



# MihinHEALTH

2<sup>nd</sup> Edition

News updates of the Department of Health Promotion  
October 2022



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### Senior Editorial Board

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## **Funded Projects**

### **Promoting adolescent wellbeing in North Central Province**

WHO/SEARO prepared has introduced District models to advance implementation of the adolescent health programmes and plans at district level with building the capacity of district managers aligning national goals. Purpose of this programme is to support district level implementation of the adolescent health programme aligned with national goals and priorities under the guidance of District Multi-Disciplinary Technical Advisory group at Anuradhapura and Polonnaruwa districts. The Department of Health Promotion, Faculty of Applied Sciences, Rajarata University of Sri Lanka is the contract partner of this project to provide the technical support. FHB, MOH, District health teams NYSC and other youth groups, WHO and UNFPA are other partners in this project.

### **Capacity Building of Field Officers of the Ministry of Women and Child Development**

The Department of Health Promotion submitted a bid and earned the opportunity to conduct a project of the State Ministry of Women and Child Development, Pre-school and Primary Education, School Infrastructure and Education Services. The project title is “Capacity building of field officers in women and child development units in selected district and divisional secretariats to empower the communities to improve their wellbeing”. The project aimed to enable families and communities to implement actions to improve their wellbeing through trained field officers in selected 25 villages within a period of six months from January to June 2022. The initial training of field officers was conducted in face to face mode separately in Colombo and Anuradhapura. Subsequent trainings were conducted via online platform and the project has been extended for another six months up to December, 2022.

### **Project with the World Food Program**

The Department of Health Promotion in collaboration with World Food Program, launched a project aiming to evaluate the benefits of a community-based health promotion intervention on improving nutrition and selected nutrition related aspects of community

members in areas of Moneragala, Mannar, Batticola, Matale and Mulativ from October 2020 to March 2022.

### **Community level social and behavior change communication, health and nutrition promotion activities – Funded by Save the Children**

The Department of Health Promotion completed a project on ‘community level social and behavior change communication/health and nutrition promotion activities: special focus on improving infant and young child feeding and increase male participation at the health and nutrition promotion’ in 24 Public Health Midwife (PHM) divisions of three Medical Officer of Health (MOH) areas: Kotapola, Pasgoda and Morawaka in Matara district in collaboration with Save the Children (2020 - 2021).

### **Healthy Setting Approach in COVID-19 response**

The Department of Health Promotion completed a project on the title of 'community engagement through healthy setting approach in COVID-19 response' in Alawwa MOH area. (2020 - 2021).

### **Project on “improving adolescents’ wellbeing” - Family Health Bureau, Ministry of Health**

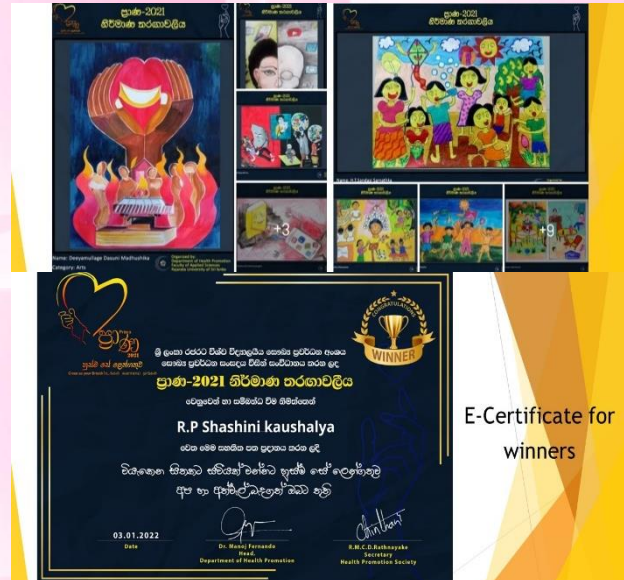
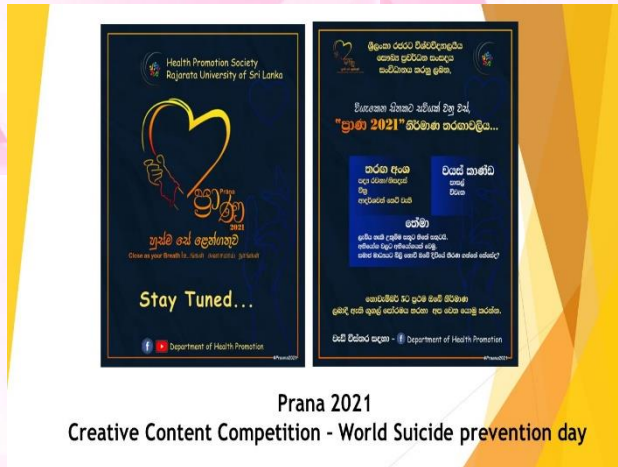
The Department of Health Promotion completed a project on “improving adolescents’ wellbeing in selected locations” with the collaboration of the Family Health Bureau, Ministry of Health (2020-2021).

