



“Supasan Denumen Suwapath Deyakata”
Inter-school Quiz Competition on Non-communicable Diseases Organized Jointly by the Non-Communicable Diseases Unit of the Ministry of Health and the Ministry of Education

Medical Consultants think that non-communicable diseases such as Cardiovascular Diseases, Diabetes, Hypertension, Cancer, and Stroke may increase in the future due to the prevalence of risk factors of Non-Communicable Diseases such as unhealthy diet, physical inactivity, and obesity among school children of Sri Lanka. Therefore, the NCD Unit of the Ministry of Health has decided to conduct a quiz competition jointly with the Ministry of Education to improve the knowledge of healthy lifestyles and non-communicable diseases.

Method of Competition:

The competition will be held in six rounds namely zonal, district, provincial, quarter-finals, semi-finals, and final covering all districts of Sri Lanka subject to the following conditions.

Conditions of the Competition:

1. All Government schools in each district may apply for this competition and a team of five children in Grades 8 and 9 would be applied from each school.
2. Only in the knowledge of the importance of a healthy lifestyle and non-communicable diseases will be tested.

For that, attention should be paid to the following areas.

Chronic NCDs	Cardiac and cerebrovascular diseases, chronic respiratory diseases, diabetes, hypertension, cancer Risk factors – unhealthy diet, physical inactivity, obesity, tobacco and alcohol use
Acute Non-Communicable Diseases (Acute NCDs)	Accidents (road accidents and home accidents) Accidents like falls, drowning, burns, choking, snake bites, animal bites, poisoning, and first aid
Other Non-Communicable Diseases	Mental illness, kidney diseases and thalassemia

Prizes and Certificates for Winners:

1. Zonal Round: Winning students will get certificates and also a certificate of participation.
2. District Round: The 25 district teams who get the highest marks from the zones will get a voucher worth Rs.2000.00 per student and a certificate. A certificate of participation will also be awarded.
3. Provincial round: 09 winning teams will get Rs. 5,000.00 and a certificate per student. A certificate of participation will also be awarded. The 09 winning schools will receive a prize of Rs. 50,000.00 each.
4. Quarter-Final Round: 03 winning teams will get 10,000.00 rupees and a certificate for each student. A certificate of participation will also be awarded.

5. Semi-final Round: The 02 winning teams will each receive 15,000.00 rupees and a certificate for each student. A certificate of participation will also be awarded.
6. Final Round: The winning team will receive Rs.20,000.00 and a certificate per student, and the school will receive a prize of Rs.100,000.00 and a trophy. The runner-up team will receive Rs. 10,000.00 and a certificate per student, and the school will receive a prize of Rs. 75,000.00 and a trophy.

Winners will be awarded prizes and certificates. Further details on this can be obtained from the website health.gov.lk or ncd.health.gov.lk

The following application should be filled out and sent through the principal of the school by post to the address below to enter the competition. The same should be sent to the e-mail address interschoolquizncd@gmail.com

**Application for
Inter-school Quiz Competition on Non-communicable Diseases Organized Jointly by the Non-Communicable Diseases Unit of the Ministry of Health and the Ministry of Education**

1. Province:
2. District:
3. Zone:
4. Name of the School:

No.	Full Name of the Student	Male / Female	Grade	Age
1				
2				
3				
4				
5				

I declare that the above-mentioned particulars are true and correct.

Signature of the Principal:

Name:

Official Frank:

Date:

Applications should be sent to: Director, Non-communicable Diseases Unit, Ministry of Health, "Suwasiripaya", 385, Ven. Baddegama Wimalawansa Thero Mawatha, Colombo 10.

Closing date for the applications: 20.06.2024

Further information on the competition can be obtainable from 0112669599 or 0724343270 or via interschoolquizncd@gmail.com. You may make inquiries in the Tamil medium too.

Dr. Samiddhi Samarakoon
Director
Non-Communicable Disease Unit
Ministry of Health