

## **Sri Lanka College of Internal Medicine Congress (SIMCON2025)**

**November 14-16, 2025**

**Colombo, Sri Lanka**

**ACP Global Ambassador reflections by: Jitendra Barmecha, MBBS, MD, MPH, MACP**

It was an honor and privilege for me to represent ACP as a Global Ambassador at the 9th Annual Academic Sessions of the Sri Lanka College of Internal Medicine (SLCIM)—“SIMCON 2025”—on November 14–16, 2025, in Colombo, the vibrant capital city of Sri Lanka.

Under the leadership of SLCIM President Dr. Krishantha Jayasekera, Joint Secretaries Dr. Rakitha Higgoda and Dr. Sahan Mendis, and their dedicated team, a very successful conference was organized, which included educational activities and networking forums bringing together clinicians, researchers, educators, trainees, and medical students with a goal to advance the practice of internal medicine.

The opening ceremony showcased cultural traditions with lighting lamps and folk dances in extraordinarily colorful costumes, highlighting Sri Lankan heritage. Dr. Jayasekera welcomed all of the attendees and shared the agenda and activities for the entire conference. An inspirational keynote address by Chief Guest Dr. Anil Jasinghe, Secretary of Health of Sri Lanka, focused primarily on the diabetes epidemic and early interventions. The guest of honor, Prof. Virginia Hood, President of the International Society of Internal Medicine and former ACP president, delivered an impactful speech on the association of internal medicine societies with a global perspective on health. After that, the stage was perfectly set for the awards ceremony. The ceremonial evening concluded with a sumptuous dinner featuring Sri Lankan cuisines.

The 2-day academic sessions were carefully designed on current topics in internal medicine, which were well balanced across all major subspecialties, focusing on both ambulatory and inpatient care settings. Pre- and post-congress workshops, plenary lectures (Meet the Experts), parallel symposia, and interactive sessions were selected to address common clinical problems and emerging challenges, such as metabo-inflammatory illnesses, toxins and bites, and personalized medicine. The parallel masterclass tracks focused on case-based learning, skills development, and peer learning forums on common clinical conditions. The faculty members included global speakers from the United States, United Kingdom, Nepal, and India.

My contributions to the academic sessions were on “Understanding HFpEF: New Insights Into a Growing Challenge” and “Sepsis 2025—Evolving Insights, Emerging Interventions.” I also had the honor of serving as a poster judge for the clinical research presentation session, presented on a digital platform with oral presentation. The clinical studies and case presentation were remarkable with great academic rigor. There were ample learning and networking opportunities with local and international faculty members and other attendees. I also had the opportunity to address the mission of ACP and its Global Ambassadors Program. Faculty members were encouraged to apply for ACP global membership and attend our annual scientific internal medicine conference in the United States.

Beyond the academic sessions, the conference location was great, with outstanding hospitality curated by the SLCIM organizing committee. I explored Colombo on a three-wheeled vehicle

called a “tuk tuk,” which is a highly recommended sightseeing tour through the GetYourGuide platform. Sri Lanka is a rich biodiverse, teardrop-shaped island in South Asia, known as the "Pearl of the Indian Ocean" for its beauty and strategic trade location, boasting ancient history with varied landscapes from rainforests to mountains.

Overall, SIMCON 2025 was an exceptional learning and networking opportunity. Albeit a short trip, I gained insight into health care services, a great culture, friendly people, and the exquisite cuisines of Sri Lanka.



Opening Ceremony—lighting a lamp with Prof. Virginia Hood, President of the International Society of Internal Medicine and former ACP president, SLCIM President Dr. Krishantha Jayasekera, faculty members, and dignitaries (from left to right).



Exchange of token of appreciation from ACP with SLCIM President Dr. Krishantha Jayasekera.



Meet the Expert Session—"Sepsis 2025—Evolving Insights, Emerging Interventions"





A photo session with global faculty members.



With Prof. Kolitha Sellaheewa, a distinguished and veteran internal medicine physician and Chief Guest Dr. Anil Jasinghe, Secretary of Health of Sri Lanka (from left to right).



With Prof. Virginia Hood, President of the International Society of Internal Medicine and former ACP president.