



WORLD FEDERATION  
OF NEUROLOGY

# **WORLD BRAIN DAY 2024**

**Program by the Association of Sri Lankan Neurologists**

The Association of Sri Lankan Neurologists celebrated World Brain Day 2024 declared by the World Federation of Neurology under the theme “Brain Health & Prevention: Protecting our Future”

In line with the objectives declared by the WFN for this year, we wanted to empower the public to understand and practice preventive neurological care so we can forge a healthier future for all.

We organized a series of activities with the aim of promoting brain health and improving the understanding of neurological disorders among the public.

We selected the following major topics: Brain Health, Epilepsy, Dementia, Stroke, Disability, and Rehabilitation as those were identified to be the common conditions where we could have a significant impact on the neurological health of the community.

Stated below is an overview of the key initiatives undertaken by us for “World Brain Day” for the year 2024.

We acknowledge our partners National Stroke Association of Sri Lanka, Sri Lankan League Against Epilepsy, Health Promotion Bureau, the Department of Immigration and Emigration, the Commercial Bank, Mental Health Directorate of the Ministry of Health, and the Lankadeepa Newspaper whose support made our endeavors achievable.

## 1. Media Briefing at the Health Promotion Bureau of Sri Lanka

A media briefing was conducted at the Health Promotion Bureau which mainly focused on key areas such as Brain Health and Stroke. These neurological conditions represent significant public health concerns demanding heightened awareness and preventive measures. The briefing aimed to underscore the importance of early detection, treatment, and lifestyle modifications in mitigating the impact of stroke and promoting overall brain health. The Discussion generated significant interest, with lively question-and-answer sessions involving numerous media personnel. Key messages from the event were widely disseminated through news clips aired on major television channels, gathering substantial viewership.



## 2. Awareness Program at the Department of Immigration and Emigration.

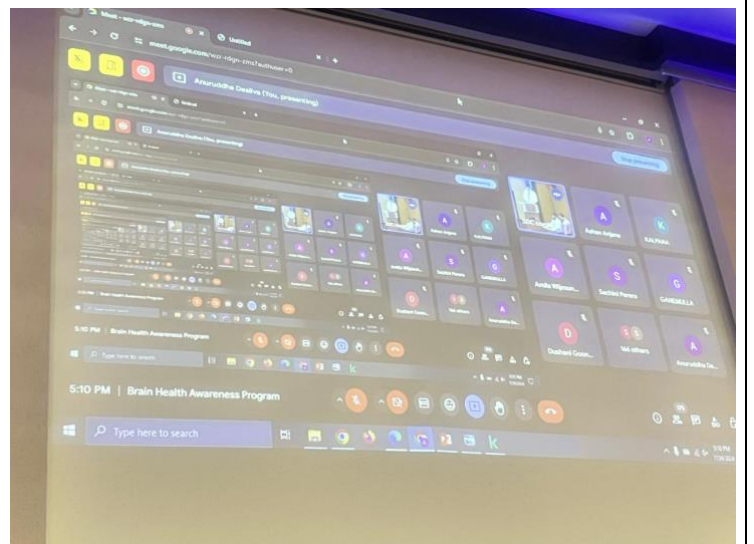
Given the significant stress levels experienced by Sri Lanka's workforce, we identified this group as a key target for brain health education. We were able to conduct a successful program at the Department of Immigration and Emigration, mainly focusing on key areas such as Stroke, Brain health, Dementia, and Disability.





### 3. Awareness program at the Commercial Bank.

Recognizing the banking industry's high-stress nature, we organized an awareness program at Commercial Bank, which is one of the leading banks in the country. We were able to address the potential neglect of personal health amidst professional demands. The program was met with great enthusiasm and was subsequently broadcast to other branches through a Zoom platform, ensuring wider reach and impact.





#### 4. Training of Trainers Program at North Central Province

A Two-day workshop on brain health and prevention was conducted for Focal Point Medical Officers from the North Central Province. The training aimed to equip them with the necessary knowledge and skills to effectively educate the community about brain health. Key topics covered included brain health, dementia, stroke, epilepsy, and rehabilitation. By empowering them, we anticipate a significant impact on community awareness and preventive measures for neurological disorders in the region.





## 5. Educational Initiatives in Schools

In order to instill neurological health awareness from a young age, we held a “Brain Health Program” at Seevali Central College, Ratnapura, where we educated them on Brain Health and the Neuroscience of learning, Epilepsy, and living with a disability. The feedback we received from the Teachers and the students of the school has been overwhelmingly positive.



## 6. Awareness program for Public Health Midwives

Our brain health awareness program for public health midwives in the Ratnapura district was a resounding success. Through interactive workshops and engaging presentations, we equipped these frontline healthcare workers with essential knowledge about brain health, and Epilepsy including preventive measures. The participants showed a keen interest in learning, enabling them to better identify and address potential issues within their communities. By empowering these midwives to promote brain health, we have strengthened the capacity of the healthcare system to provide comprehensive care for individuals of all ages.







