Public Relations and Media Management Portfolio

Udeshika Sandamali Gamage

Bachelor of Arts Honours | University of Kelaniya

Academic and professional experience for viva presentation



Internship • Environmental projects • Student leadership • Department activities

September 2026

Profile and professional exposure

I am a final year undergraduate in Public Relations and Media Management at the University of Kelaniya. This portfolio presents my academic background, internship placement and selected university activities, supported by photographs and an appreciation letter.

Academic background

Bachelor of Arts Honours in Public Relations and Media Management | University of Kelaniya

Diploma in Information Technology | University of Kelaniya | 2023 to present

Internship at Lake House

Advertising and Sales Department | June 15 to August 11

I completed an internship placement in the Advertising and Sales Department at Lake House from June 15 to August 11. This placement gave me exposure to a media workplace and an opportunity to connect my studies with professional practice.

For the viva: explain your actual duties, one example of work completed and what you learned.

Additional qualifications

Certificate in English Communication Skills | 2018 to 2019

Certificate in Information Technology | 2014

Interests

Media and communication, public relations, environmental conservation, youth leadership and digital content creation.

Zero Plastic The Waves Project

I participated in the Waves Project with Zero Plastic. The photographs record event participation, teamwork and a beach cleanup activity. The project gave me a practical opportunity to contribute to environmental conservation with other volunteers.



At the Waves event



Project team



Volunteers on site



Beach cleanup

The Waves Project Photo record

Additional photographs from the event show the project setting and volunteer activity at the beach.



Event backdrop



Team at the beach



Collecting litter

GreenSpire Club Project Sanskarana

I participated in a beach cleanup programme under Project Sanskarana on 26 July 2025. The Community Projects Avenue of GreenSpire Club organized the programme, facilitated by the Centre for Sustainability Solutions at the University of Kelaniya.

The appreciation letter dated 31 July 2025 records my participation and contribution to the sustainability activity.



Centre for Sustainability Solutions
University of Kelaniya, Sri Lanka

CSS

31st July 2025

G Udeshika Sandamali,
University of Kelaniya

Dear Participant,

Letter of appreciation for participating in the Project "Sanskarana"

On behalf of the Centre for Sustainability Solutions of the University of Kelaniya, it is with great pleasure that we extend our heartfelt gratitude for your valuable participation in the beach cleanup programme conducted under the project 'Sanskarana', organized by the Community Projects Avenue of GreenSpire Club of the Faculties of Social Sciences and Humanities which was facilitated by the Centre for Sustainability Solutions, on 26th July 2025.

Your active engagement and valuable contribution greatly enriched the project and aided in addressing critical issues of global sustainability. We sincerely appreciate your enthusiasm and willingness to be a part of this initiative, reinforcing the collective mission of promoting sustainability through community engagement.

We look forward to your continued support and partnership in our collective journey towards sustainability.

With appreciation and best regards,
Yours Sincerely,

Dr. Wasanthi Subasinghe
Director,
Centre for Sustainability Solutions.

Director
Centre for Sustainability Solutions
University of Kelaniya

Centre for Sustainability Solutions, N3 304, Faculty of Graduate Studies, University of Kelaniya, Kelaniya 11600, Sri Lanka.
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Evidence | Letter of appreciation from the Centre for Sustainability Solutions

National Rover Crew

I participated in National Rover Crew activities at the University of Kelaniya. These photographs include members and the 2025 Rover Advancement and Membership Badge Awarding Ceremony.



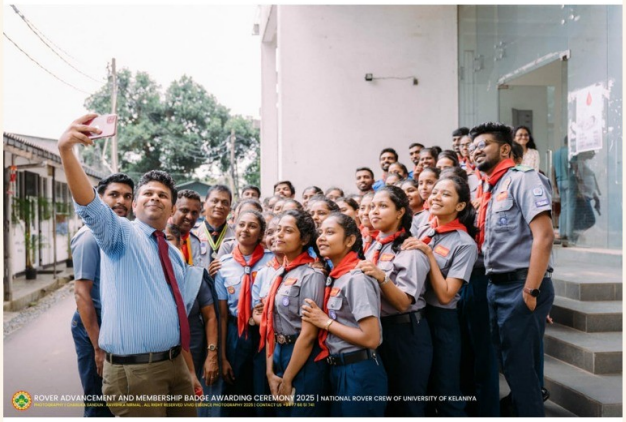
Rover Crew members



Badge awarding ceremony



Ceremony group photograph



Rover Crew activity

Department activities

Sanjanani decorations

I joined decoration preparation for Sanjanani, an activity organized by the Mass Communication Department. Working with fellow participants gave me experience contributing to an event as part of a team.



