Association of Sri Lankan Neurologists

WFN
WORLD FEDERATION OF NEUROLOGY

WORLD BRAIN DAY 2025

ASN EVENTS AND ACTIVITIES

- Stroke Walk and Marathon relay
- Brain Day Programme at Galle
- Brain Day Programmes at Hambantota
- Video Series on Brain Health
- Patient Information Material
- Brain Day Programme at Batticaloa
- Media Briefing
- Brain Day Programme at Chillaw
- Brain Health Awareness Leaflets

STROKE WALK AND MARATHON RELAY

A Giant Leap for Brain Health: World Brain Day 2025 Makes History in Jaffna

By Dr. Ajantha Keshavaraj, President, Association of Sri Lankan Neurologists (ASN)

For the first time in history, World Brain Day was celebrated with a major public health campaign in Sri Lanka's Northern Province, marking a watershed moment in national efforts to promote brain health for all ages. The event, hosted in Jaffna on 25th May 2025, was organised by the Association of Sri Lankan Neurologists (ASN) in partnership with the Northern Stroke Awareness Campaign. It aligned closely with the World Federation of Neurology (WFN) and the WHO Intersectoral Global Action Plan (IGAP) for neurological disorders.

The centrepiece of the celebration was a simultaneous Stroke Awareness Walk and Marathon Relay, attracting over 600 active participants. The event unified children, professional athletes, patients, health and education professionals, military and police personnel, and local communities in a powerful display of solidarity and commitment to preventive brain health.
The 2 km Stroke Awareness Walk featured individuals living with diabetes, cardiac disease, and stroke survivors, joined by hospital directors, health officials, and families.

In parallel, a 27 km Marathon Relay brought together schoolchildren, university athletes, and professional runners from across the province. These physical activities were not only symbolic but also served to educate and empower communities to adopt healthier lifestyles, thereby reducing the burden of stroke and other neurological disorders.

The event was further amplified by live national media coverage from the Sri Lanka Broadcasting Corporation and Dan TV, ensuring broad visibility and public engagement. A press conference, jointly convened by the Ministries of Health and Education, underscored the power of intersectoral collaboration and set a precedent for unified action in health promotion.

Keynote speeches were delivered by Dr. Ajantha Keshavaraj (ASN President), Dr. T. Sathiyamoorthy (Director, Teaching Hospital Jaffna), and Dr. Saman Pathirana (Provincial Director of Health Services). They addressed the burden of brain disorders in the region, highlighting conditions such as Parkinson's disease, traumatic brain injury, and hemorrhagic stroke—especially in the wake of the post-COVID-19 pandemic—and called for urgent preventive and early intervention strategies.

This historic World Brain Day celebration in Jaffna has set a new national benchmark. It is a compelling reminder that brain health is a shared responsibility, and that such inclusive, community-driven events are essential to building health equity, resilience, and awareness across all regions of Sri Lanka.

STROKE WALK AND MARATHON RELAY

STROKE WALK AND MARATHON RELAY

BRAIN DAY PROGRAMME AT GALLE

The Department of Clinical Neurology of the National Hospital Galle, in collaboration with the Association of Sri Lankan Neurologists, the Galle Medical Association, and the World Federation of Neurology, organized a commemorative event for World Brain Day 2025 on July 22 at the Auditorium of the National Hospital Galle. Held under the global theme "Brain Health for All Ages," the programme featured a series of insightful sessions delivered by leading experts in the field. The event commenced with a welcome address by Dr. Janaka Waidyasekara, Chair of the Organizing Committee, followed by speeches from Prof. M. B. Samarawickrama, President of the Galle Medical Association, and Dr. Ajantha Keshavaraj, President of the Association of Sri Lankan Neurologists.

A special message from the World Federation of Neurology was delivered by Prof. Tissa Wijeratne, Co-Chair of the World Brain Day Program, emphasizing the global importance of brain health.The scientific programme included presentations on pediatric neurological care by Dr. Thilina Munasinghe, stroke prevention strategies by Dr. Saamir Mohideen, the impact of sleep on brain health by Dr. Janaka Waidyasekara, and healthy cognitive aging by Prof. K. D. Pathirana. The event concluded with a panel discussion and Q&A session, reinforcing the central message that maintaining brain health is vital at every stage of life—from childhood through to older age.

