



# Staff Development Centre

University of Jaffna, Sri Lanka

Website: <http://www.unit.jfn.ac.lk/sdc/>

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## Announcement

### Workshop on Prevention of suicide

<b>Target group</b>	<b>Student counsellors and staff of the University of Jaffna and other HEIs.</b>
<b>Date &amp; Time</b>	<b>7<sup>th</sup> of March 2020</b>
<b>Venue</b>	<b>Library Auditorium, University of Jaffna</b>
<b>Objectives</b>	<p>To learn the fundamentals of emotional intelligence, mindfulness, neuroscience</p> <p>To gain practical strategies to bolster your resilience, attention, optimism and manage your stress.</p> <p>To learn stress-management skills</p> <p>To relax and restore with activities designed to rejuvenate.</p> <p>To learn what research says about how emotional intelligence training and mindfulness can impact well-being, people behaviour and achievements.</p> <p>To learn how tools such as social connections, gratitude, forgiveness and kindness increase happiness</p> <p>To learn how to apply positive psychology strategies to cultivate more happiness in individuals and organisations</p>
<b>Learning Outcomes</b>	To discuss how both personal and professional lives are positively transformed through EI and meditation practices.
<b>Modes of training</b>	The program will be a blended learning experience of a facilitator-led presentation, individual and group activities, and experiential learning where attendees will be required to participate.
<b>Closing date for registration</b>	<b>28.02.2020</b>
<b>Facilitator</b>	<p><b>Mr. Lalith De Silva, Former Group CEO of Sri Lanka Telecom &amp; Director at “Mithiro Mithiro” an organization focuses on Drug Addict Rehabilitation</b></p> <p>Ms Kumudini De Silva, Chairperson - Sumithrayo</p> <p>Ms Hema Ranatunge, Deputy Chairperson - Sumithrayo</p> <p>Ms Rajanie Balakrishnan, Director - Outreach Unit</p> <p>Wazira &amp; Rany [Volunteers, Colombo]</p> <p><b>ABOUT SRI LANKA SUMITHRAYO</b></p> <p>Sri Lanka Sumithrayo is a government approved charity founded in 1974, by late Mrs. Joan De Mel and was incorporated by Act of Parliament No.10 of 1986. Sri Lanka Sumithrayo are registered members of Befrienders Worldwide and function as a non-political, non-religious organization focused on providing emotional support to help those at risk of suicide.</p>



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## Programme

<b>8.30 – 8.50 am</b>	<b>Registration</b>
<b>8.50 – 9.00</b>	<b>Welcome the participants</b>
<b>9.00 – 10.00</b>	<b>Awareness of Suicide Prevention by Sri Lanka Sumithrayo</b>
<b>10.00 – 10.30</b>	<b>Emotional Intelligence</b>
<b>10.30 – 10.45</b>	<b>Tea Break</b>
<b>11.00 – 12.30</b>	<b>Emotional Intelligence [contd/...]</b>
<b>12.30 – 1.00</b>	<b>Lunch Break</b>
<b>1.00 – 3.00 pm</b>	<b>Neuroscience and Science of Happiness</b>
<b>3.00 – 3.15</b>	<b>Tea Break</b>
<b>3.15 – 5.00</b>	<b>Neuroscience and Science of Happiness [Contd/...]</b>

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### **PROFILE of the presenter**

Mr. Lalith, a recognised ICT and Business executive, commenced his engineering career at IBM in Sri Lanka and continued his career with IBM Australia. He has held several key positions such as Group CEO of Sri Lanka Telecom (SLT), Board Director Sri Lankan Airlines, Board Director/CEO Mobitel (Private Limited), and Senior Advisor to Saudi Telecom. Lalith is an experienced business executive with over three decades of extensive international private sector experience spanning across a wide range of industries.

Lalith is a Fellow of the Institute of Consulting (FIC) of UK, Fellow of Australian Institute of Management & Leadership (FAIML), a Graduate of Australian Institute of Company Directors (GAICD), and a Member of Project Management Institute in USA (MPMI). He was the Founder Chairman of the Project Management Institute, Sri Lanka and United Lanka Forum in Riyadh, Saudi Arabia. He is a trustee of Light Of Asia Foundation, Sakya Kingdom Trust and Executive Council Member of Vidyalkara Pirivena, Kelaniya, and was a Board member of Sri Lankan International School in Riyadh, Saudi Arabia and Bakeer Marker Centre for National unity in Sri Lanka, Australian Computer society, Canberra.

He has presented on the science of happiness and Emotional Intelligence to audiences worldwide.

Since his childhood, Lalith has been passionate about assisting individuals and organisations to serve humanity.

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