



# IMPA

ISSUE 01 | VOLUME - 30 | JANUARY 2026

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT  
MEDICAL PRACTITIONERS ASSOCIATION

# NEWS

[www.impa-sl.com](http://www.impa-sl.com)



## FROM THE PRESIDENT'S PEN...



**A**s we begin the New Year, I would like to extend my warmest wishes to all members of the Independent Medical Practitioners' Association. I hope 2026 will be a year of good health, professional fulfillment, and renewed energy for all of us.

The year 2025 concluded on a positive note with our Annual General Meeting held on 13<sup>th</sup> December. During the past year, IMPA continued to strengthen its role as a respected professional body in Sri Lanka. Our CME and CPD programmes were well attended and covered a broad range of relevant clinical topics, supporting our members to remain updated with best practices. We also actively contributed to several national health initiatives and professional forums, including work related to tuberculosis, HIV, antimicrobial resistance, chronic diseases, and primary care strengthening.

Our academic and communication activities were further enhanced through the continued publication of the IMPA Journal, regular e-newsletters, and the dedicated efforts of the IT and Media Committee. Institutionally, the Association remained stable, supported by the annual grant from the Ministry of Health and the guidance of our Honorary Legal Advisor. I sincerely thank the Council and committee members for their commitment and teamwork throughout the year.

The first Council meeting for 2026 was held on 25<sup>th</sup> January. At this meeting, Council representatives and committee appointments for the year were finalized. A key development was the establishment of the IMPA Strategic Planning and Revitalization Committee, an initiative proposed by Dr Sabith Salieh and Dr Ariyaratne and strongly supported by the Council. This committee has been formed with the aim of giving IMPA a fresh, forward-looking outlook and strengthening our activities in line with emerging needs.

Several important strategic priorities for the coming year were identified, including:

- A focused recruitment drive to attract new members
- Strengthening and expanding academic sessions
- Preparation of a concept paper on the incorporation of anti-ageing approaches into clinical practice
- Increased media engagement and making IMPA CPD programmes available online
- Development of a more effective and interactive IMPA website

Looking ahead, we are planning a CME meeting on 15<sup>th</sup> February at Kings Hospital. Further details, including speakers and programme content, will be communicated shortly. I

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## Inside the Issue

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- ◆ IMPA CPD Program
- ◆ The Doctor's Child Syndrome
- ◆ Links to Interesting Articles
- ◆ Useful Shares
- ◆ Felicitations

kindly request members to keep this date free and actively participate.

As we move forward into 2026, my focus remains on strengthening continuing medical education, supporting primary care, embracing innovation, and ensuring that IMPA continues to be a strong and credible voice for medical professionals in Sri Lanka.

I thank you all for your continued trust, support, and commitment to IMPA. Together, let us work towards raising professional standards and contributing to a healthier future for our nation.

I would like to remind you once again of the importance of attending our CPD programs.

Warm regards,

Thank you,

Yours Sincerely,

**Dr Sanath Hettige** MBBS, DFM, MD, FCGP

President, Independent Medical Practitioners Association of Sri Lanka

Board Certified Specialist in Family Medicine,

Honorary Senior Lecturer, Faculty of Medicine, University of Colombo,

Chief Scientist, Oil of Dermae Laboratories & Dermae Research Medical Center

Chairman, Health & Nutrition Committee, Organization of Professional Association of Sri Lanka

# IMPA Representatives on committees

## Organization of Professional Associations of Sri Lanka (OPA)

- Dr Sanath Hettige - Exco
- Dr S.M. Goonasekera - Forum
- Prof Sanath Lamabadusuriya - Forum

## Private Health Sector Regulatory Council (PHSRC)

- Dr D.K.D. Mathew - Member
- Dr Kanthi Ariyaratne - Alternate Member

## Antibiotic Microbial Resistance (AMR) - Technical Advisory Committee(TAC) - National Action Plan (NAP) National Advisory Committee (NAC)

- Dr Hemantha Beneragama - Member
- Dr Kayathri Periasamy - Alternate Member

## Country Coordinating Mechanism (CCM) -

- Dr Sanath Hettige - Member
- Dr Priyadarshani Samarasinghe - Alternate Member

## National Programme for Tuberculosis Control and Chest Diseases (NPTCCD)

- Dr Eranthee Walgampaya - Public Private Mix (PPM)
- Dr Priyadarshani Samarasinghe - Steering Committee Paediatric TB
- Prof Jennifer Perera - TB Advisory Committee

