Sujatha Salgado*

You might be mistaken in thinking that the medical education fit for the 21<sup>st</sup> century refers to broadening the depths of knowledge we teach, or in how we utilize technology in our education of medicine. However, I would like to draw your attention to a much more elementary factor, overlooked these days in our education system.

In this day and age, more than ever before, we need to focus on nurturing well rounded students and human beings through our collegiate education system. Is our education system giving rise to leaders and individuals who have abilities necessary for life outside of the class room and medical subjects that are taught in our universities? Do they have a broadened understanding of the world outside of their own? Do they possess the skills to evaluate and reason, to critically think, and subjectively evaluate facts and make decisions based on a logical understanding of the world? A system that I came to appreciate with regard to this factor was the American collegiate system. While it has its weaknesses, University education in the United States does not require you to choose a specific discipline or degree right away. The first year could be dedicated to taking what's referred to as general classes. These general classes are in a variety of subjects, independent of any particular discipline that a student may hope to pursue as a Baccalaureate degree. They could be a general class on world religions, philosophy, accounting, management or arts. The students have the flexibility to choose these classes as electives and are of the 100-200 level (basic level) in the depths of the subject matter covered.

With regard to education in medicine one stark difference is that students need to obtain Pre-medical (often referred to as pre-med) education. This track that undergraduate students in the United States and Canada pursue prior to becoming medical students involves activities that prepare a student for medical school, such as pre-med coursework,

Volunteer activities, clinical experience, research, and the application process. Some pre-med programs providing broad preparation are referred to as “pre-professional” and may simultaneously prepare students for entry into a variety of first professional degree or graduate school programs that require similar prerequisites (such as medical, veterinary, or pharmacy schools).

We must also find a way to get our medical students more involved in research and academia.

Teaching them how research is conducted, peer reviewed and published will expose them to the international communities of their respective fields. Lastly, it is merely not enough to produce students, as if our academic programs are an assembly line. In the field of medicine, we must make sure that the doctors that leave at the end of their programs don't view their education, as a means to only achieving their financial goals, but are passionate about the service they provide, mindful of the responsibility they are taking on, compassionate and empathetic to the patients they serve. Having classes on ethical responsibility with discussions and case studies on how to better serve their fellow human beings would benefit greatly to helping this cause.

In an evolving culture of greed and corruption, it's our responsibility as educators to constantly work on improving our core values and adapt to the needs of society in the 21<sup>st</sup> century.

## MAIN EVENTS

### 1. The First Academic Sessions organized by the Anatomical society of Sri Lanka.

ASSL with enormous help from the Department of Anatomy, Faculty of Medicine, University of Colombo organized the first Annual Academic Sessions in Anatomy on 16<sup>th</sup> of October 2017 at the faculty's new auditorium.

It was a well-attended session by many academics in the field of Anatomy. There were many inspiring speeches related to the topic “Research in Anatomy” by invited speakers representing each medical faculty in Sri Lanka. The afternoon session was reserved for oral presentations and many young researches were eager to join this session.





2. The Anatomical Society of Sri Lanka organized a seminar for the first time for students who have successfully completed G.C.E. (A/L) and awaiting admission to medical faculties. It was held on 2<sup>nd</sup> of December 2017 at the Anatomy Auditorium, Faculty of Medical Sciences, University of Sri Jayewardenepura. The aim of the seminar was to offer substantive basics on Anatomy in order to enhance critical thinking and to promote engaged learning in the field of Anatomy.

The Seminar addressed the key areas in Anatomy such as Gross Anatomy, Embryology, Histology, Clinical/ Functional Anatomy and Radiological Anatomy. Before concluding the seminar an interactive session was conducted to give guidance on “how to perform well in Anatomy”.

The resource persons of the seminar were -

Prof. S.G. Yasawardene

Prof. D.J. Anthony

Dr. P.H. Dissanayake

Dr. S. Dissanayake

Dr. S. Edirisinghe

Approximately 150 students attended the seminar and the feedbacks from the students following the seminar were overwhelming.

To quote some

*“As a student I am really grateful for the Anatomical Society for organizing such a program to educate us not only about anatomy but also about how to learn anatomy effectively. I thought in anatomy we just have to study what’s in the book, but after the seminar I realized that I was very wrong and it is a much broader topic. “*

*“Me, along with a number of my friends (and I assume all of us) found the seminar very helpful and interesting. We were able to pay full attention till the end”*


*“We were given an idea of how vast but interesting Anatomy is. We would like to thank all the lecturers for the time and support given for this cause. “*

*“It was great to be there. It was very useful and worth of time. Most of all, the information about how to study and to face the exam was very useful”*

*“It was a very helpful seminar. I started loving anatomy. Hope you’ll continue the seminar for upcoming premeds too”*

*“Seminar was well planned and we gathered lot of information from the seminar. And it was great”*

Pre Medical  
**Seminar**



**THE SEMINAR FOR A/L STUDENTS WHO ARE AWAITING ENTRY TO MEDICAL FACULTIES**

**Organized by the**  
**Anatomical Society of Sri Lanka**

**On 02<sup>nd</sup> December 2017 (Saturday)**  
At Anatomy Auditorium, Faculty of Medical Sciences,  
University of Sri Jayewardenepura,  
Gangodawila, Nugegoda.