BRAIN DAY PROGRAMME AT GALLE

DEPARTMENT OF
CLINICAL NEUROLOGY
NATIONAL HOSPITAL GALLE

IN COLLABORATION WITH

Association of Sri Lankan Neurologists

PRESENTS

WFN
WORLD FEDERATION OF NEUROLOGY

WORLD BRAIN DAY

Brain Health For All Ages

Nephrology Auditorium
National Hospital Galle

22nd July
2025

TIME	SESSION TITLE	SPEAKER
10:00 A.M.	Welcome Address and Introduction	Dr. Janaka Waidyasekara, Chair, Organizing Committee
10:10 A.M.	Address by President, Galle Medical Association	Prof. M. B. Samarawickrama Professor in Anatomy, Consultant Surgeon
10.15 A.M	Address by President , Association of Sri lankan Neurologists	Dr Ajantha Keshavaraj Consultant Neurologist Teaching Hospital , Jaffna
10:20 A.M.	Message from The World Federation of Neurology	Prof. Tissa Wijeratne, Co-Chair, World Brain Day Program - WFN
10:30 A.M.	Nurturing Brain Health from the Beginning: Insights from a Pediatric Neurologist	Dr. Thilina Munasinghe, Consultant Pediatric Neurologist
10:50 A.M.	Prevention of Stroke for Better Brain Health	Dr. Saamir Mohideen, Consultant Neurologist
11:10 A.M.	TEA BREAK	
11:30 A.M.	Sleep and Brain Health	Dr. Janaka Waidyasekara, Consultant Neurologist
11:50 A.M.	Aging with Good Memory	Prof. K. D. Pathirana, Professor in Medicine, Consultant Neurologist
12:10 P.M.	PANEL DISCUSSION / Q&A	

BRAIN DAY PROGRAMME AT GALLE

BRAIN DAY PROGRAMMES AT HAMBANTOTA

World Brain Day 2025 Report – Hambantota, Sri Lanka

By Dr. Anomali Vidanagamage
Consultant Neurologist, District General Hospital, Hambantota

World Brain Day 2025 was marked in Hambantota with an innovative and impactful series of events that brought brain health awareness directly to the community—particularly children and public sector professionals. For the first time in Sri Lanka, a school-based brain health camp and art competition were conducted in conjunction with the Association of Sri Lankan Neurologists (ASN) and the World Federation of Neurology (WFN), making this year's celebration both unique and historic.

On 16th July 2025, a vibrant brain health awareness programme was held at Dehigaslanda Maha Vidyalaya, a prominent national school in Hambantota. Over 300 students and schoolteachers participated in this engaging initiative. Neurology consultants and medical officers from DGH Hambantota addressed four key topics relevant to children and youth:

- Stroke – Dr. Nadeesh Jayasinghe
- Brain Health and Lifestyle – Dr. Gihani Diwakara
- Epilepsy Awareness – Dr. Pradeep Chathuranga
- Understanding Disability – Dr. Anomali Vidanagamage

The programme featured a touching and educational drama performance, directed by the school's drama teacher, portraying the story of a child with epilepsy and how peers and teachers can respond with care and compassion during a seizure. This performance delivered powerful health messages to a young audience in a culturally resonant format.

A colourful art competition themed "Brain Health for All" was also conducted, attracting enthusiastic participation from students across three grade levels. Nine winners were selected, and their artwork will be showcased in future ASN campaigns promoting neurological well-being.

Building on this momentum, a second programme was held on 23rd July 2025 at the Government Office Complex Auditorium, targeting public sector workers and administrators. This session, attended by 300 professionals, included the following lectures:

- Stroke and Brain Health – Dr. Anomali Vidanagamage
- Mental Wellbeing and Brain Rewiring – Dr. Navoda Harischandra (Consultant Psychiatrist)
- Understanding Back Pain: A Neurological Perspective – Dr. Chulika Makavita (Consultant Neurologist, NHSL)

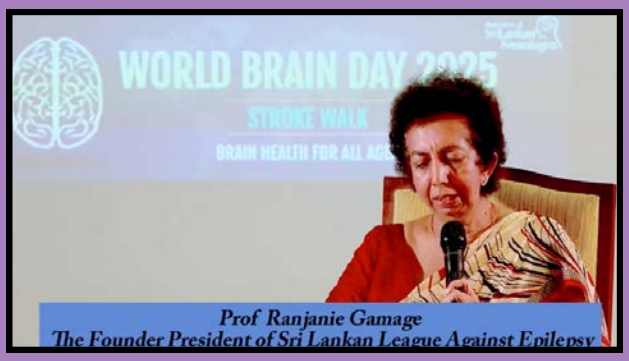
The Hambantota initiatives stand as a model for interprofessional collaboration, early education, and community outreach. These programmes successfully delivered the core message of World Brain Day 2025: Brain Health for All Ages. We are proud to have been part of this global movement and remain committed to expanding brain health awareness in the Southern Province and beyond.

