

**Message from the  
Secretary,  
Ministry of Healthcare and Nutrition**

I would like to congratulate the Sri Lanka College of Obstetricians and Gynaecologists in organizing an international scientific congress of this magnitude. I understand that already a large number of reputed experts from different parts of the world have pledged to attend the conference and I am sure that it would be a very productive exercise.

Sri Lanka has achieved its success in maternity care owing to the cooperation and assistance given to the state by many stakeholders.

SLCOG has contributed in no small measures towards this objective.

Since its inception the organization maintained that reducing maternal mortality specifically and improvement of maternal health in more broader sense as its objectives.

Safe motherhood workshops held over the years, assistance in post graduate training, and providing guidance in developing and implementing health policies are few examples of such contributions.

On behalf of the Ministry of Health I would like to invite the members of the profession to make use of this opportunity to visit Sri Lanka and join us at the scientific congress.



**Dr. Athula Kahandaliyanage**  
Secretary,  
Ministry of Healthcare & Nutrition

# *Invitation*

## **From the President, Sri Lanka College of Obstetricians and Gynaecologists**

We are slowly and steadily approaching the great event and are looking forward to an exciting meeting in June 2008.

The response from our overseas friends have been overwhelming and up to now we have confirmation of participation from more than 100 delegates form the Asia Oceania region. We greatly appreciate and acknowledge the support by the members of the Indian College of Obstetricians & Gynaecologists [ICOG].

The steering committee has been working tirelessly during the past few months to produce not only a comprehensive scientific programme but also an equally stimulating and entertaining social programme.

Scientific activities committee has come out with a programme covering almost all the fields of Obstetrics and Gynaecology in keeping with the theme of the congress. It will certainly educate, update and stimulate new thinking and debate. It is only but fair for me to warn the participants to come prepared for an extensive & loaded two days of scientific activities.

To balance this heavy work we are happy that the social activities committee has planned out a very enjoyable and an exciting programme in the evenings for you to relax, interact, unwind your self-dining and dancing. There will be a very attractive programme for the accompanying persons too.

The sight seeing tour which has been arranged by the organizing committee to the scenic hills and tea plantation of Nuwara-Eliya visiting many places of interest on the way is an opportunity no one should miss. This tour will enable you to enjoy the natural beauty of Sri Lanka and experience very warm hospitality of the friendly, ever smiling Sri Lankan people and also have a taste of spicy Sri Lankan food.

Let me once again welcome each and every one of you and look forward to meeting you in Sri Lanka. I am confident that you will find your visit worthwhile and memorable.



**Dr. Rohana Haththotuwa**  
President - SLCOG

## Message from the Chairman, Steering Committee

It is with much pleasure and anticipation that I invite you to the 41st Annual Sessions of the Sri Lanka College of Obstetricians & Gynecologists held in collaboration with the Asia Oceania Federation of Obstetrics and Gynecology.

Much work has been done since we attempted to attract you with the first announcement. Unstinted support from the renowned international and local experts in different fields has congealed in to a fantastic scientific programme which is certain to gratify any member of our profession.

Generous assistance from the local membership as well as from the pharmaceutical industry has made it possible to generate an incredible social programme covering three evenings including a Sri Lankan Night which will be an experience exclusively of local culture.

In addition a windfall visit to the hills with an opportunity to participate in a Safe Motherhood Programme too is on the offer to follow the Sessions.

With only a month ahead I implore you to join us at this exceptional occasion to share your experiences and enjoy the fellowship of our colleagues.



### **Dr. Lakshman Senanayake**

Chairman - Steering Committee  
41st Annual Scientific Sessions  
SLCOG

## Message from the Chairman, Scientific Committee

This time, we are welcoming you to attend a scientific session with a difference. There are two pre congress workshops on Colposcopy and Laparoscopy/Hysteroscopy. The two day scientific sessions will be a cross section of our speciality, with the themes ranging from basics to the latest developments, leaving you room to select the depth at which you would like to get a subject revived in your memory.

For example, basic regimes for ovulation induction to oocyte and embryo vitrification, genetics to stem cells, menopause to andropause, fetal programming to preterm birth, basic ultrasound scanning to MRI, maternal medical disorders of liver, kidney, heart, pancreas and thyroid to pre eclampsia, endoscopic surgery to surgical emergencies, Chlamydia to HIV, Urology in Obstetrics as well as in gynaecology, trophoblastic tumours to ovarian to vulval cancer, critical care in obstetrics to maternal mortality and morbidity, psychological and sexual medicine, medical education to ethics and research and much more. Just browse through the program and you are bound to pick your areas of interest.

If this range is not enough of a difference, you are welcome to join a trip to the salubrious chimes of our hill country where a comprehensive Safe Motherhood programme is held. You would be a part of this activity and I am sure that you may wish to adapt some of its components to suit your country's requirements.

The holiday packages interspersed are the ones exclusive to our island and my advice is not to miss them as you are getting it at a greatly subsidized rate.

This combination of science, leisure and Sri Lankan hospitality is bound to rejuvenate you both academically and physically. I wish you do not miss this rare opportunity.



### **Dr. Hemantha Perera**

Chairman - Scientific Committee  
SLCOG

## **Congratulations from President of AOFOG**

It is my great pleasure and privilege to have an opportunity to congratulate on the Annual Meeting of the Sri Lanka College of Obstetricians and Gynaecologists in association with the Asia Oceania Federation of Obstetrics and Gynaecology at Colombo, Sri Lanka in 2008.

As you know, AOFOG is composed of 23 Societies in Asia and Oceania region and dedicated to improving the female healthcare within the region. We are now raising the educational fund to support the all kind of educational activities to improve the women's health in the developing countries in the region. Its amount of goal is one million US dollars, which will be completed by the next AOCOG Auckland in March next year. AOFOG is intentionally combining the our own meeting and the Annual Meeting of National Societies, so that the National Society could invite the foreign speakers with minimal economical burden to organize the Annual Meeting.

I understand the Sri Lanka College of Obstetricians and Gynaecologists is one of the most active societies among 23 National Societies of AOFOG under the leadership of the current president. The annual meeting of 2008 will provide a platform to discuss and exchange update information in every field of obstetrics and gynaecology.

I world like all of you to enjoy the forum to enhance our status and to maximize our productivity from the valuable opportunity for more acquaintance and exchange between two organizations.

On behalf of AOFOG, I once again congratulate on the historical meeting with successful organization and wish the Annual Meeting be more prosperous in the future.

**Prof. Yoon-Seok Chang, M.D.**

President - AOFOG



## **Message from Chairperson of ICOG**

I am very happy to inform you that our college will participate actively at the Annual Conference of The Sri Lanka College of Obstetricians and Gynaecologists.

This Conference is being held in Colombo from 27th to 29th June 2008. The scientific programme is attractive and pertains to the health problems of women in our part of the world.

We hope that many Indian College of Obstetricians and Gynaecologists (ICOG) fellows and members will attend and present scientific papers, and will take part in social and cultural activities.

It is a great opportunity to visit the historic "Emerald Island" and renew our close ties with this friendly neighbouring country. I look forward to meeting old friends and making new ones. Do join us with your family for this exciting trip.



