

# Learner 2020

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“**Transnational Education develops graduates with a global perspective,,**

**Her Excellency Sarah Hulton OBE**  
British High Commissioner to Sri Lanka



“**Committment of BMS to learning and research is commendable,,**

**Professor Kapila Perera**  
Vice Chancellor, University of Moratuwa



**Mora 7's Inter-University Rugby Champions 2018**

## Mission to produce scientists for Sri Lanka

— Nizam Razzaq —

# EDITORIAL

The world is moving into the Fourth Industrial Revolution which is based on advanced science and technology. Sri Lanka which is still at the Second Industrial Revolution has to make a 'quantum leap' through bypassing the Third Industrial Revolution to join the new industry emerging in the globe. But it needs a critical pool of scientists and those scientists have to be trained by the country's higher learning institutions.

BMS takes pride in being the pioneer in Sri Lanka to offer a Higher National Diploma in Biomedical Science and Biotechnology in partnership with Pearson. The diploma has been developed with the pathway to a degree from Northumbria University, UK and has been highly successful in producing 70 scientists annually for the last six years.

Biotechnology develops technologies and products that help to improve our lives while Biomedical Science applies biology-based science for molecular use.

BMS has invested in developing modern scientific laboratories with international standards to support learning.

As BMS President has reported in the description of our 20-year journey, all of our scientists are gainfully employed in government, business, research institutions and universities. The employability of our graduates is ensured by developing a holistic graduate who is versed not only in academic matters but also in extracurricular activities such as public speaking, sports, performing arts and above all, dedication to social responsibility.

With our state-of-the-art new premises, we will be expanding research laboratory facilities to enable our scientists to do in-house research and add to the country's knowledge base.

We are committed to this mission and help Sri Lanka to take its economy to the next stage.



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Design & Concept: BMS Digital Studio



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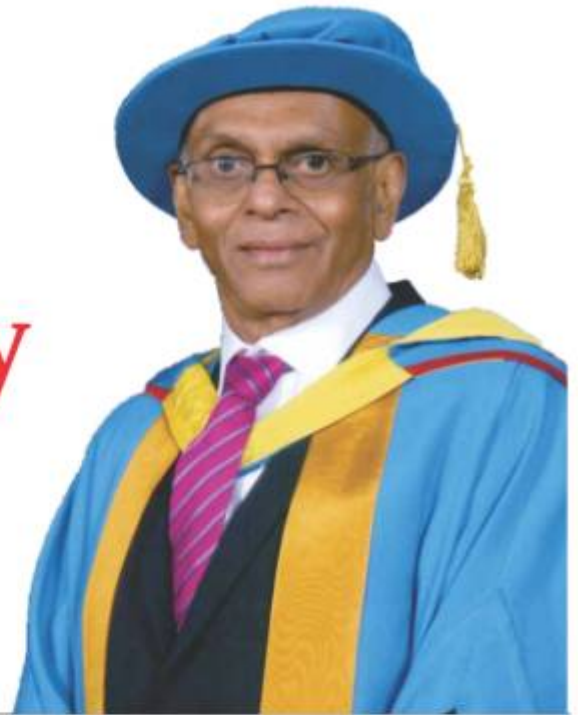
Samantha  
Gamage



# A twenty-year glorious journey

turning into a promising mission of no-return in the future

*Dr W A Wijewardena*  
President, BMS



BMS is completing 20 years of service as a higher learning institution in Sri Lanka. Over this period, it has grown both vertically and horizontally. Vertically, by consolidating its services as a quality-assured educational institution. Horizontally, by expanding into new fields of studies, in some cases, as pioneers in Sri Lanka. With a humble beginning as a tuition centre for the professional examinations of the UK based Institute of Commercial Management, BMS became a vehicle for Sri Lankan students to acquire internationally reputed qualifications.

BMS moved to offer the MBA programme of the University of Leicester by blended learning in Sri Lanka. University of Leicester is research-based and constantly ranked within the top 20 in the UK. Leicester MBA and blended learning method became popular among the senior managers.

## Degree Pathway in Business

Subsequently, BMS became an accredited centre of Pearson which was previously Edexcel. It commenced offering certificate and diploma courses in Business and Management. BMS was the first institution to seek recognition for the Pearson Higher National Diploma to be the entry qualification for the final year of the BSc (Hons) Degree at Northumbria University, UK. BMS students started travelling to the UK to complete their final year. The final year option made the degree programme affordable for Sri Lankan students.

BMS was a preferred destination for completing the first two years of Northumbria University degrees not only by Sri Lankan students but also by those from the neighbouring countries like the Maldives, India, and Pakistan. The standards of BMS courses were subject to an academic audit by both the Pearson Group and Northumbria University annually. This helped BMS to improve and maintain quality standards in its academic programmes, which has been its prime goal throughout. Based on the high academic quality-standards maintained by BMS, Northumbria University permitted it to conduct the full degree programme in Business and Management in Sri Lanka.

## Introducing Biomedical Science

The real breakthrough in BMS' horizontal expansion came when it embarked on, for the first time in Sri Lanka, offering diploma courses in Biomedical Science nearly six years ago. BMS had to invest a substantial fortune in setting up the state-of-the-art research laboratories to provide the best research facilities to students following this programme. It earned international recognition through accreditation by the Pearson Group. Northumbria University, on its part, recognised it as equivalent to the first two-year study programme in its BSc (Hons) Degree in Biomedical Science. In the initial two years, students had to proceed to Northumbria University to complete the degree.

But later, having recognised the high-quality standards it maintained, as was the case in Management degrees, Northumbria University allowed BMS to conduct the full degree programme in Sri Lanka. The experience in Biomedical Science helped BMS to venture into Biotechnology field as well. As before, this diploma was accredited by the Pearson Group and recognised by Northumbria University. Accordingly, in the initial years, the diploma holders were permitted to join straight the final year programme in BSc (Hons) in Biotechnology offered by Northumbria University. After two years, Northumbria partnered with BMS to conduct the degree programme in Sri Lanka.

