

Annual Report

2022



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Company Registration Number: 10-A18814

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Statement Of The Chairperson

On behalf of the Executive Committee, I am pleased to present the Annual Report of the Society for Health Education (SHE) for the year ended 31st December 2022. Indeed, the past year has been an eventful year for SHE which can be witnessed from the annual report. With the unprecedented challenges we could say we have made achievements in all major thematic areas, particularly the Laboratory and Diagnostic Services, Sexual Reproductive Health Services and Counselling and Psychosocial Services.

As we complete our 34th year in service to the community we are faced with fresh and complicated challenges. With the formation of many NGO's in Maldives to work in the area of health and social services has hampered our work and effort to mobilize more volunteers. Volunteerism is in the DNA of SHE since it was established by volunteers and is run and managed by volunteers with the unreserved commitment and contribution of very dedicated staff. SHE is now giving serious thought to the scarcity of volunteers and has to explore ways and means on how we can reactivate and re-energise the dynamic of volunteers especially youth volunteers as they can play a critical role in energising the organisation.

As we move forward, the greatest challenge has been to retain SHE's iconic state as the leading non-government



organization in the Maldives. To this end, the entire SHE Team has worked hard in being creative and rolling out new services and programmatic activities to attract more and reach more people in need. Also SHE's continued effort to lead and partner with government and other NGOs in the international, national and local programs that are mutually beneficial, through building stronger networks has been a core in demonstrating that SHE is one of the leading NGO in the country.

SHE has to work on expanding its services out of Male and find alternative means to reach the other major population centers and marginalized and vulnerable population in the other parts of Maldives. Financial and Human resources restriction has to be overcome by finding alternative means of addressing the pressing need for counselling services, SRH services

and health information to maintain a healthy life of the family. Emerging and changing dynamics in the life style of the population and the challenges caused by these changes requires SHE to consider and evaluate how to Integrate and add value to our services so that youth, women and families could make more informed choices when seeking health services.

SHE as an organization has continued to push the bar higher for health education services and advocacy for sexual reproductive health rights. SHE has made use of many social media platforms thereby increasing our visibility and reach to youth groups, while expanding our scope for cross-sectoral marketability among allied NGOs.

A significant review of the constitution was made to make the society more current and relevant with the prevailing environment and social challenges. Also work on the strategic plan and aligning our SRH related work to reflect the IPPF strategic framework also commenced during the year.

I would like to thank all our past and present EXCO Members, Volunteers, dedicated staff for their support and for the achievements of the last year. My special thanks and sincere gratitude to the founder members, whose support and guidance have been invaluable throughout last year.

Let us all Members, Volunteers and staff make 2023 a better and more successful year.

Thank you

Hussain Haleem

From The CEO'S Desk

It is my pleasure to present you the annual report for Society for Health Education for the year 2022. As the CEO of the organization, I am grateful to say that despite the challenges we faced we have accomplished a great deal in the past year.

Our mission to the commitment to sustain the initiatives to increase public awareness on issues that influence family wellbeing, has remained at the forefront of all our activities carried forward in the year 2022. We have worked tirelessly to create positive change in the lives of the people and I am pleased to say that our efforts have made significant progresses towards achieving our goals. We have worked persistently towards empowering the communities through various awareness-raising activities, educational programs and person-centered health information and services which enabled them to enhance skills and knowledge, which will assist them in making informed decisions to improve their lives which will in turn impact positively on their families as well as the communities.

During the past year, we continued to maintain our engagement with our donors and stakeholders and formed new partnerships. These engagements and partnerships made it easier for us to reach our strategic objectives for the year by being able to do collaborative work to achieve collective goals.



Our quality and timely delivery of services has earned us the trust and loyalty of our clients. To enhance our client experience and satisfaction, significant investment was made to improve staff efficiency and to enhance their professional and personal growth. Prospectively, we continue our commitment to our strategic objectives, continue to deliver quality, valuable services to the communities and invest in enhancing operational effectiveness.

I would like to take this opportunity to thank our donors, stakeholders, members and employees, for their contributions and ongoing support to achieve our mission. We look forward to another productive year ahead.

Preface

Society for Health Education (SHE) concludes its 34th year in service as one of the nation's leading non-governmental organizations (NGOs) that addresses issues of the community's health status and family well-being.

Since the establishment of the organization in 1988, SHE strives to improve the lives of Maldivians by raising awareness of health issues, enhance the quality of life of the public, deliver health services, help empower families and women to make informed choices when seeking health services.

SHE resumed the physical/in-person interactive sessions and activities in 2022 in the new era of post Covid-19 pandemic lifting of restrictions. SHE team worked diligently to provide the services of SHE to the community. SHE, as a professionally managed, client-oriented NGO adhering to international best practices, worked in unity to overcome constraints and obstacles. SHE has been able to continue its work with the invaluable support of the founding members, members, donors, volunteers, and staff.

Vision

An organization that is proactive in identifying and addressing crucial health and social concerns of the Maldives.

Mission

The organization reaffirms its commitment to sustaining its initiatives, and to further increasing public awareness on issues

that influence family well-being. Effectiveness of health promotion initiatives will be ensured by adopting appropriate service delivery mechanisms, fostering improvements in reproductive health parameters, continuing thalassemia prevention activities, promoting responsible parenthood concepts, facilitating empowerment of women and youth, supporting victims of abuse, extending counselling to adolescents and families, and encouraging community ownership of development.

Values

Empowerment

We are passionate in our efforts to inspire people regardless of their age, gender, sexual orientation, status and identity, to be courageous and to confront challenges to seek social justice.

Compassionate

We are dedicated to improve the overall health and family well-being of the Maldives and to treat people with love, care and respect.

Integrity

We strengthen integrity by following code of conduct, work ethics, and being respectful.

Respect

We respect individual human rights and privacy by eliminating all forms of discrimination in our work. We ensure a safe workplace environment for our employees and a welcoming and convenient service providing environment for our clients.

Organizational Profile

Society for Health Education (SHE) was established in 1988 by a dedicated team of four visionary ladies who recognized the community's social and medical needs. They identified the need for creating an NGO that could play a vital role at the grassroots level in addressing these concerns and constraints.

The four pioneering founder members are:

- Madam Nasreena Ibrahim
- Dr. Naila Firdous
- Late Naila Ibrahim Kaleyfaanu
- Nasheeda Ahmed Riza

Their aspirations, dedication and enthusiasm to improve the lives of Maldivians by promoting health awareness and providing health services to remote areas of the country have been successful over the past three decades. SHE is able to reach approximately 5000 new clients and provided health-related support and services where needed.