**Dr. Usha B. Saraiya**

Chairperson - ICOG

## **Message from President of RCOG**

It is a great pleasure and privilege to be associated with the Sri Lankan College of Obstetricians and Gynaecologists and to send my best wishes for the successful annual scientific congress to be held in June 2008 under the leadership of Dr Rohana Hatthootuwa and his team. I was overjoyed to see joint participation of the Asia & Oceania federation of Obstetrics and Gynaecology and the Indian College of Obstetricians & Gynaecologists. This is a worthwhile collaboration for exchange of knowledge, education and training. The programme of the Pre-congress, congress and post congress activities are well planned and portrays the theme of the congress 'Quality care in Women's Health – Think globally and act locally'.



Maternity services in Sri Lanka is held at a high esteem in the world of "Safe Motherhood" for its landmark contribution in reducing the maternal mortality in a short period of time. The credit should go to the Government, Department of Health and the doctors and midwives who have served the country in the last few decades. The Sri Lankan College and its fellows and members need to be proud of this fact and continue to strive to improve the services to reduce the mortality further and to improve the quality of care. The obstetricians and gynaecologists from the Sri Lankan & Indian College of Obstetricians and gynaecologists and those from the Asia & Oceania Federation would benefit by this great interaction, which I am sure, would help to improve and maintain high standards in Women's Health care.

With very best wishes and regards,

**Prof. S. Arulkumaran**  
President - RCOG

## **Message from President of SAFOG**

Sri Lanka College of Obstetricians & Gynaecologists has a tremendous tradition of holding the Annual Scientific Conference which I have had the privilege of attending on a previous occasion. For delegates from outside Sri Lanka the conference provides a great opportunity to learn from the excellent primary health delivery system of this country and in particular the enviable maternal and newborn health care. This year's annual conference of SLCOG has acquired more than a national conference status because of the regional participation and that of AFOG. While SAFOG will be holding its Executive Council Meeting there will be fair representation from the constituent countries in the scientific programme of the conference. Besides bringing together the professionals, this is going to be a unique occasion when various bodies in the specialty of Obstetrics and Gynecology will come together to share experiences and explore ways to work in collaboration. And of course the bonus will be the matchless scenic beauty of Sri Lanka. Wishing the organizers a successful conference and looking forward to seeing you.



**Prof. Farrukh Zaman**  
President - SAFCOG

## Congress Organizing Committee

Chairman of the Congress	: Dr. Rohana Haththotuwa
Vice Chairman	: Dr. Rohan Perera Prof. W. I. Amarasinghe
Secretary General	: Prof. C. Randeniya
Chairman Organizing Committee	: Dr. Lakshman Senanayake
Chairman Scientific Committee	: Dr. Hemantha Perera
Chairman Finance Committee	: Dr. Kanishka Karunaratne
Chairman Exhibition Committee	: Dr. Mrs. Marleene Abeyewardene
Chairman Editorial Committee	: Dr. Athula Kaluarachchi
Chairman Social Activities	: Dr. S. R. Samarathunga
Chairman Communication and Media	: Dr. Sarath Amarasekara
Chairman Accompanying Persons Committee:	Mrs. Chandrika Haththotuwa
Workshop Coordinators	: <b>Pre-Congress Workshop:</b> Laparoscopy - Dr. Rukshan Fernandopulle Colposcopy - Dr. Kanishka Karunaratne <b>Post-Congress Workshop:</b> Nuwara-Eliya - Dr. Kapila Gunawardena

### PROGRAMME AT A GLANCE

Time		June 26 Thursday	June 27 Friday	June 28 Saturday	June 29 Sunday	June 30 Monday	July 01 Tuesday
Morning	8.00-9.00	PRE CONGRESS Workshop of ENDOSCOPIC SESSION with AOFOG at Sri Jayawardhanapura General Hospital	AOFOG Council Meeting at Hotel Galadari	COLPOSCOPY Workshop with ICOG at Hotel Galadari	SCIENTIFIC SESSION at Hotel Galadari	SCIENTIFIC SESSION at Hotel Galadari	TRAVEL to NUWARA ELIYA via KANDY and Sight Seeing
	9.00-10.00						
	10.00-11.00						
	11.00-12.00						
	12.00-13.00						
Afternoon	13.00-14.00	PRE CONGRESS Workshop of ENDOSCOPIC SESSION with AOFOG at Sri Jayawardhanapura General Hospital	AOFOG Council Meeting at Hotel Galadari	COLPOSCOPY Workshop with ICOG at Hotel Galadari	SCIENTIFIC SESSION at Hotel Galadari	SCIENTIFIC SESSION at Hotel Galadari	TRAVEL to NUWARA ELIYA via KANDY and Sight Seeing
	14.00-15.00						
	15.00-16.00						
	16.00-17.00						
	17.00-18.00						
Evening			OPENING CEREMONY at Ceylon Continental	BANQUET at Waters' Edge	SRILANKAN NIGHT at Holiday Inn	FELLOWSHIP and DINNER at Grand Hotel Nuwara Eliya	

## PROGRAMME AT A GLANCE - 28th of JUNE 2008

Time	Hall A	Hall B	Hall C	Hall D	Hall E
08.00 - 08.40	Free papers X 4	Free papers X 4	Free papers X 4	Free papers X 4	Free papers X 4
08.40 - 10.00	Guest Lecture -1	Guest Lecture -1	Guest Lecture -1	Guest Lecture -1	Guest Lecture -1
	Guest Lecture -2	Guest Lecture -2	Guest Lecture -2	Guest Lecture -2	Guest Lecture -2
	Guest Lecture -3	Guest Lecture -3	Guest Lecture -3	Guest Lecture -3	Guest Lecture -3
	Guest Lecture -4	Guest Lecture -4	Guest Lecture -4	Guest Lecture -4	Guest Lecture -4
10.00 - 10.30	Plenary Lecture-1 Dr. Yuji Murata - Fetal Programming				
10.30 - 11.00	Tea				
11.00 - 12.30	Invited Lectures X 6				
	Subfertility	Emergency Obstetric Care & Critical Care in Obstetrics	Psychological Disorders and Sexual Health & Adolescent Health	Obstetric Medicine	Oncology
	Discussion				
12.40 - 13.10	Plenary Lecture-2 Dr. Lakshman Senanayake - Addressing Unsafe Abortion: Challenge for the Obstetrician				
13.10 - 14.00	Luncheon Symposium - Stimulation protocols in ART				
14.00 - 15.00	Joint Symposium with ICOG - Induction of Ovulation				
15.00 - 15.30	Plenary Lecture-3 Dr. P C Ho - Management of infertility in Polycystic Ovarian Syndrome				
15.30 - 17.00	Invited lectures X 6				
	Perinatal Medicine	Sub fertility & Endoscopy Post Partum Management	Maternal Mortality & Morbidity & Quality Care in Obstetrics	Gynae Endocrinology	Fetal Medicine
	Discussion				
17.10 - 17.45	P. Dissanayake Memorial Lecture - Prof. Hemantha Senanayaka				
17.45 - 18.15	Tea				