## **Student Activities (Events, competition and conferences)**

### **“Prana” 2021 – Creation Competition conducted by the Health Promotion Society, Department of Health Promotion**

“Prana” was a competition organized by the Health Promotion Society of the Faculty of Applied Sciences focusing “World Suicide Prevention” day. It was an online competition aimed to increase the public awareness on suicide prevention and the theme of this year was “භූස්ම සේ ලෙන්ගතුව”. The competition was held in three types as writing poems, inspirational quotes and drawing arts under the given themes: ලැබිය හැකි හොඳම සතුව හිතේ සතුවයි, අභියෝග වලට අභියෝගයක් වෙමු, සමාජ මාධය වලට බිලි නොවී ඔබේ දිවියේ තීරණ ගන්නේ

කෙසේද? The completion mainly targeted, school students and social media users under two categories; school category and open category. A total of 125 creations were received from both categories and the best six creations were selected. The winners were awarded an e-certificate and a book.



## Publications

### 27th Annual Academic Sessions of the College of Community Physicians of Sri Lanka

This annual academic session was held virtually on 26 August 2022 at the Waters Edge, Battaramulla. Ms. Naradhi Badge, student from the Department of Health Promotion presented her abstract titled on “Feasibility assessment of an educational intervention to promote Home-Based Early Childhood Care and Development practices among mothers of children between 1 to 5 years in the tea estate sector, Kegalle district” under the category of e-poster.

## **Annual Scientific Session 2022, Nutrition Society of Sri Lanka**

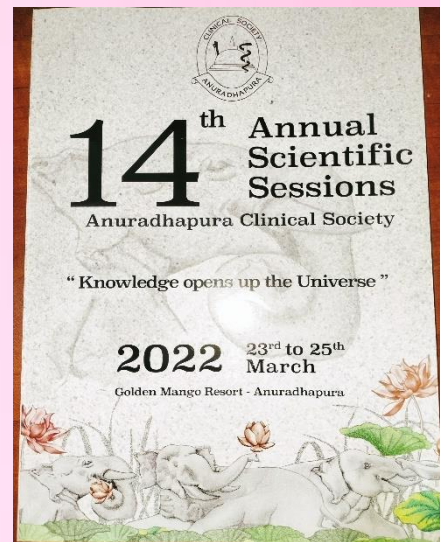
The conference was held virtually on 22nd and 23rd January 2022 and seven students from the Department of Health Promotion participated and presented their abstracts.

- “Addressing unhealthy dietary practices and improper lifestyles to reduce risk of NCDs by using health promotion approach in semi urban village, Anuradhapura District”
- “Empowering mothers to Improve Nutrition Status of under Five-year Children in a selected rural village in Anuradhapura District using Health Promotion Approach”
- “Improving healthy food practices within families during COVID 19 pandemic using Health Promotion approach”
- “Empowering a group of Women to Improve Their Decision Making Ability on their Dietary Practices in Sinna Pullchchi Potkerny, Mannar district, Sri Lanka, using the Health Promotion Approach”
- “Engaging selected families to identify the determinants of unhealthy dietary practices that increase the risk of NCDs in Kalalgoda area, Colombo District using the health promotion approach”
- “Empowering selected families to reduce the risk of Non-Communicable Diseases through better nutrition practices using health promotion principles in a rural village, Monaragala district in Sri Lanka during COVID 19 pandemic”

## **Anuradhapura Clinical Society, 14th Annual Scientific Session**

The 14th annual scientific session of the Anuradhapura Clinical Society was held on 24th and 25th March 2022 at Golden Mango Resort, Anuradhapura. Five students from the Department of Health Promotion presented abstracts on following titles.

- “Promoting sexual and reproductive health among youth at Technical College Anuradhapura using health promotion principles”
- “Health Promotion approach for initiating a discussion with young adults about negative impacts of social media on youth at ‘*Youwunpuraya*’ National Exhibition, Sri Lanka”
- “Effectiveness of an intervention to promote Home-Based Early Childhood Care and Development (HBECCD) practices among mothers of children between 1 to 5 years in the Tea Estate sector, Kegalle District”
- “empowering gem mining community to address the determinant of unhealthy dietary patterns using Health Promotion Approach”
- “Changing lifestyle practices to manage Type-2-Diabetes- Mellitus using a Health Promotion intervention: A study from Kebilewela, Badulla District”



### **134<sup>th</sup> Anniversary International Medical Congress 2021**

This conference was organized by the Sri Lanka Medical association and conduct virtually on 11<sup>th</sup> August 2021. Two health promotion students participated and presented abstracts.

