



Menopause Society of Sri Lanka Annual General Meeting 2025

Secretary's Report- November 2024 - November 2025

First year of the office under the presidency of Dr. Harsha Atapattu

01. Annual General Meeting (AGM) 2024

The AGM was held on the 24th November 2024 at 5.30 pm at the SLCOG House, Model Farm Road. The President, Secretary, Chairman-Academic Activities and the Treasurer submitted their reports to the membership. Dr Harsha Attapattu was inducted as the 13th President of the Menopause Society of Sri Lanka for year 2024/26.

02. Council Meetings

Eleven council meetings were held from December 2024 – October 2025 at the council room of Sri Lanka College of Obstetricians and Gynaecologists. The 12th council meeting was held on 30th November 2025 via zoom due to the extreme weather conditions affecting many parts of the country and during that meeting the AGM date was reschedule to 21st December 2025.

The attendance at the council meetings is as follows:

		2024	2025	Total
President	Dr. Harsha Atapattu	1	11	12
President Elect	Dr. Darshana Abeygunawardana	1	8	9
Immediate Past President	Prof. Piyusha Atapattu	1	10	11
Vice President	Dr. Dasanthi Akmeemana	1	7	8
Secretary	Dr. Chinthaka Banagala	1	11	12
Assistant Secretaries	Dr. Ruwan Silva	1	6	7
	Dr. Sumith Warnasooriya	1	6	7
Treasurer	Dr. Champa Nelson	1	8	9
Editor	Dr. Sharada Jayalath	0	6	6
Chairman Academic Activities	Dr. Janakie Karunasinghe	1	7	8
Secretary Social Activities	Dr. Shiromali Dissanayake	0	7	7
Council Members	Dr. M.D.P. Gooneratne	1	6	7
	Prof. Hemantha Perera	0	3	3
	Dr. Mrs. Marlene Abeywardena	1	9	10
	Dr. Thivanka Munasinghe	1	2	3
	Dr. Sanath Akmeemana	1	5	6
	Dr. Mangala Dissanayake	1	5	6
	Dr. Chanil Ekanayake	0	0	0
	Dr. Prabath Randombage	1	2	3
	Dr. Indumini Gunathilake	1	8	9
	Dr. Rohana Haththotuwa	0	0	0
	Dr. Achintha Dissanayake	1	3	4
	Dr. Dinusha Liyapatabadige	1	1	2
	Prof. W.I Amarasinghe	0	2	2
	Dr. Wasantha De Silva	0	3	3
	Dr. Chaminda Hunukubura	1	8	9

Co-Opted Members	Mrs.Chandrika Haththotuwa	0	0	0
	Mrs. Wasantha Perera	0	0	0

Due to difficulties of participating in person for the peripheral consultants, it was decided to create a zoom link for the upcoming year 2025/26.

03. Academic Activities

3.1 Annual Academic Sessions

The Annual Academic Session for the year 2025 was held on the 12th and 13th of July 2025 at the Galadari Hotel, Under the theme “25 years beyond Menopause: An essential Investment”. Dr. Nalinda Jayatissa, Honorable Minister, Ministry of Health was invited as the The Chief Guest however he could not attend the sessions and has sent his message which was read by the president of MENOSOC.

There were two Guest of Honours for the silver Jubilee academic sessions 2025, Mrs. Saroja Savithri Paulraj Honorable Minister, Ministry of Women and Child Affairs, Sri Lanka and Prof. Mary Ann Lumsden, Hon. Prof. of Gynaecology and Medical Education University of Glasgow, United Kingdom.

The MENOSOC oration was delivered by the Founder President of Menopause Society of Sri Lanka Dr. M.D.P. Gooneratne, titled “Menopause – A Bidirectional Perspective”.

This was followed by a two-day academic program. It included with a free paper session (oral and poster presentations), Dr MDP Gooneratne endowment lecture, four keynote speeches, 5 MENOSOC symposias, one UNFPA symposium, a joint symposium with the college of general practitioners, SLCOG session, SAFOMS session and postgraduate session with case discussions. Academic program was conducted by 32 resource persons (8 overseas faculty and 24 local faculty).

An outstanding two pre-congress workshops were conducted; one was an advanced gynaecology ultrasound workshop (3D) at UHKDU done by Dr Sonal Panchal from India coordinated by Dr. Chinthaka Banagala. Second pre congress workshop was on Urogynaecology at the SLCOG house conducted by Dr Aparna Hedge from India and it was coordinated by Dr Darshana Abeygunawardhana. Both the workshops had more than 40 registered participants.

3.2 Special Academic activities

Dr Jyostana Acharya, who is the regional representative for RCOG MTI program has delivered a special lecture on “Role of androgen in menopause” on the 8th January 2025 At the SLCOG auditorium. Many consultants and postgraduate trainees participated to this academic activity.

3.3 Awareness Programs

4 Menopause awareness programs for healthcare workers and non-medical people were successfully conducted throughout the year 2025. Following are the information about programs.