SHE Governance ensures that it is directed and managed in a fair and transparent manner in all aspects and at all levels of the organization. Implementation of governance is by an elected Executive Committee (EXCO), elected by and The EXCO is accountable to the organization's volunteer members. The election of an EXCO is held once every three years at the Annual General Meeting (AGM). The Articles of Association require the presentation of the Annual Report of the previous year, together with audited financial statements for approval by members at the AGM. The EXCO is the organization's oversight body, and its members are trustees responsible for policy and strategic direction. In this regard, the EXCO is required to meet at least four times annually. Additional meetings will be conducted as and when required.

The Chief Executive Officer (CEO) reports to the EXCO as the head of management of the organization. The administrative and management operations of SHE is the responsibility of the CEO and does not fall within the purview of the EXCO. For the smooth functioning of SHE a clear written separation of powers between governance and management is promulgated in the SHE Constitution.

Members of the Executive Committee

The organization's Executive Committee (EXCO) consists of twelve members: Chairperson, Vice Chairperson, General Secretary, Treasurer, two Youth Members, and four General Members. The Executive Committee members are elected by the general members at the Annual General Meeting (AGM) for a term of three years. A member may be elected for two terms consecutively, after which that particular member/s cannot be elected for a further term. However after a lapse of 3 years, the member can be elected again for one or two consecutive terms. Maximum period one member can serve in the EXCO in total is twelve years.

The quorum required to conduct an EXCO meeting is five members. The founder members are non-voting members of the EXCO and are not counted among the five member quorum.

Founder Members in Executive Committee



Madam Nasreena Ibrahim
Founder Member



Dr. Naila Firdous
Founder Member

Elected Members for 2021 – 2024



Mr. Hussain Haleem
Chairperson



Vice Chairperson



Mr. Abshar Mohamed
Treasurer



Ms. Fathimath Naila
General Secretary



Ms. Fathimath Shaana
Youth Member



Mr. Saifulla Waleed
Youth Member



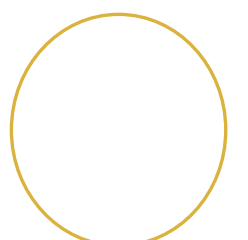
Mr. Aik Ahmed Easa
General Member
Youth Member



Ms. Husnu Afrose
General Member



Ms. Aminath Latheefa
General Member



General Member

Management

Twenty two full time staff were employed by SHE during the year 2022, along with four contract staff, and two staff working part-time. During the year in review, nine staff left the organization and 15 staff were recruited.

SHE Affiliations

SHE is a member association of the International Planned Parenthood Federation (IPPF) and Thalassemia International Federation (TIF).

International Planned Parenthood Federation (IPPF) is a global health care provider and a leading advocate for sexual and reproductive health and rights (SRHR) for all. SHE has been a member association of IPPF since 1995. Within this arrangement SHE promotes Sexual and Reproductive Health and Rights (SRHR) in Maldives. IPPF has accredited the SHE Articles of Association (Constitution), governance and organizational structure, operational policies and practices in two cycles, each time helping SHE to strengthen its management systems and increase the organization's donor credibility.

Thalassemia International Federation (TIF) is a non-profit, non-governmental organization established in 1986 by a group of patients and parents from National Thalassemia Associations in Cyprus, Greece, UK, USA and Italy. Its aim is to ensure equal access to quality health care for each patient with thalassemia and other hemoglobin disorders globally. SHE, as a member of TIF, is able to access all the privileges granted in the Constitution of Federation, allowing SHE to represent itself in international conferences as well as having access to research on thalassemia conducted by TIF.

SHE is also funded by a number of other organizations including UNICEF, UNFPA, WHO and Alifulhu-Thuthu Foundation (AFTF) for conducting its projects.

SHE has also signed MOUs with the National Center for Mental Health (NCMH), the International Organization for Migration (IOM), Transparency Maldives (TM) as well as a number of local agencies.

An MOU was signed between IOM and SHE to collaborate in the promotion of migrant health through essential health services, including mental health, psychosocial support, SRH awareness and services.

SHE Initiatives

SHE is fostering family well-being through a wide range of services and awareness raising activities including publication and dissemination of print materials, development of radio programmes and conducting outreach programmes, holding public forums, and delivering services not only in Male' but also to other islands as well.

SHE has a number of groundbreaking initiatives to its credit, including the introduction of Counselling services at the service delivery level, the establishment of the first family planning clinic outside the government setup, raising awareness about the actual significance and consequences of Thalassemia's high prevalence and extending Thalassemia screening services to all 200 island communities, and the establishment of the first Thalassemia DNA laboratory in the country.

SHE reaffirms its commitment to sustain these initiatives and to further increasing public awareness on issues that influence family well-being. Effectiveness of health promotion initiatives will be ensured by adopting appropriate service delivery mechanisms, fostering improvements in reproductive health parameters, continuing Thalassemia prevention activities, promoting responsible parenthood concepts, facilitating empowerment of women and youth, supporting victims of abuse, extending Counselling to adolescents and families, and encouraging community ownership of development.

Today, SHE is one of the largest NGOs in the Maldives noted especially for its effectiveness in addressing issues concerning Thalassemia, Counselling and Psychosocial Support, Sexual and Reproductive Health (SRH) and Health Education.

Thematic Areas

The thematic areas of services provided by SHE includes Thalassemia Laboratory and Diagnostic Services, Counselling and Psychosocial Services, Sexual and Reproductive Health Services, and Health Education. Through various services provided by these departments, SHE aims to improve and educate the community on living standards and the importance of health and wellbeing.

Thalassemia Prevention Programme

The Thalassemia Prevention Programme undertaken by SHE, comprises an awareness component along with provision for screening. The prevention programme of SHE aims to reduce the number of Thalassaemics born in Maldives by providing testing services to identify Thalassemia carrier status and raising awareness on how the disorder is inherited. The programme also includes a component on supporting the care of Thalassaemics. Services established under this programme include laboratory facilities and genetic Counselling services. The first Thalassemia DNA testing facility was established at SHE in. The establishment of DNA testing services has contributed to a significant reduction of the number of inconclusive results.

Counselling and Psychosocial Services

The Counselling and Psychosocial Service Department provides face-to-face counselling and telephone counselling as well as attending to referrals from stakeholders and providing supervision to counselling graduate/undergraduate students. The department also conducts a variety of sensitization programs/workshops throughout the year, on mental health and mental well-being and on other related topics, by proactive initiation as well as by coordinating with stakeholders.

In addition to the day-to-day regular services, the department provides critical incident debriefing and is involved with psychosocial support tasks related to natural disasters and national emergencies, to provide a united effort to prevent the long-term repercussions on the population's well-being and enhance the capacity of individuals to cope with adversities. Additionally, IEC materials and social media platforms are used to increase public awareness on mental health and wellbeing and related issues.

Furthermore, SHE is committed to prevent, mitigate and respond to sexual and gender-based violence in Maldives.