**Northumbria University Business Degree is accredited by Association to Advance Collegiate Schools of Business (AACSB) which provides the degree an international recognition.**

## Ensuring Employability

BMS is particular about maintaining virtually a 100% employability record for its graduates. Thus, its Business and Science graduates are employed locally as well as abroad. Higher National Diploma in Biomedical Science is recognised by Institute of Biomedical Science (IBMS), UK. Further, the degree is accredited by IBMS and it provides international employability.

Its Business graduates are employed in banks, private companies and government institutions. The best achievement of BMS by far has been the supply of about 20 CEOs to Sri Lanka as well as multinational companies.

### Extracurricular Activities

BMS can also take pride in extracurricular activities of its students. Its cricketers won the Red Bull Global Campus Cricket Championship consecutively for two years.

**“HND in Biomedical Science is recognised by Institute of Biomedical Science (IBMS), UK and further, the degree is accredited by IBMS. The accreditation provides international employability”**

### Encouraging Research

BMS gives a high priority to research by its students. These research outcomes have been presented by them at local as well as international research conferences. Taking the growing supply of research outputs by its students, in October 2019, BMS had its own first ever research symposium attended by BMS students and researchers of local higher learning institutions. Hereafter, this will be an annual event.

Its Rugby team has been the local champions among private and state higher learning institutions. BMS Gavel Club promotes ‘speechcraft’ among students. Its talent show, performed by students on stage, has been a well-appreciated annual event. All these extracurricular activities help students to come out of BMS as holistic personalities who can confidently take real-world challenges.

### Journey of No Return

These past achievements are laudable, but they do not mean that BMS should get into a state of complacency. The world is changing rapidly and the challenges it would throw at countries as well as higher learning institutions are multifarious. The world has already moved into a new industrial revolution-known as the Fourth Industrial Revolution or Industry 4.0 - of which production, distribution and consumption are all based on high technologies. Sri Lanka, which is at present at the level of the Second Industrial Revolution or Industry 2.0, has to make a quantum leap to be a partner of Industry 4.0. But it requires a critical pool of scientists and researchers. The mission of BMS has been to be a partner of this venture by helping Sri Lanka to produce the required number of scientists in Biomedical Science, Biotechnology, ICT and so on. It is a journey of no-return, and BMS has just started that journey into the future.

## BMS Board of Governors



*L to R: Professor Gamini Samaranayake, Dr Jayatissa De Costa, Major General Mahinda Hathurusinghe, Professor Ravindra Fernando, Professor Sriyani Peiris, Dr W A Wijewardena, President, Dr Viruli De Silva.*

# “Transnational Education develops Graduates with a Global Perspective”

*Her Excellency Sarah Hulton,  
British High Commissioner to Sri Lanka*

*An extract from the speech delivered at the Teesside MBA launch event held at Westminster House, Colombo*



Education from the UK is now within the reach of more people than ever from all over the world. Transnational Education (TNE) is increasingly popular as it provides internationally recognised education in the home country and it nurtures the idea of borderless education.

## ■ TNE from UK Universities

Universities UK International's 'Scale of TNE' report released in October last year provides interesting information. The report indicates that in 2016-2017, over 700,000 students studied UK degree programmes outside the UK across 220 countries.

This is 1.6 times more than the internal students studying in the UK. 85% of the UK degree awarding bodies are engaged in some form of transnational education, which has become an integral and expanding part of the UK higher education provision. In the ranking of host countries offering UK degree programmes through transnational education, Sri Lanka is placed at No. 6 overall and No. 1 (first place) for the postgraduate level programmes.

**In the ranking of host countries offering UK degree programmes through Transnational Education, Sri Lanka is placed first for the postgraduate level programmes.**

## ■ TNE Framework and Key Elements

TNE programmes include different frameworks and systems such as international branch campus, joint degree programmes, course delivered under franchise agreement and blended learning model. It introduces quality assurance process, teaching methods and programme management. The key element of the framework is that the student receives the same award by the university while studying at the partner institution in Sri Lanka. The collaborations through transnational education frameworks develop graduates with a global perspective.

I understand that BMS and Teesside University form their partnership by adopting the blended learning model that helps advancement of global knowledge, international relationship and genuine wider public partnership. It has a positive impact on the areas of economy, academia, culture as well as skill development.

## ■ Teesside – BMS Partnership

This is my first event with BMS, but I know that the relationship of BMS with the High Commission goes back quite a long way and perhaps more than a decade. I was informed that BMS has been delivering UK degree programmes in Sri Lanka for nearly 20 years. I am pleased to be associated

with the launch of the Master in Business Administration (MBA) by Teesside University together with BMS. Internationally focused institutions such as Teesside successfully introduced cross-border collaborations that maintain higher standards and right guidance and MBA programmes develop leaders with the knowledge and entrepreneurial skills to lead through the changing and challenging global business environment.

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**“The relationship of BMS with the High Commission goes back quite a long way and perhaps more than a decade”**

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## ■ Innovative Model of Learning

Every learner has different needs and learning styles. Mature learners may need to balance work, home and study to reach their full potential. It requires different learning styles, and I believe that the blended learning can make teaching effective. Blended approach combines teaching methods of traditional classrooms and opportunities of online learning with resources.

I understand that the blended model has been successful in Sri Lanka for MBA programmes, and I am told that BMS is well known for introducing the blended model and supporting hundreds of successful graduates in the field of management.



L to R: Professor Sujeewa Amarasena, Vice Chancellor, University of Ruhuna, Professor Chandrika Wijeyaratne, Vice Chancellor, University of Colombo, Dr W A Wijewardena, President, BMS, Her Excellency Sarah Hulton, British High Commissioner to Sri Lanka, Professor Paul Croney, Vice Chancellor, Teesside University, UK and Professor Sampath Amaratunge, Vice Chancellor, University of Sri Jayewardenepura.



