



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

Venue : University of Colombo, Sri Lanka

Theme : “*Arogya Parama Labha*”: Wellbeing Beyond Health

Increasing Non-Communicable Diseases (NCDs) in Asia leading to an unacceptably high burden of premature death and disability with escalating health, economic and social burden in our member countries. Here we adopt “Wellbeing Beyond Health” as the chosen theme for this year. The theme is aligning with the Sustainable Development Goal # 3 (Good Health and Wellbeing) by the United Nations while the event is officially endorsed by the World Health Organization (WHO).

The interactive sessions will focus on how the Asian youth can take on the leadership to modify human behavioral risk factors and their social, environmental and commercial determinants to prevent NCDs (including cardiovascular diseases, cancers, diabetes and chronic lung diseases), with a special emphasis to identify unexplored future challenges created by the rise of the ‘digital age’ and how youth can define and achieve ‘wellbeing’ at individual, family, community and policy levels. The program is further enriched to promote social and cultural exchange where Sri Lankan traditional healing, music, drama, dance, art and sports will be used in hands-on skill sessions conducted at an eco-friendly environment close to nature.

#### University of Colombo shall cover the following expenses:

1. The round-trip air tickets (Economy Class) for a maximum of three undergraduate students from each university. Please note that University of Colombo will be purchasing the tickets for the three students.
2. Accommodation at a 5-star hotel in Colombo for up-to-six nights for the nominated three students from each university
3. Meals as specified in the draft program including dinner for 6 nights.
4. Local transportation during the program including airport transfers.
5. In the event that the students on waiting list are also selected to the Program, they will enjoy all the above mentioned benefits as well.

#### Registration for the AUA Youth Forum:

- University of Colombo invites AUA member institutions to nominate three undergraduate students from each institution. Each member university is also welcome to nominate up to two students on waiting list. In the event that there are unused quotas from other universities, the students on waiting list have a chance to get admitted to the AUAYF.
- Please kindly note that although sexual health is an important component to address for a holistic discussion on the chosen theme- 'health and wellbeing', the organising committee being respectful of sensitivities among some registrants, would offer the option of declining participation for this specific session, if they do so desire.
- Please kindly advise the nominated students to complete the online registration form at [\(Note from The International Exchange Group, UTokyo: The form and the due date will be announced to those who passed intenal selection.\)](#)
- For any further information regarding the program, the institutions or nominees may reach us via email: [auayfuoc@gmail.com](mailto:auayfuoc@gmail.com)



## 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