- “Mobilizing shopkeepers to take measures to avoid passive smoking using health promotion approach”

- “Improving 'happiness: an aspect of mental wellbeing' among adolescents by using health promotion approach”

### **13<sup>th</sup> Asia Pacific Conference on Tobacco or Health-2021**

This conference was held on 3<sup>rd</sup> and 4<sup>th</sup> September 2021, Bangkok, Thailand. Two students from the Department of Health Promotion virtually presented abstracts.

- “Involving Selected Sri Lankan Military Corps to Reduce Tobacco Consumption within Camps: An Example for Application of Health Promotion Approach”
- “Initiating a discussion, nourished by health promotion approach with young adults, in 'Yowunouraya' national exhibition, Sri Lanka about tobacco smoking”

### **National symposium on Tobacco and alcohol prevention (NSTAP) – 2021**

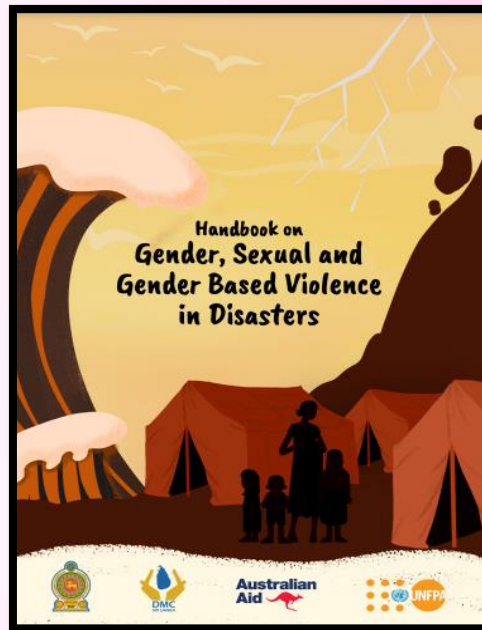
This national symposium was organized by National Authority on Tobacco & Alcohol and it was held on 26<sup>th</sup> November 2021 at Waters Edge, Colombo. Three students from the Department of Health Promotion presented abstracts.

- “An Analysis of Changes in Patterns of Substance Usage among Substance Users during COVID-19 Pandemic Period in Gampaha districts, Sri Lanka”
- “Exploring Knowledge, Attitude, Practices on Tobacco & Alcohol use among a group of university students”
- “Empowering Community to Address the Economic Impact of Tobacco Smoking by Using Health Promotion Approach in a Selected Rural Village in Anuradhapura District, Sri Lanka”

### **Handbook on gender, sexual and gender based violence in disasters**

‘Handbook on gender, sexual and gender based violence in disasters’ was developed by the Disaster Management Center (DMC) with the technical support of the United Nations Population Fund (UNFPA) and the financial assistance of the Australian Government’s Department of Foreign Affairs and Trade (DAFT). The lead author of this handbook was Dr. Manoj Fernando, Senior Lecturer in Health Promotion who served as the Senior Gender Consultant of the UNFPA. Formulation of this handbook is a key action of disaster

management sector of the national plan of action to address the concerns pertaining to gender, sexual and gender based violence during disasters.



## Grants

### Swedish Linnaeus-Palme Grant 2021

The Department of Health Promotion with the Sahlgrenska Academy, University of Gothenburg applied for Swedish Linnaeus-Palme Grant 2021. It is a competitive grant and won a sum of SLR 1.7 Million. This grant aims to support exchange programs between Gothenburg University and the Department of Health Promotion, Rajarata University of Sri Lanka.

### University Research Grant

Prof. Duminda Guruge, Mr. CP Senevirathne, and Mrs. KGPH Kandegedara, of the Department of Health Promotion have received university research grant for the following two research project.

- Prof. Duminda Guruge -2022

A health promotion intervention to address youth violence among students in a selected technical college in Matale district, Sri Lanka: A participatory action research



- Mr. CP Senevirathne -2021

Health promotion intervention to improve the physical and mental health condition of bus drivers in Anuradhapura: A pilot study

- Mrs. KGPH Kandegedara -2021

Academic engagement of school children during the COVID – 19 pandemic situation: Cross-sectional study in the Anuradhapura District

## Awards

### National Award

Mr. P.R.B.Wimukthi Dananjaya, a third year student of the Department of Health Promotion was selected to the top ten finalists of National Science Projects 2021 organized by the State Ministry of Skills Development, Vocational Education, Research and Innovation.

### Research Award-14th Annual Scientific Session of the Anuradhapura Clinical Society

Ms. S. P. Senevirathne, a fourth year student of the Department of Health Promotion won the second place in the poster presentation session in the 14th Annual Scientific Session of the Anuradhapura Clinical Society held on 24<sup>th</sup> and 25<sup>th</sup> March 2022 at Anuradhapura. Poster titled “Promoting sexual and reproductive health among youth at Technical College Anuradhapura using health promotion principles”.