Sexual and Reproductive Health Clinic

Since its inception in 1994, the Sexual and Reproductive Health Clinic at SHE has a long-standing reputation for client friendly and quality service provision on SRH and other various general health issues, including gynecological consultations, ANC consultation, provision of contraceptive devices, contraceptive counselling and pre-marital counselling.

Comprehensive Sexuality Education (CSE) is another program conducted by the clinic. Contents are delivered according to age groups. A Youth Kiosk is run by the SRH clinic and is a drop-in center for youth where Adolescent Sexual Reproductive Health (ASRH), information is provided.

SHE SRH department provides free Voluntary Counselling and Testing (VCT) services. SHE has implemented and contributed to HIV and AIDS programs initiated in Maldives. HIV testing with Sexually Transmitted Infections (STI) testing is provided both in house and via mobile services.

Non-Communicable Disease (NCD) program focus area, which includes increased awareness and provision for screening through in house and outreach programs. The aim of this program is to reduce NCD related issues in the Maldives.

The clinic regularly conducts mobile outreach activities including awareness programs targeted for Key Affected Populations. Furthermore, the SRH department conducts workshops, trainings, awareness sessions and creates and disseminates Information Education and Communications (IEC) materials. Social media platforms are also used to increase public awareness on Sexual Reproductive Health.

Health Education

Health Education is a priority area of the organization. Since its establishment in 1988, the Society has been providing health education to the community on emerging issues of health and well-being. Events and activities such as outreach health camps and health festivals have been organized over the years to promote health and family well-being as part of this programme.

Technical expertise is broadcast through a number of radio and TV programmes to provide health information to the public and on social media platforms to reach a wider audience. SHE emphasizes the importance of healthy eating habits and nutrition to communities through awareness raising sessions and workshops.

Services at Society for Health Education

Thalassemia Laboratory & Diagnostic Services

- Thalassemia screening
- DNA confirmatory testing
- Genetic Counselling on Thalassemia
- Blood grouping & RH typing
- PND & HLA appointments
- Support services for Thalassemics

Counselling & Psychosocial Services

- Telephone Counselling
- Face-to-face counselling
- Gender-based Violence screening
- Promoting and responding to psycho-social needs
- Critical incident de-briefings

Sexual & Reproductive Health Services

- Provision of family planning methods & contraceptive counselling
- Contraceptive methods provision including Emergency Contraceptive pill
- Obstetrics & Gynecological consultation
- Face-to-face and telephone counselling on SRHR related issues
- Pre & post marital counselling

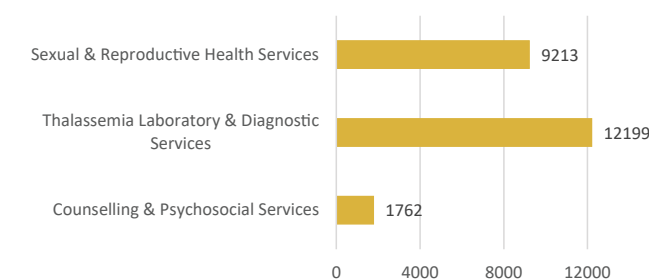
- Prenatal and post-partum care and counselling
- Engaging Men in Sexual Reproductive Health
- STI's testing (Hepatitis B & Hepatitis C and Syphilis awareness training)
- Voluntary Counselling & Testing (HIV testing services)
- Breast and Cervical Cancer awareness and screening

Health Education

- Provides information on issues of health and wellbeing
- Outreach health camps to promote health awareness
- Promote health via radio and TV programs

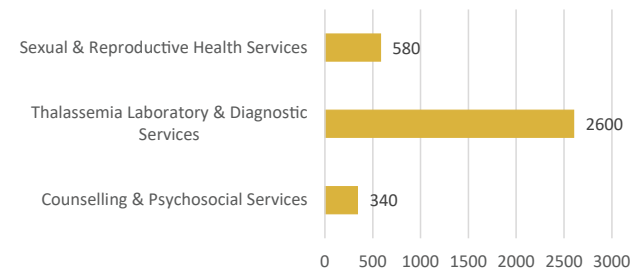
With the lifting of Covid-19 restrictions on travel and social gatherings SHE is able to physically reach a larger population than the previous year through the static and mobile clinic facilities.

Total number of services provided in 2022



The collective number of services provided in the year 2022 by the departments of SHE has had a positive increase in comparison with that of the year 2021.

Total number of new clients in 2022



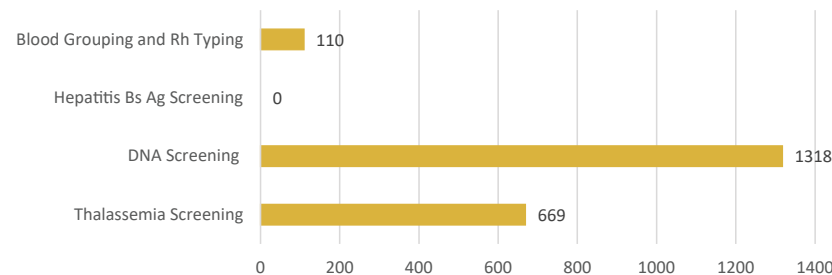
In comparison with recent years the lifting of Covid-19 restrictions has allowed us to keep pace in reaching the number of new clients.

Thalassaemia Laboratory and Diagnostic Services

Thalassaemia testing and awareness is one of the key pillars of SHE, under which several thalassaemia prevention programmes are undertaken with the aim to reduce the number of Thalassaemic children born in Maldives. She continues to provide testing services to identify Thalassaemia carrier status, and raising awareness on the genetic inheritance of the disorder. With the aim to broaden our reach we have been providing Thalassaemia testing services to Kulhudhuffushi Regional and L.Gan regional Hospital.

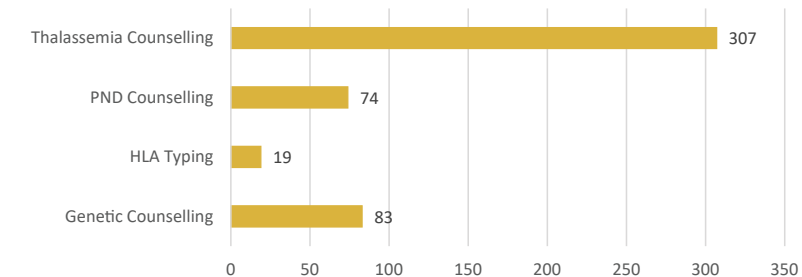
Along with laboratory facilities and genetic counselling services, support components are offered in the care of Thalassaemic patients.

Screening Services 2022



Over the period of 2022, Laboratory and Diagnostic screening services were provided to 2097 beneficiaries. This includes 1318 DNA Screenings, 110 Blood Grouping and Rh Typing and 669 Thalassaemia screenings carried out.

