

PROJECTS FOR HAPPINESS

2016



Application Form

Hands of Hope, UCSI Scholars' Circle
Tanasha Azalea Suhandani
BSc (Hons) Nutrition with Wellness
Lee Yang Yao
BSc (Hons) Actuarial Science & Finance
Khoo Zhen Xiang
BSc (Hons) Logistic Management
November 2016

UCSI University
CIMB Islamic Bank Berhad
86-0213894-3
014-3973-109
012-976 2019
018-280 5258
handsofhope@uschos.com
www.facebook.com/uschoshoh
www.facebook.com/kmyproject

INTRODUCTION

Hands of Hope is a long-term voluntary project established in January 2014 with a mission to make a change in the underserved communities. This project aims to provide better quality of life for the underserved communities by creating better access of education as well as health support to the underserved community.

Hands of Hope connects students to volunteer at underserved communities through various programs, provide extra tuition classes for them on a weekly basis, mainly on areas such as English, Mathematics, Art, Music, Science and Food Safety and Hygiene education.

These children comes from different backgrounds, ranging from special needs community to refugee community.

PROJECT OBJECTIVES

Our project aims to:

1. To provide assistance in education to the underserved communities
2. To equip underserved communities with life skills through vocational training
3. To bridge the social gap between Malaysian Youth and underserved communities
4. To instill volunteerism among youth
5. To raise awareness for the underserved communities in the society
6. To raise awareness of the underserved communities and their nutritional needs.
7. To build a supportive environment for the underserved communities which supports healthy lifestyle and prevents the occurrence of diseases.

ACTIVITIES AND TASKS

Contact Hours

1. Volunteers

The Hands of Hope volunteers will contribute a total of 5,000 hours within ten weeks of volunteering. Volunteers generally give a minimum of five hours a week for ten weeks. There are a variety of volunteer roles to fit the individual time schedules, abilities and interests. Volunteers may choose the different activities provided above.

2. Underserved community

The beneficiaries will receive an estimated total of 5,600 hours within the ten weeks of volunteering which comprises educational assistance as well as health awareness and check-up providence by the Hands of Hope volunteers.

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Our project will be segmented into :

1) Weekly Volunteering (Academic/Health)

100 volunteers will be arranged to different schools on a weekly basis to teach the children academic-related subjects and health education. The subjects that will be taught includes Mathematics, English, Science, Art, Music, Health and Hygiene. Schedule will be provided to the volunteers and teaching modules will be prepared according to students' needs. For academic related subjects, the monitoring of performance will be made by volunteers through monthly tests. The duration for each class is 2 hours per week. For health education, lessons for these students will be prepared and developed by the volunteers with Nutrition and Food Science background to ensure the reliability of the information as well to ensure that the lessons can cater to each of the school's needs.

2) Volunteer Development/Gathering Session

A development session will be held for the volunteers to prepare them for their weekly volunteering. An experienced speaker from the field of education will be invited to share for the development of the volunteers.

3) Charity Concert

This event is organized to raise more funds for future sustainability of our project. This is also an opportunity for up to 40 children from the Hands of Hope music classes to showcase their skills and talents. This concert also aims to raise awareness among general public on the importance of education in improving the lives of the underserved communities.

4) Nutritional Assessment

The Nutritional Assessment will help us to monitor the health indicators that can determine whether or not the children are having healthy nutritional status. This will be done in accordance to the weekly volunteering to evaluate the effectiveness of the nutrition education as well as monitoring the children's health status. The Nutritional Assessment will be done two (2) times throughout the project duration. In addition, students will also be provided with hygiene kit in order to apply what they have learnt in class and establish a good hygiene attitude.

5) Health Check Up

This event is organized to provide the Myanmar refugees adults from two (2) underserved communities who are ill or present with disease's symptoms with a free health check-up from licensed doctors. In addition to symptoms checking, a blood glucose test will also be done to monitor their health status. The health check-up will be done for once (1) throughout the project duration with the assistance of UCSI University students from the Faculty of Medicine.

PROJECTS BENEFICIARIES

Underserved Communities

Total of 330 individuals involved in our project will be given a better access to education as well as developing additional knowledge and skills through our volunteering activities.