## PROGRAMME AT A GLANCE - 29th of JUNE 2008

Time	Hall A	Hall B	Hall C	Hall D	Hall E
08.00 - 08.40	Free papers X 4	Free papers X 4	Free papers X 4	Free papers X 4	Free papers X 4
08.40 - 09.10	Plenary Lecture-1 Prof. Douglas W Laube - ACOG: Developing				
09.10 - 09.40	Plenary Lecture-2 Prof. Malik Goonawardane - Research Synthesis				
09.40 - 10.10	Tea & Symposium - Update on Newer Generation Contraceptive Pill				
10.10 - 11.40	Invited Lectures X6				
10 min	Intrapartum Care	Statistics, Research & Audit and Imaging	Menopause and Andropause & Contraception	Legal and Ethical Issues & Risk Management	Surgery
		Guest Lecture -1	Guest Lecture -1	Guest Lecture -1	Guest Lecture -1
		Guest Lecture -2	Guest Lecture -2	Guest Lecture -2	Guest Lecture -2
		Guest Lecture -3	Guest Lecture -3	Guest Lecture -3	Guest Lecture -3
11.50 - 13.10	Guest Lecture -4	Guest Lecture -4	Guest Lecture -4	Guest Lecture -4	Guest Lecture -4
		Luncheon Symposium - Endometriosis			
13.10 - 14.00					
14.0 - 14.30	Plenary Lecture-3 Dr. Usha B Saraiya - Management of Cervical				
14.30 - 15.00	Plenary Lecture-4 Dr. Kanishka Karunaratne -				
15.00 - 16.00	Invited Lectures X6				
	Urology & Urogynaecology	Basics and recent developments in Stem Cell research & Early Pregnancy problems	General Gynaecology	Infections in Obstetrics and Gynaecology & HIV	Endocrinopathies & Pregnancy
		Discussion			
10 min					
16.10 - 17.30	Closing Ceremony, Presentation of Awards & Tea				

## International Faculty

### Australia



1. A/Prof. Gyaneshwar Rajat
2. Dr. Tan Jeffrey

### Bangladesh



1. Prof. Bhuiyan A.B.

### Hong Kong



1. Prof. Chan Clement
2. Prof. Ho P.C.

### India



1. Dr. Acharya Prashant
2. Dr. Agrawal Nutan
3. Dr. Agrawal Sarita
4. Dr. Banker Manish
5. Dr. Bansal Kanthi
6. Prof. Bhatt R.V.
7. Prof. Chatterjee Alokendu
8. Dr. Debdas Alope Kumar
9. Dr. Desai Shaym
10. Dr. Devi Parimala
11. Dr. Doshi Haresh
12. Dr. Dutta Dulip Kumar
13. Dr. Ghosh Ajith K.R.
14. Dr. Gunasheela Sulochana
15. Dr. Gupta Jayantha K.R.
16. Dr. Janakiram Revathi
17. Dr. Joseph Kurien
18. Dr. Kar Sujatha
19. Dr. Kaur Vaneet
20. Dr. Kriplani Alka
21. Dr. Lawande Akhil
22. Dr. Mahapatra Pramathes Das
23. Dr. Malhotra Narendra
24. Prof. Mishra Manjugita
25. Dr. Nadgounda Savita S.

26. Dr. Nagarseker Uday L.
27. Dr. Pal Bhaskar
28. Dr. Pandey Deeksha
29. Dr. (Mrs) Panigrahi N.M.
30. Dr. Parihar Mamdakini
31. Dr. Parikh Mahendra N
32. Dr. Poddar Vishnu
33. Dr. Purandare C.N.
34. Dr. Rath Jayant
35. Prof. Ramkumar Vani
36. Dr. Ratna Sanyal
37. Dr. Rekha Joseph
38. Dr. Sahassrabhojane Mrinalini
39. Prof. Sanghmita Mamta
40. Dr. Saraiya Usha B.
41. Dr. Shah Duru
42. Dr. Shah P.K.
43. Dr. Shelat Nimish R.
44. Dr. Sinha Rooma
45. Dr. Srikhande Laxmi
46. Dr. Suresh Patted Shobhana
47. Dr. Talaulikar Vikram Sinai
48. Dr. Tank Jaydeep
49. Dr. Virkud Ajit

### Israel



1. Prof. Shalev Eliezer

### Italy



1. Prof. Shalev Eliezer

### Japan



1. Dr. Maruo Takeshi
2. Prof. Murata Yuji

### Korea



1. Prof. Chang Yoon-Seok
2. Prof. Moon Shin-Yong
3. Dr. Nam Joo-Hyun

### Malaysia



1. Dr. Chandran Ravi

### Nepal



1. Dr. Chaudhary Pushpa
2. Dr. Pradhan Pramila
3. Dr. Sharma Sudha

### New Zealand



1. Dr. Ekeroma Alec

### Pakistan



1. Prof. Zaman Farrukh

### Philippines



1. Prof. Sumpaico W.W.

### Saudi Arabia



1. Dr. Arab Hesham
2. Dr. Mahroof Haj Mohideen

### Singapore



1. Dr. Chinnaiya Anandakumar
2. A/Prof. Hseon Tay Eng
3. Dr. Nair Suresh

### Sweden



1. Dr. Lindmark Gunilla

### Taiwan



1. Dr. Hsieh Ching-Hung
2. Prof. Su Tsung-Hsien
3. Prof. Tsai Horng Der
4. Prof. Yang Yu-Shih

### Thailand



1. Prof. Intaraprasert Suwachai

### United States of America



1. Dr. Laube Douglas W
2. Dr. Haththotuwa Eranga

### Vietnam



1. Prof. Nguyen Duc Vy

## National Faculty

1. Dr. Abeysekera S.D.
2. Dr. Akbar S.F.L.
3. Dr. (Mrs) Akmeemana
4. Dr. Amarasekara Sarath
5. Prof. Amarasinghe W.I.
6. Dr. Atapattu Harsha
7. Dr. Balawardene J.
8. Dr. Chandrasekara Srinath
9. Dr. Chintana H.D.K.
10. Dr. Constantine Godwin
11. Prof. De Silva Chandu
12. Dr. De Silva K.I.C.
13. Prof. De Silva Mohan
14. Dr. De Silva Pradeep
15. Dr. Dhammika J.A.P.
16. Dr. Dias Ranjan
17. Dr. Dissanayaka Mangala
18. Dr. Dissanayake T.B.
19. Dr. Dissanayake Vajira
20. Dr. Dodampahala H.
21. Dr. Fernando Ajith
22. Dr. Fernando Athula
23. Dr. Fernando Sunil
24. Dr. Fernandopulle Rukshan
25. Dr. Gunarathna M.D.P.
26. Dr. Gunaratne K.A.
27. Dr. Gunawardene Kapila
28. Dr. Halpe Neil
29. Dr. Haththotuwa Rohana
30. Dr. Hemapriya Sardha
31. Dr. Hettiarachchi Shantha
32. Dr. Hewage Chandana
33. Prof. Jayasekara Rohan
34. Dr. Jayasinghe D.S.
35. Dr. Kalansooriya H.D.
36. Dr. Kaluarachchi Athula
37. Dr. Kariyawasam Lakshman
38. Dr. Karunakaran K.E.
39. Dr. Karunarathna Nishendra
40. Dr. Karunaratne Madhawa
41. Dr. (Mrs) Karunasinghe Janaki
42. Dr. (Mrs) Kottegoda Sepali
43. Dr. Kumarasiri J.M.
44. Dr. Lanerolle Sanath
45. Dr. Lenadora S.J.B.
46. Dr. Liyanagama D.P.
47. Dr. Marasinghe Upali
48. Dr. Molligoda Himani
49. Dr. Nanayakkara Kalinga
50. Dr. Padumadasa S.
51. Dr. Pallemulla Ramani
52. Dr. Panadare C.M.A.B.C.
53. Dr. Pathiraja Ramya
54. Dr. Perera Hemantha
55. Dr. Perera Mahendra
56. Dr. Periyapperuma R.
57. Dr. Piyarisi D.L.
58. Dr. Rajapaksha R.N.G.
59. Prof. Randeniya Cyril
60. Dr. Ranaraja A.G.S.K.
61. Dr. Ranasinghe Kapila
62. Dr. Ranathunga Ananda
63. Dr. Rannulu Prasad
64. Dr. Rathnasiri U.D.P.
65. Dr. Ratnayaka Chatura
66. Dr. Rodrigo Ishani
67. Dr. Rodrigo Nalinda
68. Dr. (Mrs) Samarakoon E.
69. Dr. Samaratunga S.R.
70. Dr. Seneviratne Nandadeva
71. Dr. Seneviratne Neil
72. Dr. Silva Dhammika
73. Dr. Sirisena L A W
74. Dr. Suriyawansa Devika
75. Dr. Udugama Chandraguptha
76. Dr. Uduwela S.
77. Dr. Vidyabhushana L.V.D.
78. Dr. Walisinghe R.S.
79. Dr. Wanigasooriya Kamani
80. Dr. Wattedgama Sarath
81. Dr. Weerasekara Deepal
82. Dr. Weerasekara Medha
83. Dr. Weerasinghe Vajira
84. Dr. Wijemanna Sarath
85. Prof. Wijeratne Chandrika
86. Dr. (Mrs) Wimalananda Thanuja

