



National Research Symposium on Youth Development

AGENDA

DAY 1

8:00 AM – 9:00 AM	Registration and Refreshments
9:00 AM – 9:30 AM	Arrival of Guests
9:30 AM – 9:35 AM	National Anthem
9:35 AM – 9:45 AM	Lighting of the Oil Lamp
9:45 AM – 9:50 AM	Video Presentation
9:50 AM – 10:00 AM	Welcome Address by the Symposium Chair Dr shantha Abeysinghe, Senior Lecturer, The Open University of Sri Lanka
10:00 AM - 10:05 AM	Address by Mr. A.H.M.U. Aruna Bandara, Secretary, The Ministry of Youth Affairs and Sports in Sri Lanka
10:05 AM – 10:15 AM	Symposium Overview by Mr. Nimesha Thivankara, Assistant Director (Youth Development), The Ministry of Youth Affairs and Sports
10:15 AM – 10:25 AM	Launch of Conference Proceedings by Hon. Deputy Minister of Youth Affairs, Mr. Dinindu Saman Hennayake
10:25 AM – 10:35 AM	Address by the Hon. Minister of Youth Affairs and Sports, Mr. Sunil Kumara Gamage
10:35 AM – 10:45 AM	Cultural Performance by National Youth Services Council
10:45 AM – 11:05 AM	Keynote Address by Senior Prof. P. M. C. Thilakerathne, the Vice-Chancellor, The Open University of Sri Lanka
11:05 AM – 11:15 AM	Cultural Performance by National Youth Services Council
11:15 AM – 11:30 AM	Address by the Chief Guest, Hon. Prime Minister, Minister of Education, Higher Education and Vocational Education, Dr Harini Amarasuriya,
11:30 AM – 11:40 AM	Token of Appreciation
11. 35 AM – 11.45 AM	Vote of Thanks by Ms. Udeni Herath, Symposium Secretary, Senior Lecturer, The Open University of Sri Lanka
1:30 PM – 3:30 PM	Scientific Sessions (A)

DAY 2

8:00 AM – 9:00 AM	Registration
9:00 AM – 11:00 AM	Scientific Sessions (B)
11:30 AM – 1:30 PM	Scientific Sessions (C)
2:30 PM – 4:30 PM	Wrap-up Session by Session Chairs



A Co-organized Initiative by The Ministry of Youth Affairs
and Sports & The Open University of Sri Lanka



Session B3 (Class Room E - 2nd floor)

Time - 9:00 AM – 11:00 AM

Session Chair - Dr Athula Samarakoon

Session Panelist - Ms Bernedine Illangakoon, Ms Imasha dissanayaka

Session C2 (Class Room F - 2nd Floor)

Time - 11:30 AM – 1:30 PM

Session Chair - Prof. Thivankee Wickramasinghe

Session Panelist - Mr N. Balamurali , Mr Vihanga Weerasinghe

Session C3 (Class Room E - 2nd Floor)

Time - 11:30 AM – 1:30 PM

Session Chair - Prof Anton Piyrathne

Session Panelist - Dr Thushari Gamage, Ms E. W. Navanjalée

Session C

Session C1 (Class Room B - Ground Floor)

Time - 11:30 AM – 1:30 PM

Session Chair - Prof. Mahim Mendis

Session Panelist - Ms Purnima Perera , Ms M. N. Vineeshiya

Tracks 03. Youth, Media, Technology, and Artificial Intelligence

9.00 - 9.15	Workplace-based physical activity and lifestyle interventions for sedentary office workers in Sri Lanka: Development, implementation and feasibility <i>P.I. Basnayake1*, I.M. Ranasinghe2, D.S. Chandran3, K. Medagoda4, N.M. Devanarayana4</i>
9.15 - 9.30	Knowledge and Attitudes toward Sports Injury Prevention and Management among Sports Science and Physical Education Undergraduates in Sri Lanka: A Cross-Sectional Study <i>K H K C Kariyawasam</i>
9.30 - 9.45	The silent barrier: Correlating menstrual hygiene management (MHM) and gynecological health outcomes among post-menarche female students (aged 12-15) in Gampaha district mixed schools <i>M. Gunarathne*</i>
9.45 - 10.00	Impact of mindfulness meditation on Taekwondo skills performance in the Dehiowita Education Zonal <i>G.U.S. Jayathissa, P. Buvanendiran , D. S. Weerasinghe</i>
10.00 - 10.15	Effects of 5 vs 5 small-sided games on technical skills development in university football players <i>G.K.V. GUNASINGHA</i>
10.15 - 10.30	Digital Nomadism as a catalyst for youth empowerment and transnational engagement: A case study of Sri Lankan youth of 20-35 years in the post-economic crisis era (2022-2026) <i>Abheetha Kodikara, Hasanki Kasthuriarachchi</i>