Counselling services 2022



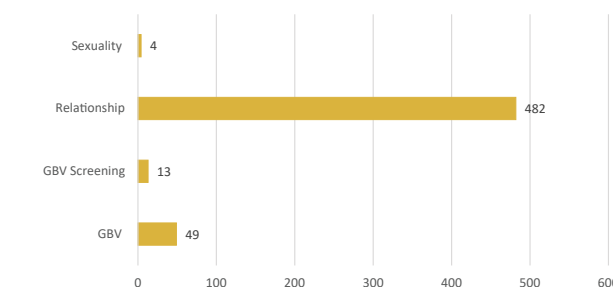
Over the period of 2022, Laboratory and Diagnostic screening services were provided to 2097 beneficiaries. This includes 1318 DNA Screenings, 110 Blood Grouping and Rh Typing and 669 Thalassaemia screenings carried out.

Counselling and Psychosocial Services

Counselling and Psychosocial Services provided by SHE aims to improve public awareness and knowledge on psychological issues through face-to-face counselling, telephone counselling along with providing information through IEC materials and behavior change communication.

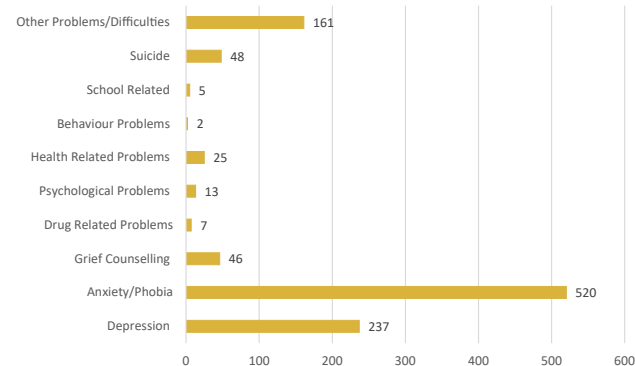
During the year 2022, Counselling and Psychosocial services were provided to 340 new clients in addition to existing clients.

Specialized SRH Counselling sessions in 2022



The department further focuses on providing specialized Sexual and Reproductive health related counselling sessions. Last year, 548 sessions were conducted out of which 482 sessions were regarding relationship issues, 49 sessions on gender-based violence, 13 sessions on gender-based violence screening and 4 sessions were individually conducted for sexuality education.

Specialized SRH Counselling sessions in 2022



Providing non-SRH Counselling sessions are also a part of the department. Over the period of 2022, a total of 1064 sessions on non-SRH counselling were provided out of which 520 sessions were on anxiety and phobias, 237 sessions on depression, 48 cases on suicide related issues and 161 sessions on other problems and difficulties faced by the clients. Compared to the previous year, sessions on health-related problems and psychological problems have reduced while a noticeable 48 sessions were held on for Suicide related issues.

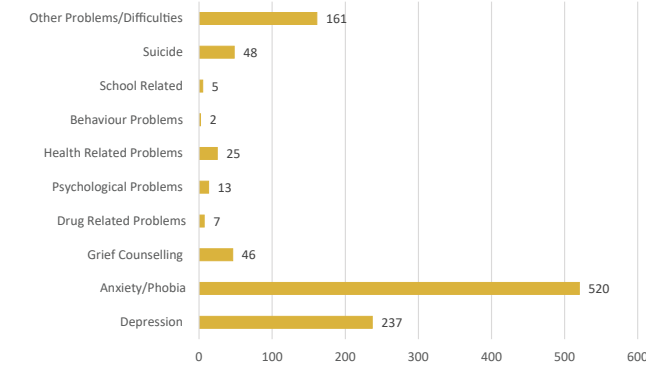
Sexual Reproductive Health Services

Sexual and Reproductive Health (SRH) Services of SHE has been a major focus area of SHE since 1994, with the establishment of the Family Planning Clinic.

SHE has been the sole organization providing SRH services at an established family planning center. The service comprise family planning counselling and commodity provision, gynecological consultation, comprehensive SRH services for clients via telephone and face to face.

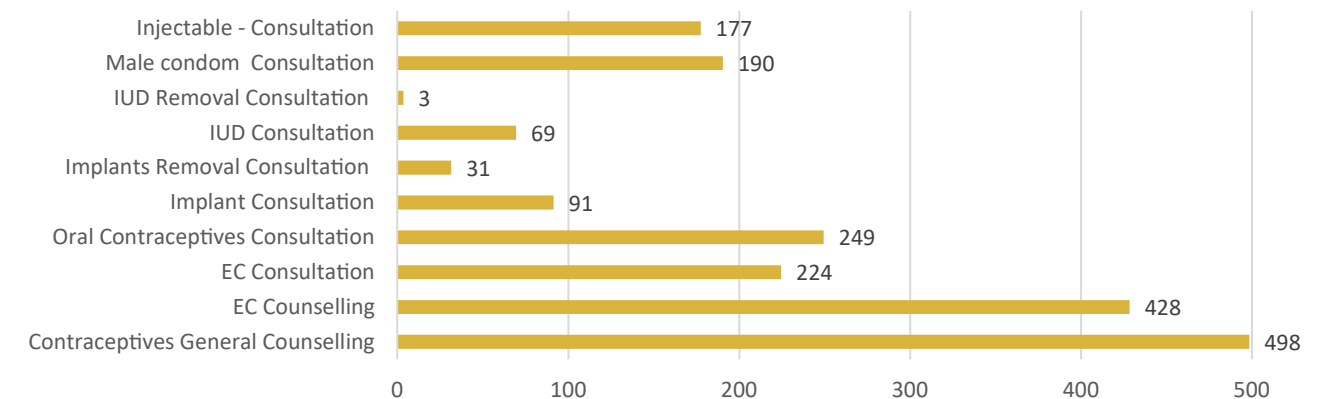
In 2022, a total of 580 new clients were served through the SRH department.

SRH consultation services in 2022



During the year 2022, a total of 1408 SRH consultation services were provided by the Family Planning Clinic: 149 gynecological consultations, 12 obstetrics consultations and 9 clients were provided abortion harm reduction counselling. A significant increase in numbers of services were noted in STI/ RTI consultations which stands at 610 and HIV & AIDS consultations were at 626 compared to year 2021.