## Subject Area and Topics

- 1. Subfertility**
  - Simplified Protocol for Ovulation Induction
  - Versatility of The Use of GnRH Antagonist
  - ICSI For all Cases of IVF
  - Embryo Preservation
  - Recent Advances in - Endometrial Receptivity & Infertility
  - Fertility Preservation
  - Infertile Male
  - Role of Endoscopy in Infertility
  - Cheaper Alternatives to Standard IVF
  - Use of Gonadotropins in Daily Practice
- 2. Emergency Obstetric Care**
  - Uterine Tamponade , Brace Suturing & Internal Iliac Ligation
  - Morbidly Adherent Placenta
  - Amniotic Fluid Embolism
  - Systemic Effects of Oxytocics
  - Venous Thrombo Embolism
  - Abruptio Placentae
- 3. Psychological Disorders & Sexual Health**
  - Psychological Problems in Pregnancy
  - Symposium on Sexual Health
- 4. Adolescent Health**
  - Issues Which Needed to be Handled When Dealing With Adolescent Sexuality
  - Gynaecological Problems in Adolescents
- 5. Obstetric Medicine**
  - Understanding Preeclampsia
  - Prediction and Prevention of PIH - What the Evidence Says
  - Heart Disease in Pregnancy
  - Thalassaemia in Pregnancy
  - Pruritus in Pregnancy
  - HELLP
  - Renal Disease in Pregnancy
  - The New Molecular Mechanisms in Preeclampsia
  - Nerve Palsies in Obstetrics
- 6. Oncology**
  - Symposium - Cancer Therapy Update
  - Adnexal Cancer in Female –An Update
  - Treatment Modalities for Cervical Intra-Epithelial Neoplasia
  - HPV Vaccine - Challenges in the Developing Countries
  - Vulvar Disease
  - Management of Cervical Intraepithelial Neoplasia
  - Conservative Management of Endometrial Cancers
  - Update on carcinoma of the Vulva
- 7. Perinatal Medicine**
  - Preterm Labour- Prediction & Diagnosis
  - Management Options Preterm Labour
  - Strategies to Reduce Perinatal Mortality in Preterm Births
  - Management of Very Low Birth Newborn
  - Perinatal Medicine
  - Long Term Complications of Prematurity
- 8. Statistics Research & Audit**
  - Statistical Tools for Basic Research
  - Clinicians and Statistics in Improving Women's Health
  - Prioritization of Research in Ethnic Women's Health
- 9. Imaging**
  - Nuclear Medicine for Gynaecological Diagnosis
  - Value Of MRI in Obstetrics
  - Scanning in Early Pregnancy
  - Clinical Applications of Doppler Ultrasonography in Obstetrics and Early Pregnancy
  - Decision Making By Color Doppler
- 10. Maternal Mortality and Morbidity & Quality Care in Obstetrics**
  - Safe Motherhood in Vietnam
  - Safe Mother Hood Policy and Maternal Mortality in India.
  - Maternal Health in Nepal and Intervention to Improve it.
  - Paternal Contribution to Reduction of Maternal Mortality
  - Impact of Environmental Factors on Pregnancy Outcome
  - Interventions for Quality Improvement in Maternity Care
  - Clinical Decision Making in High Risk Obstetrics
  - Millennium Development Goals
  - Quality Care in Obstetrics
- 11. Future Challenges in Reducing Maternal Mortality**
  - Quality and Safety in Obstetric Practice
  - MNH Policy And National Obstetrical Gynaecological Society
  - Sublime Motherhood With Fragrance From Modernity
  - The Impact of Close Surveillance on Pregnancy Outcome
- 12. Endocrinology**
  - Progesterone and Progesterone Receptor Modulator in Theimprovement of Women's Health
  - Therapeutic Use of Progestogens and Antiprogestogens in Pregnancy
  - Late Menarche
  - Management of Hirsutism
  - Ticking the Biological Clock –Managing Women With High FSH
  - Update on Hyper Prolactinaemia
- 13. Polycystic Ovarian Syndrome**
  - Epidemiology of PCOS
  - Adolescent PCOS
  - Management of Infertility in Polycystic Ovarian Syndrome
- 14. Fetal Medicine**
  - Twin to Twin Transfusion
  - Fetal Therapy in Developing Countries
  - Managing Fetal Anemia
  - Lethal Fetal Anomalies – Management Options
  - Fetal Programming

