

Dr. J.M. Nilam. MBBS, DCH, MD.
Consultant Child Specialist
S.B. Specialized Children's Hospital, Peradeniya.
Patron, Life Guidance Centre, Kandy.

විශේෂඥ වෛද්‍ය ජේ. ආම්. නිලාම්.
ළමා රෝග විශේෂඥ
TP: 0777 560330 0702344495
jmnilam@gmail.com



Dr. J.M. Nilam. No:09, Pathum Uyana, Palkelele, Kundasale, Sri Lanka.
 Guiding towards Successful Life since 1986

Common information letter LGC/SL/INS/25/02 ENG

01.11.2024
 Page 01

Program for Staff members / Employees

SMART LIFE workshop on promoting Successful life

Most of the adults & youths are struggling to survive in the present complicated society with economical hardships & also finding it difficult to handle interpersonal relationships. Family life & family systems are very badly affected & we observe a high rate of divorce & family disharmony.

Main aim

Providing knowledge, skills & motivation necessary to maintain healthy & successful life from the younger age.

Duration: 2 hours

Facilities: Suitable hall facility

Need Multimedia & Sound system

Topics :

1. Basics of Aims of life
2. Developing healthy targets & managing targets properly
3. Achieving happiness in life & managing happiness
4. Rational use of high tech & protection from high tech addiction
5. Managing desires & avoiding addictions & anti-social activities
6. Managing & understanding Love affairs & post marriage situation
7. Values of family bonding & safeguarding family system
8. Social competition & how to overcome bad effects
9. Problems & problem-solving skills
10. Achieving job satisfaction



Presentation by: **Dr. J.M.Nilam.** MBBS,DCH,MD. Child Specialist, Children's hospital, Peradeniya.
 Patron, Life Guidance Centre, Kandy Guiding towards successful life since 1986.

1. Average Professional fee - **Up to 02 hour program ***

Type of Institution	1. Kandy area	2. Out Stations	3. Long distance
A. Government Institutions – without sponsorships.	6,000.00 up wards	8,000.00 up wards	12,000.00 up wards
B. Private Institutions – Non commercial	12,000.00 up wards	18,000.00 up wards	22,000.00 up wards
C. NGOs / Commercial Institutions	15,000.00 up wards	21,000.00 up wards	25,000.00 up wards

* additional charges for more than 02 hours. Rs.6000.00 per hour.

** additional charges for accommodation & meals (where ever applicable – Long distance programs)

2.Transport Expenses - **charges for Cab service. or**

Minimum charges **Rs. 3000.00 + Rs. 60.00 per Km + Highway & Parking charges** wherever applicable.

3 Multimedia Projector - Rs.3000. 00 Sound System Rs. 2500.00

Thanking you,

Dr. J.M. Nilam. MBBS, DCH, MD.

Consultant Child Specialist, Children's hospital, Peradeniya.

Patron, Life Guidance Centre, Kandy. Valid up to 31.12.2025.