# Launch of Teesside MBA in Sri Lanka

Teesside University, UK and BMS, Sri Lanka form an innovative partnership to introduce Teesside University MBA for Sri Lankan Managers. This unique partnership was inaugurated in the presence of Her Excellency Sarah Hulton, British High Commissioner to Sri Lanka at Westminster House, British High Commission, Colombo.



# “Empowering learners through collaboration”

**Professor Paul Crony**

*Vice Chancellor and Chief Executive, Teesside University UK*



Teesside University is based in the heart of North East England. Our mission is to contribute to the economic, social and cultural success of students, partners and the communities in which we operate. We are an international university with a global network of partnerships that attracts high-quality students and staff from across the world.

We believe there is no nobler call than to help people learn, and through education enriched by research, innovation and engagement with business, we transform lives and economies. At Teesside, we empower our students through a learner centric process, helping them to raise their aspirations. Our mission transcends geographic barriers, and we are determined to deliver excellence for all our students and partners wherever we work with them.

## ■ Partnership in Sri Lanka

Through our partnerships we seek to facilitate and grow the skills of nations, tackling regional inequalities through the power of education. We invest in individuals, offering a student learning experience that is informed, inspiring and innovative, and which prepares our students to achieve all that is available to them in the future.

By reaching out beyond national needs, we contribute to the transformation of our own economy as well as our partners. Through world-class education, Teesside University's partnership with Sri Lanka aims to stimulate creativity, enterprise and innovation in a new generation of leaders.

## ■ Global Environment of Collaboration

We at Teesside University pride ourselves on the global network we have created and strengthened over our nearly 90 year history. Our global vision means that not only do we want to encourage students to study in Sri Lanka on a UK degree but we also want British students to experience all the opportunities that Sri Lanka has to offer; creating a knowledge driven global environment of collaboration and unity. This new partnership will help to deliver this vision.



“  
Our global vision means that not only do we want to encourage students to study in Sri Lanka on a UK degree but we also want British students to experience all the opportunities that Sri Lanka has to offer; creating a knowledge driven global environment of collaboration and unity.  
”

## ■ Ambition Delivered Today

Teesside University understands that in a challenging economic climate, there is an ever-increasing demand for reflective, entrepreneurial and responsible business leaders with the necessary skills, understanding and acumen to be the catalyst for social change. Our MBA course is developed from a curriculum that seeks to develop global leaders who can address complex solutions in an ethical way. It provides the core principles of effective management practices, such as modules centered around leadership, finance and international trade, but with an emphasis on solving global issues.

## ■ Raising Aspirations Globally

This course offers future leaders a balance between personal and professional learning, providing them with the skills and analytical capacity to help organisations positively contribute to their society. Individuals who finish this MBA will become both responsible and highly strategic leaders that will help to develop the economy here in Colombo and beyond.

Raising aspirations is central to our purpose at Teesside University and we will demonstrate that commitment here in Sri Lanka, where our UK degree courses can provide an outstanding student and learning experience, and help transform the lives of learners.

*An extract from the speech delivered at the Teesside MBA Launch Event in Sri Lanka.*



# BMS Crowned as Mora 7's Inter-University Rugby Champions 2018



BMS retained Mora 7's Inter-University Rugby Championship 2018 organised by the University of Moratuwa. The majority of state and non-state higher education institutions participated in the tournament. BMS continues to show its strength in sports with the winning culture.



# Effect of smartphones on human brain

Every thought, action, memory, feeling and experience is triggered by the most complex organ in our body which is the brain. As much as the brain is responsible for every coordination and communication initiation in humans, mobile phones take an utmost important role in this technology dominated era. Despite of its pros and cons, it rather impossible to live nor imagine our day to day busy and hectic lives without mobile phones.

Smartphones have become an extension of our lives. World bank statistics indicates that everyone has a mobile phone, so much so, that even the world's poorest households are more likely to have access to phones than washrooms.

Professional and personal lives are so much at ease due to technology at present, yet, we know very little about the harmful effects of overusing these devices.

Many research conducted around the world proves that radiation emitted from mobiles are a potential risk factor in causing cancer.

Though data remain debatable, it is reported that people who over-use mobile phones are 50% or more likely to damage their brain due to the radiation (radio waves) emitted through phones which are greater than 220 electromagnetic impulses per minute. Studies have also shown that bone marrow of a child's head absorbs 10 times more radiation than an adult. Yes, you read it right!

Similarly, thermal effect is also a major concern in using mobiles. Similar to a microwave, mobile phone radiation heats tissues and cells inside the head. However, due to low power output, this heating is minimal that is less than being directly exposed to the sun during noon time.

Research and studies have not yet been able to prove that technology is definitely harmful; yet, it also does not mean that technology is safe either. To answer all speculations and theories with regard to addressing the harmful effects of mobile phone usage, many organisations and educational institutes have introduced the following;

- **Keep the phone away from the body, especially when not using.**
- **Avoid talking while phone on charge or on low battery.**
- **Talk on speaker or use a hands-free whenever possible.**

*Dr Michelle Benedict  
BMS School of Science*



## BMS wins Merit Award for Best Website 2019

*Category of University and Education Institute*

The competition was organised by LK Domain Registry. Professor Kapila Perera, Vice Chancellor of University of Moratuwa handed over the Merit Award to Sanjaya Senaratne, Senior Manager, Advertising (BMS) and Samantha Gamage, Web Administrator (BMS).

The Award Ceremony was held on 8 August 2019 at Marino Beach Hotel, Colombo 3.

**bms.lk**

# Research revolutionises development and benefits societies

*Professor Kapila C K Perera  
Vice Chancellor, University of Moratuwa*



Research is important because the world faces many challenges. Knowledge generated by research influences sustainable development where such knowledge is used for development.