SRH contraceptive consultation services in 2022

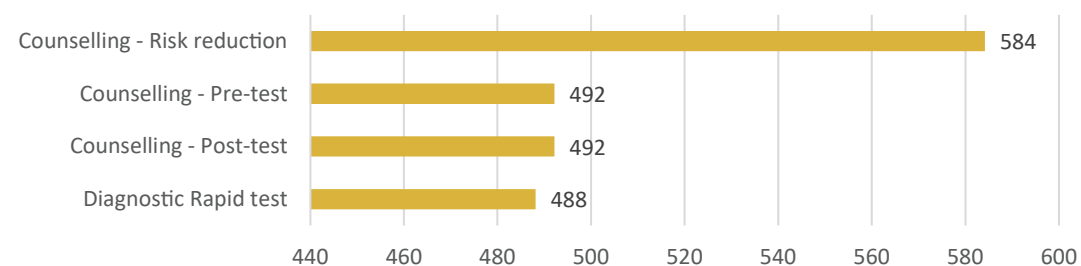


In 2022, a total of 1960 contraceptive consultation services were provided with the highest number provided for contraceptive general counselling with 498 clients. 428 were on EC counselling, 224 on EC consultations, 249 on oral contraceptive consultation. 177 Injectable consultations. 190 Male' condom consultations. 91 were implant consultations, 31 were implant removal, 69 were IUD consultations and 3 IUD removal consultations were carried by the clinic.

Voluntary Counselling and Testing (VCT)

The Voluntary Counselling and Testing (VCT) services are provided to both local and expatriates in Maldives free of charge including diagnostic and rapid testing. This activity is carried out both in house and during our outreach programs such as multi-purpose health camps to various atolls. Vulnerable groups and mass audiences who seek the services could be reached during these activities, and in the medical health camps mainly focused on migrant workers living around greater Male region. During the period of 2022 there were 488 individuals tested.

Voluntary Counselling & testing in 2022



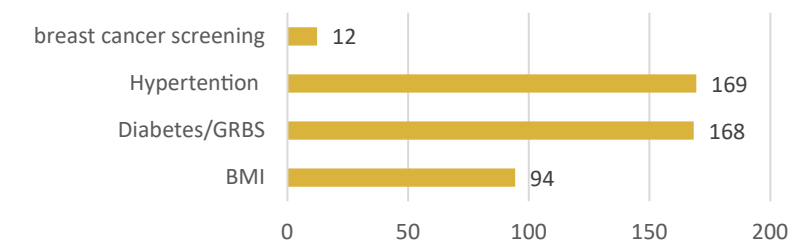
In 2022, a total of 488 individuals were tested, the highest number of services were provided for risk reduction counselling with 584 clients, 492 on Pre-test counselling. 492 on Post-test Counselling were provided by the clinic

Non-Communicable Disease screenings

The main objective of non-communicable disease screening is to provide information about the person's health and well-being. Addressing the risk of obesity, hypertension, and diabetes, on health and well-being. The key component of these screening programs is checking the Body Mass Index (BMI), Blood Pressure (BP), and General Random Blood Sugar testing.

This is mostly carried out through multi-purpose health camps, medical health fairs, and through other awareness sessions carried out for government and private offices on their requests.

Non-communicable disease screening in 2022



During the year 2022, a total of 453 individuals were screened for Non – communicable disease, out of which 169 clients screened for Hypertension, 168 were GRBS, 94 clients screened for BMI and 12 clients screened for breast cancer.

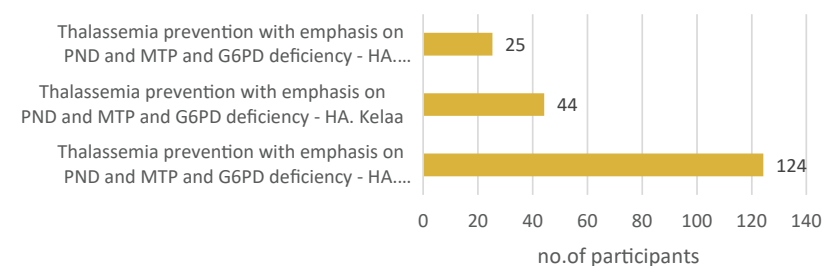
Health Education and Awareness

Promoting health well-being of the community has been a top priority for SHE since its establishment. The organization has been providing health education to the community on various areas of health including, mental health, mental well-being, non-communicable disease prevention, nutrition and healthy lifestyle. Furthermore other social issues of concern are addressed when needed. These topics are addressed at various events such as multi-purpose health camps and health festivals, training and educational sessions, online events and other awareness creating sessions. This year, most of the activities were held physically as the restrictions imposed due to Covid-19 were lifted allowing us to reach more communities who do not have access to information on social media



Awareness sessions

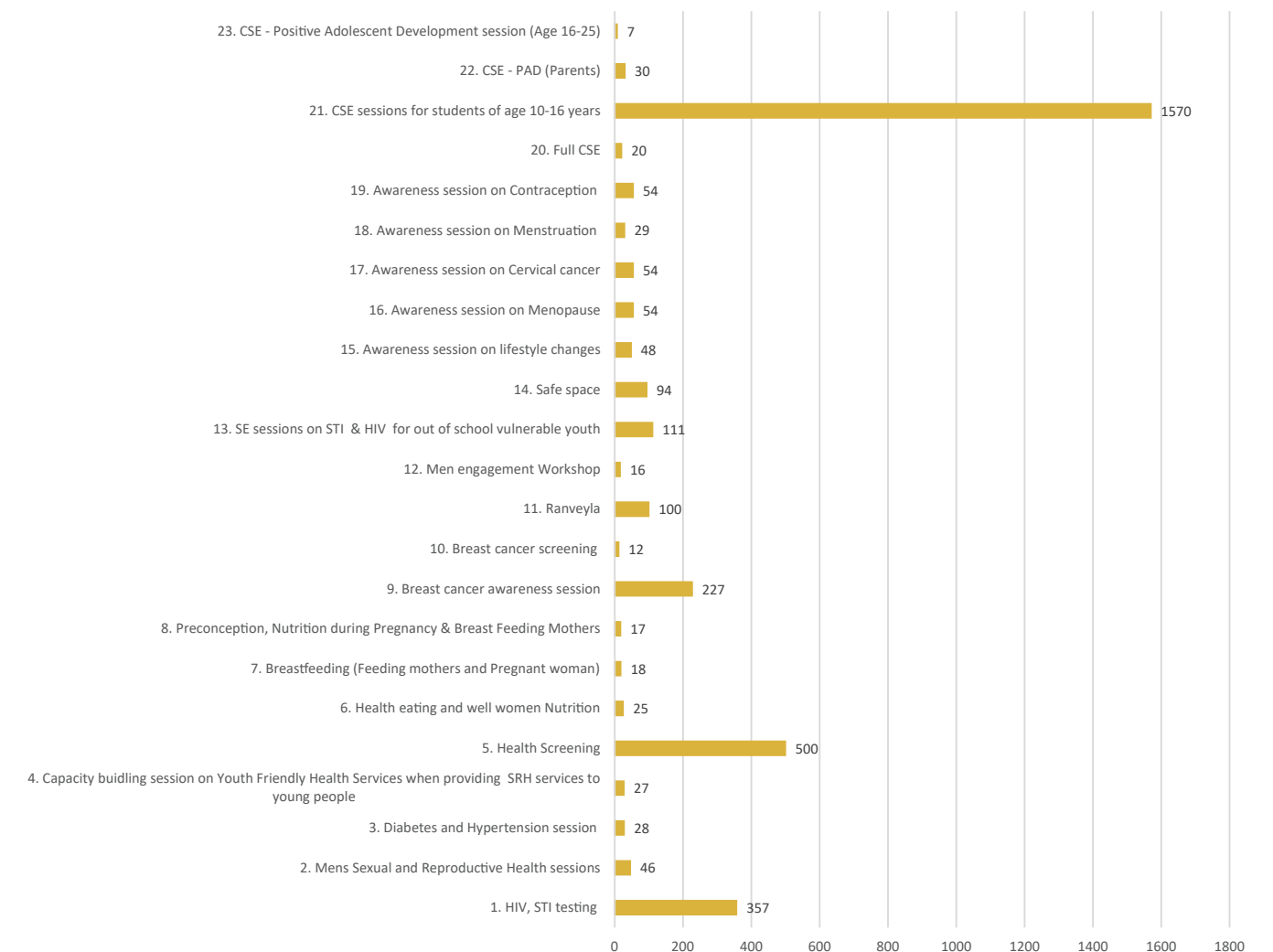
Thalassemia Awareness and Information sessions



