

PILLARS OF EXISTENCE



AIM: To minimize the communicable and non-communicable health issues in our school community.

TEAM : Project Leader - Yathurshan Manoharan, Language Editor & Communicator - Chanumi Perera, Public Relations Representative - Zoe Berhardt, Research & Development Officer - Abia Fiaz, Progress Monitor - Estabraq Mohamed, Event Planner- Shanel De Silva, Social Media & IP Representative - Agnel Pillai

BACKGROUND: Maintaining good health and wellbeing is a challenge for every human being alone with the fast-moving lifestyle. People do not pay attention to the important aspects of their lives rather than running behind urgent goals to fulfil short term benefits. As a team, we brainstormed and discussed how we can contribute our time and efforts for the wellbeing of the society. Thus, we decided to select the 3rd Sustainable Development Goal, Good Health and Well-being to move forward and give our contribution to the society. We, the SLSM GSL Team, believe that the best place to start is our school community. Today, more than ever, it has become very evident at a time the world is grappling to contain an unprecedented pandemic. Therefore, we wanted to create awareness, knowledge and understanding among young generation on importance on a healthy lifestyle, minimize communicable & non-communicable diseases in our school community which is related to long term health problems and good sanitation practices. We excogitated with “Pillars of Existence” focusing on Good Health and Wellbeing with consideration that “Prevention is Better than Cure”.

INITIAL PLAN: All of our team members came up with many incredible ideas, but we had to be smart when choosing them while considering the availability of the time and resources. As a team we strongly believed that prevention is better than cure. Thus, based on our selection criteria we came up with few great, impactful ideas such as hosting health awareness sessions, assisting blood donation campaigns, health poster making, art competitions, healthy food stands and various other programs. To accomplish great things, we must not only act, but also dream; not only plan, but also believe. We worked towards that by dividing the responsibilities among ourselves depending on skills and abilities. We designed, organized, and prioritized our work to make sure that our message reaches up to everyone and anyone within our target group and beyond. However, little did we know at the beginning that our plan would be hindered by the pandemic of COVID-19. Nevertheless, we made every possible effort whenever we had the opportunity to stick to our plan and educated our community in health related issues.

INSTANT IMPACT: These few months have been the most challenging yet exciting months that we have ever experienced. We enjoyed every second of it, from the weekly meetings to the fun field trips for projects. We achieved many of our goals despite the challenges and limitations arose due to COVID 19 pandemic. We immediately prepared ourselves by planning the first event of our project, the Blood Donation. We decided that this was our way of saying "Thank You" to the country that accepted us as its own. We actively engaged in the Blood Donation campaign which was organized by Sri Lankan Community in Muscat with the professional help from NMC Hospital LLC. We also facilitated students of our school to take part in the World Health Day Art competition arranged by the World Health Organization under the theme “Health for all – Nursing and Midwifery”. By giving our fellow students the chance to put their ideas into a vibrant illustration, we learnt that a picture is worth a thousand words. Then came to the premier event of our project, create the awareness about the importance of being healthy. Our team with the assistance of the Ministry of Health, Sultanate of Oman, organize an awareness session at the school on ‘Good Health and Healthy Diet for Children’. To be more effective in implementation and communication among the school community, we have selected our student leaders of all age groups for this programme. In addition, the girls in our team also took part in another session; ‘Girls Health Awareness Session’ organized by the Ministry of Health which turned out to be very interesting and informative as it was an interactive session. Nonetheless, our project took a swing with the spreading of the Covid19 as the school immediately had to organize Corona Virus Awareness and Importance of Hand Hygiene Sessions for all the students from Grade 1 to Grade 9. We as a team actively engage in organizing and spreading the message of Prevention Is Better Than Cure. Our social media platforms helped us a lot as it was one of the key factors in delivering our project's message to a wider audience. Our team took the opportunity and published coronavirus prevention posters on our social media platforms to educate and build up awareness among our friends, families and others in the community; the instant responses were very encouraging. We are proud to say that our goal also resonates in the hearts of many other people around the country and many other places around the world as we have acquired many followers on multiple social media sites.

WHAT WE LEARNED: This was an unforgettable experience, which acknowledged us to understand the importance of working together as a team to fulfil our goal. We built the courage to speak, listen and understand the thoughts and opinions of other people better than ever before. Though we seem to lack our social exposure, during our second event we began to act more sensibly and responsibly with both known and unknown people. Many people think that being humble, kind and working together is easy, but it is one of the hardest and the most striking lessons that we learned. You might be the kindest, humble and the most team-oriented person, but when anyone is put in a situation that is

challenging for anyone, they could change completely. The best part of what we learned is a new side of our friends and teachers. We enjoyed every minute and event with our Team and teachers. The trust and the loyalty gained by many people of our society helped us understand that the support of others makes any event a memorable one. During the blood donation campaign we had the opportunity to get the basic idea on how to select a donor and what are the benefits for a donor. We have to specially mention that a student in grade 9 helped us in printing the big sized posters. We are highly satisfied in placing these posters as some of the year 1 students asked us “Can coronavirus kill us?” We explained them it can’t as long as they know how to be hygienic, for example, by showing them about correct hand hygiene practices.