## National Advisory Committee on HIV / AIDS

- Dr Sanath Hettige - Member
- Dr Iyanthi Abeywickrema - Alternate Member

## Journal Committee

- Editor** - Dr Neelamani Hewageegana
- Editorial board**
  - Dr Palitha Abeykoon
  - Dr S.A.P. Gnanissara
  - Dr A.H.A. Hazari
  - Dr S.M. Goonesekera
  - Dr Iyanthi Abeywickrema
  - Dr S.M. Samarage
  - Dr A.L.P. de S. Seneviratne
  - Dr Sanath Hettige
  - Prof Sanath Lamabadusuriya
  - Dr B.J.C. Perera

## E-Newsletter

- Editor** - Dr Neelamani Hewageegana
- Editorial board**
  - Dr Palitha Abeykoon
  - Dr S.M. Goonesekera
  - Dr A.H.A. Hazari
  - Prof Sanath Lamabadusuriya
  - Dr Iyanthi Abeywickrema
  - Dr S.M. Samarage
  - Dr S.A.P. Gnanissara
  - Dr Sanath Hettige
  - Dr A.L.P. de S. Seneviratne
  - Dr B.J.C. Perera

## IMPA Website / Information Technology and Media Committee:

- Co-Ordinator**
  - Dr A.H.A. Hazari
  - Dr Sanath Hettige
  - Dr Eranthee Walgampaya
  - Dr S.M. Samarage
  - Dr Chidambaram Shanmugasundaram
  - Dr Sabith Salieh
  - Dr Radhik Wijesooriya
  - Dr B.J.C. Perera
  - Dr Aysha Ziauddin

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### **Continuing Professional Development / Medical Update Committee**

Dr Sanath Hettige	Dr A.H.A. Hazari
Dr Sabith Salieh	Dr Sarath Samarage
Dr Radhik Wijesooriya	Dr Eranthee Walgampaya
Dr Kanthi Ariyaratne	Dr S.A.P. Gnanissara
Dr A.L.P. de S. Seneviratne	Dr Chidambaram Shanmugasundaram

### **Leprosy / Malaria / Filaria / Dengue**

Dr Sanath Hettige	Dr Sabith Salieh
Dr Priyadhrshani Samarasinghe	

### **Adverse Events Following Immunization**

Dr Christo Fernando  
Dr Neelamani Hewageegana

### **IMPA - STRATEGIC PLANNING AND REVITALIZATION COMMITTEE**

1. Dr Palitha Abeykoon
2. Dr Sanath Hettige
3. Dr A.H.A Hazari
4. Dr Sarath Samarage
5. Dr Kanthi Ariyaratne
6. Dr Sabith Salieh
7. Dr A.A.M. Haroon
8. Dr D.K.D Mathew
9. Dr A.L.P. de S. Seneviratne
10. Dr Sujatha Samarakoon
11. Dr Neelamani Hewageegana
12. Dr Christo Fernando
13. Dr M.S.R. Mihilar
14. Dr Kayathri Periyasamy
15. Dr Eranthee Walgampaya
16. Dr Radhik Wijesooriya
17. Dr Chidambaram Shanmugasundara

## IMPA CPD Program

The IMPA CPD Programme for February is scheduled to be held on **15<sup>th</sup> February at 7 pm**, in the evening, at **Kings Hospital**.

Kindly keep the evening free.

The formal invitation and programme details will be circulated shortly.

# The Doctor's Child Syndrome



My father was an ENT surgeon.

He was also my hero.

**But he never wanted me to become a doctor. In fact, he fought to stop me.**

Before I joined MBBS, he called up every senior doctor he knew - his batchmates, his colleagues, his idols - and told them, "Please talk to my son. Convince him not to take up medicine."

**He would look at me and say, "You're too smart for this life. You'll spend your youth studying, your middle age paying off loans, and your old age fighting a system that doesn't care".**

I thought he was exaggerating. I was young, idealistic, and believed that purpose was everything.

So I became a doctor.

Years later, I understood what he meant.

**Medicine is a profession that takes everything – your time, your peace, your health – and then demands more.**

We train for a decade before we earn a stable income.

We miss weddings, festivals, even funerals.

We put in the kind of effort that breaks the human body — and then we walk into another 14-hour day because a patient needs us.

You give your youth to medicine.

And medicine, often, gives you fatigue in return. My father used to say, "Being a good doctor is easy. Being a happy one is hard." Back then, I laughed. Now, I know he was right.