- 3.3.1 Two awareness programs on post-reproductive health for Midwives and Midwifery students at De Zoysa Maternity Hospital and school of Midwifery at Narahenpita.
- 3.3.2 Two awareness programs on post-reproductive health for private sector employees at MAS Holdings at Pannala and Kuliypitiya.

3.4 Postgraduate programs

The Menopause Society of Sri Lanka contributes to postgraduate training of doctors regularly. A module on menopause is regularly conducted by the society, for the trainees in the post graduate diploma in geriatric medicine. Study day program was conducted on post-reproductive health issues for Postgraduate Diploma students on Geriatric Medicine at PGIM.

3.5 Collaboration with other academic bodies

3.5.1 Local collaborations

Sri Lanka College of Obstetricians and Gynaecologist

Menopause Society organized the symposium on menopause at the SLCOG conference 2025. Dr. Janakie Karunasighe (Tibilone Vs Conventional MHT: A comprehensive comparison), Dr. Chinthaka Banagala (Update on POI diagnosis and treatment) and Dr. Sharadha Jayalath (HRT use in cancer survivors) participated from the Menopause Society as speakers.

College of Psychiatrists of Sri Lanka

On 17th October MENOSOC members represented the world mental health day program organized by the College of psychiatrist of Sri Lanka at the SLCOG auditorium. Dr Darshana Abyegunawardhana delivered a speech on Lifestyle modifications and Dr Sharadha Jayalath spoke about importance of Menopause in Mental Health.

UNFPA/FHB

Annual planning meeting of UNFPA was held at Kingsbury Hotel on the 27th November 2025 and Dr Harsha Atapattu, Dr Sanath Akmeemana and Dr Chinthaka Banagala attended the meeting. A meeting was held on 29th of August at the SLCOG presidents’ room to discuss on guideline development project along with the representatives of UNFPA and it was decide to collaborate with FHB and MOH. Subsequently a meeting was

held at the FHB with the director on 1st of November 2025 where Prof Piyusha Atapattu, Dr Harsha Atapattu and Dr Chinthaka Banagala attended the meeting. As agreed in the meeting, letters were sent to DGHS, Director FHB and President SLCOG on endorsement of the menopause guidelines developed by the society. Guidelines were distributed to the council for tabulation as requested from the FHB and those will be discussed in the next TAC committee meeting of FHB.

3.5.2 International collaborations

SAFOMS

The council members contributed as resource persons for a series of SAFOMS webinars conducted for continuous professional development.

19 th December 2024	SAFOMS education committee session on sexual dysfunction in midlife - Dr Harsha Atapattu participated as panelists
18 th May 2025	SAFOM Webinar on PMB – Dr Darshana Abeygunawardhana presented on endometrial hyperplasia

3.6 Participation International programs

- Menopause Society of Nepal organized the Annual academic sessions on 14th December 2024 and Dr Sumith Warnasooriya participated and delivered a lecture on bone health in Menopause.
- Pakistan menopause society sessions in Karachchi on 25th June 2025 - Dr. Harsha Atapattu participated and delivered a speech on Violence against elderly women.
- SAFOM council meeting was held in Hotel Galadari on the 13th July 2025 following the annual academic sessions.
- 10th APMF sessions in Kula Lampur Malaysia on 25-26 July 2025 – Dr Harsha Atapattu, delivered a speech on menopause management in Sri Lanka, as the president.
- 10th APMF sessions in Kula Lampur Malaysia on 25-26 July 2025 – A concurrent symposium conducted by the Menopause society of Sri Lanka on “Pelvic Organ Prolapse: The overlooked epidemic”. Dr Harsha Attapattu, Prof Piyusha Attapattu, Dr Chinthaka Banagala, Dr Janakie Karunasinghe, Dr Mangala Dissanayake and Dr Shiromalee Dissanayake was participated as presenters.
- 7th Biennial SAFOMS conference 2025 was held in Dakha, Bangladesh on 25th October – Dr Janakie Karunasighe delivered a lecture on sarcopenia in menopause and Dr Darshana Abeygunawardhana delivered a lecture on climate hormones and health rethinking menopause in a warming world.

04. Publications

4.1 Sri Lanka Journal of Menopause (SLJOM)

One issues of the biannual SLJOM have been published in March 2025.

4.2 Newsletter

Three issues of the quarterly newsletter “MENOSOC” has been released.

4.3 25th Anniversary Commemoration Book on History of MENOSOC

A History book was published along with the Silver Jubilee Academic sessions, indicating the landmark events related to the progress and activities of the Menopause Society of Sri Lanka. This was chief edited by Dr Hemantha Perera and Co-edited by Dr MDP Goonarathna and Dr (Mrs) Marleen Abeywardhana. First copy was handed over to the President, Dr Harsha Atapattu at the inauguration ceremony at the academic sessions and a copy was handed over to all the past presidents at the felicitation.