Tracks 04. Youth Health, Mental Well-being, Sports, and Psychosocial Support

11.30 - 11.45	Institutionalizing youth voice: A strategic evaluation of the 5th Sri Lanka Youth Parliament (2021-2024) and a roadmap for democratic governance <i>R. A. Pathum</i>
11.45 - 12.00	Protecting Child and Adolescent Priests in Religious Institutions in Sri Lanka: A Comparative Policy Analysis to Establish a Regulatory Framework <i>Nimesha Thiwankara Senevipala</i>
12.00 - 12.15	ශ්‍රී ලංකාවේ සංස්කෘතික භෙදමෛත්‍යය සහ ආර්ථිකය තාරුණ්‍ය විෂය කරගත් සිංහල කාව්‍ය නිර්මාණ ආශ්‍රිත විමර්ශනයක් කල්‍යාණ ඵලදායී
12.15 - 12.30	இலங்கை இளைஞர்களின் அரசியல் பங்கேற்பின் போக்கினைத் தீர்மானிப்பதில் சமூக ஊடகங்கள் மற்றும் அவை தொடர்பான சட்டங்களின் வகிப்பங்கு : ஒரு விமர்சன ஆய்வு (2018-2025) செல்வி. ஆ. பவப்பிரியா1, கலாநிதி. தி. விக்கனேஸ்வரன்2
12.30 - 12.45	இலங்கையில் ஆட்சி மாற்றத்தை ஏற்படுத்துவதில் Gen- Z இளைஞர்களின் வகிப்பங்கு: 2022ம் ஆண்டு அரசலயா போராட்டத்தை மையப்படுத்திய விமர்சன ஆய்வு. திரு. தி. டிலக்சன்1, கலாநிதி. தி. விக்கனேஸ்வரன்2,
12.45 - 1.00	Digital Environmental Activism: The Influence of Social Media on Undergraduate Climate Change Awareness <i>M. S. Bambarabotuwa1, W. M. Malshan Fernando2</i>
1.00 -1.15	Young People as Rights-Holders: Strengthening Youth Voice and Participation in Local Governance Processes in Semi-Urban Communities in Sri Lanka <i>M. D. N. Nisansa1*, S. D. T. Batuwanthudawa2</i>

11.30 - 11.45	Digital Natives vs Digital Immigrants: Examining the Technology Gap Between Students and Teachers in Sri Lankan Schools <i>A.M.F. Shifa1, M. Ashraff2</i>
11.45 - 12.00	Digital safety for youth in Sri Lanka: evaluating the effectiveness of the online safety act no. 09 of 2024 in addressing social media risks. <i>R.T Kariawasam</i>
12.00 - 12.15	Reliability, Global-quality and Safety Of AI-Generated Patient Information on Endometriosis: A Blinded Comparative Study <i>Prabath J. S. Randombage1*, Muthunu Akurugodagama2</i>
12.15 - 12.30	Balancing digital privacy and financial data obligations: The right to erasure in Sri Lanka <i>Manula De Silva1*, Binoeth Thilakarathna2</i>
12.30 - 12.45	An exploratory study on the use of AI tools like ChatGPT for academic purposes by sri Lankan university students and the associated ethical issues <i>D.K.D.Y.Kapuge</i>
12.45 - 1.00	பல்கலைக்கழக மாணவர்களின் கற்றல் செயற்பாடுகளில் செயற்கை நுண்ணறிவின் தாக்கம்: யாழ்ப்பாணப் பல்கலைக்கழகக் கலைப்பீட மாணவர்களை அடிப்படையாகக் கொண்ட ஆய்வு செல்வி ர. தபனியா1, கலாநிதி. தி. விக்கனேஸ்வரன்2,