### Research Award- Applied Sciences Undergraduate Research Symposium (ASUS)

Ms. Dilukshi Nawodani Soysa fourth year Health Promotion students was awarded as the best presenter for undergraduate research presentation under the health promotion discipline at the Applied Sciences Undergraduate Research Symposium (ASUS) held on 16<sup>th</sup> June 2022 at Faculty of Applied Sciences.



## **Appointments and Promotions**

### **Appointments of the Department of Health Promotion**

The Rajarata University of Sri Lanka appointed Prof. Diyanath Samarasinghe, as the Honorary Visiting Professor of the Department of Health Promotion in 2021. Prof. Samarasinghe, was a former Professor at the Department of Psychiatry, Faculty of Medicine, University of Colombo. Prof. Samarasinghe also served as a Honorary Professor at the Faculty of Medicine and Allied Health Sciences, Rajarata University of Sri Lanka. He was the Consultant of the Health Promotion study program during the initial five years after the commencement of the study program.

### **Appointment as the Head of the Department**

Dr. Manoj Fernando, Senior Lecturer in Health Promotion has been appointed as the Head of the Department, Department of Health Promotion, Faculty of Applied Sciences, Rajarata University of Sri Lanka since 2021.

### **Promotion**

Dr. Duminda Guruge, Senior Lecturer in Health Promotion has promoted as the Professor in Health Promotion and he is the first professor in Health Promotion.

### **Appointment as the Chief Student Counselor**

Dr. Manoj Fernando, Senior Lecturer in Health Promotion has been appointed as the Chief Student Counselor, Rajarata University of Sri Lanka since 2022.

### **Appointment as the Career Guidance Coordinator**

Mrs. Parween Reyhal has been appointed as the Career Guidance Coordinator, Faculty of Applied Sciences since 2022.

### **Appointment as the IQAC Coordinator**

Mr. Chamil Senevirathna has been appointed as the Internal Quality Assurance Coordinator, Faculty of Applied Sciences since 2022

## Department News

### **Visit University of Gothenburg, Sweden**

The School of Public Health, Institute of Medicine, Sahlgrenska Academy, University of Gothenburg invited to discuss the collaboration and renewal of the existing of bilateral agreement between Rajarata University and University of Gothenburg. Hence, Dr. Duminda Guruge and Dr. Manoj Fernando visited University of Gothenburg from 31 st August to 13 th September 2022.

### **Internships**

#### **International students attached to the Department of Health Promotion**

Under the internship programs of the Department of Health Promotion, Faculty of Applied Sciences, two students from Sweden and Australia have completed their internships in 2021 and 2022.

- Ms. Satu Susanna Lätilä, from the Master of Global Health program at the Sahlgrenska Academy, University of Gothenburg, Sweden, completed a ten weeks' internship. Initially the programme was delivered through online mode from 3<sup>rd</sup> to 30<sup>th</sup> November, and then she joined the faculty from 1<sup>st</sup> December, 2021 to 16<sup>th</sup> January, 2022,
- Ms. Christine Joyce Awuor, from the Master of Global Health Program of the School of Public Health of the University of Sydney, completed a six weeks placement attached to the Department of Health Promotion.

### **Other**

#### **“*Vishwa Parami*” Scholarship Program of the Department of Health Promotion**

“*Vishwa Parami*” Foundation is a charity organization established in Sri Lanka for supporting individuals with financial difficulties. This foundation agreed to offer scholarships to students who are following the BSc in Health Promotion with economic hardships. By-laws for the scholarship program has been approved by the Faculty Board. Minimum of two students will be selected and will be provided a monetary value per month

until the completion of the degree program. The initial round of scholarship was offered to two students in February, 2022.

## Faculty wide news



### **Applied Sciences Undergraduate Research Symposium (ASURS)– 2022**

ASURS-2022 was conducted by Faculty of Applied Sciences in 4<sup>th</sup> time in this year. It was held on 16<sup>th</sup> of June 2022 at the faculty premises to provide an opportunity for the undergraduate students to publish their research findings and communicate scientific ideas in a professional environment.

Five students of 2015/2016 health promotion batch were presented their undergraduate health promotion researches and their presentations were evaluated by expert panel whom from community physicians, Faculty of Medicine and Allied Health Sciences.

### **Widening the social networks to improve social wellbeing among undergraduates of Rajarata University of Sri Lanka using Health Promotion Approach**

Social wellbeing is one of the important components in health and wellbeing. It can be referred as the ability to make and maintain relationships with others by being respectful and loving. It is also about staying happy and comfortable with the surrounding. As undergraduates it is hard to adapt to the new environment at once and face problems while building new links at the beginning of their university life.

