

OG Department Stores – Mr Tay Tee Peng Distinguished Undergraduate Student Award (DUSA) ZHANG Jiayi, Biological Sciences

Project iAppreciate! overview

Project iAppreciate was held on 26 March 2022 at the ARC and engaged 64 cleaners working inside NTU. Apart from the 14 organizing committee members, 21 volunteers participated in helping out at the event. During the one-day event with the overall theme of “healthier living”, cleaners participated in several activities to collect enough stamp and redeem gift bags. Appreciation gift bags were also sent to those unable to attend the event due to work.

iHealth



Blood Glucose (L)
Consultation (R)

Inside the iHealth room, health measurements of BMI, Blood Glucose, Blood Pressure were available. Health consultation were also provided based on the measurement results.

Participants enjoyed three games designed to test agility and cognitive skills. The three games included well-played “Match it!” cards, “Slippery Marbles” and “Hook it up!”.

Slippery Marbles (L)
Match it! (M & R)



iPlay

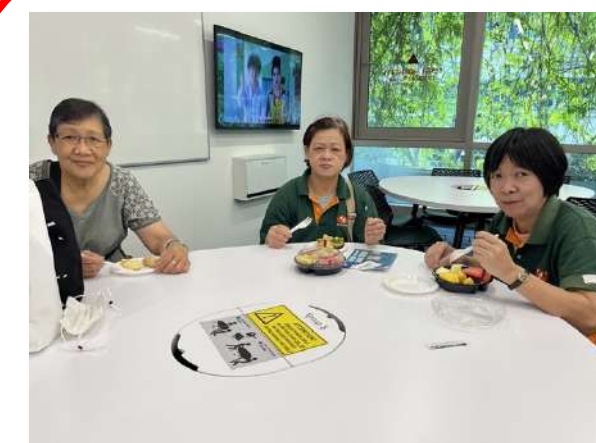
iTalk



HPB Talk (L)
First Aid Demo (R)

Health promotion board brought the healthier living talks in English and Mandarin to give advice on the management of chronic disease.

First Aid trained students also demonstrated some basic First Aid skills



Cleaners enjoyed the movies and refreshments. They also provided valuable feedbacks to us!

Using the stamps collected by participating in various activities, they redeemed the gift bags!



iRelax

With the DIY kits provided, cleaners designed and made their own mosaic coasters! After drying, they could bring it back home.



Making Mosaic
Coasters! (L&R)

iDIY

Gifts Distribution among campus

Due to duty roster, some of the workers were unable to join the events, but they also contributed a lot to normal operation of our campus. Hence, we came down to the their working sites to distribute appreciation gifts.



Acknowledgement

I would like to express my deepest gratitude to OG Department Stores and the CoS for offering me grants and opportunities to launch this project. I am also grateful to get support from Red Cross Youth Chapter and all volunteers, especially Shu Ying, Ching Wei, Myat, Jia Yi, and all CE members. I would like to thank Ms. Irene Tay from CoS and Mr. Abriel Ghui from SAO for their guidance during the event planning. I would like to express my special thanks to the Health Promotion Board, Lioncorp, MegRhythm, and Quad Café@NTU for their generous support of our event.