THE FUTURE: After writing this report down, we realized that there is so much that we have done and there are some to be completed. We know that educating the society is an endless journey and it was further hampered by the lockdown due to global pandemic. Though we couldn’t achieve the desired results as planned, we are motivated enough to move ahead with “Prevention is Better than Cure. But our efforts on educating the society through our social media platforms had grown bigger and stronger. Being a social leader means that our role in our society has a bigger impact on the lives of people around us. Thus, keeping that in our minds our team will strive harder towards making our community and our country a better place to live.

LIMITATIONS: As the nightmare of Corona pandemic swept through the world we too were affected by it to a greater extent. Many of our awareness sessions including Adolescent Issues Awareness Session for the Grade 10 students and Dental Awareness Sessions for the Grade 3 -5 students were unable to see the light of the day as gathering of large crowds were restricted from the medical authorities due to the current pandemic situation. As the school got closed and the city under locked down we the team members faced the challenge of gathering for report writing and making of the final video. However, our teacher in charge created a team online with the help of our IT teacher in charge and we were able to carry out many productive sessions online using Microsoft Teams. Our team members live in different locations and we had to make the video by merging individual clips. Also our hands were tied down in time restraints which did not permit us to collect further feedbacks from parents and our school nurse regarding the improvements of our student body’s wellbeing. However, we are determined to carry out these programmes once the schools start functioning in future.

APPRECIATION: We would fail in our duties if we forget to mention the great support and guidance lent by the generous donors and well-wishers who stood by us throughout our journey. We extend our heartfelt gratitude to all our pillars of support our Parents, Teachers-in-Charge, Teachers, Principal, Deputy Principal, Assistant Principal and the Board of Directors , our last year’s GSL Team members and their parents and our dear fellow brothers and sisters for lending a hand to us throughout this amazing journey.

Events & Sponsorships	Impact
General Health Awareness Session Ministry of Health - Oman	Target group was our, Senior Prefects, Junior Prefects, Stewards and Junior leaders totalling to 130 students. With the intention of effective implementation, monitoring and wider reach to the school community, we thought of selecting this group for the programme. During the session they gained knowledge about balanced diet, nutritional deficiencies, and obesity. The session was an eye opener for them also.
Girls’ Health Awareness Session Ministry of Health - Oman	The girls of the SLSM GSL team took part in an interactive Girls’ Health Awareness which proved to be very educative as it helped in teaching us the important changes associated with puberty as well as other physical and psychological changes. Our Girls shared their knowledge by conducting peer group awareness sessions.
COVID19 Awareness Session - Sri Lankan School Muscat - Key Stage 1 & Army Forces Hospital	Awareness session was organized during the school assembly for Grade 1,2 & 3 students with the participation of a doctor on the theme of “Prevention Is Better Than Cure”. Approximately 350 students participated in this session.
COVID19 Awareness Session - Sri Lankan School Muscat - Key Stage 2 & Royal Oman Hospital	Another awareness session was organized with the participation of a doctor during the school assembly for Grade 4,5, and 6 students on “Disease Prevention and Healthy Living”, with a demonstration on hand hygiene practices and there were about 400 participants.
COVID19 Awareness Session - Sri Lankan School Muscat - Key Stage 3 & NMC Hospital LLC	An assembly was organized by Grade 9 students to educate nearly 220 students of Grade 7,8 & 9 on the theme ‘Corona Virus Awareness’ with the guidance of a doctor who demonstrated the important health precautions during this time period and our GSL Team actively engaged in spreading awareness among their peers during this session.
Blood Donation Campaign - Sri Lankan Community in Muscat & NMC Hospital LLC	More than 100 donors registered 90 passed the hemoglobin test 64 successful donors 26 donors were rejected due to travelling out of Oman during restricted time period or medical issues.
WHO Art Competition “Nursing and Midwifery” -Ministry of Health – Oman	This created a massive awareness about the importance of nursing and midwifery services for a country to nourish the health and wellbeing of the society.47 students participated in the competition as below. <u>Age category</u> - 8-9: 13 students 10-11:19 students 12-13 12 students 14-15: 3 students
Coronavirus Posters - GSL Team	GSL Team members gathered information and drew poster to educate the students in our school understand how to prevent themselves from getting infected from COVID-19
Fresh Juice Stand - Parents of GSL Team Members	Introduce a healthy lifestyle for the youngsters as they are the future society we made healthy juices and sold at Kiddies Concert. We collected 67.50 OMR / GBP 140.39 in total.