BRAIN DAY PROGRAMMES AT HAMBANTOTA

BRAIN DAY PROGRAMMES AT HAMBANTOTA

VIDEO SERIES ON BRAIN HEALTH

The Association of Sri Lankan Neurologists has released a short video series to raise awareness about brain health. The videos educate the public on neurological conditions and prevention, and are available on the ASN website.



PATIENT INFORMATION MATERIAL

In alignment with Brain Day activities last year, the Association of Sri Lankan Neurologists successfully expanded the reach of patient education materials published on our website. The information covered key neurological conditions including Epilepsy, Migraine, Dementia, and Parkinson's Disease. To ensure accessibility to a broad audience, these materials were made available in Sinhala, English, and Tamil.

Building on this progress, the ASN Patient Information page has been updated this year to include additional content on the following conditions: Back Pain, Myasthenia, and Peripheral Neuropathy. These new resources have also been translated into Sinhala, English, and Tamil.

The updated patient education materials can be accessed at: https://asn.lk/patient-education/

BRAIN DAY PROGRAMME AT BATTICALOA

Celebrating Brain Health for All Ages: A Historic World Brain Day 2025 in Batticaloa, Sri Lanka

By Dr. Ruchira Palliyaguruge, Dr. Ajantha Keshavaraj, and Dr. Jeewana Leelarathne.

Dr. Ruchira Palliyaguruge, Acting Consultant Neurologist (TH Batticaloa)

Dr. Ajantha Keshavaraj, Consultant Neurologist (TH Jaffna)

Dr. Jeewana Leelarathne, Acting Consultant Paediatric Neurologist (TH Batticaloa)

On 30th July 2025, the auditorium of Teaching Hospital Batticaloa transformed into a vibrant platform for unified brain health advocacy, as healthcare professionals and community members gathered to commemorate World Brain Day (WBD) 2025 under the global theme, "Brain Health for All Ages."

Jointly organized by the Association of Sri Lankan Neurologists (ASN) and the Batticaloa Medical Association, the event marked a significant milestone in Sri Lanka's commitment to equitable neurological care.This inspiring session brought together a diverse interprofessional group — consultants, physicians, nurses, allied health staff, and students — who joined hands in a show of solidarity. This inclusive, community-based approach echoed the goals of the WHO Intersectoral Global Action Plan (IGAP), which emphasizes multisectoral collaboration and prioritization of brain health across the life course.

The event began with a welcome address by Prof. Viji Thirukumar, President of the Batticaloa Medical Association, followed by a special address from Prof. Tissa Wijeratne, Co-Chair of the World Brain Day campaign and Trustee of the World Federation of Neurology.

BRAIN DAY PROGRAMME AT BATTICALOA

Reflecting on 12 years of global advocacy, Prof. Wijeratne highlighted how World Brain Day has evolved into a powerful movement for policy change, awareness, and action. “Brain health,” he affirmed, “is a human right — across all ages and all regions.”

In a keynote titled “Silent Struggle: Understanding Brain Health in Parkinson’s Disease,” Dr. Ajantha Keshavaraj, President of ASN and Consultant Neurologist, emphasized the invisible burden of neurodegenerative conditions and the importance of patient-centered, multidisciplinary care.

The scientific sessions explored critical topics, including:

- Lifestyle modification for brain health – Dr. K.T. Sundaresan
- Connecting textbook to practice – Dr. Ruchira Palliyaguruge
- Gut-brain interactions – Dr. V. Vijitharan
- Nurturing brain health from early life – Dr. Jeewana Leelarathne
- Ageing wisely – Dr. R. Kamalraj

The event concluded with an interactive discussion and a strong consensus: brain health is not just a medical issue — it is a societal imperative. The Batticaloa WBD 2025 commemoration stands as a historic example of how global vision can be translated into impactful local action, fully aligned with the principles of WHO-IGAP.