This study was conducted by health promotion students and their aim was to improve social wellbeing. It was done by using Health Promotion Approach to widening social networks of undergraduates. It was done with seven undergraduates of Health Promotion in Rajarata University with their voluntary participation. Determinants for the extent of their social network were identified by participants through focus group discussions. A poor lovable and healthy relationship with each other was prioritized by participants, as a major determinant that affect social wellbeing and it was addressed through an innovative tool called 'Social Profile Tool'. To measure the progress of the process, four different indicators were developed by them. They are number of friends, number of trustable and lovable relationships, number of relationships that bring happiness and number of relationships with other races. The progress of activity was evaluated by undergraduates themselves and drafted the results as a map of social networks at the end of each month. Pre and post data regarding the extent of social network were collected using the 'Social Profile tool' and analyzed at the end. According to the results undergraduates were able to improve trustable and lovable relationships by 19.28%, number of friends by 26.71%, relationships that bring happiness by 16.28% and relationships with other races by 11.14%. Based on the results we can conclude, health promotion intervention which was carried out using a simple tool is effective in improving the social wellbeing among undergraduates.

**Article by: B.H Fonseka - K. Kavishalinie, L.D. Hettiarachchi, S. Janarthana, N.W.J.C. Rashmadu, H.M.L Ashoka, G.A.J.K.S Godakumbura -2017/2018 Batch**

## **Handle Emotions and Be Successful in Your Daily Life**

An emotion is a feeling such as happiness, love, fear, sad that can be triggered by our surroundings or the people around us. Always we feel both positive and negative emotions naturally. These emotions affect our daily life positively or negatively. Although we cannot control the emotions we feel, we can control what to do with these emotions. Most of the negative emotions can make us feel overwhelmed, anxious, tired, or stressed. People who have plenty of positive emotions in daily life tend to be happy, healthy, learn well, interact well with others and build their resilience. So, managing positive and negative emotions in daily life is the path to success in our daily life and career life.

As a health promotion facilitator, I initiated a health promotion intervention with five families and twenty members. After getting initial discussions, they realized most of them were not mentally healthy because of a lack of power to handle emotions in daily life. As the first step, increased their understanding and enthusiasm towards this intervention. After that, they identified the determinants that affect lack of handling emotions. Then developed indicators according to the SMART concept to measure the progress throughout the process. Different activities were implemented to improve their skills to handle emotions. As activities, participants suggested happiness calendar, mood diary, and mood scale. Before initiating the process, their opinions were gathered and analyzed these qualitative data to find the baseline. After few months changes about their level of managing the emotions were identified in the same mechanism.

The following statements show the feedback from participants on changes in their lives throughout this process. These statements show how people monitored their changes themselves and how they felt their changes positively.

“Earlier when I feel anger, I blame everyone with me. After I understood it is harmful to my overall wellbeing. Now I feel anger I do some activities like drawing, listening to music like that.”

“Before when I feel sad about something I enjoyed alcohol. But now when I feel sad, I discuss with my wife or a friend and solve my problems without enjoying alcohol.”

Handling emotions is a subjective aspect. Some people did not show their emotions to others and tried to show they were fine. So, it was very difficult to get responses about their negative emotions. But most people liked to share positive emotions with others. Some people managed their short time negative emotions very quickly but other people suffered mentally from these negative emotions. Stress, road traffic accidents, lack of self-confidence, sexually transmitted diseases, NCD risk, suicidal behavior could be caused by these negative emotions. In conclusion, managing emotions is very important in improving the overall wellbeing of a person.

**Article by U.A. Nuwani Kavindya - 2018/2019 Batch**

## **Empowering selected families of a rural community to provide proper nutrition for children; A health promotion intervention during COVID pandemic**

Since meeting proper nutritional requirements during the childhood may impact the better health and wellbeing of a child by reducing future health risk conditions it was clear that it's important to empower the families to provide a proper nutrition for their children. Therefore we designed and implemented a health promotion intervention with the aim of empowering some selected families to provide proper nutrition for their children. This intervention was carried out for 6 months with 33 families in 4 villages of a selected *grama niladhari* division in the *Monaragala* district.

The intervention was done during the COVID lockdown period and online mode discussions were conducted as it was difficult to reach the study population physically. Communities were engaged through existing connections. *Grama Niladhari* of the area, development officer of the area and the children societies of the village were contacted via phone calls. Importance of giving children a proper nutrition in the younger age was discussed through online group discussions. Main determinants affecting the poor nutrition of children were identified through the online discussions with the families. Identified determinants were listed and clarified to prioritize the most important and common determinants. High use of junk food and unwillingness of children to take nutritious foods were identified as the main determinants. To maintain the enthusiasm of the community success stories of health promotion interventions on improving child nutrition were shared with the community. Community was guided to design and implement the activities to address the identified determinants. To maintain continuous engagement, families were contacted via phone calls and zoom platform according to the feasibility of each study participant.