## ■ Science Provides Solutions

'Science' is a systematic body of knowledge pertaining to a precise field of study that contains general facts where events can be predicted with reasonable accuracy by using scientific principles. Universally accepted principles are developed through scientific methods of observation, investigation, verification, and research. In other words, they are based on logic.

These principles may be applied in all situations, at all times and at all places. On the other hand, 'Management', as an Art and 'Management', as a Science is important to help in achieving our goals using various scientific methods. Management principles are also based on scientific enquiry and observation.

## ■ Benefits to Societies and Economies

Discovery of fire as a result of the inquisitive mind in solving a problem in the ancient civilisation is inarguably one of the ground-breaking research outcomes to date though the word 'research' may not have been coined then. Since then, the outputs of numerous investigative works in all spheres of activities one could imagine,

be they described as "research" or not, had revolutionised development. Beneficiaries of such outputs are societies and economies that we all live in.

“  
BMS Inaugural Research Symposium will empower students with new skills, values, and attitudes that lead to more sustainable societies.  
”

## ■ Collaboration Enhances Values

Researchers need to understand the basics of what they learn to be able to apply them in finding a solution to the day-to-day problems through scientific researches. By knowing the importance of the percentage of Oxygen needed to re-energise 1 trillion cells in the body, we will understand the need for pollution control. With the use of fundamental principles of coordinates, google maps and google earth were created and such fundamentals are important when creating new projects, and a person must not forget where he started from.

Being keen on management sustainability solutions and educating people of such principles, encourage us to avoid wastage of energy and resources. Through collaborations we learn to acknowledge and respect one another's values, enabling us to be at peace with everything we do in life.

## ■ Research in Higher Education

Higher education systems are currently experiencing an academic revolution primarily as a result of globalisation and as we move forward to the 21st century, research continues to play a dominant role in the lifelong learning.

Research is an integral part of higher education, and the standards of research indicate the quality of teaching and learning at the institution. The commitment of BMS to research by organising a Research Symposium on the theme, "Sustainable Development via innovative management practices and scientific breakthroughs" is commendable. Promoting research among the students and academic staff has become a requirement within the higher education sector in Sri Lanka.

BMS Inaugural Research Symposium brings institutions together which will empower students with new skills, values, and attitudes that lead to more sustainable societies.

*An extract from the speech delivered at  
BMS Research Symposium 2019*



L to R: Dr Anura Kumara, Dean, Faculty of Management Studies and Commerce, University of Sri Jayewardenepura, Dr W A Wijewardena, President, BMS, Professor Kapila Perera, Vice Chancellor, University of Moratuwa, Dr Supakorn Boonyuen, Assistant Dean, Thammasat University, Thailand.

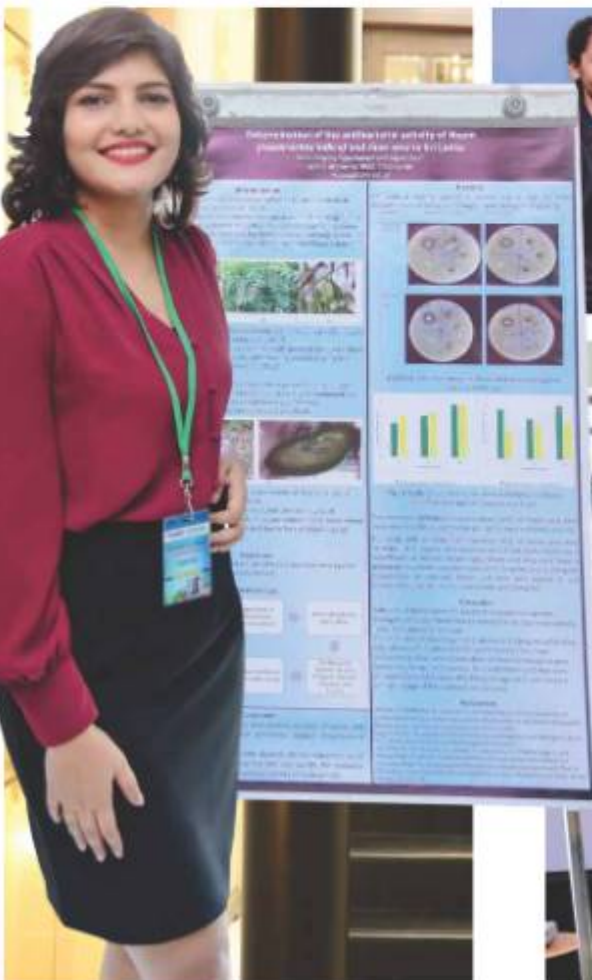




## BMS Research Symposium 2019

The Inaugural Research Symposium of BMS was held on 12 October 2019 at Galle Face Hotel, Colombo. The inter-disciplinary symposium was a great success with presentations by students and academics. The participating institutions include:

- BMS School of Science
- BMS School of Management
- Northumbria University
- Edinburgh Napier University
- Horizon Campus ■ SLIT



# Scientific Research for a Sustainable Society

**Bamboo Tree is a natural organic plant and the leaf is rich in antibacterial compound**

**Thammasat-Kyushu project pioneered a biodiesel production from palm oil**

*Assistant Professor Dr Supakorn Boonyuen  
Thammasat University, Thailand*

Mankind is confronted with climate change and the threat to biodiversity, soil degradation and shortage of resources and energy. If the quality of life shall be maintained in industrialised countries and be improved in developing and newly industrialised countries, new methods are essential to reduce the consumption of natural resources and the emission of ecologically harmful substances.

Natural resources are the basis of economic activities. Important natural resources include biomass, ores or fossil energy sources. There are environmental media, flowing media, the physical space of land, soil as well as biodiversity which jointly characterise the resource "nature". The growing worldwide demand for raw materials increases the pressure on ecosystems and environmental media. At the same time, human utilisation has immediate consequences for the natural environment.



### Micellar cleansing lotion

Increasing value by adding tea leaf extract.  
To moisturise the skin.  
To remove cosmetics and chemicals.

