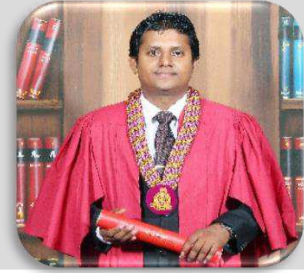


SRIHAN KANISHKA ARIYASINGHE

Email : srihan026@gmail.com

Mobile: (+94)770426688, (+94)716750658

Website: www.embrace.lk



PROFILE

My skill, strength, and interests have been extended to a different life dimension: academic performer, researcher, well-experienced journalist/News Anchor, university lecturer, and internationally qualified mindfulness trainer. Concerning my educational background, I graduated in Physical science with majoring in electronics, physics, and mathematics with lab experience in physics and electronics from the University of Kelaniya in 2011. Then I could complete my master's degree in Human resource management with a research component in 2012 at the University of Colombo with organizational behavior, psychology, counseling, and HR practices. After pursuing a graduate program, I was interested in implementing and involving research regarding spirituality, mindfulness, work-life balance, goal achievement, community development, and social work.

EDUCATIONAL QUALIFICATIONS

- **Master of Human Resource Management** –Institute of Human Resource Advancement, University of Colombo. (2012-2014)
Thesis: Vocational training center's effectiveness for the youth development in Sri Lanka
- **Bachelor of physical Science (Electronics, Mathematics & Physics)** – Faculty of Science, University of Kelaniya. (2017 –

SPECIAL TRAINING AND CERTIFICATIONS

- Successfully completed Short course in academic writing and research methods in the social sciences and humanities at Open University, Sri Lanka, September, 2020
- Successfully completed Certificate course on SPSS for statistical analysis at National center for advanced studies, Sri Lanka, 2020

Name in full: Happitiya Appuhamilage Don Srihan Kanishka Ariyasinghe

Date of Birth: 10th May 1986

NIC: 198613101473

Passport: N8838017

Gender: Male

Status: Married

Permanent Address:
No.355, Biyagama road,
Mabima, Heiyanthuduwa,
Sri Lanka

Email (Personal):
srihan026@gmail.com

Home Phone:
+94112489492

Website: www.embrace.lk

PROFESSIONAL QUALIFICATIONS

- Certified International Mindfulness Meditation instructor and coacher – World peace Initiative, Thailand from 01st December, 2017 to present
<https://peacerevolution.net/member/architect/srihan-kanishka-ariyasinghe#/>
- Successfully completed a mindfulness meditation mentoring and coaching program at Mooktwan Island in Thailand on a scholarship granted by World Peace Initiative (WPI) and Dhammkaya temple from 04th December 2017 to 21st December, 2017.
- Successfully completed a mindfulness meditation training program at Himmawan in Thailand, on a scholarship granted by World Peace Initiative(WPI) and Dhammkaya temple, Thailand from 04th January 2016 to 24th January, 2016

PUBLICATIONS

- **Topic:** “Social work in Modern Society”, **Conference Name:** International Social Science and Management Symposium” Tokyo, Japan, **Year:** 2015, **ISBN NO:** 978-986-5654-17-7 (Oral)
- **Topic:** “Modern social work and poverty reduction”, **Conference Name:** 8th Annual poverty & social protection, Thailand, Year: 2015, **ISBN No:** 978-86-87043-28-2 (Oral)
- **Topic:** “Modern social work for poverty reduction”, **Conference Name:** World Social Science forum (WSSF-2015) in Durban, South Africa, **Year:** 2015, **Link:** <http://www.wssf2015.org/posters-session-1.html> (Poster)
- **Topic:** “Buddhist medicine to Millennium injuries”, **Conference Name:** 3rd International Buddhist conference in Naan, Thailand, **Year:** 2016, **ISBN No:** 1906-6244

Computer Literacy:

Operating System:

Windows

Software Packages:

SPSS and AMOS, Adobe Photoshop, Microsoft package

Language Literacy:

Fluent in Sinhala

Fluent in English

IELTS Qualified average:

- Speaking: 7.0
- Listening: 6.5
- Writing: 6.0
- Reading: 6.0

Skills:

Presenting skill in media, Training and lecturing skill, Sport (Badminton)

Research Interests:

Mindfulness, Mindfulness meditation, work psychology, Personal development ,organizational development, work-life balance

Subject Areas for

Lecturing:

Mindfulness and personal development, work-life balance, stress management, and daily resilience,

- **Topic:** “The law of attraction and the Buddhism towards social development”, **Conference Name:** 1st National & International Buddhist conference , Khon kea, Thailand, **Year:** 2016, **ISBN No:** 2465-3705
- **Topic:** “Youth Buddhist monks’ role in modern society and social development”, **Conference Name:** 8th international Buddhist research Seminar – Thailand, **Year:** 2017, **ISBN No:** 1906-6244
- **Topic:** “Study of developing society through meditation”, **Conference Name:** 5th National and the 3rd International conference, Thailand, **Year:** 2018, **ISBN No:** 2586-9434