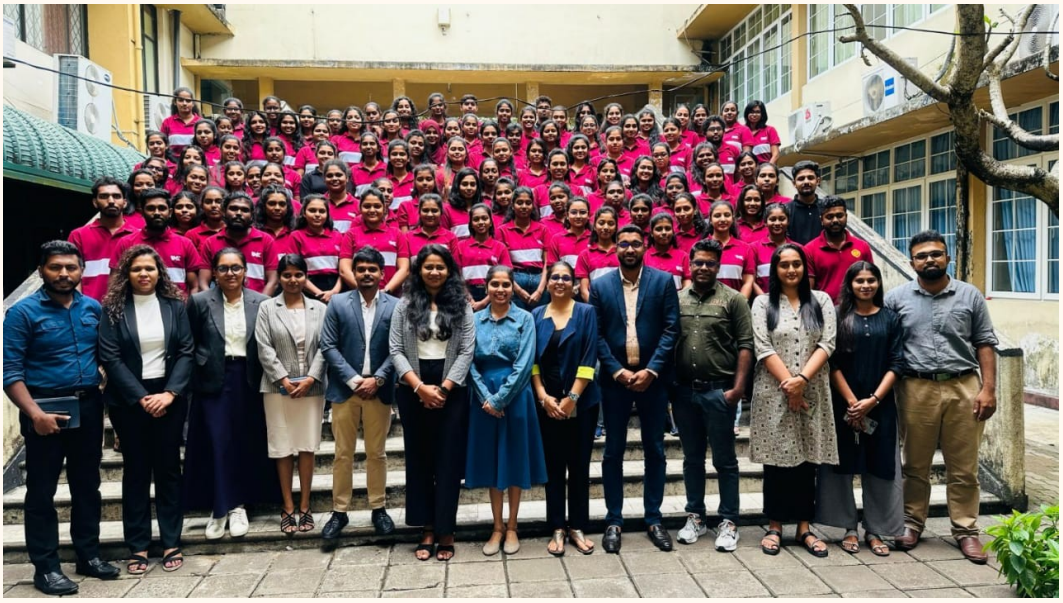
Decorations team



Preparing materials

Departmental workshop

I also attended a departmental workshop as part of my learning beyond the classroom.



Reflection and supporting document

My internship, environmental projects, Rover Crew participation and departmental activities helped me apply communication and teamwork in different settings. The strongest examples for my viva are the Lake House placement, the Waves Project beach cleanup, the documented Sanskarana activity and practical event preparation.

Points to discuss in the viva

- My individual role in each project and event
- How I communicated and worked with other participants
- A specific challenge I faced and how I responded
- What I learned from the Lake House internship

Experience and evidence guide

Experience	Evidence	Viva focus
Lake House internship	Placement in Advertising and Sales	Describe actual duties and a work example
The Waves Project	Volunteer photographs and beach cleanup	Explain the activity and your contribution
Project Sanskarana	Letter of appreciation dated 31 July 2025	Discuss community sustainability work
Rover Crew and department	Ceremony and activity photographs	Explain teamwork and event participation

Curriculum vitae

The following two pages present my curriculum vitae in the same format as this portfolio.

Curriculum vitae

Udeshika Sandamali Gamage

Public Relations and Media Management undergraduate | University of Kelaniya

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Address 147, Maragahawaththa, Thalwaththa, Katuwana, Sri Lanka

Professional profile

Final year Bachelor of Arts Honours student in Public Relations and Media Management with internship exposure in Advertising and Sales at Lake House. Experienced in university clubs, event preparation and community environmental projects. Interested in communication and media related work.

Professional experience

Intern | Advertising and Sales Department | Lake House

June 15 to August 11

Completed an internship placement in a media organization, gaining exposure to the Advertising and Sales Department and professional workplace practice.

Education

Bachelor of Arts Honours in Public Relations and Media Management

University of Kelaniya | Undergraduate

Diploma in Information Technology

Department of Information Technology, University of Kelaniya | 2023 to present

G.C.E. Advanced Level Examination | 2021

G.C.E. Ordinary Level Examination | 2018

Curriculum vitae Continued

Selected skills

Public relations and communication • Event coordination • Team collaboration • Media and content coordination • Organization and time management • Digital literacy

Projects and leadership

Zero Plastic | The Waves Project

Participated in environmental conservation activity and beach cleanup work.

GreenSpire Club | Project Sanskarana

Participated in a beach cleanup programme on 26 July 2025; documented by a letter of appreciation from the Centre for Sustainability Solutions.

National Rover Crew | University of Kelaniya

Participated in Rover Crew activities and the 2025 badge awarding ceremony.

Department activities

Contributed to Sanjanani decoration preparation and attended a departmental workshop.

Certificates

English Communication Skills | 2018 to 2019

Information Technology | 2014

Languages

Sinhala Native | English Good | Korean Basic | Japanese Basic

References

Available upon request.