

ANNUAL REPORT 2020



SOCIETY FOR HEALTH EDUCATION (SHE)
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REGISTRATION NUMBER: 10 – A/88/4

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Chairperson's Message

The Society for Health Education (SHE) has faced many challenges since its inception in 1988. The year 2020 under review in this report can arguably be said as one of the most difficult time for SHE in delivering our services while navigating through the constraints, risks and responsibilities of Covid19 global pandemic.



SHE commenced its activities in even more difficult circumstances then, with the noble aim of delivering health related services, providing support and creating awareness among the less accessible population, with the clear goal of uplifting the health and family wellbeing of the community in general. With unwavering determination, passion and dedication of the Founder Members, Members, volunteers and staff, SHE continues to adapt to evolving situations and be more responsive to circumstances and the needs of those seeking its services. Through continuous and sustained work in core thematic service areas, SHE has grown to earn the respect and recognition as the leading NGO in the Maldives. In achieving 3 decades of success, SHE acknowledges with gratitude, the assistance and continued support of its local and international donors and partners. Particularly, the technical and financial support of the International Planned Parenthood Federation (IPPF), the assistance received from institutions within the UN system, regional NGOs, government and local philanthropists are deeply appreciated.

In one of the most difficult years of service delivery, it is with immense honor and gratitude that I acknowledge and thank the members and staff for successfully continuing the SHE services with sheer perseverance. SHE Laboratory, Psychosocial Counselling and the Sexual and Reproductive Health (SRH) Clinic staff immediately responded and continued to work as volunteers on the frontline providing urgently needed expertise at a time of national crisis. During the inevitable lockdown due to the worsening Covid19 situation, the entire SHE team had been remarkably innovative in adapting to social media platforms to reach out to our clients and target audiences frequently. When special permits were available for essential workers, SHE staff continued to provide essential services in person at the SHE Building with precautionary and safety measures taken in line with government safety protocols issued by the national Health Protection Agency (HPA).

In moving forward, the challenging Covid-19 situation has underscored the continuous need to innovate and adapt, and further strengthen our partnerships among government and other NGOs. This is an area SHE needs to focus more sharply in the 34th year in service and aim to enhance SHE's

readiness and contribution to meet the current formidable Covid19 related national challenges. SHE will continue to adapt and be creative in meeting the challenges ahead. It will continue to lead and partner with government in national programs and partner with other NGOs in selective programs that are mutually beneficial, as we seek to build stronger networks to remain as the leading NGO in the country.

Understandably, there are a number of people involved in all our efforts and successes; some in the frontline and some working from home. At the apex of SHE hierarchy is the SHE general members and volunteers who form the core of the organization. The members' elected representatives, the Executive Committee continued to provide governance and strategic direction to the organization. The commitment and contribution of the Management and staff members who always contributed well beyond their call of duty, ensured SHE's successful program and service delivery. As four of the current EXCO members, including myself, will complete successive terms in EXCO and later will resume the role of a general member/volunteer, and a new EXCO Team will be elected, in this upcoming Annual General Meeting, I wish to thank all our EXCO Members for their support, guidance and contribution throughout my term in Office. My special thanks and sincere gratitude goes to the founder members, whose support and guidance have been invaluable throughout my tenure as Chairperson. It has been my greatest honor to serve this institution and I will continue to offer my service in any way I can, whenever requested.

I would like to convey my best wishes for the incoming EXCO Team, and looking at the nominated candidates, I am happy and confident that the organization will be in competent hands and the performance bar that the organization has set for itself, will be pushed even higher. I would also like to welcome our recently appointed CEO, Ms Iyasha Leena to lead the SHE Management Team and I am confident that under her leadership, SHE will continue to be brave, angry and vocal in promoting health education and awareness, and fighting for sexual reproductive health rights that are in line with the changing needs of the society.

Thank you.

Chief Executive Officer's Message

It is with heartfelt gratitude that I take up the position of the Chief Executive Office of the Society for Health Education. It is my honor to be part of a great organization which has served the nation for 33 years.



I am delighted to share with you, my first message, through this annual report, summarizing my vision to enhance the work done by SHE in our community, and continue delivering services to promote family well-being. Throughout the years, we have kept our commitment to delivering a standard of care that is of high quality and reputable for our clients. Along the years we have formed strong partnerships with our donors, and stakeholders and I plan in further strengthening these collaborative efforts in order to provide quality, holistic and cost-effective services.