With sustenance of nature as the core objective, innovation of bamboo products for communities was undertaken in my research lab at Thammasat University, Thailand. Research found that the bamboo leaf extract is rich of flavonoid compound (isorientine) which has high activity in antioxidant, antibacterial and anti-inflammatory. Moreover, bamboo is a natural organic plant. Further research by the team produced with a skin care product using the flavonoid from bamboo extract.



*"Our research team produced skin care products using the flavonoid from bamboo extract at Thammasat University, Thailand"*

The products include serum, micellar cleansing water, body lotion and hand cream. This research has an economic impact to the farmer, manufacturer and customer. This research was further expanded by synthesising gold and silver nanoparticles using Peony (*Paeonia lactiflora*) petal extract. This project was inspired and collaborated with Dr Mathi Kandiah from BMS, Sri Lanka. The project was conducted in Thailand and Sri Lanka last year.



### Hand cream and lotion

Concentrated isorientin extract from bamboo leaf.  
To moisturise the skin.  
Has an antibacterial and antiaging effect.

Within a year, the team was able to develop the silver and gold nanoparticles using Peony plant extract, which is used as a traditional Chinese medicine, thus the nanoparticles can also be elevated to medicinal applications.

Further, research in collaboration with Prof Yoshito Ando, Kyushu Institute of Technology, Japan, pioneered a biodiesel production from waste palm oil using magnetic base catalyst for sustainable energy. The team also focused on the development of new drugs for cancer treatment under the topic paramagnetic study and antibacterial activity of Cu(II), Ag(II) and Au(II) tetrakis (4-alkyloxyphenyl) porphyrin complexes. The preliminary result showed an anticancer effect for breast cancer, without any adverse effect on the normal cells. These results have paved ways for the development of new drugs in the future.



Integrated conceptual research should include important economic, ecological and social aspects to prevent solving one problem at the expense of another. Such an approach must be guided by the sustainability principle for mankind to live longer with an understanding of nature.

*An extract from the speech delivered at  
BMS Research Symposium 2019*



# Graduate Immigration Route Post-study work visas

UK Government announced the creation of a new Graduate Immigration Route which will grant two-year Post-study work visa to stay and work, or look for work in the UK. Graduates will be able to switch into skilled work visas once they find a suitable job.

Graduate Immigration route will be available to International students who graduate in the summer of 2021 or after. Students can commence studies for degree at UK University in the academic year 2020/21 to graduate in the summer of 2021 or after.



**Northumbria  
University**  
NEWCASTLE



Newcastle, UK

BMS is the Regional Centre of Northumbria University for Sri Lanka and the Maldives. Apart from offering Northumbria University degree programmes in Sri Lanka, BMS has been supporting hundreds of students to complete their degrees in different disciplines at Northumbria University, UK.

## Scholarships / Bursary

Vice Chancellor's and Global Scholarships are applicable for January 2020 intake. September 2020 applications will be accepted from February 2020 and the university will announce partial scholarships and bursary during summer.

**BMS Guidance to study in the UK includes selecting a suitable programme, application, visa process, accommodation and support throughout the study period in the UK.**

- Health & Life Sciences ■ Architecture
- Business & Management ■ Law
- IT and Computer Network Security
- Design ■ Psychology ■ Engineering



Northumbria University Regional Centre for Sri Lanka & Maldives  
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**Northumbria  
University**  
NEWCASTLE

**“Internationally  
recognised  
British degree”**

*Ayesha Dissanayake*  
BMS Graduation 2018



**AACSB  
ACCREDITED**

AACSB accreditation of  
**Northumbria University**  
**Business Degree**  
ensures international  
credibility & recognition

- BSc (Hons)  
**Business** with  
International Management
- BSc (Hons)  
**Business** with  
Human Resource Management
- BSc (Hons)  
**Business** with  
Financial Management
- BSc (Hons)  
**Business** with  
Marketing Management
- BSc (Hons)  
**Business** with  
Logistics and Supply  
Chain Management
- BA (Hons)  
**Business** with **Law**

**M: 070 400 1086 E: [ukdegree@bms.lk](mailto:ukdegree@bms.lk)**





British Council Deputy Director, Mr Duncan Mothersill receives the sixth edition of 'The Magazine' from BMS President, Dr W A Wijewardena.



## THE MAGAZINE

The British Council in partnership with BMS publishes 'The Magazine' under the guidance of Editor, James Phillips, which provides descriptions of British Council activities, information and opportunities. 'The Magazine' was initiated in 2015 and incorporates various themes on global issues. It encourages professionals to share their knowledge and experiences in their respective fields while inspiring students to take interest in pursuing their creative abilities. BMS Digital Studio designs and provides support in developing the magazine.

The "Power of Positive Thinking", a popular notion, captured much attention of motivational speakers and management experts. Many scientific researchers have demonstrated various physical and mental benefits of this concept. "Positive Thinking" can boost your confidence, enhance effectiveness in your actions, improve your mood, and even help in stress management towards reducing the possibility of developing hypertension, depression, heart-diseases, obesity and other stress-related illnesses.

### Start the day with positive affirmation

Start the day with positive affirmations about you. Talk to yourself in the mirror, with positive statements such as "Today will be a Great day", or "I'm going to be Excellent today." Practice this approach and experience how much your day and life would improve. You will be amazed!

### Focus on the good things

There is no such thing called a 'perfect day'. It is just normal to meet obstacles during the day, especially problems beyond your control. When you face such a challenge, focus on the good side or benefits of it, no matter how small or insignificant they look. Practice this in daily life, starting small. For instance, when you are stuck in traffic do not panic with all negative thoughts coming to your mind.

