



# Dilasha Tennakoon

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401/2/1 A, Kelanimulla, Mulleriyawa, New Town

A hard working individual with 1 year as social worker / volunteer. A well-mannered, articulate and conscientious person who is able to converse in a polite and courteous manner. Having a sympathetic attitude and able to listen attentively at all times. Can contribute extensively to teamwork and always displaying a willing and helpful manner. Possessing excellent inter-personal and communication skills and is approachable, cheerful and friendly.

## SKILLS

Fund-raising | Event organizing  
| IT | Outreach Work | Planning  
& reviewing | Supervision |  
Coordinating | Teaching |  
Session Planning | Session  
Management

## EDUCATION

### **Sir John Kotelawala Defence University, Ratmalana**

BSc Social Science  
2018

### **University of Kelaniya**

Diploma in Counselling  
2018 - Present

### **ESOFT Metro Campus**

International Computer Driving  
License Certificate Program  
2016

### **British Council, Sri Lanka**

English Language

### **Gothami Balika Vidyalaya, Colombo 10**

2015

## EXPERIENCE

### **Assistant Project Coordinator - SL Volunteers Association (Rajagiriya)**

June 2018 - Present

Coordinated, managed and helped involving for planning activities with the volunteers and service users. Organized workshops for newly joined volunteers on session planning and session management.

### **Activities - Arts & Crafting, Physical exercises, Meditation & Games etc.**

National Institute of Mental Health  
Mulleriyawa Women's Hospital

### **English teaching projects at schools**

Hemamali Balika Vidyalaya -Maligawatta  
Rahula Vidyalaya - Kotikawaththa  
Kairiya College - Maradana  
St. Joseph's College - Grandpass  
Sirihanda Primary School - Rajagiriya

### **Projects for special needs centers**

Thalahena Project - Thalahena  
Pubudu Project - All Island Buddhist Congress, Borella  
Thidora Project - Colombo 5  
RCCI Project - Colombo 5  
Purana Viharaya Project - Kolonnawa  
Senehasa Project - Colombo 8  
Ash Shifa Project - Meethotamulla  
Kelaniya Project - Kelaniya  
Victory Project - Amour Street  
Victoria Project - Rajagiriya

## REFEREES

### Ms. Sachini Alwis

Assistant Merchandising  
Manager

Softlogic Brands Pvt. Ltd

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### Sachithra Dhanapala

Primary Teacher

Vidura College, Nawala

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## CSR

Cleaning staff at Mulleriyawa Women's Hospital - Food, beverages,  
games and gifts

Awareness Program on The Mental Health Day

## RESEARCH

### **An independent research dissertation on "A study on Coping Mechanisms used by Young Adults in Overcoming Emotional Problems".**

The research was done within a period of six months and it was carried out by face-to-face interviews. Fifteen interviewees were interviewed. The main objective was to find mechanisms which are used by young adults in overcoming emotional problem. Finding effective mechanisms, which categories of emotional problems that are hard to cope up with, how young adults pretend when they have emotional problems, were the specific objectives of the research. This research enabled me to develop a mutual understanding with people who are having emotional problems and helped me to get an overall idea about emotional problems.

## EXTRA CURRICULAR ACTIVITIES

2nd Place on Colombo Provincial Sinhala Language & Literature Oratory Competition, 2007

Overall 1st place on announcing Competition, Gothami Balika Vidyalaya 2007

Special school awards for the oratory and announcing talents, 2011

Vice President of Media Circle, Gothami Balika Vidyalaya 2014 – 2015

Committee member of Oratory and debate society, Gothami Balika Vidyalaya 2014 - 2015