



BUSINESS TRIP REPORT

Mental Health & Wellness Workshop

in Laamu Atoll

(24th December 2022)

1. INTRODUCTION

JICA ASM Exo for 2022/2023 has planned out several activities which is related to three main categories. These programs are in-line with JICA objectives. Ideas and implementation of these activities are mainly contributed by Exco members and aided by external professionals.

The seminar on Health & Mental Wellbeing was conducted by Dr. Fathimath Shara Shareef. JICA ASM in collaboration with Laamu Atoll Council, Women's Development Committee, Laamu Gan Regional Hospital and local NGOs. This seminar was held for two sessions on the 24th December 2022. One session in Laamu Fonadhoo (Morning) and the other in Laamu Gan (Evening). The Seminar was attended by the general public and working professionals and officiated by JICA ASM members Mr. Ahmed Shain Haleem and Mr. Mohamed Aiman.

This Seminar was implemented to expose the participants to the situations of stress caused by daily activities and what it can do to impact their lives. The participants were guided on how to cope with certain stress and to choose healthy eating habits for an overall better life style through the use of structured experiences, group discussions and interactions.

This dynamic, engaging and interactive session is designed to provide participants with the opportunity to increase their awareness of mental health and its potential incidence and impact in the workplace, challenge existing stereotypes of mental illness, and explore how they might better support their colleagues who are struggling with mental health issues. Additionally, participants will have an opportunity to consider their current mental health and strategies to ensure continued health and well-being in their current context.

2. OBJECTIVE

- To ensure maximum converge in Laamu Atoll for which reason we covered two locations in the island (L. Gan and L.Fonadhoo)
- To increase awareness on mindful parenting
- Teach participants how to tackle work stress
- Increase awareness on how lifestyle is plays a major role in a person's health and wellbeing
- Teach participants how to approach a person who might be suffering from mental health
- To kill the stigma around mental health

3. TEAM

- i. Dr. Fathimath Shara Shareef (outsourced facilitator)
- ii. Ahmed Shain Haleem (Assistant Secretary General)
- iii. Mohamed Aiman (Financial Controller)



Figure 1. Team discussion before starting

4. TRIP DETAILS

Session one: Laamu Fonadhoo

Location: Zuvaanunge Marukaz, L.Fonadhoo

Participants: General population

Time	Activities	Conducted by
10:00-10:15	Registration and welcoming to the workshop	Aiman
10:15-10:30	Introduction to JICA ASM	Shain
10:30-10:40	Ice breaker	Dr. Shara Shareef

10:40 -11:20	<p>Importance of lifestyle on health and wellbeing</p> <ul style="list-style-type: none"> - How to avoid communicable and non-communicable diseases - Importance of sleep, exercise and health food on a person's mood, productivity and outcome - WHO recommendations of how to make changes to their lifestyle to adapt to healthier ways of life - How to wear a mask and safely dispose a mask - Importance of hand hygiene 	Dr. Shara Shareef
11:20-11:30	Bio break (Opening floor for any questions)	
11:30-12:00	<p>5 key elements to cope with work stress</p> <ul style="list-style-type: none"> - Teaching participants to identify triggers in their workplace that might cause stress - Increasing awareness on what is indicative that you are abnormally stressed at work and need active help - The difference between good stress and bad stress - When do you ask for help/ how do you respond if someone asks you for advice 	Dr. Shara Shareef
12:00-12:30	<p>Mindful parenting</p> <ul style="list-style-type: none"> - Speaking about the different types of parenting - What is mindful parenting and why is it preferred by psychologists - What should you do to be a mindful parenting - Psychological effects physical abuse has on a child's health and mental wellbeing - Importance of providing children with a healthy happy home when they grow 	Dr. Shara Shareef
12:30-1:00	Winding down workshop and refreshments	Shain and Aiman



Figure 2. From L.Fonadhoo session



Figure 3. L.Fonadhoo Session

Session two: Laamu Gan

Location: L. Gan Regional Hospital (Guraha meeting hall)

Participants: Medical doctors and nurses (health care workers from the hospital)