**YES!  
YOU  
CAN!**  
power of  
positive  
thinking



**Dr Viruli de Silva**  
Former Director of Studies,  
Institute of Bankers of Sri Lanka (IBSL)

### Turn failures into lessons

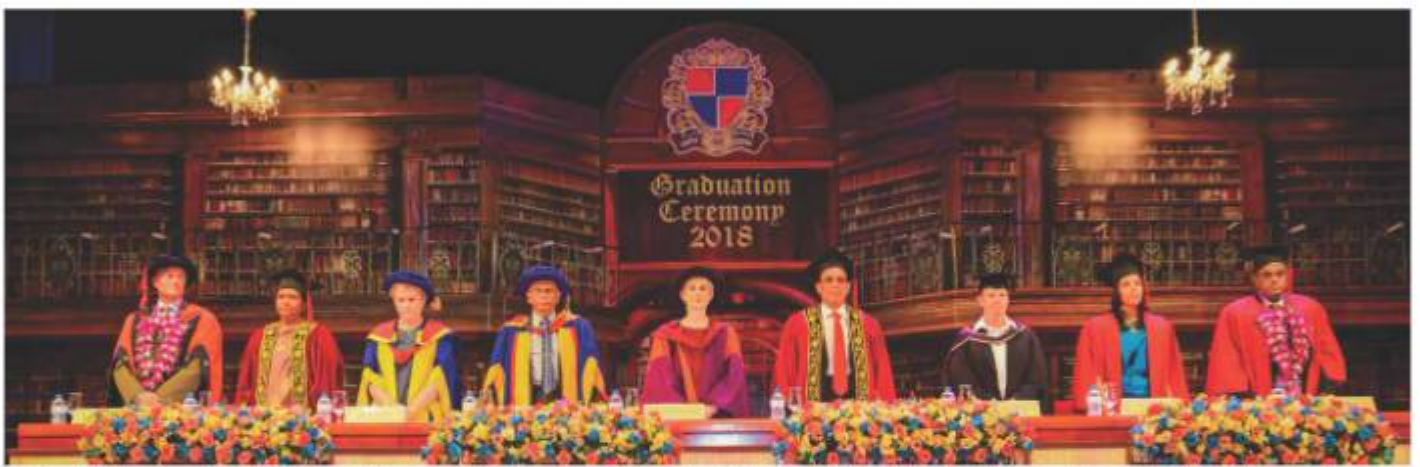
Nobody on this planet is perfect! Hence, people make mistakes. You too are going to make mistakes and experience failure in multiple situations, at various activities and with many people. Instead of focusing on your mistake or failure and generating negative emotions, think about why you went wrong and how you are going to do it better next time.

### Focus on the present moment

If you want to become a 'positive thinker' you need to 'focus on the present'. The term 'present' here is not today or this hour, but it is 'this very moment' or the 'present moment'. Forget your bad experiences or what had happened in the past. Just focus on the specific moment or on the 'present moment'.

### Find positive energy around you. This is critical!

Find friends, mentors and co-workers with positive thinking. Make sure those in your life are positive and supportive people you can depend on, to give helpful advice and feedback. When you are surrounded by positive people, you will hear positive words, positive stories, positive views and statements. Their positive energy will affect your own line of thinking, which then influence your thoughts, words and actions.



Head Table L to R : Dr Kevin Robertson, Northumbria University UK, Prof Sriyani Peiris, Vice President, BMS, Prof Diane Sloan, Northumbria University UK, Dr W A Wijewardena, President, BMS, Prof Dianne Ford, Pro Vice Chancellor International, Northumbria University UK, Prof Gamini Samaranyake, Board of Governors and former Chairman, University Grants Commission of Sri Lanka, Ms. Ruth Crabtree, Northumbria University UK, Dr Sajani Dias, Associate Dean, BMS School of Science, Prof Ravindra Fernando, Member of BMS Board of Governors.





BMS School of Science Graduates (Northumbria University UK)





**Graduate Diploma in**



**Edinburgh Napier MBA Graduates**

# BMICH Colombo



Management Award Holders



## School of Management BMS HND Students Industry Visits

BMS School of Management organises regular industry visits for Higher National Diploma students as a part of experiential learning which develops practical perspective by connecting the classroom to the real world.



## Colombo Stock Exchange

BMS students visited the Colombo Stock Exchange (CSE) which is the main stock exchange of Sri Lanka. CSE is one of the exchanges in South Asia which provides an electronic trading platform, and it consists 298 listed companies representing 20 business sectors.



## Elephant House

During the visit, the management of the company provided students an opportunity to observe the operations of the manufacturing process, where the staff members of the factory explained the key stages of the production process. The visit came to a success with students gaining first-hand exposure to the inner workings of the automated plant.

## School of Science BMS HND Students Study Tour

BMS School of Science provides regular study tours for Higher National Diploma students as a part of understanding practical applications of theory. It connects the classroom to the real world.



## Link Natural

BMS Science students visited Link Natural Products Manufacturing Plant at Kapugoda. Link Natural is a research based company which promotes traditional system of medicine with modern science and technology. BMS students were able to observe and learn the key stages of manufacturing and quality process of their products which are designed to improve the health and longevity of people.



## Lanka Hospitals

BMS School of Science, organised and conducted a field visit to Lanka Hospitals Diagnostics (LHD) on September 24, 2019. Going beyond academics, the main objective of the visit was to provide the students an understanding of the practical applications of what are learnt in theory and the advancements in laboratory diagnostics.

# Transforming lives through learning

Premila Paulraj  
Pearson Regional Director - Asia



**Transforming lives through learning is Pearson's strategy and motto. How far is the strategy successful?**

Pearson has a clear mission to help people make progress in their lives through learning. We are focusing on the changing needs of people around the world. Education has never been important than today. In an ever-changing and increasingly connected world, people pursue education to get a better job and to build a more prosperous life for themselves and their families.

**People still use printed books but Pearson is revolutionising books with e-library and e-books. Can you forecast the future?**

Yes, some of us prefer the paper-based textbooks. In keeping with evolving changes in the education space, Pearson is increasingly focused on digital resources to be used as learning and teaching platforms. This terminates several traditions that are more than a hundred years old.