We are going through a global crisis of unprecedented nature and there is no doubt that this pandemic is going to bring about new developments in the ways that we think and work. Having this in mind, I look forward in building on the success and lessons learnt of the past years with a new strategic plan for the coming five years, which will direct us in sustaining our services in order to serve more people, families, and island communities, keeping in mind the health and safety of our staff as a top priority. Together we can use our talents, vision and belief, to continue serving the nation and building a rewarding future.

Preface

Society for Health Education (SHE) is one of the nation's leading NGO's providing integrated services to the community to foster family well-being.

Since the organization's inception in 1988, we have been persistently working, with passion and devotion, to improve the lives of Maldivians through health awareness and providing health services to remote parts of the country.

The year 2020 was one of the most challenging years in the recent history of our society. The COVID-19 pandemic presented SHE with unprecedented challenges this year, requiring SHE to seek creative and innovative ways to continue promoting health and family wellbeing. SHE staff, members, and volunteers were at the forefront of response, mobilizing rapidly to deliver much needed support to the community.

The organization remained united and strong. Together with the support of our donors, founder members, members, volunteers, and staff, SHE thrived and rose to the occasion with an unshakable will and determination to serve our community.

Organizational Profile

Society for Health Education (SHE) was established in 1988 by a small but committed team of four founder members who understood and felt the social and medical constraints of the community at large. These pioneers are:

Madam Nasreena Ibrahim

Dr. Naila Firdous

Late Naila Ibrahim Kaleyfaanu

Nasheeda Ahmed Riza

Their aspiration and desire to improve the lives of Maldivians by generating health awareness and providing health services to remote parts of the country paved way for the establishment of the Society for Health Education in 1988 as a Non-Profit Making Organization.

Name of the Organization: Society for Health Education (SHE)

Registration Number: Registration Number: 10 – A/88/4

Year of Registration: 1988

Registered Address:

1st & 2nd Floor,

M. Kulunuvehi,

Buruzu Magu,

Male', Maldives

Contact Numbers: 3327117, 3316231

Email: she.maldives@she.org.mv

Website: www.she.org.mv

SHE is registered at the Ministry of Home Affairs under the Association Act. The Organization aims to foster family well-being in general and in particular empower communities to make informed choices when seeking health services. SHE has a number of pioneering initiatives to its credit including the introduction of Counselling services at service delivery level, establishment of the first family planning clinic outside the government setup, creating awareness on the actual significance and consequences of the high prevalence of Thalassaemia and extension of Thalassaemia screening services to all of the 200 island communities, and the establishment of the first Thalassaemia DNA laboratory in the Maldives.

Governance Structure

The Governance of SHE ensures that the organization is directed and managed at all levels in a fair and transparent manner. Governance is planned and implemented at the apex level by an elected Executive Committee (EXCO). The EXCO is answerable to the Members in the Annual General Meeting (AGM), and by Article of Association is required to submit the annual report of the past year, together with audited financial statements for endorsement by members at the AGM. The EXCO is the oversight body and its members are trustees of the organization, responsible for strategic and policy direction. The EXCO is required to meet 4 times a year to attend governance and oversight functions.

As the head the Management, the Chief Executive Officer (CEO) reports to the EXCO and receives policy and management direction from EXCO. The EXCO is not responsible for the daily management of the organization and there is clear written separation of powers between the governance and the management.

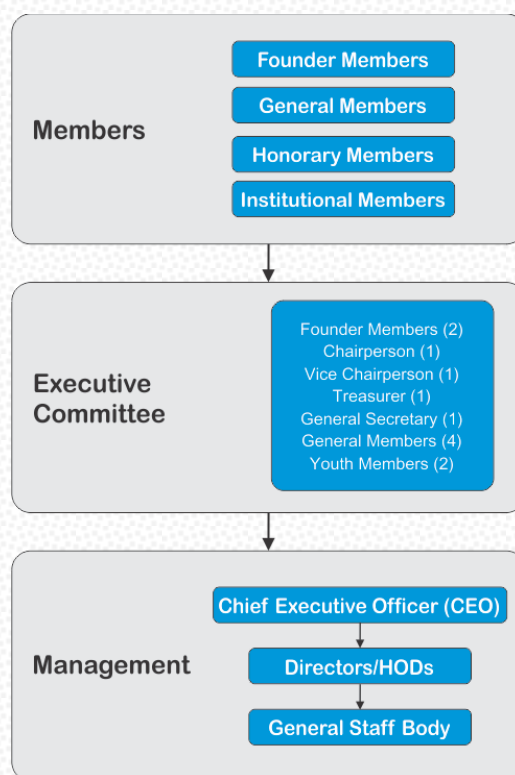


Figure 1: Governance Structure of SHE

The SHE Articles of Association (Constitution), the governance and organizational structure, the operational policies and practices have been accredited by the IPPF in two cycles, each time, strengthening the management systems thereby enhancing the donor credibility of the organization.

