



Staff Development Centre University of Vavuniya, Sri Lanka

Training Session on “Mental Health”



Date: 23rd August 2023

Time: 1.30 pm – 4.30 pm

For whom: Permanent and Temporary - Academic and Academic support staff, Deputy Registrar / Students & Welfare Division, Proctor, Deputy- Proctor, Marsal, Sub-Wardens, Student Counsellors

Venue: Balakrishnan Block (BH3 &BH4),
Faculty of Business Studies,
University of Vavuniya,
Pambaimadu, Vavuniya

What will You learn:

- Understand what wellbeing is.
- Understand what mental health is and overcoming challenges.
- Understanding the path to a resilient and peaceful life that can benefit us.

Please give your willingness:

<https://forms.gle/armssrTxJZbeQTos8>

Medium: Bilingual

**Resource Person for
Tamil Medium**



Dr. S. Sivathas
Psychiatrist,
Teaching Hospital
Jaffna

**Resource Person for
Sinhala Medium**



Dr. Dimuthu Mahendra
Psychiatrist,
General of Hospital
Vavuniya

Organized by:

Staff Development Centre in
collaboration with Health
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Vavuniya
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