Data was collected regularly through focus group discussions done in distance mode. Results were recorded by the facilitators and the changes were analyzed through descriptive statistics and thematic analysis. Mothers reported that they started using fresh fruits & vegetables instead of processed foods and milk powder consumption was



reduced after the intervention. 87.9% (n=29) of families reduced junk food use and 39.4% (n=13) of families introduced a powder called “*Vibhaga Pohora*” made by dried drumstick leaves and sprat heads to increase the iron content and the food taste. Families were empowered to prepare nutritious foods by cereals like “*Kurakkan*” in an attractive way. The use of bakery products among the study population was reduced.

Analysis of data gathered and the community perceived changes showed children’s proper nutrition and good dietary practices were improved through the above health promotion intervention. It can be concluded that the health promotion intervention was successful on empowering selected families to provide proper nutrition to children.

**Article by M. Dinithi Tharuka Mendis, R.M.C.D.Rathnayake, D.Ranasinghe,  
M.M.R.P.Weerathunga, P.Dineshkumar, P.N.Perera, M.Komaladevi, M.G.Fernando,  
2017/18 batch**

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## **Using health promotion approach for empowering families in a semi urban area to address the selected determinants of non-communicable diseases during the COVID-19 pandemic**

Non-Communicable Diseases (NCDs), currently become a major threat to the health and wellbeing of people worldwide with the COVID-19 pandemic. Due to the COVID-19 pandemic situation people were restricted to go outside from their houses unnecessarily and they were asked to stay home in order to reduce the spread of disease. Because of the current pandemic situation people were leading more sedentary and monotonous lifestyle. With this sedentary lifestyle, the poor dietary patterns of people and lack of concentration on their overall wellbeing have caused. Due to these unhealthy habits the risk of getting non-communicable diseases also increased among the people. Therefore it is important to empower the community to reduce the risk for NCDs.

This study was aimed to empower the community for identifying and prioritizing the determinants of NCDs and addressing selected determinants at the family level using the health promotion approach.

The study was carried out for 6 months with 12 families in a semi urban area. A discussion on NCDs risk with the COVID-19 pandemic was initiated and determinants for NCDs were identified through several focus group discussions. Unhealthy dietary practices and lack of exercise were the determinants prioritized by the community based on the criteria; willingness, easiness to change and lesser time taken to detect the changes. Then they were guided to design activities to address the prioritized determinants. During the pandemic period, the process was followed up and monitored through phone calls. The changes were analyzed using descriptive statistics and thematic analysis.

The activities they implemented included, changing their food plate in to a flat small plate, small spoons to reduce the excessive amount of rice that they eat, changing container bottles of sugar, salt and oil into small ones and marking a scale on the oil bottle. They engaged in home gardening and increased the time spent on daily exercises. They marked their changes on the 'happy kitchen calendar' using happy moods. According to the analyzed results of the 'happy kitchen calendar', all 12 families have reduced the

consumption of sugar, salt and oil by 58%, 66%, and 56% respectively. With home gardening, exercising hours also have been increased. As qualitative measures, they have improved their knowledge and attitudes regarding the reduction of NCD risk. The community members have improved their skills on reducing their oil, sugar and salt consumption.

Based on the results obtained by the community members and their comments it can be concluded that the health promotion approach was successful in addressing the selected determinants of NCDs.

Unable to conduct physical negotiations due to the pandemic and the other priorities of community members were identified as the main obstacles during the process. In order to address these obstacles, all discussions were carried out through phone calls (distant mode communication methods) and at feasible times without disturbing their day- to- day activities. And all the activities were planned according to the willingness of the participants.

*This is a published article in NSSL Annual Scientific Sessions, The Nutrition Society of Sri Lanka 2022*

**Article by R.M.W.N. Rajapakshe & S.Janarthana – 2017/2018 Batch**

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## **Empowering selected families of Sri Lanka to improve the family happiness; A Health Promotion intervention**

Taking care of emotions is the key to be happy. It's important to practice the way of taking care of mental and emotional health to be a happy human. It's important to maintain the achieved improvement in happiness and to sustain.

This was a part of a long term study to improve some aspects of overall wellbeing of families at community level. Study aimed to improve the family happiness of some selected families in selected areas of Sri Lanka during the COVID 19 pandemic lockdown, using the health promotion approach. Study was done with 15 conveniently selected families in Hambantota, Matara and Ratnapura districts.

Families were engaged by facilitating continuous discussions in a distance mode. From the components of mental wellbeing, community agreed to address happiness and initial happiness status of families was marked. The determinants behind the marks given were identified through individual discussions and clarified through group discussions with the help of the facilitator.

Depending on the ability to address and the need of the community, lack of contentment and lack of time to interact with family were prioritized. To maintain continuous and active engagement of the community, regular discussions were taken through phone calls, zoom and WhatsApp as feasible to the community.

