

Sunshine Healthcare Marks World Health Day

Sunshine Healthcare Ltd (SHL), the subsidiary of diversified Sunshine Holdings, is guided by its philosophy that the ultimate aim of healthcare should be a healthier nation.

Whilst commemorating World Health Day which marks the anniversary of the founding of the World Health Organization (WHO) in 1948, SHL continuously strives to create awareness for healthy living throughout the year.

According to Shyam Sathasivam, Managing Director SHL, "We define wellness as a journey of health to happiness. Our vision is to provide customers with products and solutions that significantly improve their quality of life, through our partners and through our own workforce, bringing excellence in healthcare to everyone in the country."

Being a key stakeholder in Sri Lanka's Healthcare market SHL has the ability to be actively involved in health related community initiatives. Therefore, the company

has plans in place to engage in numerous projects throughout the year that will be both beneficial to the communities and encourage healthier living.

Noteworthy among the projects is SHL's goal in lifting the wellness standards of expectant mothers. Organized recently in the Buthasinhala area, a full day event hosted for 200+ pregnant mothers and even the expectant fathers. The Ministry of Health Officer (MOH) for the area assisted in organizing these sessions. Awareness on nutrients and suitable dietary recommendations was carried out followed by sessions to strengthen their emotional wellbeing as well.

"It's about nurturing and nourishing the mothers to be. By empowering and support-



ing these mothers to be through health camps. We continue to remain committed to the cause of empowering women," said Vindhya Mendis, Brand Manager of Mama Plus.

"Motherhood is such a precious thing, which we need to cherish & protect. Mama Plus is committed towards giving the best there is to the mothers to be, with the objective of caring for them at each and every step of their journey." Ms. Mendis added.