Because the world has changed.

The respect is fading.

The emotional and financial rewards don't match the sacrifices.

Global portability? Non-existent. You can be a brilliant surgeon here and an anonymous immigrant abroad. And every time a patient questions your intent, or an online troll questions your ethics, a small part of you breaks - quietly, privately, invisibly.

**That is why I wrote 'Doctors Are Not Murderers'.**

Because somewhere along the way, society forgot that doctors are human too.

I have seen what this profession takes.

And that's why I have told everyone young in my family - **don't become a doctor.**

Not because I regret being one.

But because I know what it costs.

The world has easier ways to make a living now. Ways that let you breathe, travel, create, sleep.

Ways that let you live and heal, without losing yourself. Medicine gave me meaning.

But it also took more than I ever imagined.

So if you are a doctor reading this - tell your children it's okay not to follow in your footsteps.

Tell them it's okay to dream beyond the stethoscope.

Because sometimes, love means not repeating the legacy. It means protecting them from it.

**From The Authors of 'Doctors Are Not Murderers' & 'Dear People, With Love And Care, Your Doctors'**

### IMPA

Link : [impa-sl.com](http://impa-sl.com)

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#### Public scepticism regarding paediatric preventive interventions Dr BJC Perera

Link : <https://island.lk/public-scepticism-regarding-paediatric-preventive-interventions/>

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#### Liver Transplant - Sri Lanka

Link : <https://www.sundaytimes.lk/260125/news/liver-transplants-another-first-by-nhsl-in-the-state-sector-629530.html>

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#### Health after the floods: Scientific realities and shared responsibility for Sri Lanka's future

Link : <https://www.ft.lk/opinion/Health-after-the-floods-Scientific-realities-and-shared-responsibility-for-Sri-Lanka-s-future/14-786787#>

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#### The urgent need for a well planned referral system for health care delivery in Sri Lanka Dr Joe Fernando

Link : <https://sljma.sljol.info/articles/10.4038/sljma.v13i0.5339>

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#### Vitamin D and Immune Defense:

Link : [https://youtu.be/GL9m9MG\\_LnA](https://youtu.be/GL9m9MG_LnA)

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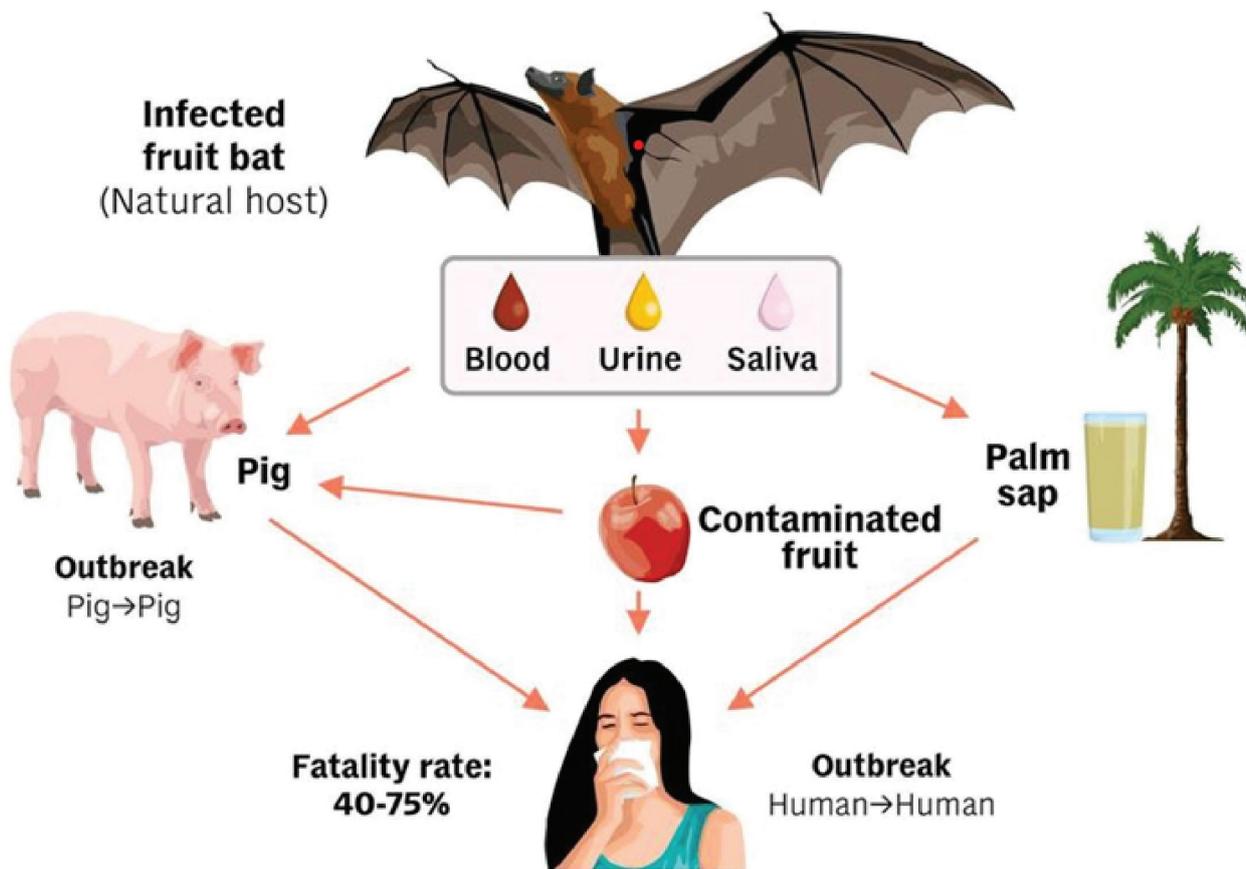
#### Opening Ceremony of the Institute of Allergology and Immunology at the University of Sri Jayewardenepura.