Beneficiaries that are involved in our project are :

- 1) Bloomers Training Centre (30 students)
- 2) Sri Eden Special Need School (64 students)
- 3) Ruth Education Centre (60 students)
- 4) Chin Student Organisation (55 students)
- 5) Zotung Refugee Catholic Learning Centre (30 students)
- 6) MSO Learning Centre (29 students)
- 7) 50 Adults from the underserved communities (Free health check-up for the Myanmar refugees)

Volunteers (university students)

Through our project, volunteers will be empowered to develop the personally and professionally, and becoming more aware of their responsibility to make an impact to the society. This empowerment can create a ripple effect where bigger impact can be made in a long-run.

EXPECTED PROJECT RESULTS

<u>Short-term Result</u>	<u>Long-term Result</u>
<u>Weekly Volunteering</u> <ul style="list-style-type: none"> • 280 students will receive external educational assistance to enrich their skills and knowledge. • Improvement of students' average test score to a minimum of 70. • Increase in the knowledge of foods that are healthy and are affordable. 	<u>Weekly Volunteering</u> <ul style="list-style-type: none"> • Increase awareness of underserved community and their condition among the university student • Social gap between volunteers and underserved communities can be reduced. • Promoting healthy habits to prevent the occurrence of diseases. • Increase in knowledge and adaptation of healthy lifestyle and personal hygiene.
<u>Volunteers' Gathering and Development</u> <ul style="list-style-type: none"> • Strengthening the bond between volunteers • Providing a platform for skills development 	<u>Volunteers' Gathering and Development</u> <ul style="list-style-type: none"> • Instill volunteerism and responsibility among the university students
<u>Charity Concert</u> <ul style="list-style-type: none"> • A fund of RM 20,000 will be raised from this concert • Successful performance of the students 	<u>Charity Concert</u> <ul style="list-style-type: none"> • Increase the sustainability of our project. • Awareness of underserved community is raised among more than 200 participants.

<p><u>Nutritional Assessment</u></p> <ul style="list-style-type: none"> Increasing knowledge and practice of self-monitoring their health status. Increasing awareness in the importance of maintaining a healthy lifestyle. Provide a platform for Nutrition student volunteers to apply their Nutritional Assessment skills. 	<p><u>Nutritional Assessment</u></p> <ul style="list-style-type: none"> 20% increase of students with normal healthy growth status indicators (BMI, Waist Circumference, normal height, etc.)
<p><u>Health Check-Up</u></p> <ul style="list-style-type: none"> To detect early symptoms of diseases. To find strategies to optimise their health by reducing risk factors and correcting lifestyle habits. To determine their health status. 	<p><u>Health Check-Up</u></p> <ul style="list-style-type: none"> Increasing awareness of the underserved communities' health conditions among university students. Reduction in the prevalence of diseases by 10%

PROJECT TIMELINE

Program	Activities	August	September	October	November
Kyan Mar-Yeh (Health) Project	Volunteer recruitment				
	Volunteers' briefing				
	Weekly Volunteering & Nutritional Assessment				
	Health Check-up				
Education	Volunteer recruitment				
	Volunteers' briefing				
	Weekly Volunteering				
Events	Charity Concert				
	Volunteers gathering				

BUDGET

A. Weekly Volunteering Cost

Item	Item Unit	Cost Per Unit (RM)	Total
Educational Material (eg. notes, exercises, etc)	280 children	RM6.00	RM 1680
Travelling Cost	100 volunteers	RM26.00	RM 2600
Total Cost			RM 4,280

B. Volunteers Development Session

Item	Item Unit	Cost Per Unit (RM)	Total
Refreshments	100	RM8.00	RM 800
Speaker Token	1	RM50.00	RM 50
Total Cost			RM 850

C. Charity Concert

Item	Item Unit	Cost Per Unit (RM)	Total
Printing For Marketing (eg. Banner, Brochures)		-	RM 350
Programme Cost		-	RM 2,800
Total cost			RM 3,150

D. Nutritional Assessment

Item	Item Unit	Cost per Unit (RM)	Total
Nutritional Assessment kits (Hygiene kits, snacks, drinks)	65 children	RM17.00	RM 1,105
Marketing of Kyan-Mar-Yeh Project	1 event	RM85.00	RM 85
Nutrition education syllabus development by Nutrition with Wellness university students.	3 students	RM50.00	RM 150
Total Cost			RM 1,340

E. Health Check Up

Item	Item unit	Cost per unit	Total
Volunteers' transportation	13 volunteers	RM15	RM 195
Health check-up blood glucose equipment	50 refugees	RM7	RM 350
First Aid kit	50 refugees	RM30	RM 1,500
Total Cost			RM 2,045
Grand Total Cost (A+B+C+D+E)			RM 11,665