

The Holistic Health Camp

The Holistic Health Camp, jointly organized by the Holistic Care Centre of the Faculty of Health Care Sciences, Eastern University of Sri Lanka, the Committee on Interdisciplinary and Trans-disciplinary Studies (IDTDS), and Nawaloka Hospitals was successfully held on the 5th of July 2025. The event brought together over 400 participants, including school children, and served as a platform to promote community health and interdisciplinary collaboration. The program received contributions from multiple faculties of the Eastern University, including the Faculties of Health Care Sciences, Agriculture, Technology, Science, Commerce and Management, and Arts and Culture. The Faculty of Science presented informative posters on cyber security and the health hazards of plastics and microplastics, while the Faculty of Arts and Culture performed an awareness street drama on the health implications of using skin-whitening creams. The Faculty of Agriculture organized demonstrations and poster presentations on nutrition, focusing on locally available foods and home gardening using organic fertilizers, and the Faculty of Technology conducted demonstrations on food preservation techniques for seasonal produce. The Faculty of Commerce and Management encouraged participants to engage in small businesses and entrepreneurship related to health and nutrition. The event was made possible through the generous sponsorship of Nawaloka Hospitals, coordinated by Prof. Lal Chandrasena, Director of Nawaloka Hospitals, with the support of Mr. Dinesh Kumara, Head of Professional Relations, and his team. Their contribution, valued at approximately LKR 1.5 million, covered medicine, payments for medical officers, laboratory tests, advertising materials, participant transport, and refreshments. The success of the program was due to the dedicated efforts of the Dean of the Faculty of Health Care Sciences, the Deans of the other contributing faculties, the Director of the Holistic Care Centre. The event was highly commended for its interdisciplinary approach and was recognized as a model initiative to be replicated in other universities across Sri Lanka.