Information sessions were conducted with an aim to increase awareness among the community on Thalassemia. During 2022, a total of 193 people were reached via awareness and information sessions on Thalassemia. The topic of interest was Thalassemia prevention with emphasis on PND and MTP and G6PD deficiency which was carried out in 3 main islands of HA atoll.

Sexual Reproductive Health Services Awareness & Information Sessions

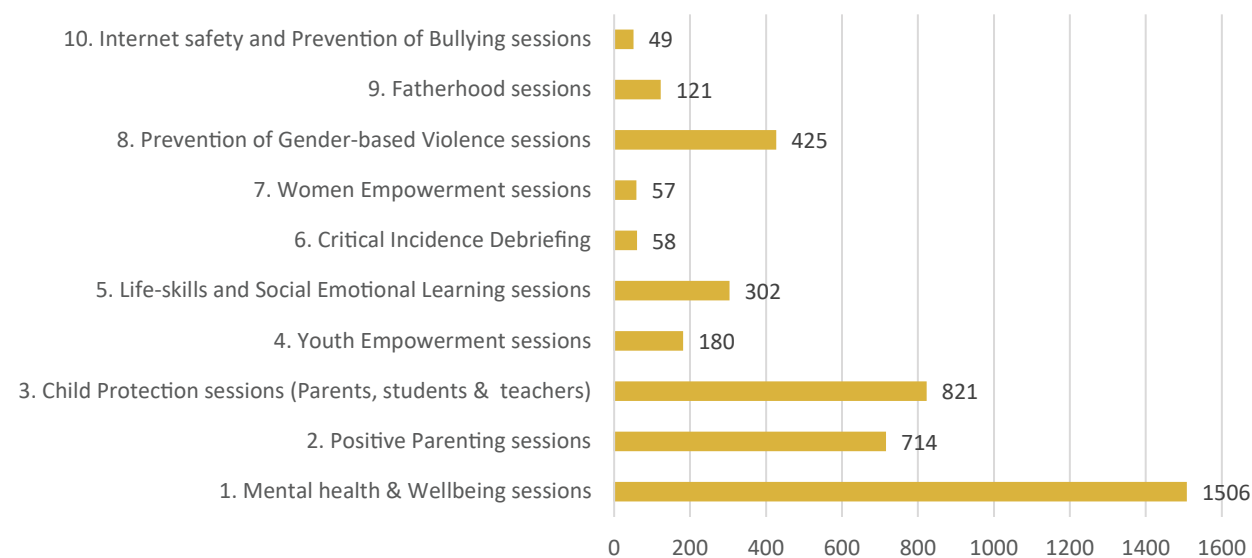
A total of 74 sessions including physical and online awareness sessions were carried out by the SRH team under 23 categories reaching out to 3444 participants in the year 2022, which includes CSE sessions safe space sessions and health camps.



Counselling & Psychosocial Services Awareness and Information Sessions

Counselling and Psychosocial Service department conducted information sessions to all ages including parents, teachers, school students, offices and other stakeholders. A total of 4233 participants were coached during the 78 awareness sessions carried out under 10 categories.

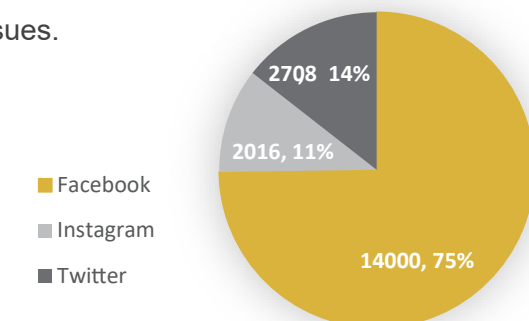
The sessions mainly focused on issues such as behavioral issues, prevention of bullying, child abuse, positive parenting, work life balance, mental health, mental well-being and internet safety are mostly based on topics that are requested by school and parents.



Media Visibility

In 2022, the social media was utilized to promote the programmes conducted by SHE and as well as disseminating information by on health and social issues.

Audience members following SHE on Social Media platforms



During this year the social media platforms SHE was actively involved were Facebook, Instagram and Twitter. There were 1464 new followers in this year with a total of 18724 audience members in all platforms. In 2022, there were 43 headlines addressed via the social media platforms including the call for online sessions and live sessions on Facebook. Similar to the previous year, the most number of audiences were engaged by the Instagram posts.