Link : <https://www.facebook.com/share/17wi1nYa6b/>

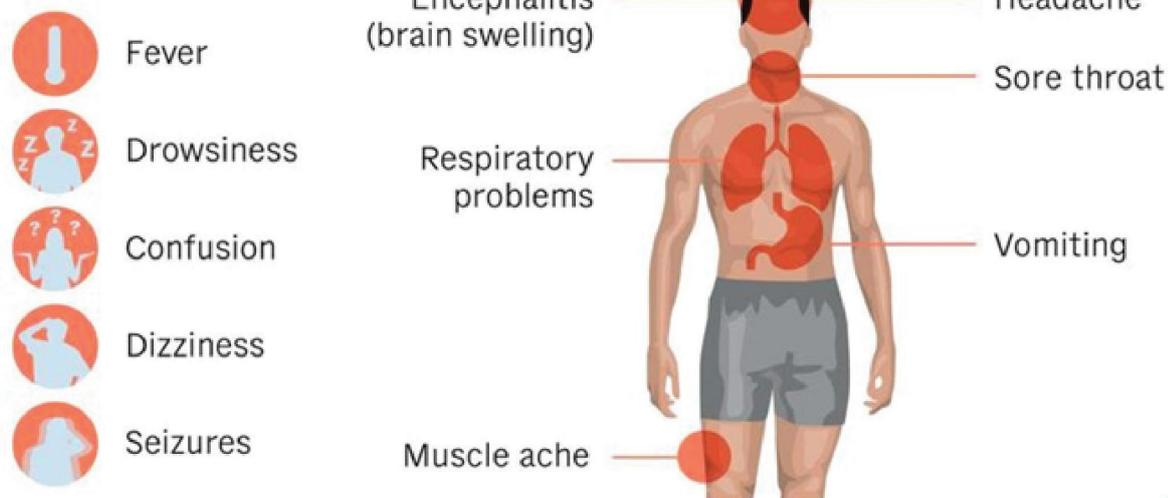
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# Nipah virus: What it is and how it spreads

There are currently no drugs or vaccines for the infection, and treatment is mainly supportive care like rest and hydration.



## Symptoms



Source: Centers for Disease Control and Prevention  
CNA GRAPHICS



## Topics

Caring is Healing  
Self Realisation  
Genes, Emotions & Mind Power  
Self Care & Compassion  
History of the Institution  
Recognising & Connecting to Supreme Power  
Creating Your Destiny  
Unravelling the Mysteries of Mind  
Clearing Relationship Blockages  
Balance, Blessing & Bliss

BK Shivani  
BK Rama  
Dr Mohit Gupta  
BK Shivani  
BK Asha  
BK Vidhatri  
BK Shivani  
Dr Mohit Gupta  
BK Shivani  
BK Husain

### Guidelines For The Registration

1. Doctors of modern medicine and healthcare professionals in medical research inclined to spirituality are eligible along with spouse.
3. Medical Student who are interested in spirituality are also eligible.
3. Children below age of 20 years are not allowed.
4. Delegates are required to abstain from smoking and alcohol during their stay at the Campus.