Members of the Executive Committee

The Executive Committee (EXCO) of the organization comprises of 12 members, including the two Founder Members, Chairperson, Vice Chairperson, General Secretary, Treasurer, 2 Youth Members and 4 General Members. The Executive Committee members, except the Founder Members are elected during the Annual General Meeting (AGM) by the general members for a term of 3 years, for a maximum of 2 consecutive terms or 6 years. The founder members are non-voting members of the EXCO and are not counted in reaching a 5 member quorum of elected members for EXCO meetings.

Founder Members in Executive Committee



Madam Nasreena Ibrahim
(Founder member)



Dr. Naila Firdous
(Founder member)

Elected Board Members for 2017 - 2020



Asim Mohamed (Chairperson)



Ibrahim Firushan (Vice Chairperson)



Zaha Waheed (General Secretary)



Mohamed Hassaan (Treasurer)



Aneega Adnan (General Member)



Dr. Mohamed Shifan (General Member)



Fathimath Naila (General Member)



Mariyam Faraha Amjad (General Member)



Umar Mavee Ali (Youth Member)



Zaain Mohamed Zaheen (Youth Member)

A total of five EXCO meetings were held in the year 2020. During these meetings, crucial decisions were made in response to the impact of COVID-19 on the organizations day-to-day running and other operations. The board also explored possibilities of partnerships with other organizations to further expand the services provided at SHE.

Management

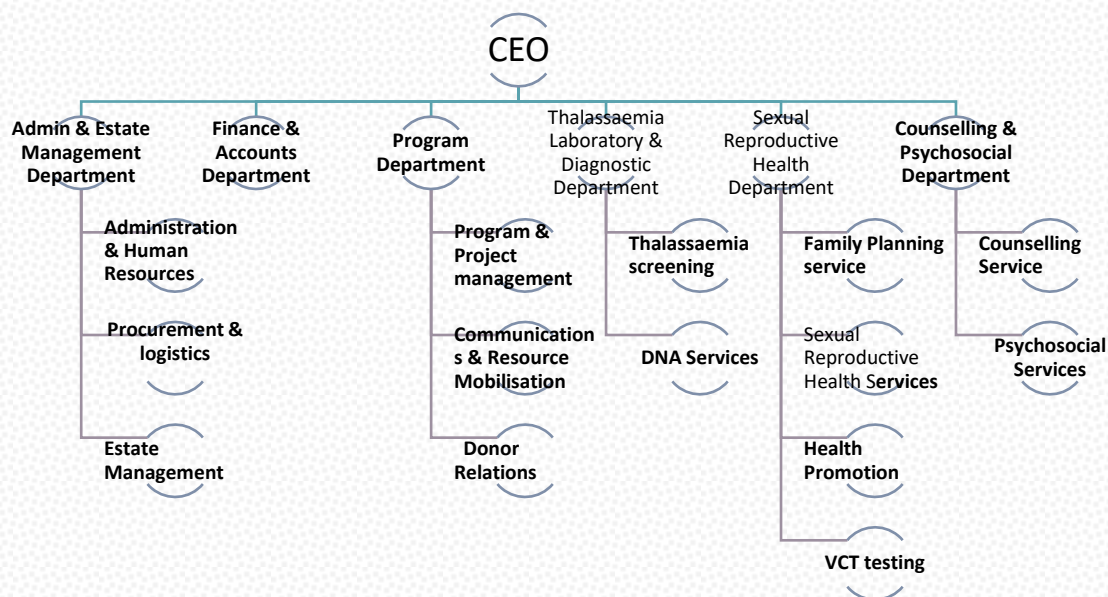


Figure 2: Organizational Chart

Administration and Human Resources

During the year 2020, there were

Full Time Staff at the beginning of the year: 26

Full Time Staff by the end of the year: 23

Contract Staff: 4

Part-time Staff: 1

Interns: 3

New Staff: 5

Separated Staff: 6

Volunteer and Member Contribution

Over the period of 2020, volunteers contributed countless hours of service to carry out services provided by SHE physically and via virtual platforms. In the year 2020, 1 new volunteer and 2 members has joined SHE family.

