

Dr Tara de Mel – MBBS, MPhil (University of London), MD (Research)

Dr Tara de Mel is a medical doctor who was a Senior Lecturer in Physiology, at the Faculty of Medicine University of Colombo.

After serving as Director, Sri Lanka Foundation Institute, she was appointed *Advisor to the President on Social Infrastructure*, with the primary responsibilities of education & health sector reforms during 1997-2000. She served as the *Vice Chairperson (Policy)* in the National Education Commission and as the *Secretary* to the Ministry of Education and Higher Education, steering the work of three Presidential Task Forces on *General Education, University Education and Tertiary & Vocational Education*. She served two terms as a member of the Board of the *Commonwealth of Learning*, in Vancouver.

Since 2016 she has assisted in designing programs for introducing mindfulness-base initiatives for values, ethics, integrity and respect for diversity, into schools. and testing the impact of mindfulness on school children. She is part of a team of academics designing open and distance learning programs for introducing mindfulness in primary school teachers.

In August 2019 she received the National Honors *Sri Lanka Sikhamani*. Presently she is a member of the Global Consultative Group of *Mindfulness Initiative* UK and is a member of the volunteer organization, *Religions for Responsible Governance*.