Association of Sri Lankan Neurologists
in collaboration with
Batticaloa Medical Association

WORLD BRAIN DAY 2025

Commemoration Session

30th July 2025 | 9.45 AM | Auditorium, Teaching Hospital, Batticaloa

Time	Title	Speaker
09:45AM - 10:00AM	REGISTRATION	
10:00AM - 10:10AM	WELCOME ADDRESS	Dr Ruchira C. Palliyaguruge Acting Consultant Neurologist Chair, Organizing Committee Prof Viji Thirukumar President, Batticaloa Medical Association Dr Ajantha Keshavaraj President, Association Of Sri lankan Neurologists
10:10AM - 10:20AM	SPECIAL MESSAGE	Prof Tissa Wijerathne Co-Chair, World Brain Day Programme
10:20AM - 10:40AM	SILENT STRUGGLE: UNDERSTANDING THE BRAIN HEALTH IN PARKINSON'S DISEASE	Dr Ajantha Keshavaraj Consultant Neurologist President, Association of Sri Lankan Neurologists
10:40AM - 11:00AM	LIFESTYLE MODIFICATION FOR BRAIN HEALTH	Prof. K.T. Sunderesan Professor in Medicine, Specialist Physician in Internal Medicine
11:00AM - 11:20AM	FROM TEXTBOOK TO PRACTICE - CONNECTING DOTS IN BRAIN HEALTH	Dr Ruchira C. Palliyaguruge Acting Consultant Neurologist
11:20AM - 11:40AM	THE GUT-BRAIN CONNECTION: HOW DOES IT WORK?	Dr V. Vijitharan Consultant Gastroenterologist
11:40AM - 12:00PM	NURTURING BRAIN HEALTH FROM THE BEGINNING	Dr Jeewana Leelaratne Acting Consultant Paediatric Neurologist
12:00PM - 12:20PM	AGING WISELY	Dr R. Kamalraj Acting Consultant Psychiatrist
12:20PM - 12:30PM	CLOSING REMARK	
12:30PM	LUNCH AND NETWORKING	

Register using QR Code:

SCAN ME

4.5 CME Points Accredited for this event

BRAIN DAY PROGRAMME AT BATTICALOA

MEDIA BRIEFING

To promote brain health awareness, a media briefing was conducted, targeting the general public with key information on prevention and healthy practices.

BRAIN DAY PROGRAMME AT CHILLAW

The Association of Sri Lankan Neurologists organized a Brain Health Awareness Program for school children to commemorate World Brain Day 2025, under the global theme "Brain Health for All Ages." The event was held on 6th August 2025 at the Auditorium of Ananda College, Chilaw, with the primary objective of enhancing students' knowledge and awareness on critical aspects of brain health.

The program commenced with opening remarks, setting the tone for an engaging and educational session. This was followed by a presentation titled "How to Recognise a Stroke & How to Act," delivered by Dr. Dhanushka Vithanawasam, Consultant Neurologist at District General Hospital (DGH) Negombo.
Subsequent sessions focused on epilepsy awareness.

Dr. Dulmini Weerathunga, Consultant Neurologist at DGH Chilaw, conducted a session on "What is Epilepsy? If I Have Epilepsy?", which was followed by a presentation on "Seizure Prevention & First Aid" by Dr. Nilukshi Fernando, Consultant Neurologist at Colombo North Teaching Hospital, Ragama.

An interactive session on Good Brain Health was facilitated by medical officers from the Neurology Unit at DGH Chilaw, providing students with practical insights into maintaining and promoting brain health across all stages of life.
The program concluded with closing remarks, marking the successful completion of a well-received and impactful initiative aimed at empowering the younger generation with essential knowledge on brain health.

BRAIN DAY PROGRAMME AT CHILLAW

BRAIN HEALTH AWARENESS LEAFLETS

Leaflets in English, Sinhala, and Tamil were designed and printed to effectively communicate key messages about brain health. These leaflets were distributed among the public as part of our awareness initiatives, aiming to educate communities on the importance of maintaining brain health, recognizing early signs of neurological conditions, and adopting healthy lifestyle practices to prevent brain-related diseases.