Community was empowered to design different activities to change the prioritized determinants and indicators were created to keep track of the change of each determinant. "Mama saralai" tool and "Happy Till" was designed by the community to address lack of self-contentment. To improve the interactions and the understanding with family, the quality time spent with family was increased and positive changes were obtained in the quality of relationships.

While continuing activities, community members marked a "Mood Chart" according to the scale created by them. "Rainbow Tool" was marked weekly by community to assess the changes in their happiness.

Through analysis of data, it's evident that family happiness and quality of family relationships of study population were improved compared to the baseline. Community perceived changes showed that community members improved understanding and skills of handling their emotions and could achieve healthy family relationships. It was evident, improved understanding between family members has been resulted in improving their family happiness through the intervention. Hence, the Health Promotion Approach is an effective method of approaching lay communities for improving family happiness and building up healthy relationships within the family.

HAPPYNESS						
Smiles	Cries	Thoughts	Sensations	Actions	Mood	Thoughts/Actions
Dec 1	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 2	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 3	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 4	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 5	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 6	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 7	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 8	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 9	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 10	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 11	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 12	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 13	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 14	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 15	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 16	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 17	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 18	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 19	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 20	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 21	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 22	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 23	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 24	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 25	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 26	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 27	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 28	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 29	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 30	😊	😭	🤔	👉	😊	😊😊😊😊😊😊
Dec 31	😊	😭	🤔	👉	😊	😊😊😊😊😊😊

Figure 1- Mood Chart



Figure 2 - I am Simple Tool / "Mama Saralai" tool

**Article by M. Dinithi Tharuka Mendis - 2017 / 2018**

## **Coping with emotions in daily life is the path to success!**

Life is full of ups and downs. Happiness is the ultimate goal an individual seeks in lifetime. It's a state of emotional wellbeing characterized by feelings of joy, satisfaction, contentment and fulfillment. When a person is not mentally satisfied with his emotions, it is a state characterized by feelings of sorrow, loss and emptiness. To be mentally healthy, both negative and positives of the life should be managed. That makes us shine by adding colors to our lives.

Being emotionally healthy does not mean we are never sad or frustrated. Though the situations get worse than ever, and if a person can still handle all the negative experiences healthily without altering daily chores, that person has achieved an important milestone in their way for a successful life. Do not hesitate to ask for support. Support matters a lot to deal with emotional traumas. Also, practice gratitude in life. Show humanity. Collect new experiences. Be open to new points of view.

- If you are passionately curious about things you are doing,
- If you are not afraid of sharing your feelings with loved and trusted ones appropriately,
- If you have practiced noticing and facing emotions,
- Yes! You have started working on and achieving emotional wellbeing, a path to success in your life.

To achieve good emotional health, one can cultivate a positive mindset. We may not always meet the positive, favourable circumstances. However, it's always possible to see positivity in every; try to keep a simple smile, whatever the situation is. It has been proven that smiling does make us happier.

There are so many strategies to maintain emotional health. One can keep trying on the below traits to treat oneself to be emotionally satisfied. "Stay peacefully. Always try to be the peacemaker. Stay calm and spread kindness all over. Stay grateful for things you have in your life. Accept healthy situations thankfully. Be optimistic wherever you go. Keep the positivity, smile, laugh and enjoy your life. Stay connected with the people who

support you to grow and heal. Be determined towards anything you do. Keep your goals locked and at the first place. Live intentionally. Define your own purpose. Balance your work. Keep traveling, keep working, keep enjoying. Stay strong. Hold the best attitude, best effort and the best character. Stay hopefully. Keep up the confidence. Trust the hope of achieving good things". The above traits defined by Dr. Hal Bauchamchen show the path to good mental wellbeing.

"We all have good days and bad days." The reality is, every person deals with different mental traumas and emotional swings daily. Managing all our emotions is integral for living a balanced life. It nourishes the relationship with yourself and with others too. Therefore, prioritize the mental and emotional wellbeing, along with physical and social wellbeing too. Try to be mindful and live the moments. It will lead the life along the path to success.

**Article by M.Dinithi Tharuka Mendis – 2017/2018**

## **Is your home environment affects the cognitive development of your children?**

The core concept of ECCD is the key to a fulfilling and productive life for a child to the progress of a nation. Research has shown that half of a person's intelligence potential is developed by age four which will be ever last on intellectual personality and social behavior. We started our process by raising the question to the parents "whether the money you earn can comfort your child?". The majority of them answered, "up to some extent, it's yes but not fully or permanently". This answer highlighted that even though the parents have the idea of ECCD but the lack of guidance ruled in their minds. We highlighted that the small investment of time in ECCD practices leads to the luxurious life that you were expecting for the child.