Vision, Mission and Values

The nature and strategic direction of our work is driven by our vision to address the crucial health and social concerns prevalent and emerging in the Maldives. Our purpose and how we go about doing our work and to whom we serve is captured in our mission. The basic principles and values we hold in achieving our goals and how our business is conducted within the organization is guided by four key values that are enshrined in the organizational culture.

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 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 applicable service delivery mechanisms, fostering improvements in reproductive health parameters, continuing Thalassaemia prevention activities, promoting responsible parenthood concepts, facilitating empowerment of women and youth, supporting victims of abuse, extending Counselling to adolescent and families, and encouraging community ownership of development.

VALUES

Empowerment

We are passionate and try to inspire people regardless of their age, gender, sexual orientation, status and identity to be courageous and stand before the 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 respect.

Respect

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

SHE Initiatives and Affiliations

SHE is fostering family well-being through a wide range of awareness raising activities including publication and dissemination of print materials, development of radio programmes and conducting outreach programmes, public forums, and delivering services beyond the capital Male'. It also runs a free reproductive health clinic in Male' and makes regular visits to the islands for ad-hoc free health care. Most doctors and nurses are volunteers.

The organization 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 applicable service delivery mechanisms, fostering improvements in reproductive health parameters, continuing Thalassaemia 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, most vibrant NGOs in the Maldives which addresses issues concerning Thalassaemia, Counselling and Psychosocial Support, Sexual and Reproductive Health (SRH) and Health Education.

Thalassaemia Prevention Programme

The Thalassaemia 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 Thalassaemia 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 Thalassaemia DNA testing facility was established at SHE in 2005 to minimize the number of "inconclusive" results. 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 comprises of face to face counselling, telephone Counselling and play therapy. The department also conducts a variety of topic-specific workshops, and also provides information through IEC and BCC to increase public awareness on mental wellbeing, child protection and positive parenting. The department is also involved with psychosocial support tasks related to disasters and national emergencies.

Sexual and Reproductive Health Clinic

Sexual and Reproductive Health Clinic of SHE has a long standing reputation for client friendly and quality service provision on SRH and other various general health issues, including gynecological consultations. A Youth Kiosk has also been established as part of the SRH clinic and works as a drop-in center for youth where ASRH information is provided. Young peer educators have been trained to be part of the Youth Kiosk. The clinic also regularly conducts mobile outreach activities including awareness programmes targeted for Key Affected Populations. Under the HIV and AIDS programme of the clinic, free Voluntary Counselling and Testing (VCT) services are offered to the general public. SHE has also implemented and contributed to major other HIV and AIDS programmes initiated in the country.

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 arranged over the years to promote health and family well-being as part of this programme.

Our 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. In this respect SHE emphasizes on importance of healthy eating habits and nutrition to communities through workshops and live demonstration at public events.

Affiliations

SHE is a member association of International Planned Parenthood Federation (IPPF) and Thalassaemia International Federation (TIF). SHE is also a project partner of Asian-Pacific Resource & Research Centre for Women (ARROW).

Thematic Programme Areas

Sexual & Reproductive Health Department

- Provision of family planning methods & counselling
- Gynecological Consultation
- Face-to-face and telephone Counselling on SRHR related issues
- Pre & Post marital counselling
- Prenatal and Post-Partum Care
- Men & SRH
- Voluntary Counselling& Testing (VCT)

Thalassaemia Laboratory & Diagnostic Services

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

Counselling & Psychosocial Services

- Telephone Counselling
- Face-face counselling
- Play therapy
- Gender-based Violence screening
- Promoting and responding to psycho-social needs

Health Education

- Provides information on issues of health and wellbeing
- Conduct events such as outreached health camps to provide information
- Promote health via radio and TV programs
- Address emergency social concerns

Responding to COVID-19

IPPF Business Continuity Fund (BCF)

With the reporting of the first case of COVID-19 in the capital, our staff were called into the National Emergency Operations Centre to support as volunteers in the Mental Health Steering committee, at the Laboratory of the national hospital to support sample testing, and to be a part of the Rapid Response Team to collect samples for COVID-19. BCF was utilized to support transport costs of our Rapid Response Team staff.

In addition to this, once lockdown was eased and our organization was allowed to restart our in-house services, all necessary PPE materials were purchased with the BCF to ensure safety of our staff when providing services. In addition to this, screening equipment were also purchased to support in screening of all clients and staff who enter the premises for services. Additionally, equipment was purchased to support virtual awareness programmes and meetings during the current situation.



