



**Proceedings**  
**of**  
**Jaffna Science Association**

**Volume: 27**

**No: 01**

**Abstracts of Research Papers**  
**Twenty Seventh Annual Sessions**  
**22 October 2020**  
**Jaffna, Sri Lanka**

Proceedings of Jaffna Science Association, Vol. 27, No. 1

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**ISSN: 1800-1289**

Jaffna Science Association (JSA) is a Company Limited by Guarantee

Registration No: G/L/2427

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## HEALTH PROMOTION IN JAFFNA UNIVERSITY FIELD PROJECT AREA

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Health promotion enables people to increase control over their health and can reduce health inequalities, while utilizing health resources effectively. The primary objective is to enable people to increase control over their health through conducting health awareness programs. This community outreach programs were designed by Family Health Centre (FHC), Department of Community and Family Medicine, University of Jaffna and conducted with the partnership of other organization during the year of 2019 in the University Field Project Area (UFPA):

- 1) The Learn Lead Life (LLL) Program for school students -in partnership with Jaffna Medical Association (JMA) and Ministry of Education /Northern Province;
- 2) University Student Well-being Awareness Program for university students - in partnership with Well-Being (WeBe) Centre, University of Jaffna and Jaffna Medical Faculty Overseas Alumni (JMFOA)- Australia ;
- 3) Community Awareness Program on Non Communicable Diseases (NCDs) for general public - in partnership with Jaffna Diabetic Association and Green Memorial Hospital, Manipay; and
- 4) Clinic for special need children and their families -in partnership with Green Memorial Hospital, Manipay

There were 10 school students LLL sessions, 11 University Student sessions, 29 general public awareness sessions and 10 special need children sessions carried out. In total, around 2215 number participated in the health promotion activities. An effective partnership with relevant stakeholders in relation to health promotion were established. A mechanism for delivering continuous health promotion were identified and successfully practiced. In future the above mechanism should be evaluated and improved through iterative process.

**Keywords:** community outreach, health promotion, well-being