



## Draft Program “Arogya Parama Labha”- Wellbeing beyond Health

**Dates** : 18<sup>th</sup> -22<sup>nd</sup> November 2019

**Venues** : University of Colombo (UOC) Sri Lanka

Accommodation- Hotel Galadari, Colombo

Time/venue/topic	Programme
<b>Day 1: Sunday -17/11/2019</b>	
00.00 - 19.00	Arrival and check-in of the delegates
19.00 - 21.00	Dinner- Hotel Galadari
<b>Day 2: Monday - 18/11/2019 (UCSC/UOC)</b>	
08.30 - 09.00	Registration
09.00 - 09.30 (UCSC Auditorium)	Opening ceremony - Cultural event by Sri Palee campus
09.30 - 09.45	<b>Welcome and Opening remarks</b> <i>Prof. Chandrika N Wijeyaratne, Executive President, Asian University Alliance 2019-2020, Vice Chancellor, University of Colombo.</i>
09.45 - 10.00	<b>Introduction to the program content</b> <i>Dr. Chathuranga Ranasinghe, Chairperson, Asian University Alliance Youth Forum 2019.</i>
10.00 - 10.30	Group photo
10.30 - 10.45	Refreshments
11.00 - 12.00 (UCSC Auditorium)	<b>Keynote-Introduction to Health and Wellbeing: Regional Challenges and SDG3</b> <i>Dr Razia Pendse, World Health Organization (WHO) Representative to Sri Lanka.</i>
12.00 - 12.15	'Ice breaker activity'
12.15 - 13.00	Lunch
13.15 - 15.00	<b>Alcohol Tobacco and Substance: Our Duty</b> - Activity based discussion <i>Dr. Mahesh Rajasuriya. Consultant Psychiatrist, Director Centre for Combating Tobacco. Faculty of Medicine, UOC.</i>
15.00 - 15.15	Refreshments
15.30 - 16.30	<b>Sexual Health and Youth</b> - Activity based discussion and poster making <i>Prof. Chandrika N Wijeyaratne Senior Professor in Reproductive Medicine UOC.</i> <i>Ms. Madhusa Dissanayake, Assistant Representative, United Nations Population Fund (UNFPA), Sri Lanka.</i> <i>Dr. Dharshi Thoradeniya Senior Lecturer, Faculty of Arts, UOC.</i>
16.45	End of session : Day 1
19.00 onward	Welcome Dinner
<b>Day 3: Tuesday -19/11/2019 (UCSC/UOC)</b>	
06.00 - 07.00	<b>Yoga session</b> - Activity <i>Venue: Hotel Galadari</i>



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	<i>Dr. Manori Amarajeewa, Senior Lecturer, Institute of Indigenous Medicine, UOC</i>
07.15 - 08.45	<i>Breakfast and travel to University of Colombo UCSC</i>
09.00 - 10.15	<b>Nutrition and future challenges - Activity</b> <i>Dr. Ranil Jayawardena, Consultant Clinical Nutritionist, Coordinator Health and Wellness Unit, Faculty of Medicine UOC</i>
10.15 - 10.45	Refreshments
11.00 - 12.00	<b>Nutrition and future challenges cont.- Discussion</b>
12.15 - 13.00	Lunch Theme 'Healthy Food'
13.15 - 15.00	<b>Mental Health - Lecture Discussion</b> <i>Prof. Priyanjali De Zoysa - Clinical Psychologist, Department of Psychological Medicine, Faculty of Medicine UOC</i>
15.00 - 15.15	Refreshments
15.30 - 16.30 (UCSC Auditorium)	<b>Wellbeing in the Cyber Age – Panel Discussion</b> <i>Prof. Priyanjali De Zoysa</i> <i>Mr. Jayantha Fernando - Chairman, National Center for Cyber Security</i> <i>Dr. Shiromi Arunatileka - Senior Lecturer, University of Colombo School of Computing</i>
16. 45	End of session : Day 2
<b>Day 4: Wednesday – 20/11/2019 (field visit to Sri Palee Campus)</b>	
07.45 - 09.45	Breakfast and Leave the hotel to Sri Palee Campus Horana
10.00 -10.30	<b>Welcome</b> <i>Prof. Ranjan Hettiarachchi, Rector, Sri Palee campus UOC</i>  <b>Incorporating Physical Activity to Life</b> <i>Dr. Chathuranga Ranasinghe, Specialist in Sports and Exercise Medicine, Faculty of Medicine UOC</i>
10.30 - 11.30	<b>Moving with Nature</b> <i>Hike with site specific performance and tree planting (Activity)</i> <i>Mr. Pujitha De Mel - Lecturer, Performing Arts, Sri Palee campus UOC</i>
11.30 - 12.30	Refreshments and <b>'Painting a cloth'</b>
12.30 - 13.30	<b>Contemporary drumming and dancing/ music/ mask making - Workshop</b> <i>Sri Palee UOC Staff and Students</i>
13.30 - 14.30	Lunch <i>'Traditional Sri Lankan food'</i>
14.30 - 16.30	<b>Contemporary drumming and dancing/ music/ mask making - Workshop cont.</b> <i>Sri Palee UOC Staff and Students</i>
16.30 - 17.30	Refreshments
17.30 - 18.00	<b>Traditional sport performance - "Angampora"</b>
18.00 - 19.30	<b>Talent Show</b> <i>Sharing the experiences with the participants</i>
19.30 - 20.30	Dinner – Local food with action stations
20.30	End of session day 3 and leave to the hotel



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<b>Day 5: Thursday -21/11/2019 (USCS/UOC)</b>	
10.00 - 11.30	<b>Community empowerment for a healthy society</b> <i>Prof Carukshi Arebepola- Consultant community physician - Faculty of Medicine UOC</i>
11.45 - 12.45	Lunch
13.00 - 15.00	<b>Achieving wellbeing beyond health: role for regional policies in Asia</b> <i>Lecture discussion</i> <i>Dr. Kokila Konasinghe - Senior Lecturer, Faculty of Law, UOC</i> <i>Prof. Saroj Jayasinghe- Professor of Medicine , Consultant physician, Faculty of Medicine UOC</i>
15.00 - 15.15	Refreshments
15.15 - 16.30	Preparation for presentations
16.30	End of session Day 4
<b>Day 6: Friday -22/11/2019 (USCS/UOC)</b>	
09.00 am - 09.45 am	Preparation for the presentations
(USCS Auditorium)	Closing ceremony of AUAYF
09.45 am - 10.00 am	Refreshments
10.30 am - 12.00	Student Presentations Venue: Senate hall UOC
12.00 -12.15	Closing Remarks
12.30 - 13.30	Farewell lunch with AUA delegates
14.00 - 17.00	Campus/ Colombo tour and shopping
19.00 - 21.00	<b>Inauguration ceremony of the UOC Annual Research Symposium- NAT</b> Hall UOC Dinner and Entertainment- College House Garden UOC Entertainment – Sri Palee campus
<b>Day 7: Saturday -23/11/2019</b>	
00.00-14.00	Departure of the participants