### CORRESPONDENCE

**Brahma Kumaris,  
Om Shanti Retreat Centre,  
NH-48, Bilaspur Chowk, Bhora Kalan,  
Dist.- Gurugram, Haryana - 122413**  
**Mobile : 9650690505, 9650193000**  
**Email : orc.corpservices@bkivv.org**  
**Website : www.omshantiretreat.org**

### Online Registration

<https://forms.gle/14LQH7LRmLntnJ4z7>



**Nearest Airport :**  
IGI Airport, New Delhi 55 Kms  
**Railway Stations Nearby :**  
Patuadi Road - 12 Kms, Gurugram - 42 Kms,  
New Delhi - 58 Kms, Nizamuddin - 62 Kms

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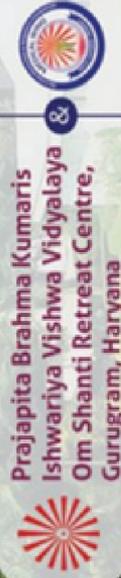
52<sup>nd</sup> National Conference On

# Mind-Body Medicine

21-22 February 2026  
Saturday 6:00 am -  
Sunday 4:00 pm

Theme :  
Care, Compassion &  
Communication in Healthcare

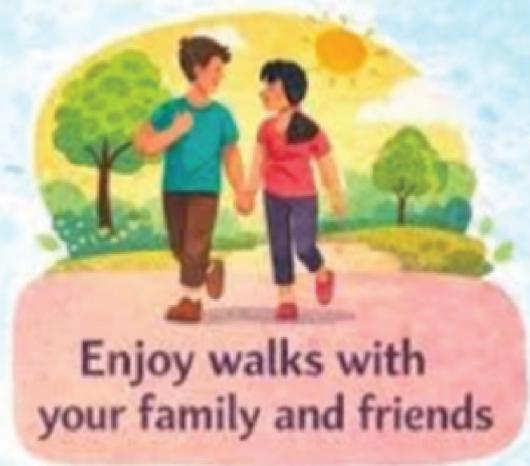
Organised by :



**Medical Wing**  
Rajyoga Education &  
Research Foundation (RERF)  
Abu Road, Rajasthan

Venue : Om Shanti Retreat Centre, Gurugram, Haryana

# Tips for a Good Mental Health



# *Congratulations*



**Heartiest Congratulations and  
Good wishes to**

IMPA Honorary Legal Advisor

**Mr. RAJEEV AMARASURIYA**

for being re-elected as the President of the  
Bar Association of Sri Lanka for 2026.

from the IMPA President,  
Council and the Members



**Paracetol** (Paracetamol Tablets BP 500 mg  
10x10 & Oral Solution BP 120mg/5ml 100 ml)



**EmpaMor** (Empagliflozin  
Tablets 10 mg & 25 mg 10x3)



**Salmor** (Salbutamol Oral  
Solution BP 2 mg/5 ml 100 ml)



**CilniMor** (Cilnidipine  
Tablets IP 5 mg & 10 mg 10x3)



**BisoMor** (Bisoprolol  
Tablets BP 2.5 mg & 5 mg 10x3)



**RivoMor** (Rivaroxaban  
Tablets 10 mg & 20 mg 10x3)



**Ros-10** (Rosuvastatin  
Tablets BP 10 mg 10x3)



**MorSartan** (Losartan  
Tablets BP 50 mg 10x10)



**ChlorMor** (Chlorphenamine  
Tablets BP 4 mg 10x10)



**FoliMor** (Folic Acid  
Tablets BP 1 mg 10x3)

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**MAKING PREMIUM HEALTHCARE AFFORDABLE**

**IMPA Editorial Board:**

Dr Neelamani Rajapaksa Hewageegana (Editor), Dr Sanath Hettige (President), Dr AHA Hazari (Past President), Dr Palitha Abeykoon, Dr SM Samarage, Dr SAP Gnanissara, Dr ALP de S Seneviratne, Dr SM Goonesekera, Prof Sanath Lamabadusuriya, Dr Iyanthi Abeyewickreme, Dr BJC Perera, Dr Kanthi Ariyaratne

**Editorial Board Assistants:** Mr Nilupul Gooneratne, Mr PH Eranga Pushpanath