05. Website and social media

The Menopause society website updated and Facebook page is active. Menopause Society website is supervised by Dr. Sharada Jayalath. Two WhatsApp groups have been updated and maintained; one for the council members and other for the membership.

06. Research

A research project titled ‘Survey of health issues of postmenopausal women of Sri Lanka: a pilot study in selected public health midwife areas’ in PHM areas of Kalutara district and this study is supported by UNFPA. This was published in the Journal of Mid-life Health on 2025 September.

07. Membership drive

The membership of the Menopause Society has increased to 320. There were 25 new members admitted during this year. The annual membership fee is Rs 1000.00 and Life membership fee is Rs 5000.00 and council decided to increase annual membership fee to Rs. 2000.00 and life membership fee to Rs. 10,000.00. The membership database has been updated.

The list of new members is as follows:

Ms/24/295		Dr. A.J.Rubasinghe	MD in Obstetrics & Gynaecology	31.04.2024	Life
Ms/25/296		Dr.M.N.I Perera	Consultant Obstetrician & Gynaecology	19.01.2025	Life
Ms/25/297		Dr. MSS Usama	Senior Registrar	23.02.2025	Life
Ms/25/298		Dr. CD Weerawardhana	Senior Registrar	23.02.2025	Life
Ms/25/299		Dr. HMP De Silva	Senior Registrar	23.02.2025	Life
Ms/25/300		Dr. JLS Kanchana	Senior Registrar	23.02.2025	Life
Ms/25/301		Dr. DWAS Isanka	Senior Registrar	23.02.2025	Life
Ms/25/302		Dr. K Sanjeevan	Senior Registrar	23.02.2025	Life
Ms/25/303		Dr. PH Sandya	Senior Registrar	23.02.2025	Life
Ms/25/304		Dr. AWADTS Abeysekara	Senior Registrar	23.02.2025	Life
Ms/25/305		Dr. NH Wickramasinghe	Senior Registrar	23.02.2025	Life
Ms/25/306		Dr. HKPM Dharmapala	Senior Registrar	23.02.2025	Life
Ms/25/307		Dr. SNDPB De Silva	Senior Registrar	23.02.2025	Life
Ms/25/308		Dr. SGCN Wickramasinghe	Senior Registrar	23.02.2025	Life
Ms/25/309		Dr. AMM Fasil	Senior Registrar	23.02.2025	Life
Ms/25/310		Dr. PMCK Palansooriya	Senior Registrar	23.02.2025	Life
Ms/25/311		Dr. Y Ruthra	Senior Registrar	23.02.2025	Life
Ms/25/312		Dr. SSJ Arachchi	Senior Registrar	23.02.2025	Life
Ms/25/313		Dr. AKY Sampath	Senior Registrar	23.02.2025	Life
Ms/25/314		Dr. UGSD Chandrasena	Senior Registrar	23.02.2025	Life
Ms/25/315		Dr. SER Fernando	Senior Registrar	23.02.2025	Life
Ms/25/316		Dr. PLD Silva	Senior Registrar	23.02.2025	Life
Ms/25/317		Dr. JD Packianathan	Senior Registrar	23.02.2025	Life
Ms/25/318		Dr. JKDN Chanaka	Senior Registrar	23.02.2025	Life
Ms/25/319		Dr. RMCK Rathnayake	Senior Registrar	23.02.2025	Life
Ms/25/320		Dr. Rashanthie Nisansala Perera	Resident Obstetrician & Gynaecologist	02.09.2025	Life

08. Any Other Business

8.1 Media Briefings:

Several media briefings and newspaper articles were done along with the Silver Jubilee academic sessions.

8.2 Urogynaecology Fellowship program:

In this year Urogynaecology fellowship program was commenced under Dr Aparna Hedge. MOU was signed between the Menopause Society and Zydus group on facilitating the program. 3 candidates were selected (Prof Chanil Ekanayake, Dr Darshana Abeygunawardhana and Dr Chinthaka Banagala) for the above fellowship from the society and initial zoom lectures are ongoing prior to hands-on training in India.

09. Acknowledgements

I acknowledge gratefully the assistance given by the president and the council of the Menopause Society and specially the editor and treasurer who gave their unstinted support in making this year a success. Mrs Buddini who has returned to work also was instrumental in all the activities of the society. I would like to mention about Dr. MDP Gooneratne and Dr. Hematha Perera for their extended support continuously for the 25th year. I would like to specially thank Dr MDP Goonaratne, who will be elected as the patron for the society for his unwavering support and guidance he has given to the society as the founding president. Special note of thanks goes to Dr (Mrs) Marleen Abeywardhana and Prof Piyusha Attapattu for providing guidance and support with their experience. My deep gratitude is extended to the UNFPA, Family Health Beuro and Ministry of Health for the support in providing funding and guidance for the activities of the Menopause Society of Sri Lanka, and the pharmaceutical companies and other well-wishers who supported us by their generous donations and many other means.

Dr. Chinthaka Banagala.
Hon Secretary,
Menopause Society of Sri Lanka.