Tracks 04. Youth Health, Mental Well-being, Sports, and Psychosocial Support 08. Youth Migration and Global Opportunities

Tracks 05. Youth Voice, Participation, and Governance

SCIENTIFIC SESSION PLAN

Day 01 - 16th September 2026

Session A

Session A1 (Class Room B - Ground floor)

Time - 1:30 PM – 3:00 PM
Session Chair - Dr Achintha Koswatta
Session Panelist - Ms Maduwanthi Godagampala, Ms. Jayani Hashintha

Tracks 01. Youth, Jobs, and Entrepreneurship in the Digital & Green Economy 04. Youth Migration and Global Opportunities 04. Youth Health, Mental Well-being, Sports, and Psychosocial Support	1.30 - 1.45	Evaluating Digital Maturity and Transformational Receptivity of SMEs in Colombo District <i>I.E.A. Surendra, P.B.R. Rathnagoda*</i>
	1.45 - 2.00	Digital and Green Agricultural Entrepreneurship as a Solution for Youth Unemployment: Determinants of Smart Technology Adoption in Controlled Environment Agriculture among Youth in Sri Lanka <i>A.C.K. Dharmasiri1, M.A.E.K. Jayasinghe2</i>
	2.00 - 2.15	Social Media and Labour Migration Aspirations among Youth in Sri Lanka: A Sociological Analysis of Digital Media on Migration Decision-Making <i>J.P.N.I. Sandamali*, Sachini Silva</i>
	2.15 - 2.30	Empowering Youth Voice through English Language Education: A Qualitative Review of Confidence, Identity, and Social Agency in the Sri Lankan Context <i>R. A. D. A. Thiloka1</i>
	2.30 - 2.45	Psychological Consequences of Perceived Employability and Job Market Uncertainty Among Final-Year Humanities and Social Sciences Undergraduates in Sri Lanka <i>Hettiarachchi H.A.S.E</i>
	2.45 - 3.00	Sustainable entrepreneurship in the digital economy: Environmental awareness, innovative mindset, and social media influence as predictors of sustainable business performance among Generation Z entrepreneurs in Sri Lanka <i>I.K. Ranwalage1, M. A. S. N. Mudannayake2, D. M. P. Sewwand13</i>

Session A2 (Class room E - 2nd floor)

Time - 1:30 PM – 3:00 PM
Session Chair - Prof. Neavis Morais
Session Panelist -Dr Sandunika Hasangani, Ms Amanda Rathnayake

Tracks 02. Education, Skills, and Leadership for the Future	1.30 - 1.45	Empowering the "Silver" Generation in Sri Lanka: A Mediation Analysis of Perceived Organizational Support on the Relationship Between Digital Readiness, Work Ethics, and Career Continuity <i>D. M. P. Sewwand1, M. A. S. N. Mudannayake2, I. K. Ranwalage3</i>
	1.45 - 2.00	සාර්ථක පුද්ගල මූල්‍ය කළමනාකරණයක් ගොඩනගා ගැනීම සඳහා අවශ්‍ය මෘදු කුසලතා තදුනා ගැනීම : විමර්ශනාත්මක අධ්‍යයනයක් <i>Mr.Dulith Nujitha1, Mr.Anuda Kanchana2</i>
	2.00 - 2.15	Bridging the gap: Education-to-employment transitions among estate youth in Matuwagala Estate, Kiriella, Sri Lanka <i>S. Fathima Sharfin1 & S. Lakshana2</i>
	2.15 - 2.30	The Impact of Social Security Deficiencies on Educational Continuity among Children in Malayaha Community; Special Reference to Nonperial Estate Sector <i>Sayuri Gamage1*</i>
	2.30 - 2.45	Technical and Vocational Education and Training (TVET) as a Pathway to Youth Employment in Sri Lanka: A Multistakeholder Analysis of School Students' Awareness, Perceptions, and Demand in Matale District <i>T.N. Kannangara1* & H.D.P Premarathne2</i>
	2.45 - 3.00	Collaborative Training (COT) Framework for Aligning Skills Development with Youth Employability <i>U. S. Premarathne*,1 and K.V.J.P. Ekanayake2</i>
	3.00 - 3.15	Enhancing Student Engagement through the Flipped Classroom Approach: Evidence from a study with Public Relations and Library Science Undergraduate Students. <i>Dasini Indupa Madurasinghe1, K. I. Divyachapa Senarathna2</i>
	3.15 - 3.30	இளைஞர்களின் திறன்கள் மற்றும் தலைமைத்துவத்தை வளர்ப்பதில் இளைஞர் கழகங்களின் பங்களிப்பு: கோரளைப்பற்று பிரதேச இளைஞர் கழகங்களை அடிப்படையாகக் கொண்ட ஆய்வு The Role of Youth Clubs in Developing Youth Skills and Leadership: A Study of Youth Clubs in the Koralapattu Divisional Secretariat Division. <i>*K. Sivatharsan, N. Puspalarajah</i>

