

## Aim

Our primary aim is to propagate good health and wellness amongst students, teachers, as well as members of the community, and get them out of a sedentary lifestyle. The COVID-19 pandemic has had a detrimental impact on one's physical and mental health. It also created new barriers for those with pre-existing mental health conditions.

## Our Journey and Setbacks

Continuing our theme for the last year and the prolonged pandemic, we thought it was the perfect opportunity to talk about mental and physical health. This brought about new additions to our website. Over three months we assessed the situation and decided we needed to spread the importance of taking care of your health. Being in the internet age, we spread the message by using our website and other social platforms like Instagram, twitter, snapchat and TikTok.

We organized a 20-day challenge to coincide with the 20 years of our school. We had around 86 participants where they did a challenge every day for 20 days. The challenge was a collaboration with our school, Global Indian International School.

Representing our school we won accolades for Fitcom in the Real World Challenge Convention.

## Outcomes

We received an overwhelming response within a short period of time, restricted resources and limited reach due to current circumstances. After publishing the website, we received a lot of positive feedback via text and Instagram dm's, about the components of the website, in just the first two weeks of the website's release.

We are measuring impact through the number of user signups to our website, engagement on social media, and participation in our events. We regularly ensure that our services are satisfactory and of benefit to our members, thus conducting multiple surveys and feedback forms. We further have a chat box installed on our website, enabling our members to reach out to us as soon as possible.

According to a recent survey, 95.7% of our users would recommend the website to their friends and family.

In addition, we receive an overwhelming number of visitors to our website every day. That being over 1,450 site sessions over the past 3 months! We have had site sessions from 10 countries including Singapore, India, Bangladesh, Switzerland, Australia, United States, UAE, Germany, Canada and New Zealand.



Sanjita Kumar



Sahaana Kumar



Vaidehi Bodhankar



Prakhar Bhatt



Shhreya Balasubramanian

### SDG 10



### SDG 2



### SDG 3



## Our Future Plans

In the months to come, we hope to conduct more events or challenges that reflect mental health.

Furthermore, we feel that mental health is still slightly destigmatised in society and is often not given as much importance as we would to physical health, we wish to encourage the community, especially the age groups between 10-18 to understand the importance of mental health, and we strive to support individuals and help them to work towards mental health using our services.

We intend on adding new features to the website, including guides for work-outs, anxiety and how to cope with it, meal planning and study tips, as a response to feedback and surveys, to make it more user-friendly and resourceful. All guides are from government websites.

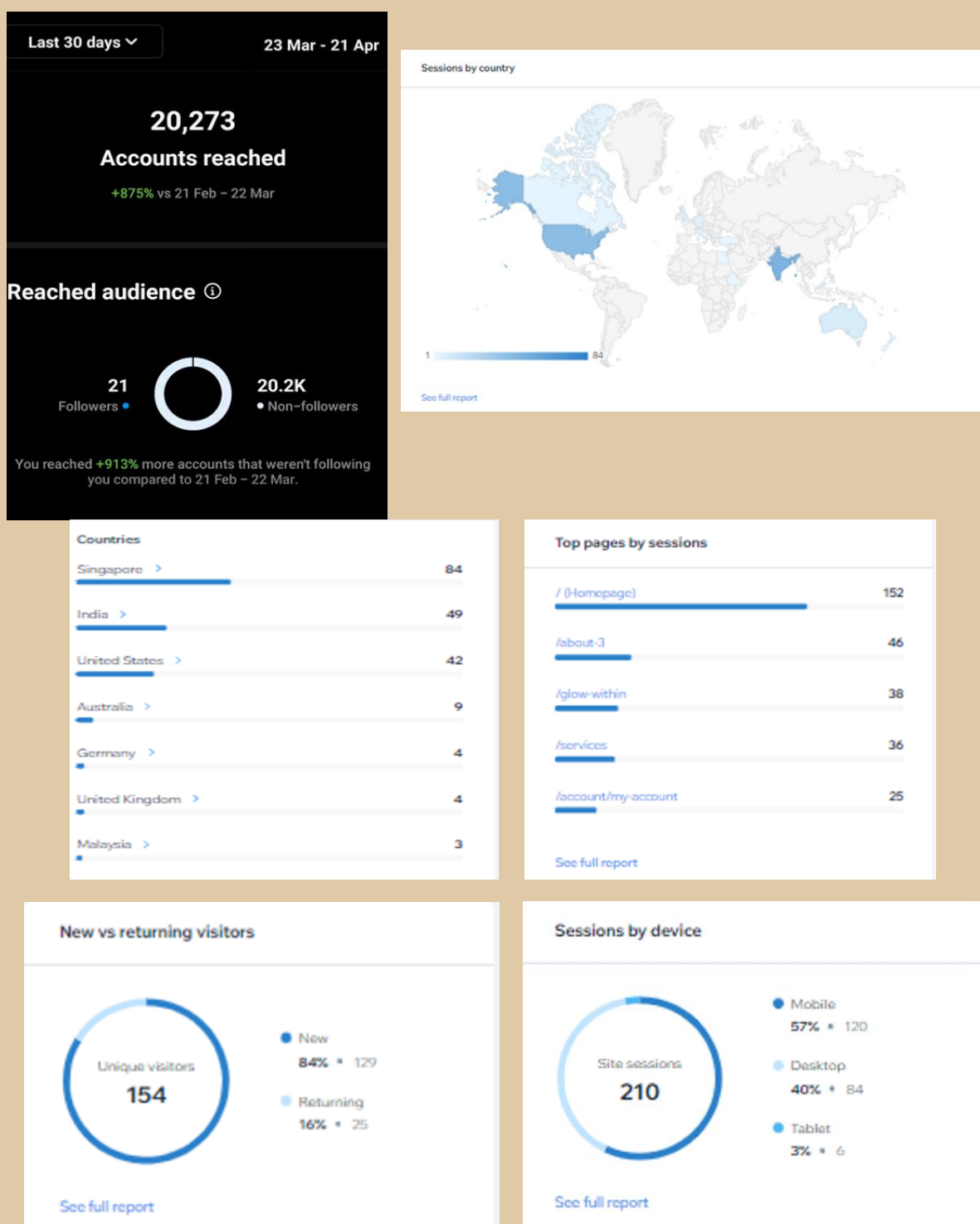
We hope to conduct food, clothing and stationery donation drives in the future, aiding those in need to provide them with a better quality of life, and consequently better health.

As of now we are a non-profit organization and do not require any funding at the moment.

We always strive to improve on our services and make them as beneficial to our peers and the community as possible, we hope to reach out and promote the website amongst a larger section of the community in Singapore and other countries, and provide our resources that could potentially come to their aid as well.

However, in this regard, we plan to collaborate with local organizations and school clubs in the future.

To sustain this project with the support of our school mentors, who themselves are SDG ambassadors, we are nurturing the next generation of volunteers who will ensure a long-term continuity to the project.



## Knowledge and Learning

As we all were from different classes, sometimes it was hard to coordinate and cooperate with each other. Thinking of the number of lives we could change and the amount of people we could help, motivated us to continue past our challenges. Success to us is when we see high user satisfaction and revisit to our website.

## Skills Developed

- Creativity
- Patience
- Soft skills
- Empathy
- Awareness
- Social intelligence

“You will face many defeats in life, but never let yourself be defeated.”