

Shyama Deepanjalee Amarasinghe

Shyama Deepanjalee Amarasinghe is an academic, media professional, counsellor, author, and communication trainer with extensive experience in higher education, broadcasting, media production, and personal development. She previously served as an Assistant Lecturer in the Department of Mass Communication at the University of Kelaniya and currently serves as a Visiting Lecturer at the Nagananda International Institute for Buddhist Studies.

She holds a **Master of Social Sciences (MSSc) in Mass Communication**, a **Master of Arts (MA) in Buddhist Counselling**, a **Higher Diploma in Psychotherapy**, and a **Diploma in Counselling**. Her multidisciplinary academic background enables her to integrate communication studies, counselling psychology, mindfulness, and personal development into her teaching and professional practice.

Her areas of expertise and teaching include:

- Mindful Communication
- Culture and Globalization
- Television Production and Presenting
- Radio Production
- Content Writing
- Announcing and Public Speaking
- Television and Radio Script Writing
- Media Communication and Broadcasting

Beyond academia, Shyama has established herself as a versatile media personality. She has worked as a **Television Presenter and Compeer** with the **Sri Lanka Rupavahini Corporation** and as a **Radio Announcer** with the **Sri Lanka Broadcasting Corporation**. She has also contributed to the creative industry as a **Film and Television Commercial (TVC) Actress**.

As a storyteller and author, she has written both academic publications and children's stories, promoting creativity, imagination, cultural awareness, and social values through literature. Her work reflects a deep commitment to education, community engagement, and social transformation through communication and the arts.

Shyama is also an experienced **Counsellor, Motivational Speaker, and Personality Development Trainer**. Through workshops, lectures, and community-based initiatives, she empowers individuals to develop self-awareness, communication skills, emotional intelligence, and leadership qualities.

In addition to her academic and media contributions, she is a lyricist whose creative writing explores themes of human values, culture, spirituality, and personal growth. Her professional mission is to bridge communication, mindfulness, education, counselling, and the creative arts in order to inspire positive individual and social transformation, while nurturing the next generation of communicators, media professionals, and community leader.