*Seminar Agenda*

08.00 - 09.00	Registration
09.00 - 10.00	Introduction to Anatomy
10.30 - 11.15	Embryology
11.15 - 12.00	Histology
13.00 - 14.00	Radiological Anatomy
14.00 - 15.00	Clinical Anatomy
15.00 - 16.00	How to perform well in Anatomy


*Speakers*

Prof. S. G. Yasawardene, Prof. D. J. Anthony, Dr. P. H. Dissanayake,  
Dr Sithara Dissanayake, Dr Sajith Edirisinghe

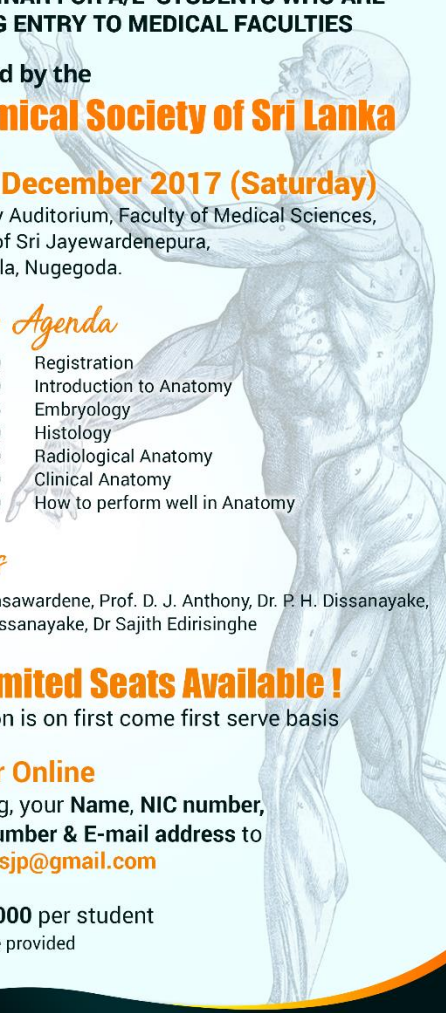
**Only Limited Seats Available !**  
Reservation is on first come first serve basis

**Register Online**  
By sending, your **Name, NIC number, contact number & E-mail address** to  
**[anatomyusjp@gmail.com](mailto:anatomyusjp@gmail.com)**

**Only Rs.1000 per student**  
Lunch will be provided



Anatomical Society of Sri Lanka is a platform for Anatomists of Sri Lanka to collaborate and advance in Education and Research in the fields of Anatomy



In conclusion, the feedback from participants affirmed the need of such seminars for the students in the future and ASSL wish to thank all who contributed to make this event a success.

## ACHIEVEMENTS

**ASSL wish to congratulate Prof. Isurani Ilayperuma for being appointed for the Post of Chair Professor of Anatomy, Faculty of Medicine, University of Ruhuna and Prof. Aranjan Karunanayake for being promoted as full Professor in Anatomy.**



**Professor**

**Isurani Ilayperuma**

Prof. Isurani Ilayperuma joined the Faculty of Medicine, University of Ruhuna, as a probationary Lecturer in Anatomy in 1992 and proceeded to New Zealand to read for a PhD on “Molecular characterization of sperm surface antigens as targets for immunocontraceptives” at the Department of Anatomy & Structural Biology, University of Otago, in 1996. She progressed academically being promoted to the post of Senior Lecturer in 2000 and Merit Professor in Anatomy in 2012. Professor Isurani Ilayperuma was appointed as the Chair Professor of Anatomy, University of Ruhuna on 1<sup>st</sup> March 2017. Professor Isurani Ilayperuma has actively contributed to all areas of undergraduate and postgraduate activities. She served as the Head of the Department of Anatomy, University of Ruhuna, from 2011-2014. She is also the current head of the Molecular Genetics Laboratory at the Faculty of Medicine, University of Ruhuna. Professor Ilayperuma has served as the University of Ruhuna Coordinator for the International Center for Genetic Engineering & Biotechnology (ICGEB) from 2000 - 2003, Chairperson, National Coordinating Committee on Reproductive Health Research (Human Reproduction Programme (WHO - HRP), Ruhuna Task Force, from 2007-2009, member of the Specialty Board in Anatomy, Postgraduate Institute of Medicine, Colombo, from 2009 - to date, member of the Board of Study in Basic Medical Sciences, Postgraduate Institute of Medicine, University of Colombo, from 2011-2014 and Secretary, Anatomical Society of Sri Lanka (ASSL), 2016 - 2017. She has also served as an examiner in several PhD panels and editorial

boards of Current Research Journal of Biological Sciences & Asian Journal of Medical Sciences.