- Prenatal Diagnosis-the Kandy Experience
  - Can Genetic Ultrasound Replace Routine Amniocentesis in High Risk Patient for Parental Diagnosis of Chromosomal Aberration?
  - Fetal Neurological Abnormalities
  - Preventing Unexplained Fetal Death
  - Small Fetus
- 15. Intrapartum Care**
- Eclampsia: Experience with Magnesium Sulphate.
  - Vaginal Birth After Cesarean Section
  - Breech – Management Update
  - Review of Second Stage Complications
  - Emergency Obstetric Care
  - CTG Interpretation - Pitfalls
- 16. Post Partum Management**
- Postpartum Bladder Dysfunction
  - Management of Post Partum Breast Complications
  - Perineal Care
- 17. Menopause & Andropause**
- Phytoestrogens
  - SERMS
  - Andropause
  - WHI Inconclusive Conclusions
  - Menopause- Drug of Choice 2008
- 18. Contraception**
- LNG- IUS as Contraception
  - Newer Generation Contraceptive Pill (Drospirenone+EE)
- 19. Legal & Ethical Issues**
- Gender Based Violence in Kathmandu, Nepal
  - Child Sexual Abuse
  - Shoulder Dystocia –Medico Legal Aspects
  - Symposium on Medico Legal Aspects of Present Day Obstetrics
- 20. Surgery**
- Endoscopic Surgery
  - Laparoscopy Under Local Anaesthesia
  - Intra-Operative Control of Pelvic Haemorrhage
  - Robotic Surgery
  - Laparoscopic Management of Adnexal Masses- Opportunities And Risks.
  - Surgical Correction –The Treatment of Choice for Utero Vaginal Prolapse
  - Resurgence in Vaginal Hysterectomy the Finer Points
  - Retrograde Abdominal Hysterectomy
  - Laparoscopic Management of Gynaecological Cancers
  - Acute Abdomen in Pregnancy
  - Neonatal Surgical Emergencies
- 21. Urology & Urogynaecology**
- Surgical Anatomy for Urogynaecology
  - Trans Obturator Tape
  - A New Surgical Intervention for Stress Incontinence
  - A New Method to Identify Vesicovaginal Fistula Tract During VVF Repair
  - Overactive Bladder Syndrome
- 22. Basics & Recent Developments in Stem Cell Research**
- Recent Trends in Stem Cell Therapy
  - Stem Cell Research and Therapy is a Promising Advancement in Medical Science
  - Stem Cells-A New Light
  - Fetal Cells in Maternal Circulation
  - Embryonic Stem Cell Research: Today and Tomorrow
- 23. Early Pregnancy Problems**
- Early Pregnancy Dilemmas
  - Medical Management of Ectopic Pregnancy
  - Challenges for Preventing Unsafe Abortion in Thailand
  - Post Abortal Care
- 24. General Gynaecology**
- Management of Abnormal Uterine Bleeding Current Concepts
  - Post Menopausal Bleeding
  - Abnormal Uterine Bleeding in Young Girls
  - Clinical Application of GNRH Analogues
  - Potential Clinical Application of Mirena
  - Adenomyosis – What are The Options?
  - Pre Menstrual Syndrome
- 25. Infections in Obstetrics & Gynaecology**
- Infections in Obstetrics & Gynaecology
  - Chlamydia in Female Reproductive Tract
  - Dengue Fever in Pregnancy
  - Serological Diagnosis of Antenatal Infections
- 26. HIV**
- HIV in Pregnancy - The Experience at National Taiwan University Hospital
  - HIV/AIDS – Safeguarding the Unborn
  - HIV – Social Implications
  - HIV- Post Exposure Prophylaxis
- 27. Endocrinopathies & Pregnancy**
- New Developments in The Management of Diabetes In Pregnancy
  - Hypothyroidism
  - Hyperthyroidism
- 28. Miscellaneous**
- Clinical Applications of Misoprostol
- 29. Education**
- Challenges in Post Graduate Education
  - ACOG: Developing Partnerships in International Women's Health Care Education
- 30. Information Technology**
- Global Networking & Role Of Telehealth in Women's Health Care
- 31. Genetics**
- Genetics and Fertility
  - Genomics & Proteomics
- 32. Point of View**
- Female Patient
  - Light Refractions

## Pre-Congress Workshops

### 1. Pre congress workshop on “Effective Endoscopic Surgery”

- Theme - Effective Endoscopic Surgery, “what to do and what not to do”
- Venue : Sri Jayawardenapura General Hospital, Kotte.
- Date : 26th June 2008 - Time: 8.00 am to 4.00 pm
- Resource persons : Dr. Joo-Hyun Nam – (Korea) , Chairman endoscopic Surgery Committee AOFOG  
Dr.Kurien Joseph – (India) , Deputy Secretary General AOFOG  
Dr. Rekha Joseph - (India)

#### Highlights

- Demonstration of Endoscopic Surgery on;
- Subfertility : Laparoscopic adhesiolysis, Laparoscopic resection of an Endometrioma  
Hysteroscopic resection of Sub mucous Fibromyoma
- Common Gynaecological problems  
Laparoscopic Hysterectomy, Laparoscopic Myomectomy
- Gynaecological Cancers  
Laparoscopic Pelvic Lymphadenectomy & Radical Hysterectomy
- Lectures on Safe Surgery

### 2. Pre congress workshop on “Colposcopy”

- Venue : Hotel Galadari-Colombo
- Date : 27th June 2008 - Time: 8.00 a.m. to 1.30 p.m.
- Resource persons :  
Prof. A.B.Bhuiyan - Bangladesh      Prof. Farukh Zaman - Pakistan  
Dr. Uday Nagarsenkar - India      Dr. Usha Saraiya - India  
Dr. G. Miniello - Italy      Dr. Jaffery Tan- Australia  
Dr. Jaydeep Tank- India      Dr. Kanishka Karunaratne - Sri Lanka  
Dr. S.P. Premaratne - Sri Lanka      Dr. Pushpa Chowdhary - Nepal  
A/Prof.Tay Eng Hseon - Singapore

#### Highlights

- Basic colposcopy and Classification
- Cancer screening for developing countries
- Colposcopy for benign lesions
- Colposcopy for malignancies
- Diagnosis and management of pre malignant lesions of the cervix/ HPV infections
- Panel discussion on Cervical Cancer Control

## Post-Congress Workshop

- Date : 1st July 2008
- Time : 9.00 am to 12.00 noon
- Venue : Venue : General Hospital, Nuwara Eliya, Sri Lanka
- Theme : Safe Motherhood

## Registration

### Registration fees

#### Delegates

##### Congress

Register before 20th May 2008 (Early Bird registration)	: US \$ 80
Register before 15th June 2008 (normal registration fee)	: US \$ 90
Registration after 15th June 2008	: US \$ 100

#### Accompanying person

Register before 15th June 2008	: US \$ 50
Registration after 15th June 2008	: US \$ 60

#### Pre Congress Workshop

Effective Endoscopic Surgery	: US \$ 30
Colposcopy	: US \$ 20

#### Post Congress Workshop

On Safe Motherhood at Nuwara Eliya

Transport and Registration	: Complimentary to Congress registrants
Non Registrants	: US \$ 40

Delegates must complete the registration form and return with the appropriate payment. Registration will be confirmed once the duly completed registration form with the payment is received by the secretariat.

#### Delegate registration privilege includes:

- Admission to the opening ceremony and reception
- Admission to scientific sessions with lunch and tea
- Admission to trade exhibition
- Congress kit
- Banquet
- Transport to Nuwara-Eliya on the 30th June 2008 and return on the 1st July 2008 to Colombo.

#### Accompanying persons registration privilege includes:

- Admission to the opening ceremony and reception
- Banquet
- Participation in accompanying persons programme
- Transport to Nuwara-Eliya on the 30th June 2008 and return on the 1st July 2008 to Colombo.

## **General Information on 41st Annual Scientific Sessions of SLCOG 2008**

### **AOFOG Council meeting**

- Venue : Hotel Galadari, Colombo, Sri Lanka.
- Date : 27th June 2008
- Time : 8.00 am to 5.00 pm

### **Opening Ceremony**

- Venue : Hotel Continental Colombo
- Date : 27th of June 2008
- Time : 6.00 pm

### **Congress**

- Venue : Hotel Galadari, Colombo, Sri Lanka
- Dates : June 28th – 29th, 2008

### **Banquet**

- Venue : Hotel Water's Edge
- Date : 29th June 2008
- Time : 8.00 pm

### **Pre congress workshop on - Effective Endoscopic Surgery- "What to do and what not to do"**

- Venue : Sri Jayawardenapura General Hospital, Kotte.
- Date : 26th June 2008
- Time : 8.00 am to 4.00 pm

### **Pre congress workshop on "Colposcopy"**

- Venue : Hotel Galadari Colombo
- Date : 27th June 2008
- Time : 8.00 am to 1.30 pm

### **Post congress workshop on " Safe Motherhood"**

- Venue : General Hospital, Nuwara Eliya, Sri Lanka
- Date : 1st July 2008
- Time : from 8 am to 12.00 pm

### **Social Programmes**

- Opening ceremony and reception : 27th June, 2008 at Ceylon Continental Hotel, Colombo, Sri Lanka.
- Banquet : 28th June, 2008 at Hotel Galadari, Colombo, Sri Lanka.
- Sri Lankan Night : 29th June 2008 at Hotel Holiday Inn, Colombo, Sri Lanka.
- Sight seeing Tour to Nuwara Eliya : 30th June 2008.