I am pleased to say that many of our centres have made valuable contributions to develop BTEC HND modules and our teaching faculty has supported with localised content in published resources.

The steady growth in Pearson qualifications, resources and high-stake tests have made Sri Lanka a model market in South Asia. We also believe in making a difference through customer support. To this end, we have invested in dedicated and approachable staff to resolve queries raised by centres and students.

***“Pearson qualifications are the most successful and the best loved applied learning brand in the world”***

Pearson qualifications and digital resources such as online textbooks help learners to build their skills and better prepare for employment. Pearson qualifications are the most successful and the best loved applied learning brand in the world.

It engages students in practical, interpersonal and thinking skills which facilitates the transformation in the first place. Our qualifications and the associated resources help to build the relevant knowledge and understanding necessary for workplace performance. We are the world's learning company operating in 70 countries around the world providing a range of products and services that help people make progress in their lives through learning.

The digital transformation of textbooks will definitely facilitate students in colleges and BTEC centres. By introducing access via mobile devices, Pearson's resources are becoming increasingly accessible and user-friendly, offering the most up to date content through interactive means.

**Where does Sri Lanka stand within the Pearson's global strategy in supporting people with learning?**

Sri Lanka is a key market for Pearson not only due to the ever-increasing number of learners, but also the contributions our teaching faculty has been making in developing the most up to date, relevant content, and qualifications for the market.

**You learned marketing and moved onto a successful management career. Can you share your experience and advice for young learners?**

My first qualification was in IT and it was by chance that I got into teaching. When the opportunity came for me to study marketing, I was not hesitant, for I always look for ways to improve myself. Having taught for a few years, it was time for me to change. I have never let my career or work become dull or tedious for I always look for ways to initiate new ideas or new projects by myself. Therefore, my advice to young learners would be, no matter what age you are, be responsible for your own destiny!



*BMS student, Pavani Fernando receives the Award of Graduate Diploma in Management from the Guest of Honour, Professor Diane Sloan of Northumbria University at BMS Graduation 2018.*

# Graduate Diploma in Management

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- Deakin University
- Newcastle University
- University of Tasmania

### France

- Montpellier Business School



# Facebook Addiction

## an emerging problem for students

Kadeeja Razzaq

Facebook was created to provide a networking medium for university students to interact with others. Today, it is a primary social networking tool and 94% of the undergraduate students are active users spending hours on a daily basis. Students consider Facebook as an integral part of their everyday life. Facebook is a broad source of information for students providing files and information exchange, and allowing students to share educational content and support each other during their studies. The social feature of Facebook creates fun and rapidity of learning knowledge.

Excessive use of Facebook as a habit has been recognised as addiction. Facebook makes people feel part of a larger exciting world and allows students to be away from their normal study load such as lectures and assessments. Everything on Facebook is designed to develop more connections - tagging photos, finding mutual friends, playing games and receiving status updates. Universal human connection is likely a driving force for those who find themselves addicted to Facebook. Social needs are somewhat fulfilled in digital form and of course, new friendships are made.

Research has shown that students may develop the addiction unintentionally with the instant updates and the way that content is delivered. With the ease of communication and access to information, many students admit to visiting the site or application frequently throughout the day.



Students spend a significant amount of their time on Facebook, and it challenges their academic performance in their degree studies. It is clearly evident from research that students are using Facebook for pleasure than as support for their learning process. Addiction is not recognised as a clinical or psychological disorder but it is a behaviour which leads to negative personal outcomes.

A student may monitor screen time and understand the importance of completing the academic assignment and prepare for the assessments.

Positive discipline is important for students to achieve their goals, and they shall introduce such a disciplinary measure in handling Facebook. Students may turn off or mute notifications on posts and messages that may distract them during their study hours.

**Facebook Addiction is not recognised as a clinical or psychological disorder but it is a behaviour which leads to negative personal outcomes.**

Social media is never a problem, but we all agree that the heavy use is associated with potentially harmful effects on well-being.

It all depends on whether the user controls Facebook or the other way around. Research identifies numerous benefits of Facebook for students but it is the willpower and the understanding of the importance of achieving a degree which makes the difference.



After A/L's



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# BMS GOT TALENT

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# ENTRANCED 2019

BMS Talent show is an opportunity for students to showcase their unique talents. It allows students to experiment with their creativity and boost their confidence.



# BMS Christmas Party

make learning happen

## Feliz Navidad



### Thai Pongal Celebration



# Eco-friendly Synthesis of Silver Nanoparticles

Dr Mathi Kandiah - Deputy Associate Dean, BMS School of Science

Nanotechnology has earned its place to be one of the leading spearheads in the modern world of science and technology. Nanotechnology is a branch of science that revolves around the manipulation of materials with at least one single dimension within 1 - 100. As a result of merging innovative perspectives from various fields of science mainly including chemistry, biology and material science; synthesis of nanoparticles has gained an extensive scope of applications in pharmaceutical industry, optics and sustainable source of energy.

In the recent years, metal nanoparticles have captured attention of many scientists. The most frequently studied metal nanoparticles nowadays are gold (Au), silver (Ag) and palladium (Pd). Among these nanoparticles, the silver nanoparticles (AgNPs) are the most significant and captivated nanomaterial due to its limitless number of applications in the biomedical field. AgNPs have shown to contain potent antioxidant and antimicrobial activity than the naturally occurring silver ions.

However, the conventional techniques used to manufacture AgNPs nanoparticles demands very extreme parameters. The physical techniques involve operating with high energy inputs for prolonged time periods to gain extremely high temperatures to establish the thermal stability needed for the unfaltering production of metal nanoparticles. Chemical techniques utilise hazardous chemicals which eventually cause detrimental outcomes to the human health and environment.