Professor Ilayperuma has authored 15 text books in Anatomy, for undergraduate and postgraduate medical students. Among them the Colour Atlases depicting step by step dissections according to the Cunningham’s Manual of Practical Anatomy: volumes 1, 2 & 3, which she has co-authored with Senior Professor B.G. Nanayakkara is especially noteworthy.

She is also a keen researcher in molecular reproductive biology, Human morphological & morphometrical studies and genetic analysis of cleft lip & palate and has over 100 publications in indexed & refereed journals and 3 genetic sequences at the GenBank, National Center for Biotechnology Information, USA to her credit. Further, findings of her research are quoted in 15 medicinal products that are commercially available worldwide.



**Professor**

**Aranjan Karunanayake**

Prof. Aranjan Karunanayake is an Anatomist and a Physician in Sport and Exercise Medicine in Sri Lanka. At present he is a member of the Department of Anatomy, Faculty of Medicine, University of Kelaniya, Sri Lanka. He joined the faculty as a Probationary lecturer in Anatomy in 1998 and was promoted to Professor in Anatomy in the year 2016. He possess the following list of qualifications including MBBS, DM, DOH & S, Dip. Tox, Dip. Coun, D.Sp. Med, FSS (IN), MBASEM (UK), MSc. SEM (UK). His extensive knowledge of Anatomy and Sport and Exercise Medicine has made him a very good Undergraduate and a Post graduate teacher and a Clinician. His experience in teaching and assessing the subject of Anatomy is more than 19 years and teaching and assessing subjects related to Sports Medicine and Sports Science is more than (> 10 years). In addition, He possess a great deal of experience in managing patients with sports injuries and other

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muscular skeletal disorders (> 10 years). At present He is a teacher and an examiner for Anatomy, Sports Medicine, Ophthalmology, Surgery and Family Medicine courses conducted by the Post Graduate Institute of Medicine, University of Colombo and also the coordinator of the Sports Medicine Course conducted by the Post Graduate Institute of Medicine, University of

Colombo. He is a visiting consultant to Sri Lanka Police hospital and Sri Lanka Army Senehasa rehabilitation unit. He has many research presentations and publications and He has published books related to Anatomy and Sports Medicine. His present main research interests are in the areas of sports injuries, pain management and rehabilitation.

## ANATOMY MNEMONICS

### Bones in the nasal septum (My Very Fine Nasal SEPTum) mnemonic

- Maxilla
- Vomer
- Frontal
- Nasal
- Sphenoid
- Ethmoid
- Palatine

### Wrist bones (She Likes To Play, Try To Catch Her)

- Scaphoid
- Lunate
- Triquetrum
- Pisiform
- Trapezium
- Trapezoid
- Capitate
- Hamate

*Adopted from. [www.oxfordmedicaleducation.com](http://www.oxfordmedicaleducation.com)*

## FUTURE EVENTS IN NEXT 6 MONTHS - WORLDWIDE

### 1. 4<sup>th</sup> World Congress on Protein and Bio-Medical Engineering

March 15-16, 2018 Singapore

Theme: Protein and Bio-Medical Engineering - A Roadmap for Advanced Research Initiatives.

### 2. 12<sup>th</sup> International Conference on STRUCTURAL AND MOLECULAR BIOLOGY

May 14-15, 2018 Osaka, Japan

Theme: A spectrum of innovative approaches and solutions to Structural Biology.

### 3. Annual Meeting at Experimental Biology

April 21<sup>st</sup> to 24<sup>th</sup> 2018 Sandiego, CA. USA

Theme - The Genetics of Anatomical development, Stem cells in Human development and disease.

### 4. HAPS Annual conference - 2018 Annual conference in Columbus

May 26<sup>th</sup> to 30<sup>th</sup> 2018, Ohio, USA

Theme - Anatomy and Physiology innovations inside and outside the class room.

## MEMBERSHIP OF THE ANATOMICAL SOCIETY

To become a member, please contact Treasurer/ ASSL.

To obtain application forms please E-mail to [anatomicalsocietysrilanka@gmail.com](mailto:anatomicalsocietysrilanka@gmail.com)

Annual membership – Rs. 1000/- and Life membership Rs. 10000/-