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ஜெனரல் சேர் ஜோன் கொத்தலாவல பாதுகாப்புப் பல்கலைக்கழகம்
General Sir John Kotelawala Defence University

රත්මලාන 10390 ශ්‍රී ලංකා.

இரத்மலானை 10390 ஸ்ரீ லங்கா.

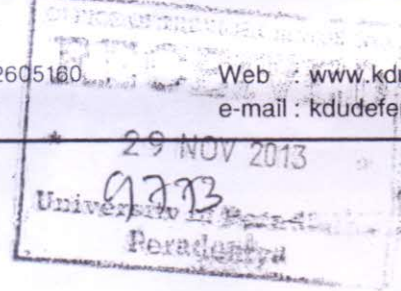
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KDU/MF/91

25th November 2013

Vice Chancellor
 University of Peradeniya
 PO Box 43
 Old Galaha Road
 Peradeniya.

Too late
All Decus.
for p/s.
06/12/2013

Acting Vice - Chancellor
 University of Peradeniya
 Peradeniya, - Sri Lanka.

① E mail to
 academe staff

② upwork to
 web

③ students
 NB.

ONE DAY WORKSHOP IN UNDERSTANDING AND MANAGING STRESS

Dean, Faculty of Medicine
 University of Peradeniya
 Peradeniya
 10/12

1. Faculty of Medicine, General Sir John Kotelawala Defence University is organizing a one day workshop on "Understanding and Managing Stress".
2. This is scheduled to be held from 11th December 2013.
3. Please make necessary arrangements to display on your faculty notice board.

Thank you,

M. H. J. Ariyaratne
Prof. MHJ Ariyaratne
 Acting Dean
 Faculty of Medicine



**Faculty of Medicine
General Sir John Kotelawala Defence University
announces for the First time**

**One Day Workshop on
"Understanding and Managing Stress"**

Date: 11 December, 2013

Time: 8.15 am - 4.30 pm

Venue: Faculty of Medicine, General Sir John Kotelawala Defence University

Workshop Content

- Introduction to Stress
- Biological and Physiological Basis of Stress
- Stress and Physical Health
- Stress and Mental Health
- Stress Management and Effective Resilience Building
- Creating a Personal Action Plan
- Reflective Exercises

Resource Personnel

- Prof Susirith Mendis (PhD, MBBS)
- Prof CG Hewage (MD, MBBS)
- Dr Neil Fernando (MD, MBBS)
- Dr .Namal Wijesinghe (MD, MBBS)
- Dr. Nishantha Kumarasinghe (PhD, MBBS)
- Dr. Pujitha Silva (PhD, BSc, Certified Life Coach)
- Mrs. Oshadee de Silva (MSc, BS(Hons))

Who can Participate?

- Health Professionals
- University Staff
- Military Personnel
- Undergraduate and
- Postgraduate Students
- Managers, Supervisors, Customer care, Human Resource Managers, Marketers
- And anyone who is interested.

How to participate?

- Space is limited for 30 participants.
- Registration fee Rs 2500/=
- Refreshments, lunch and working documents will be provided
- Certificate will be awarded after the completion

Please contact
Mrs. Oshadee de Silva to
register for the
workshop and further queries.
Mobile- 0778809985
Email- okdt42@mst.edu,
oshadeeds@kdu.ac.lk

- Registration on first come first basis.