## 8. Leaflets on Brain Health

To enhance accessibility and promote wider dissemination of brain health information, the Association of Sri Lankan Neurologists developed informative leaflets outlining practical steps to improve brain health. Recognizing the linguistic diversity of the country, these leaflets were translated into both Tamil and Sinhala languages to reach a broader spectrum of the population.

**Engaging in activities that relax the mind, such as meditation**

- Mind-relaxing activities like meditation and yoga help brain health.
- Research has shown that regular meditation practice can lead to structural changes in the brain, particularly in areas related to attention and memory.

**Improving social relationships**

- Strong social connections are an essential factor in maintaining a high level of brain health.

**Brain Health**

- How much do you know about brain health?

Association of Sri Lankan Neurologists

**Why should we improve brain health?**

- It can improve mental and physical health.
- It has the potential to have a positive social and economic impact

**How can we improve brain health?**

- Stimulating the mind
- Eating balanced meals
- Exercising
- Getting enough sleep
- Abstaining from alcohol/drugs/tobacco
- Engaging in activities that relax the mind such as meditation.
- Improving social relationships

**Stimulating the mind**

- Regularly engaging in activities that stimulate and challenge the mind, such as learning new skills or languages and solving puzzles, can keep your brain active.

**Eating balanced meals**

- Following a balanced and nutritious diet is very important for brain health. Include fruits, vegetables, whole grains and healthy fats (Omega-3 found in fish) in your diet. Limit consumption of artificially processed foods and foods high in sugar.

**Getting enough sleep**

- Sufficient sleep is necessary to bring the brain back to optimal condition after being strained by daily activities.
- Adequate sleep supports brain cell repair and memory formation, as well as maintenance of neural connections. Sleep is essential for overall brain development and maintenance.

**Exercising**

- Exercise contributes to the health of your body as well as the health of your brain.
- Adults should engage in 150 minutes of moderate-intensity physical activity each week and muscle-strengthening activities about two days per week.



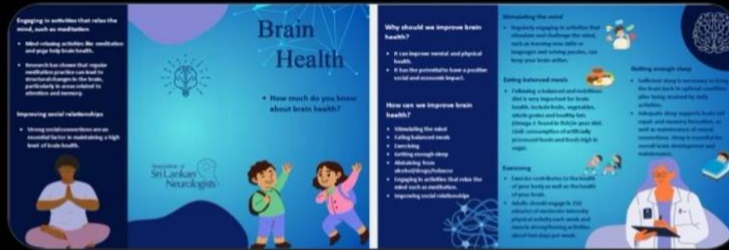




Association of Sri Lanka: @ · Jul 22

Promote

How can you improve your brain health? Here are some simple tips for you. #WorldBrainDay #Neurology #SriLanka asn.lk/world-brain-da... @wfneurology @HPBSriLanka @Rosh\_Maha



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உங்கள் மூளை ஆரோக்கியத்தை எவ்வாறு மேம்படுத்துவது? இதோ உங்களுக்காக சில எளிய குறிப்புகள். #WorldBrainDay #Neurology #SriLanka asn.lk/world-brain-da... @wfneurology @HPBSriLanka @Rosh\_Maha



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## 10. Patient information material

We were able to achieve a higher reach for the Patient information material that was published on our website last year in line with Brain Day. We have published material on the topics of Epilepsy, Migraine, Dementia, and Parkinson's Disease. These were published in Sinhala, English, and Tamil languages.



Home Events v Members v Patient Information v Publications v Downloads v Resources v About v Contact ASN

### Patient Education

කියවීමට ක්ලික් කරන්න  
மேலும் வாசிக்க இங்கே அழுத்தவும்.

Click to read

Epilepsy	Migraine	Parkinson's Disease	Dementia
අපෂ්මාරය	ඉදිපාදය	පාර්කින්සන් රෝගය	ඩිමෙන්සියාව
வலிப்பு நோய்	ஒற்றைத் தலைவலி	பார்கின்சன் நோய்	மறதி நோய்

09/01/2023

08/15/2024

1 379

Summary data from 09/01/2023 - 08/15/2024

Summary of QR code scans to access the patient information webpage from all over the country

Our comprehensive efforts undertaken to commemorate World Brain Day 2024 under the theme “Brain Health and Prevention” through workshops, media campaigns, and community outreach programs have been successful, and we believe that we could make a significant impact in raising awareness and promoting preventive measures among the Sri Lankan Population. Our commitment to promote Brain health and Prevention to protect the future of the Sri Lankan population remains steadfast, and we eagerly anticipate to continue our efforts in the years ahead.