Time	Activities	Conducted by
4:00-4:10	Registration and welcoming to the workshop	Aiman
4:10-4:20	Introduction to JICA ASM	Shain
4:20-4:30	Ice breaker	Dr. Shara

4:30 -5:00	<p>Importance of lifestyle on health and wellbeing</p> <ul style="list-style-type: none"> - How to avoid communicable and non-communicable diseases - Importance of sleep, exercise and health food on a person's mood, productivity and outcome - WHO recommendations of how to make changes to their lifestyle to adapt to healthier ways of life - How to wear a mask and safely dispose a mask - Importance of hand hygiene 	Dr. Shara
5:00-5:30	<p>5 key elements to cope with work stress</p> <ul style="list-style-type: none"> - Teaching participants to identify triggers in their workplace that might cause stress - Increasing awareness on what is indicative that you are abnormally stressed at work and need active help - The difference between good stress and bad stress - When do you ask for help/ how do you respond if someone asks you for advice 	Dr. Shara
5:30-6:00	<p>Mindful parenting</p> <ul style="list-style-type: none"> - Speaking about the different types of parenting - What is mindful parenting and why is it preferred by psychologists - What should you do to be a mindful parenting - Psychological effects physical abuse has on a child's health and mental wellbeing - Importance of providing children with a healthy happy home when they grow 	Dr. Shara
6:00-6:30	Winding down workshop and refreshments	Shain and Aiman



Figure 4. Ice Breaker from L.Gan Session

Participants List

#	NAME	ORGANIZATION	CONTACT
1	Aishath Athoofa shahid	-	7469444
2	Dr.kailash shah	Gan Regional Hospital	7679407
3	Dr.Sofia	Gan Regional Hospital	7669869
4	Mariyam Nashath	Gan Regional Hospital	7729204
5	Aminath Ainy Hussain	Gan Regional Hospital	7665774
6	Dr. MD Azmal Hossain	Gan Regional Hospital	7676488
7	Dr. sabina Singh Thakuri Acharya	Gan Regional Hospital	7875439
8	Dr. Sumretee Dhoubhadel	Gan Regional Hospital	9366562
9	Dr. Sita Pokhrel	Gan Regional Hospital	9356092
10	Dr.Bishal	Gan Regional Hospital	7247269
11	Dr. Nagendra Katuwal	Gan Regional Hospital	7610959
12	Dr. Priyadarsini	Gan Regional Hospital	7425232
13	Dr. Ajitha Bhanu leela	Gan Regional Hospital	9343657
14	Hafsa Ismail	Women Development	9569519
15	Aishath mohamed	Women Development	7751009
16	Mariyam Zahula	Gan Regional Hospital	9416009
17	Aminath Rafia	Women Development	7838359
18	Mariyam Nasheedha	Fonadhoo Health Center	9961296
19	Mariyam Haulath	Fonadhoo Health Center	7353336
20	Aishath Samoona	Fonadhoo Health Center	7505273
21	Aishath Hana	Fonadhoo Health Center	9167701
22	Ahmed Rasheed	MIRA	7583333
23	Hawwa Rukhshana	Fonadhoo School	7746206
24	Malaka Moosa	Women Development	9999738
25	Hussain Moosa	Fenaka Corporation	9139597
26	Zaeema	Women Development	7933131
27	Fathimath Nooma	Fonadhoo School PTA	9990605
28	Aishath Khalid	Fonadhoo School PTA	7759694
29	Mohamed Zahir	Fenaka Corporation	7792625



Figure 5. Group Photo after L.Gan Session



Figure 6 Group Photo after L.Gan Session

5. OUTCOME OF THE TRIP

The outcome of the trip was quite fruitful and we were able to meet almost all goals we set to achieve during this seminar. The participants were very warm and interactive and we would also like to take this opportunity to thank members of the Laamu Community and the local council officials for their cooperation without whom this wouldn't have been possible.

6. CONCLUSION

Our workshop lasted the whole of 24th December 2022 and we were able to deliver the expected information to the participants of the event for which we are grateful for. In conclusion we wish to continue serving the community with such events in the future and raise awareness towards other mental health issues that require attention. We are also planning to conduct follow-up sessions in the future as well. Also a digital certificate will be provided for all the participants.