### **Congress Secretariat**

Sri Lanka College of Obstetricians & Gynaecologists.  
No: 6, Wijerama House, Wijerama Mawatha,  
Colombo 07, Sri Lanka.

### **Dr. Dinusha Liyanapatabendi**

Tell: 0094773971661

### **Dr. Randika Karunaratne**

Tell: 0094772442668

Fax: 0094114527182

E-mail: sec@slcog.lk

### **Official Web Site for the Congress**

<http://www.slcog.lk/41annual/index.html>

### **Official website of SLCOG**

<http://www.slcog.lk>

### **Official Travel Agent**

Hemas Travels (Pvt) Ltd,  
5th floor, Hemas House  
75, Braybrooke place, Colombo 2, Sri Lanka  
Telephone : +0094114704100  
Fax : +0094 112314143  
E mail: [whatsapp.travels@hemas.com](mailto:whatsapp.travels@hemas.com)  
Website: [www.hemastravels.com](http://www.hemastravels.com)

### **Official Bank**

Sampath Bank Ltd,  
No: 110, Sir James Peiris Mawatha,  
Colombo 2, Sri Lanka  
E mail: [www.sampath.lk](http://www.sampath.lk)

### **Language**

Official language of the congress is English. There will be no simultaneous translations.

### **Letter of Invitation**

An official letter will be sent upon request. The invitation is intended to facilitate participant's travel and visa arrangements only. It in no way implies the provision of any support, financial or otherwise.

### **Disclaimer**

Whilst every attempt will be made to ensure that all aspects of the congress mentioned in this announcement will take place as scheduled, the organizing committee reserves the right to make last minute changes alteration or deletions, should the need arise.

## Social Programme

### Opening Ceremony

- 27th June 2008 at 6.30 p.m. at Ceylon Continental Hotel, Colombo, Sri Lanka.

### Highlights

- Inauguration of the session
- Awarding of Fellowships
- Cultural show with traditional low country and upcountry Sri Lankan Dances performed by Ravibandu Vidyapathi & Team
- Welcome reception with song and dance

### Banquet

- 28th June 2008 at Water's Edge, Battaramulla, Sri Lanka at 8.00 p.m. onwards
- Sit down dinner with music and dance

### Safe Motherhood Programme & Sight seeing tour to Nuwara Eliya in Central Hill Country

- Leaves Hotel Galadari by luxury coach on 30th June 2008 at 6.30 am sharp.
- En-route visit to Pinnawala Elephant Orphanage and Temple of The Tooth Relic of Lord Buddha at Kandy.
- Lunch at Indra Manel Holiday Resort, Kandy.

#### Pinnawala Elephant Orphanage

Pinnawala elephant orphanage is situated in 25 acres of land bordering the Ma Oya River. There are more than 75 elephants mostly young ones. If you are lucky you will be able to see the small elephants gulping large bottles of milk at feeding time or the elephants playing in the river and having a bath.



#### The Temple of the Sacred Tooth Relic

This is the holiest temple in Sri Lanka for Buddhists. It is known as "Sri Dalada Maligawa". It is an important shrine for Buddhists as it holds The Sacred Tooth Relic of Buddha. The temple is built in traditional Kandyan style and you may be able to see the daily rituals being observed in the temple and many devotees praying homage to The Tooth Relic.



#### Lunch

Lunch at Indramanel Hotel at Kandy. If times permit you may be able to have a bath in the river. It is thought that water in this stream has a medicinal value.

#### Tea Factory at Nuwara Eliya

You will have the opportunity to see the tea plantation as well as learn how green tea leaves are being converted to famous high quality Ceylon Tea in the factory.



## Accompanying Persons' Programme

**27th of June 2008**

- Opening Ceremony at Hotel Continental Colombo At 6.30 pm.

**28th June 2008**

- City Tour
- Visit to Gangarama Buddhist Temple
- Shopping Spree

Leave the Hotel Galadari at 8.30 am.

Colombo has been the capital of Sri Lanka for more than a century and is situated in the shores of the Indian Ocean. Colombo is unique in that it has a mixture of ancient buildings as well as modern architecture. City tour will take you through,

- **The Fort**

Originally it was a fort during the Portuguese and Dutch periods but now simply the commercial center of the country and the site of most major offices, big hotels, airline offices, banks, main post office, immigration office, travel agents and restaurants. Within Fort are several places of tourist interest which can be conveniently seen on foot. The colonial buildings include the Presidential Secretariat, previously the parliament house, the Grand Oriental Hotel, built in the mid 19th century as barracks for soldiers, the Lighthouse, Clock Tower.



- **Pettah**

Adjacent to Fort and quite in contrast to it, Colombo's leading bazaar district is probably its most fascinating area. Tram cars once ploughed the narrow cobbled streets lined with shops and street stalls that offer the most fantastic bargains and the most unimaginable range of goods varying from bright printed fabrics, suitings, children wear, footwear and handbags to electrical goods, semi precious jewellery, watches, rare first edition books, cutlery and other household items. You name it and it is bound to be available in Pettah.



- **Cinnamon Gardens**

A century ago was covered with cinnamon plantations. Today, on its elegant tree lined streets nestle palatial residences of Sri Lanka's powerful elite. The Viharamahadevi Park, the city's largest and oldest park in Colombo 7 is a riot of color with flowering trees from March to May. Called Victoria Park during British times it was renamed after one of Sri Lanka's famous queens Vihara Mahadevi whose statue has been erected in its precincts.

- **Town Hall**

Which has an architecture similar to the White House, is the office of the Mayor of Colombo.



- **Independent Square**

Independent square is built according to the Kandyan architecture. At the entrance is the statue of the 1st Prime minister of Ceylon, Hon. D.S. Senanayake.

Next visit is to;

- **Gangaramaya temple & "Seema Malakaya"**

The Gangaramaya Temple, at Hunupitiya is located on the banks of the picturesque Beira Lake. The complex has a library, a museum & extraordinarily eclectic array of bejeweled & gilt gifts presented by devotees & well-wishers over the years.

To one side of the courtyard, a sacred old Bo tree grows out of a raised platform draped in prayer flags. Next to it sits a richly decorated Kandyan-style wooden pavilion. Just behind the main courtyard is a tier of stacked-up Buddha statues from Thailand. Close by is the temple's most surprising feature; a fine selection of vintage cars, presented by well-wishers over the years.

Across the courtyard lies the principal image house, its base supported by dwarfs in quasi-yogic positions. Inside, the entire building is occupied by an a large Buddha statue sitting majestically in the meditation posture,



flanked by elephant tusks & surrounded by dozens of other larger-than-life Buddha statues. Next to the entrance, the temple with an astonishing treasure-trove of wonderful objects of great delicacy & value including collection of ancient Sanskrit ola leaf texts, large sapphires & other precious stones, sandalwood & ivory carvings, brass gods jade & crystal monstrosities & elephant tusks, coins, innumerable Buddha images & statues of other Buddhist & Hindu deities, oil lamps, votive dagobas, old clocks, porcelain, ivory carvings & gramophones.