This study was conducted with a women group of more than twenty-five years of age. A process was initiated with small groups of women based on Health Promotion principles through picturizing the ECCD videos. As the initial step to the intervention dream concept was developed with the participants and it explained the dream environment which expects to build for their child. Then the discussion was directed to identify the probable determinant of child development. Through referring to the articles, the probable determinants were noted down. The probable determinant and the literature review help to give a clue to them 'whether these determinants also affect the cognitive development of the children '. After that, identified the interaction between the determinants through the checklist, discussion, action, and observation. The identified determinants were lack of knowledge, more workload, not enthusiasm, lack of support from husband, financial challenges, and lack of ideas. Strategies of the problem tree method, determinant web, and iceberg methods were used to clarify the structural determinants and their interaction with the other levels. After listing out the determinant, it was prioritized according to the significance, time frame, and severity of that issue. After listing out the prioritized determinants deciding which were interested to address them through mutual agreement. Community members were capacitated to identify and prioritized the determinants of their poor ECCD practices. Prioritized determinants were addressed through planned community-based interventions developed with them. More than 90% of study

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participants selected “poor knowledge in ECCD” and “Lack of supportive” as prioritized determinants of their poor ECCD practices to address initially.

As a Health Promotion Facilitator, already existing community examples were shared among the mothers' group and one of the examples was “Feeding the five senses”. It conveys the message to convince parents about the need for early stimulation. So the stimulation can be given in five ways. Such as by looking/seeing, hearing, tasting, touching/ feeling smell. 40% of participants developed a “stimulation book” that shows the stimulation made by family members. Even the tool can be used to convey the concept of baby rooms/child corners. The room which was decorated with pictures, shapes, and colors can help for the five senses stimulation of the child. Due to that 50% of mothers were doing the baby room to improve the child’s performance. The decoration includes luminous objects which attract the child. Even the "child diaries" can be used to record the food item given and the range of early childhood stimuli provided to their children during the day. As a result of these interventions, 20% of individuals reduced consuming junk foods and increased their intake of homemade food. Progress monitoring was done by the women themselves using indicators developed with the facilitator.

There were some strengths and opportunities to the process and faced different types of obstacles in moving forward. While designing and implementing activities with the community, the COVID-19 pandemic situation obstructed the process. It caused us to reduce the speed of our process to a considerable level. Community members were contacted through phone calls and facilitated suitable interventions. Throughout the process involved the community to make enthusiastic. The assigned volunteers disseminated the facilitations to other family groups. To improve the effectiveness of our facilitations, WhatsApp groups were created. As a strength of this process, the platform gives the best learning opportunity for increasing health promotion facilitation skills. Unexpected lockdown due to the COVID-19 pandemic is a major problem during the intervention. When conducting intervention through mobile phones interaction with the community was low.

**Article By - K.Kavishalinie -2017/2018**

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## **Empowering a rural community to reduce Non-Communicable Diseases by addressing selected determinants using distant mode methods during COVID -19 period**

Non-communicable diseases (NCDs) also known as chronic diseases are non-transmissible diseases of often long duration. People with underlying health conditions, such as non-communicable diseases including cardiovascular diseases, diabetes, and cancer, have a higher risk of severe COVID -19 disease and are more likely to die from COVID- 19. Risk factors for NCDs can make people more vulnerable to becoming severely ill with COVID-19.

During the COVID -19 pandemic period, we had an opportunity to work with a community in a Monaragala district within 6 months. Due to transportation restrictions in the country, we did health promotion intervention with that community using distant mode methods like phone calls, WhatsApp chats, and zoom discussions. The health promotion intervention was conducted among 30 families in a selected village. To improve their knowledge about NCDs and what are the determinants causing NCD risk we share videos and previous success stories. With our facilitation, they could identify high consumption of sugar, salt, and oil as the major determinants.

To reduce the amount of salt consumption, people started to allocate salt powder spoons according to their family members. For an example when 4 members in a particular family, before preparing the meals to eat mother allocates one salt teaspoon for one family member. to 4 family members, allocate 4 salt teaspoons into a small cup, and used them for meals prepared throughout the day. If they could use only that allocated salt, their salt consumption was at a good level.

To reduce sugar consumption, they could reduce sweet consumption like biscuits, buns, and the number of sugar-adding tea cups per day. They practiced not adding sugar to tea and use a small quantity of sugar taken to their palms to drink tea. because they identified when they mixed the sugar with tea, they had no idea about how many sugar spoons they added to the tea.

To reduce oil consumption, they practiced using oil spray bottles and pasting a measuring tape on the side of the oil bottle. People noted the number of times they bought oil and after they practiced to reduce that amount.

The story of this health promotion intervention can be considered a good example to show how the health promotion approach can be effectively used to reduce Non-Communicable Diseases by addressing selected determinants using distant mode methods during COVID -19 period.

**Article by: Shashini Liyapathirana, 2017/2018 batch**

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