Instagram, Facebook & Twitter Reach

Topic (Posts)	No of Posts Instagram	Instagram (Reach)	No. of Posts Facebook	Facebook (Reach)	No. of Tweets	Twitter (Reach)
Cervical Cancer awareness month	6	636	6	1168		
World Cancer Day	4	1934	4	3705	4	2006
#MHPSS - Play gives children a chance to practice what they are learning	1	347	1	2121	1	2543
International Day of Women & Girls in Science	1	275				
Thalassemia DNA testing services at L. Gan	1	540	1	2181	1	1343
#MHPSS - Poem on Mental Peace	1	1006	1	1198	1	1343
International Womens day	2	1399	1	893	1	3348
Anbalan fundraiser event	5	2348	2	6824	3	1587
Positive Parenting session - online	1	937	1	2025	1	423
Siththaa launching post	2	1379	2	2735	1	466
SHE 34th Aniversary	3	1294	2	2016	2	7111
World Wealth day	1	254	1	751	1	823
Roadha aai sufuraamathi - Facebook live series	2	1292	3	34739	2	730
Free thalassemia screening	1	974	1	12096	1	5776
International Thalassemia day	2	1207	1	1100	1	561
International Nurses day	1	327	1	906	1	394
Menstrual Hygiene Day - Menstrual health & management session	1	643	1	3989	1	988
#PeriodVaahaka - Period education for everybody	9	1033	6	1159		
Awareness sessions at HDh Kulhudhufushi	8	690	1	2193	4	1037
Youth Conclave	3	1012	4	2307		
#MHPSS - Supporting someone who is grieving	1	628			1	3656
#MHPSS - Breathing exercise	1	828			1	296
Migrant Workers Healthcamp	1	1758				
World Sexual Health day	1	1279	2	724	2	170
World Polycystic Ovary Syndrome Awareness Month	6	1189	6	4349	2	782
Awareness raising trip to N. Kudafari	6	617				
International day of the Girl Child 2022	1	534	1	983	1	317
Session on Digital Hygiene & Emotions - International Day of Girl Child	1	650				
#MPHSS - Mental health factors to improve wellbeing	1	417	1	870	2	341
#WMHD - Identifying emotions	1	611	1	1069	1	641
Israhvehinge dhuvas - Awareness health trip to K. Gulhi	1	490				
#MHPSS - self-care check-in	1	443	1	613	2	456
World mental health day 2022	1	255	1	749	1	261
Safe space session; relationships, decision making, consent, & tips on mental health	1	707	1	6004		
Breast Cancer awareness month	1	272	1	3510	1	498
#WMHD - Self care vedio by staffs	1	1079	1	1507		
Multipurpose Health Trip to Th. Vilufushi	8	892				
International Men's' day	2	319	2	1728	3	473
Children's Day post	2	256	1	653	2	149
16 days of Activism Against Gender-based Violence	3	250	1	591	3	423
A guide to breast self-examination	5	915				
Volunteer Appreciation post	1	264				
Gender based violence - Authorities Contacts	1	340			1	139

Facebook live Sessions

Roadha aai Sufuraamathi

The Ramadan series of Facebook-Live sessions on Roadhayaa Sufuraamathi continued during the year 2022 as well where 2 episodes were conducted with 2.2k views. The topic for the first session was based on seeking the maximum health benefits from Fasting during Ramadan by an altered daily routine. In the second session the importance of maintaining a healthy lifestyle until next Ramadan was discussed.

This year's sessions were moderated by Safa Shafeeq and was facilitated by Dietitian Dr Asiya Abdul Raheem.



Programmatic Highlights

Siththaa re-Launch

Siththaa is a mobile application developed with the aim to initiate and educate knowledge seeking and awareness among youth on Adolescent Sexual and Reproductive Health (ASRH) issues which will help young adults gain correct information through one platform. Siththaa application was re-Launched including revised modules in the content in both English and Dhivehi language.



Dignity kits by little volunteers

In 2022, a Dignity kit packing was carried with the help of little volunteers in packing over 250 kits. These kits consisted of the basic hygiene products specific for both the genders. A large number of these dignity kits were distributed to migrant workers at health fairs. Some kits were distributed to victims of fire incidents that had occurred during last year, some were donated to the patients at National Mental Health Center.



Anbalan 2022

The Anbalan event 2022 was successfully held as a two-day event from the 24th of March to 25th of March from 4pm to 10pm at Rasfannu beach. This is an annual event held by SHE, with staff and members, volunteers and kind sponsors coming together every year contributing to Visibility and fund raising to our cause.



Fire Safety training

A fire safety training was organized by SHE and conducted with the help of MNDF. Total of 19 staff participated in this one day training held at K.Villigili. The main focus of the training was to raise awareness of fire hazard in the workplace and safety measures to be taken in emergency fire situation.



Staff First-Aid training

A staff First Aid training was carried out for all staff at SHE in collaboration with the MNDF Medical Department. A total of 19 staff were trained during this session. Some of the topics covered include standard first aid, CPR training and Emergency Basic Life Support (EBLS).

This activity was funded by HCDC, which provided our staff with necessary training and consciousness of safety within and out of the workplace.



Staff Retreat

MNDF conducted leadership and team-building activities during the staff trip to K.Girifushi. This trip was arranged to foster teamwork among the staff by allowing them to spend useful and constructive time away from the office.



“Ekugai” –Walking with a mental health patient

“Ekugai” is a project initiated by National Center for Mental Health (NCMH) at IGMH with the objective of providing regular social interactions to patients who are in the community by engaging stable patients in leisure walk of about 20-30 minutes. This allows volunteers at SHE to interact and engage in exercises with NCMH patients who lack a support system.

Walking has mental health benefits as much as physical health benefits. It encourages building self-esteem, decrease negative thoughts and allow for social interactions. This engagement allows volunteers to expand their understanding of mental health issues while supporting a patient. During 2022, 4 of our volunteers were involved in this project holding regular outings with patients referred to us from NCMH.

Emergency Preparedness Plan (EPP)

The Emergency Preparedness Plan (EPP) for Society for Health Education was developed in 2022 which aims to bring more awareness on Sexual and Reproductive Health needs during a crisis/emergency situation. With the implementation of this plan the target is to strengthen the preparedness of the organization during emergency situations.

This project is funded under the HCDC and the EPP will act as the key guide for the emergency response team who are on standby when a national crisis/emergency has been declared.



Men Engage Workshop

In 2022, two Men Engage workshops were carried out under the theme “Engaging Men as Partners in Promoting Health and Family Well-being”. Over 50 participants participated from all works of life in the workshops held throughout the year.

Some of the topics covered in the workshops include roles and responsibilities of men in family, fatherhood, mental health and wellbeing, domestic violence and men as partners in ending gender-based violence.



Mental Health Ambassador Training

As in previous years, in collaboration with School of Nursing, Mental Health Ambassador Training was conducted for nursing students to build their skills and attitudes to support the growth of their peers and inspire young people to take ownership of and direct initiatives for promoting well being within their college..

The 10-day training program features topics related to mental health and well-being, mental illnesses, trauma, violence and its effect, coping mechanisms, emotional well-being and resilience.

The training is a part of a series of events to mark World Mental Health Day 2022.



Youth Empowerment

Youth Conclave

A Youth Conclave was held successfully in 2022 which offered a prime platform for youth, policy makers, NGOs/CSOs, and other important stakeholders to meet with each other in one place, exchange ideas, share concerns and plans, share learning, and engage with media and government officials to generate conversations.

The goal of youth conclave was to sow the seed of youth-centered advocacy and programming on gender-based violence in the region. It is hoped to develop a national level advocacy agenda on GBV issues of youth that is articulated by young people themselves. And to offer a national platform for young people to self-represent, collaborate, and discuss GBV in ways that matter to them.