- **BMICH Colombo**

An outright gift of the Government of People's Republic of China and one of Asia's leading and most up-to-date conference venues, located in the tropical paradise of Sri Lanka.



- **Lunch**

Lunch will be at LOON TAO Chinese Seafood Restaurant located in world famous Mount Lavinia Beach. LOON TAO otherwise known as "Waves of Prosperity" - true to the theme of our Speciality Chinese Seafood Restaurant located not too distant from the Ocean Waves. You will be able to enjoy a spicy lunch in the Sandy beach.

Shopping-As much as you like in the evening;



- **ODEL**

This is one of the largest Departmental stores in Colombo Where you will be able to obtain almost anything from clothes to electronic goods & food. One could spend hours shopping here.



Return to Hotel Galadari around 5 pm.

**29th June 2008 – Free day**

**30th June 2008**

Nuwara Eliya sight seeing tour (Please refer the description above)

## Accommodation

### HOTELS IN COLOMBO

#### Galadari Hotel

- Star Rating \*\*\*\*\*  
Rooms 446  
Location Congress Hotel  
Overview Great location near the centre of Colombo. Enjoy the spacious pool & many facilities available

It is in the heart of Colombo's business district overlooking the scenic Indian Ocean, next to the Presidential Secretariat and the World Trade Centre. Rooms are comfortably furnished in a traditional style. The Galadari Hotel's convenient location and facilities makes it convenient for business persons, to relax as well.



#### Hilton Hotel

- Star Rating \*\*\*\*\*  
Rooms 450  
Location 2 minutes walking distance to venue  
Overview The only hotel linked by a walkway to Colombo's World Trade Center, overlooking the Indian Ocean and Beira Lake. Do business in the Executive Lounge for 24-hour business center or unwind in any of 10 restaurants and bars.

Enjoy the sports center, with a fitness room, sauna, Jacuzzi, a 90-foot outdoor pool, squash and tennis courts. Relax in the beauty salon or browse the onsite shopping gallery. Attractions like the Fort district and Pettah Bazaar are at your doorstep. All rooms, and suites, boast high-speed internet access. Opt for an Executive Room for Executive Lounge access.



#### Ceylon Continental Hotel

- Star Rating \*\*\*\*\*  
Rooms 200  
Location 2 minutes walking distance to venue  
Overview Picturesquely located overlooking the Indian Ocean, offering a wide range of facilities & services

The Hotel, is spread over 10 acres of landscaped gardens, overlooking the Indian Ocean, close to the commercial and business centre. Rooms are well appointed with sea views. It offers good leisure facilities and excellent services. Suitable for business and leisure travellers.



#### Galle Face Hotel

- Star Rating \*\*\*\*  
Rooms 82  
Location 10 minutes walking distance to venue  
Overview Old colonial hotel situated in the heart of the city, with a large pool overlooking the Indian Ocean

It has easy access to business and shopping areas. Rooms are slightly tired but have a great colonial feel. Rest by the large salt water pool which faces the Sea or relax by the bar and dining areas which also overlooks the sea. The hotel has a great, grand colonial feel and atmosphere.



#### Trans Asia Hotel

- Star Rating \*\*\*\*\*  
Rooms 358  
Location 20 minutes walking distance to venue  
Overview A luxury resort style hotel in the city. In 7 acres of greenery next to Beria Lake, good leisure facilities

The luxury resort style hotel, is located in the heart of the city. A short walk from the business and shopping districts. Rooms are bright and well appointed. Enjoy the good leisure facilities available.



### Taj Samudra Hotel

- Star Rating \*\*\*\*\*
- Rooms 300
- Location 10 minutes walking distance to venue
- Overview Is one of the finest locations in the city. Set in 11 acres of ground with picturesque Indian Ocean views.

The hotel overlooks the historic Galle Face Green. A luxurious hotel with plenty of garden space palm trees and a swimming pool. Rooms are pleasantly designed and comfortable.



### Holiday Inn Hotel

- Star Rating \*\*\*\*
- Rooms 100
- Location 15 minutes walking distance to venue
- Overview Close proximity to the city centre, tourist sites & beach. Suitable for business or leisure, has a large swimming pool

Rooms are plainly designed with good facilities. Suitable for business and leisure trips, facilities include a business centre and a large swimming pool.



## HOTELS IN NUWARA-ELIYA

### Grand Hotel - Nuwara Eliya

- Star Rating \*\*
- Rooms 150
- Location Nuwara Eliya - Highlands
- Overview Imperial style hotel, close to Nuwara Eliya Town center. 5 minutes walk to Nuwara Eliya Golf Club

The hotel is an Edwardian classic hotel, just outside Nuwara Eliya Town center. It is set in a pleasant park 2,000 metres above sea level in the tea country. Rooms in an imperial style are unfussy with wooden furnishings.



### St. Andrew's Hotel - Nuwara Eliya

- Star Rating \*\*
- Rooms 52
- Location Nuwara Eliya - Highlands
- Overview In the old tea plantations, on the outskirts of Nuwara Eliya Town. Rooms are bright with large windows

The boutique styled hotel is located just outside Nuwara Eliya Town center. 2,000 metres above sea level in the old tea plantations. The Tudor-style colonial hotel offers Rooms with wooden floors and large windows making them bright and airy. Enjoy walking in the hills or a game of golf at the Golf Course.



### Galway Forest Lodge - Nuwara Eliya

- Star Rating \*\*\*
- Rooms 52
- Location Nuwara Eliya - Highlands
- Overview A suitable nature lovers choice. Ideal for trekking, golf, cycling and horse riding

The hotel is set amongst the hills, a few minutes drive east of Nuwara Eliya Town center. It is close to a golf club. A 60 minutes drive from the Lodge will take guests to scenic waterfalls, botanical gardens and parks. Situated in the middle of Galway Forest Reserve this lodge is perfect for Eco tourism. Rooms are plain, practical and comfortable.



### The Following are individual Hotel Room Rates

Options	Room rates per room per night (Including Breakfast)	
Hilton Colombo	Double Room	US\$ 131
	Single Room	US\$ 112
Taj Samudra/Trans Asia	Double Room	US\$ 111
	Single Room	US\$ 98
Galadari or Ceylon Continental	Double Room	US\$ 108
	Single Room	US\$ 93
Holiday Inn	Double Room	US\$ 94
	Single Room	US\$ 85

### Nuwara Eliya Hotels Room Rates

Options	Room rates per room per night (Including Breakfast)	
Grand Hotel - Nuwara Eliya	Double Room	US\$ 81
	Single Room	US\$ 67
St. Andrew's Hotel	Double Room	US\$ 50
	Single Room	US\$ 40
Galway Forest Lodge	Double Room	US\$ 45
	Single Room	US\$ 40

### Air Port Transfer

Air transfer is available from Bandaranaike International Airport to and fro

Type of Vehicle	Charges
Car	US \$ 35 (Max 2 pax) - one way
Micro	US \$ 53 (Max 6 pax) - one way
Mini Bus	US \$ 64 (Max 24 pax) - one way

## Tour Packages

### DOWN SOUTH & UP TO GALLE – DAY TRIP

Day trip to Galle, with stops on the way to visit the Kalutara Temple, turtle hatchery and a traditional mask factory. You will also get to visit a coral garden.