RECENT PUBLICATIONS AND RESEARCH INVOLVEMENT

- **1st Author- Topic:** “The intervention of mindfulness on behavioral change for achieving goal”, **Journal Name:** International Journal of Scientific and Research Publications **Year:** 2020, **ISBN No:** 2250-3153. **2nd Author:** Prof.Bhadra Archchge,University of Sri Jayewardenepura,
- **1st Author- Topic:** “ A conceptual framework of how mindfulness can deal with the challenges of Work-Life balance”(Accepted and this will be published on 11th December at International Conference on Business Management , University of Sri Jayewardenepura ,Sri Lanka,2020),**2nd Author:** Dr.Indu Peiris - Open polytechnic ,New Zealand ,**3rd Author:** Prof.Rohana Ulluwishewa, Sri Jayewardenepura, Sri Lanka(<http://icbm.sjp.ac.lk/>)
- **Co-Author-Topic:** Balancing the work-life balance: A cognitive approach to subjective Well-being(Accepted and this will be published on 11th December 2020 at International Conference on Business Management , University of Sri Jayewardenepura ,Sri Lanka,2020); **1st Author:** Dr.Indu Peiris, Open polytechnic ,New Zealand,**2nd Author:** Prof.Rohana Ulluwishewa, Sri Jayewardenepura, Sri Lanka(<http://icbm.sjp.ac.lk/>)

OTHER RESEARCH INVOLVEMENT

- Contributing as a **peer review evaluator of the manuscript** of “Journal of research in science and technology” since 2020

Professional Awards:

Nominated best TV news anchor at Raigam awards, Sri Lanka-2017

Nominated best TV news anchor at Presidential awards, Sri Lanka- 2018

Nominated best TV news anchor at Raigam awards, Sri Lanka -2018

Nominated best TV news anchor at Raigam awards, Sri Lanka -2019

Other Professional certifications:

Diploma in Computer Studies at Nanic com computer systems computer training center -2006

Certificate of "Photoshop with Facebook marketing"- Web alliance-2019

Certificate of "Project management education: PMP/CAPM exam preparation course-2013

ON GOING RESEARCH ACTIVITIES

- **1st Author-Topic:** “Integrating contemporary and Buddhist mindfulness to achieve work-life balance”;
2nd Author: Prof.Christopher Reina, Virginia Commonwealth University, USA

1st Author-Topic: “level of spirituality and the receptiveness of meditation course: A Study of undergraduate students”;
2nd Author: Prof.Bhadra Archchge,University of Sri Jayewardenepura,

PROFESSIONAL EXPERIENCES

- People’s Leasing and Finance PLC, Position: Training, Research and development executive, Period: From 2014 Oct to now
- Visiting lecturer in mindfulness meditation at the Faculty of Management Studies and Commerce, University of Sri Jayewardenepura, Sri Lanka from November, 2017 to present
Course Modules: Work psychology and counseling (HRM 3340), Skill development (FIN 3025), Personality and skill development (MAR 3348), Managerial Skills and Competencies (PUB 3348), Personality and skill development (MAR 3348), Stress management and meditation (MAR 4322), Online workshops (<https://mgt.sjp.ac.lk/hrm/mindfulness-program-2/>)
- Independent Television Network (ITN), Position: Free Lance Journalist / Award winning main news anchor, Period: From 2007 Jan to now.
- UNAIDS Sri Lanka , Position: Free Lance Trainer /Volunteer, Period: From 2009 May to 2014 May
- Brandix Casual wear, Position: HR Intern, Period: From 2014 May to 2014 August.

SPECIAL PROJECTS INVOLVED

- As main country coordinator of world peace initiative: "International Meditation, Stress management, and personal development workshop” held from 2nd - 6th September 2017 in Sri Lanka; 7 sessions for professionals such as a counsellor, doctors, university students, village people, lions club members, school teachers, the Finance sector

Certificate of human resources management: Institute of personal management (IPM)-2011

Certificate course on developing managers for the future: Postgraduate institute of management Alumni (PIMA)-2015

Workshop Programme on effective presentation skills for enhanced managerial performance-Centre for banking studies, Central bank of Sri Lanka- 2013

Special training on "Credit appraisal & preparation of credit proposal: College of Banking and Finance institute, Institute of bankers of Sri Lanka (IBSL)-2016

SPORTS AND OTHER ACHIEVEMENTS:

- Champion -'Badminton' at 'Fresher's sports program' of the University of Kelaniya-2008
- School colors-winner -Badminton -2003 at Asoka College, Colombo 10.
- Winner- Robotic Competition at Digital dreams-2010: Electronics society, University of Kelaniya
- Deputy Head Prefect -2004 at Asoka College, Colombo 10.
- School western band leader -2002 at Asoka College, Colombo 10.