Session A3 (Class Room F - 2nd Floor)

Time - 1:30 PM – 3:00 PM
Session Chair - Prof. G. T. Madubhashini Hewage
Session Panelist - Ms.K. Lekha Karunadasa Senaratne, Mr Kalana Gayantha

Tracks 03. Youth, Media, Technology, and Artificial Intelligence	1.30 - 1.45	Youth as Digital Peacebuilders: Using New Media to Counter Hate and Conflict <i>G.K.Y.S. Siriwardana1, P.P.G.C. Siriwardene2</i>
	1.45 - 2.00	The Role of Digital Literacy in Combating Online Gender-Based Violence in Sri Lankan Youth <i>R.A.H.S.Jayamini1,W.P.L.Ranathunga2</i>
	2.00 - 2.15	Youth Perceptions and Ethical Concerns Regarding the Use of Artificial Intelligence in Higher Education in Sri Lanka <i>J.K. Kaushica*</i>
	2.15 - 2.30	Prevalence and Patterns of Artificial Intelligence Use for Academic Learning among Open and Distance Learning Undergraduates in Sri Lanka <i>Zihan Zarouk*</i>
	2.30 - 2.45	A comparative study of digital inequality in artificial intelligence access among urban and rural youth in the western province of Sri Lanka <i>I.D.R. Pabasara1*, G.A.C.S. Godellawaththe2, G.L.T. Perera3, W.A.A.S. Lakjayani4, H.S.A. Hettiarachchi3*</i>
	2.45 - 3.00	The impact of AI-powered accessibility features on healthcare website usability for youth with disabilities in the Colombo District <i>R. J. Abeysinghe*, T. H. Rathnayake*, R. L. M. Munasin</i>

Session A4 (Circular Hall H - 2nd Floor)

Time - 1:30 PM – 3:00 PM
Session Chair - Dr. Sepalika Welikala
Session Panelist -Ms Udeni Herath, Ms S. Vinoja

Tracks 04. Youth Health, Mental Well-being, Sports, and Psychosocial Support	1.30 - 1.45	Fertility Determinants of Young Women in Sri Lanka <i>M.A.N. Gunawardhana1, G.K.R. Jayaweera2</i>
	1.45 - 2.00	Youth involvement in home-based informal caregiving for the older adults: Roles and challenges <i>N.L.D. Sandaruwan1*, L.P.S.D.N. Wijerathna2 & U.S. Meegahakotuwa2</i>
	2.00 - 2.15	ළමා විෂේ කම්පන සහගත අත්දැකීම් (ACEs) සහ වැඩිහිටි විෂේ බැඳීම් රටා අතර පවතින සහසම්බන්ධතාවය ඩබ්ලිව්. ඒ. ආර්. ඒ. චිත්‍රමාර්චිවි
	2.15 - 2.30	විශ්වවිද්‍යුල මළල ක්‍රීඩක ක්‍රීඩිකාවන් අතර අතර ගැනීමේ අක්‍රමිකාවන්හි ව්‍යාප්තිය පිළිබඳ අධ්‍යනයක් S.P. P. S.ගුණරත්න
	2.30 - 2.45	මහායාන බෝධිසත්ත්ව සංකල්පය සහ බෝධිසත්ත්වයන්ගේ සමාජ සුභසාධන පිළිබඳ විමර්ශනයක් An Investigation into the Mahayana Bodhisattva Concept and the Social Welfare of Bodhisattvas ඉහලතම බුද්ධිමුද්‍රිය හිමි
	2.45 - 3.00	Feasibility of a two-channel surface electromyography protocol for assessing upper-limb muscle activation in badminton players <i>KPA Sewwand1*, V Weerasinghe</i>
	3.00 - 3.15	Behind the risk: loneliness, peer pressure, and family dysfunction and their association with substance use potential among first-year undergraduates in Sri Lanka <i>H.H.N.D. Dharmarathna*, H.D.H.N. Hathurusinghe, S.S.P. Warnakulasuriya</i>