**Cost per person : US\$ 55**



### THE CITY OF THE KINGS – DAY TRIP

Day trip to Kandy - the royal capital of Sri Lanka, with stops on the way at the Pinnawala Elephant Orphanage, Peradeniya Botanical Gardens and a spice garden.

**Cost per person : US\$ 77**



### THE ROCKS – DAY TRIP

Day tip to Dambulla and Sigiriya with a stop on the way to visit the Pinnawala Elephant Orphanage, the Dambulla rock Temples, followed by Sigiriya - “the citadel in the sky”.

**Cost per person : US\$ 115**



### **SHOP TILL YOU DROP – DAY TRIP**

One day shopping and sight seeing tour of Colombo with stops at some of Colombo's places of interest.

**Cost per person : US\$ 25**



### **BEACH LIFE – DAY TRIP**

Day trip to Bentota with a stop along the way at a turtle hatchery and a river cruise on the Bentota River.

**Cost per person : US\$ 76**



### **JUMBO STYLE – DAY TRIP**

Day trip to the Pinnawala Elephant Orphanage, with the promise of a close encounter with a herd of elephants.

**Cost per person : US\$ 48**



### **LITTLE ENGLAND – 1 NIGHT / 2 DAY TRIP**

Two day trip to Nuwara Eliya with a stop at the Pinnawala Elephant Orphanage and a tea plantation and factory on the first day. Enjoy an overnight stay in Nuwara Eliya and return to Colombo on the next day, with stops at the world famous Hakgala Botanical Gardens and Kithulgala.

**Cost per person : US\$ 150**

## HIGHER THAN SEA LEVEL – 2 NIGHTS /3 DAY TRIP

Two nights/three day trip to Kandy and Nuwara Eliya. En route, visit the Pinnawala Elephant Orphanage, the Temple of the Tooth Relic in Kandy and witness a Cultural Dance performance. Dinner and overnight stay at Chaaya Citadel. On the second day, visit the Peradeniya Botanical Gardens and then proceed to Nuwara Eliya with a visit to a tea factory and plantation. Overnight stay in Nuwara Eliya and return to Colombo the following day, via Kithulgala, where you have the option of enjoying some white water rafting.

**Cost per person : US\$ 180**



## GOLFING MANIA – 1 DAY OF GOLF

For the golf lover, this is true paradise! Enjoy a day of golf at the Royal Colombo Golf Course, an 18 hole course spanning 5770 metres and located in Colombo 8. It features many water hazards starting with the first hole. At the 6th hole, golfers meet the Kelani Valley train which passes across the fairway.

**Cost per person : US\$ 50**

[Cost includes only transport and green fees. Surcharge on week-ends – US\$ 6]

## EXCITING DAY OF RAFTING– 1 DAY

Enjoy a day of adrenaline pumping white water rafting on the Kithulgala river and a sumptuous lunch thereafter, prior to returning to Colombo.

**Cost per person : US\$ 51 (Surcharge on week-ends – US\$ 6)**



Note :

- The above rates are net and include all government taxes. These rates are subject to change without prior notice in the event government changes the tax policy or there are increases to the cost of fuel or sightseeings.
- Above tour packages can be arranged by our official Tour Agent.

## Facts on Sri Lanka



**Location** A small island off the shores of the south-eastern coast of India, 880 km north of the equator, in the Indian Ocean.

It is a scenic country with coastal beaches merging into jungle and the hill country with peaks reaching a height of 2,400 meters. You'll find terraced tea plantations, water falls and lakes, unspoiled palm lined beaches with coral reefs, rice paddy fields, wildlife parks filled with animals in their native habitat and much more.

### Country Name

Conventional long form: Democratic Socialist Republic of Sri Lanka.

### Conventional short form:

Sri Lanka (Former: Ceylon)

### Size

65, 610 sq km

### Capital

Sri Jayawardanapura, Kotte

### Commercial Capital

Colombo, approximately 35 kms from the Airport at Katunayake.

### Government

Sri Lanka, is a free, independent and sovereign nation with a population of 19 million (1998 mid year estimates). Legislative power is exercised by a Parliament, elected by universal franchise on proportional representation basis. A President, who is also elected by the people, exercises executive power inclusive of defense. Sri Lanka enjoys a multi party system, and the people vote to elect a new government every six years.

### National Flag

National Flag of Sri Lanka is the Lion Flag. A Lion bearing a sword in its right hand is depicted in gold on red background with a yellow border. Four Bo leaves pointing inwards are at the four corners. Two vertical bands of green and orange at the mast end represent the minority ethnic groups. It is an adaptation of the standard of the last King of Sri Lanka.

### National Anthem

"Sri Lanka Matha" composed by late Mr. Ananda Samarakoon.

### National Flower

The Blue Water Lily (*Nymphaea stellata*)

### Population

19 million

### Population density

309 people per sq km

### Life expectancy at birth

74 female, 64 male

### Literacy rate

91.8%

### Languages

Communication is rarely a problem because English is spoken in most parts of the country, except in remote villages. The official languages are Sinhala, Tamil & English. Names of places and signboards are in the national languages and are often in English as well.

### Ethnic mix

The majority populations are, Sinhalese - 74%; Tamil - 18%; Muslim - 7%; Burgher (descendants of Dutch, Portuguese & English colonist) and others - 1 %

### Religion

Buddhism - 70%; Hinduism - 16%; Christianity - 7%; Islam - 7%

### Climate

Being a tropical country, the low-lying coastal regions have a year round temperature of about 27C. Kandy averages 20 - 25C and Nuwara Eliya 10 - 20C. The hottest time is March to June and coolest, November to January. The southwest monsoon (May to July) affects the southern, western and central areas. The northwest monsoon (December to January) affects the eastern and northern areas. Sri Lanka has a good climate throughout the year, for holiday-makers.

**Major Exports**

Readymade garments, Gemstones, Tea, Rubber, Coconut and Textiles

**Industries**

Processing of rubber, tea, coconuts, and other agricultural commodities; clothing, cement, petroleum refining, textiles & tobacco.

**Agriculture - Products**

Rice, sugarcane, grains, pulses, oilseed, roots, spices, tea, rubber, coconuts; milk, eggs, hides, meat.

**Currency**

Sri Lanka follows decimal currency system in Rupees (Rs.) and cents (Cts.) with 100 cents equal to a rupee. Currency notes are available in the denominations of Rs. 10, 20, 50, 100, 500, 1000 and 2000. Coins are issued in values of Cts. 25 and 50 and Rs. 1, 2, 5 and 10. One USD equals approximately 110.00 ±2 Sri Lankan Rupees, depending on the current rate of exchange.

**Visa**

Bona fide tourists from specified countries are permitted entry upon arrival in Sri Lanka for 30 days stay. Those

who visit for purposes other than holiday should obtain prior Visit Visas. Foreign nationals, who desire to enter Sri Lanka, should have a valid passport; return air ticket and sufficient funds [currency/travelers cheques/credit card] for maintenance.

Nationals of countries not in the list of specified countries should obtain prior Visit Visas for whatever purpose of visit.

Consult your local Sri Lankan embassy, consulate, tourist office or your travel agent for details.

**Electricity**

240 volts, 50 cycles AC, a round two pin adaptor is useful.

**Working week**

Sri Lanka works a five-day week, from Monday to Friday.

**Business hours**

Government offices 8.30 a.m. - 4.15 p.m, Monday to Friday

**Banks**

9.00 a.m. to 1.00 p.m. or 3.00 p.m. Monday to Saturday