Youth Conclave



we can make a difference

SAFE SPACE

In 2022, multiple Safe Space sessions were carried out where different populations of youth were reached such as youth and School students who are studying in Male and Island Schools. A total of over 100 participants were reached during the safe space sessions.

The Practice Parliament for Youth

The Practice Parliament series is a project conducted by UNDP Maldives in partnership with People's Majlis of the Maldives. The Practice Parliament for Youth aims to provide the opportunity for young people to build their capacity and confidence to participate in democratic processes, become change makers in their communities and eventually, contest for elected positions. Our sessions for the youth participants included gender-related issues and communication.

Laamaseel Zuvaanaa

Laamaseel Zuvaanaa camp which is aimed at youth, consists of various activities designed to teach the youth, skills useful in all walks of life along with a physical training regimen taken from the training the Police undergo. In 2022 the camp was held in Addu City and consisted of 45 youth. We supported Maldives Police Service by taking sessions for youth which included peer pressure, decision making, communication skills and emotional well-being.



Globally Marked Days

Menstrual Hygiene Day

On Menstrual Hygiene Day 2022, a physical session was organized for volunteers interested, educating them on this natural bodily function that women and girls go through. This year's session was specified under 'break all taboos and END the stigma surrounding menstruation'.

International Day of the Girl Child 2022

To mark the International Day of the Girl Child 2022, a session was conducted for young girls in collaboration with Women-in-tech-mv. This session covered topics such as Digital Hygiene and Social Emotional Learning.



International Men's Day

To celebrate International Men's Day 2022, along with Womenintechmv a session digital hygiene was held for young boys. This session addresses topics including Digital Hygiene and Social and Emotional Learning Facilitated by Women in Tech and SHE.

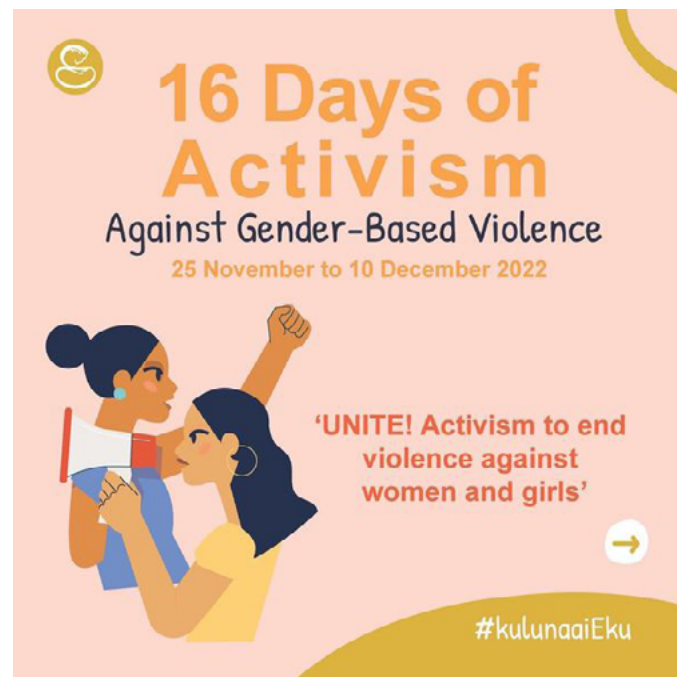


International Day Against Violence Against Women

The 16 Days of Activism against gender-based violence is a campaign devoted to raise awareness regarding gender-based violence, challenging discriminatory attitudes and calling for improved laws and services to end violence against women.

This campaign initiated on 25th November (International Day Against Violence Against Women) and continued until December 10th (International Human Rights Day). This aids in organizing strategy by organizations and individuals globally to call for preventing and eliminating violence against women and girls.

This year, under the UNITE theme, "Activism to end Violence against Women & Girls", we marked the days by conducting several activities including a 3-day workshop for young women to empower them to break the cycle of violence.



World Mental Health Day

The year 2022 theme for World Mental Health Day was "Make mental health for all a global priority".

During the month of October 2022, a 15-day mental Health Ambassadors training was carried out by SHE in collaboration with School of Nursing. This training addressed topics such as anxiety disorder, depression, self-care and how to cope and support them.

To mark this day, we also had a staff breakfast and enjoyed a "Tea and Talk" gathering with our members and volunteers in the evening.

A video of staff, volunteers and members sharing what they engage in for positive mental health was shared in SHE social media platforms. Additionally, a Safe Space session was held in restaurant for youth to discuss mental health and mental well-being.



World AIDS day

To mark the world AIDS day, Health Protection Agency (HPA) initiated a health camp which was held in GA atoll. In collaboration, services provided by SHE were testing for HIV, Viral hepatitis and STIs. The services were carried out in Ga. Villingilli, Dhaandhoo, Gemanafushi and Kooddoo.



World Thalassaemia Day

The world Thalassaemia Day 2022 was dedicated to encourage and promote awareness about thalassaemia and its global impact on sharing essential information to support the best possible health, social and other care of patients with this disease.

To celebrate this day a free Thalassaemia screening was carried out at the Society for Health Education.

International Day of Older Persons

The theme for the United Nations Persons in 2022 was “Resilience of Older Persons in a Changing World.” We participated in the activities organised in Fuvahmulah City to celebrate the day organized jointly by Ministry of Gender, Family and Social Services, and the Maldives Pension Administration Office.



Governance

Members and Volunteers

A major driving force for SHE is its valuable members and volunteers base. During 2022, like all years past, members and volunteers have contributed countless hours of service assisting in providing services to the public and community both physically and via virtual representations.

Youth involvement at EXCO

SHE Executive Committee consists of 2 Youth members. The two Executive Committee Youth Members represent SHE at various international committees and advocate to strengthen the commitment and participation of young people within the youth network.

EXCO represented by Youth Members, Mr. Saifulla Waleed and Ms. Fathimath Shaana.

Annual General Meeting.

Annual General Meeting of 2022 was held physically on 06th September 2022 at SHE. Total 25 members attended in the meeting and 28 participated virtually via zoom. At this meeting Auditors were approved for 2022, annual report and financial report of 2021 was approved. In addition, under the governance reform amendments brought to the constitution were endorsed during AGM.

EXCO meetings

In 2022, 7 EXCO meetings were held by the EXCO.

Representation at Boards and Committees

The following are Boards and Committees where SHE holds representations:

- National Aids Council
- Breast Milk Substitute Board
- Maldives Blood Council
- Family Planning Authority Board
- Mother to Child Transmission Council
- Non-communicable disease (NCD) Alliance
- Mental Health Working Group
- Mental Health Cluster
- Childs Right Council
- RMNCAH

Financial Summary

Finance Report Summary 2022

Income Statement

Income and Expenditure Graph