Day 02 - 17th September 2026

Session B

Session B1 (Class Room B - Ground Floor)

Time - 9:00 AM – 11:00 AM
Session Chair - Dr Kanchana Bulumulle
Session Panelist - Ms Sachini Navodya, Ms Nayanathara Jayathilake

Tracks 06. Gender Equality and Inclusive Youth Engagement 09. Arts, Culture, and Creative Expression	9.00 - 9.15	Youth as agents of change: Promoting gender equality in diverse communities <i>Sideesana Gnanaprakasham</i>
	9.15 - 9.30	Exploring Challenges and Coping Strategies of LGBTQ+ Entrepreneurs in Sri Lanka <i>Jayarathna A.T.N.1*, Ariyaratne P.R.C.N.2</i>
	9.30 - 9.45	Re-conceptualizing Safe Spaces: A Survey-Based Study on Intersectional Youth Empowerment <i>A.F. Masroofa*</i>
	9.45 - 10.00	ස්ත්‍රී පුරුෂ සමාජභාවය මත පදනම් වූ විජීටල් හිරිහැර සහ ශ්‍රී ලංකාවේ සයිබර් අපරාධ රාමුවේ සීමාවන් පිළිබඳ තරුණ කේන්ද්‍රීය මානව හිමිකම් විශ්ලේෂණයක්: කේ. සුනානි හර්මනි
	10.00 - 10.15	Gendered Mobility and the Construction of Female Identity in the Protagonist of <i>Née en France</i> (1990) by Aïcha Benaïssa <i>W.M.T.P. Weerakoon*</i>
	10.15 - 10.30	සංස්කෘතික සංවර්ධන කර්මාන්තය ප්‍රවර්ධනයේ දී තරුණ ව්‍යවසායකයින් සහ කලාකරුවන් මුහුණ දෙන බාධක පිළිබඳව අධ්‍යයනයක්: දුඹුල්ල ප්‍රදේශය ඇසුරෙන් ඩී.කේ.ඩී.වයි.කපුරේ
	10.30 -10.45	Bridging the Divide; A Community- Based Social Work Intervention Framework for Advancing Gender Equality Awareness among Rural and Urban Youth in Sri Lanka. <i>Nimalsiri Thushanthani</i>

Session B2 (Class Room F - 2nd Floor)

Time - 9:00 AM – 11:00 AM
Session Chair - Dr.Sanmugeswaran Pathmanesan
Session Panelist - Ms Mandakini Aththanayake, Ms Thishali Anuththara

Tracks 07. Youth, Environment, Climate Change, and Disaster Resilience	9.00 - 9.15	Youth at the Frontlines: Climate Change Impacts and Community Resilience in Kahawa Coastal Area, Southern Sri Lanka <i>G. G. D Sewwand1</i>
	9.15 - 9.30	Assessing youth awareness of disaster management and resilience <i>Kavirathna G.E.*</i>
	9.30 - 9.45	GIS-Based Spatiotemporal Analysis of Landslide Dynamics and Mitigation Efficacy: A Case Study on 2025 Ditwah Event in Nawalapitiya, Sri Lanka <i>B.P.G.S.V Weerasinghe</i>
	9.45 - 10.00	Disaster Risk Perception and Preparedness Among Youth in Climate Vulnerable Communities in Rural Sri Lanka <i>Siriwardhana, W.S.N., Dissanayaka, I.M.</i>
	10.00 - 10.15	Youth Engagement in Climate Action: Awareness, Motivation, And Barriers <i>Jayawardhana J.M.S.S*, S.I.W. Gunasekara</i>
	10.15 - 10.30	Youth awareness and adoption of carbon-smart soil management practices for climate change adaptation and disaster resilience in agriculture: A study in Thalawa DS Division, Anuradhapura District, Sri Lanka <i>Adishwara Jayasinghe**</i>