Left to right: Chamath Mudara (Best Oral Presentation Winner), Dr Mathi Kandiah, Himasal Liyanage (Best Poster Presentation Winner)

Dr Mathi Kandiah and her research students at BMS School of Science have prompted to replace these conventional techniques of manufacturing AgNPs with the proclaimed "Green Synthesis of AgNPs" employing extracts of plants and algae as the reducing agent for the production of AgNPs. Studies have shown different parts of plants such as leaves, flowers, barks, seeds, and roots can be used for green synthesis of AgNPs.



Several components of plants contain bioactive substances such as polyphenols, aldehydes and ketones which are competent in reducing silver ions in a reaction mixture to form stable AgNPs.

The efficacy of AgNPs as a therapeutic application is currently under study. However, AgNPs can be the one of the solutions for the major global health threats the mankind might encounter in the near future. Firstly, the rapid emergence of free radical mediated diseases leading frequent cases of cancer, cardiovascular diseases and diabetes around the globe. Secondly, the increasing number of infections caused by multi drug resistance bacteria and other microorganisms to the humans has resulted in increasing mortality rates in the world. If the AgNPs that have been studied can be commercialised as a therapeutic drug in a large scale, it might render the consequences of these major threats. The introduction of AgNPs as approved drugs will also provide insights to a new age in the fields of medicine.

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# Alumni Get-together 2018





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# Women Entrepreneurship Opportunities through Technology

Dinu Rathnayake

## Entrepreneurship vs Women Entrepreneurship

Substantial developments and breakthroughs have been rising during last eras in the fields of entrepreneurship and innovation. The general view of entrepreneurship is combined with basic concepts such as bearing risk and value creation. Entrepreneurship has gained an indisputable attention due to its social and economic benefits where, economists have claimed that entrepreneurs contribute to innovation and development through their gap-filling activities.

Entrepreneurship is identified as the key engine for job creation, economic growth and social transformation, and women entrepreneurship has become a debatable topic across the world that voices issues and challenges. Women entrepreneurs might face challenges when accessing entrepreneurial capitals due to employment experience, personal and family background, and socioeconomic attributes of the context they function their businesses. Barriers may also arise due to family responsibilities, gender inequalities, poor infrastructure facilities, unstable political environment, social recognition, poor networks, and limited access to information and technology.

Women's contribution as sustainable value creators is vital to advance entrepreneurship towards economic development. In developed economies such as America and England, there is a growing trend of women involvement in entrepreneurship.

However, their involvement in entrepreneurial start-ups in developing countries is questionable as they lack the tendency to nurture their businesses.

## Technopreneurship- The New Kin of Entrepreneurship

In the contemporary world of globalisation, development in science and technology has accelerated while knowledge and innovation identified as the core competences of generating profits. The risk-taking thirst of entrepreneurs has started amalgamating their prowess with technological advancements which has lead them to become technopreneurs. Technopreneurship is a form of entrepreneurship which engages in an intensive technological context which adapts novel concepts to reject the obsolete and improve existing economic activities.

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**Women's contribution as sustainable value creators is vital to advance entrepreneurship towards economic development.**

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## Inequality and Emerging Opportunities

Sri Lanka has been a developing country for centuries with a slow-moving economic growth, which is yet to achieve sustainable development. Entrepreneurship can be used as a key strategy to overcome this issue since it is an engine for economic growth.

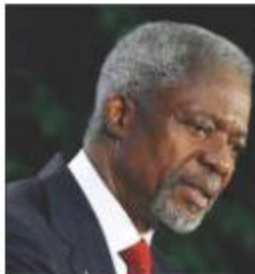
In this era of digital technology which unites knowledge and innovation, the new kin of entrepreneurship: technopreneurship would be more advantageous in the journey of sustainable development.

The Department of Census and Statistics in Sri Lanka highlights the lack of women involvement in the labour force where there is a large unexploited reservoir of labour power. Most importantly, a majority of the Sri Lankan population is female; hence, empowering them is essential.

Women involvement in the labour force can be enhanced through attracting them as employees or motivating them to become entrepreneurs. Women entrepreneurship would not only create more job opportunities but also improve living conditions, education and social status.

Despite potential economic and social change via women entrepreneurship, a South Asian developing country such as Sri Lanka witnesses a higher gender inequality with more job opportunities for men, disparity in wages and higher male involvement in the SME sector.

Encouraging women for technopreneurship would be an ideal solution for this where relevant authorities should take necessary actions especially in terms of developing technological and entrepreneurial knowledge of women in Sri Lanka.



**“Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family”**

**Kofi Annan**



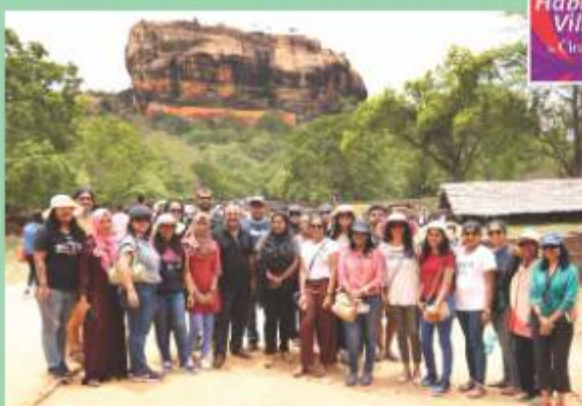
# Sinhala and Tamil New Year Celebration



## BMS Staff Trip to Habarana 2019



BMS has inculcated a family culture conducive with constant support and engaging activities. The institute's annual staff trip was organised on 25 & 26 August 2019 to Habarana Village by Cinnamon. This trip was yet another reward for all the hard work put in throughout the year by the entire staff at BMS.





# BMS Career Day 2019

The Career Day provides a platform for students and graduates to seek guidance on job opportunities. BMS Career Day 2019, held for the 5th consecutive time, was a great success with over 100 candidates meeting officials representing leading organisations in Sri Lanka.



*Transforming Lives... Influencing Future*

## OPEN MIC

BMS English Language Centre provides continuous support to students to develop their Academic English Language skills. The Centre also offers opportunities to improve general skills and abilities.



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