Our staff worked at IGMH laboratory in testing for Covid-19



Our staff was part of the Covid-19 rapid response team and volunteered at the HEOC

Menstrual Hygiene Management



SHE and UNFPA donated sanitary napkins to the Health Emergency Operation Center



Contribution of sanitary napkin packs in collaboration with UNFPA to ensure access of sanitary pads to vulnerable individuals during lockdown

Dignity Kit Distribution

In 2020, SHE partnered with UNFPA to strengthen accessibility of adolescent friendly health information and services, and for the integration of reproductive health and gender based violence in the national disaster prevention and response plans based on the Minimum Initial Service Package (MISP). Under this project, dignity kits were prepared to be distributed to vulnerable populations. The project hired nine different Maldivian women to stitch tote bags for the kits, and distributed a total of 210 kits in 2020. The kit includes basic items required to maintain hygiene, and information leaflets on different topics.

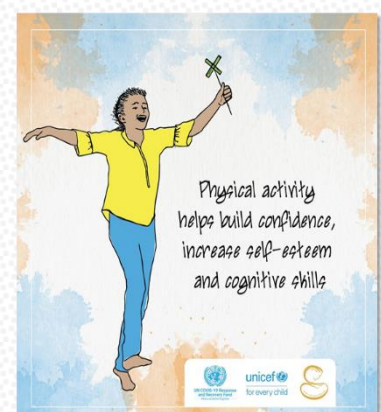
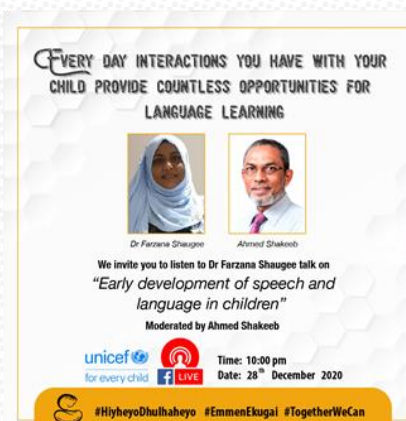


SHE with support of UNFPA Maldives prepared 550 dignity kits to be distributed to the community

UNICEF Psychosocial Support Project

During the ongoing Covid-19 pandemic, SHE has been providing MHPSS in regard to Covid-19 from day one of the crisis. Through our psychosocial support and counselling services, it has been noticed that the outbreak of Covid-19 has been extremely stressful for people. Fear and anxiety about the disease is overwhelming and is causing strong emotions.

Hence, in collaboration with UNICEF Maldives, SHE Maldives and Blue Hearts Maldives partnered to conduct and deliver the UNICEF funded project to strengthen capacity for the delivery of MHPSS and to provide accessible, and gender and age-sensitive services to women, adolescents, young people, and vulnerable groups. The project was initiated in July 2020, with the aim to reach specific groups through messaging and help to lessen their distress and promote psychosocial wellbeing. Additionally, to prevent the risk of long-term repercussion on the population's wellbeing, enhance capacity to cope with adversity and break barriers against the stigma attached to Mental Health problems in the community.



Social media awareness posts developed under the UNICEF MHPSS project

Adapting to COVID-19

In 2020, SHE has reached various platforms to strengthen public relationship and visibility of the organization despite the restrictions placed due to pandemic. The spread of Covid-19 and the measures taken have disrupted people's daily lives with schools and offices closed and children and people having to adjust to study and work from home. A lot of people are facing the reality of reductions and/or loss of income and unemployment, which will lead to families becoming more vulnerable and some families unable to meet even their basic needs. In addition to all this, there is the added fear, worry and stress of having to live in uncertainty or of contracting the coronavirus, which is a source of stress by itself. With so many significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus, facing new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is crucial that we pay special attention to our mental health, as well as our physical health.

Thus, SHE embraced and adapted to this new reality to ensure the provision of health education and promotion and cater to the needs of the public. Through social media and mass media channels we have established dialogues regarding the activity plan and projects of the organization. Virtual sessions allow service providers to share relevant and correct information to a number of participants without the need for being physically located in the same space. This also allows participants from all around the country to be part of the session without the need for the participant or service provider to travel. The virtual sessions reached a larger audience with a greater public reach.



Social media awareness posts developed and shared during the Covid-19 lockdown period

SRH Education LIVE Reach

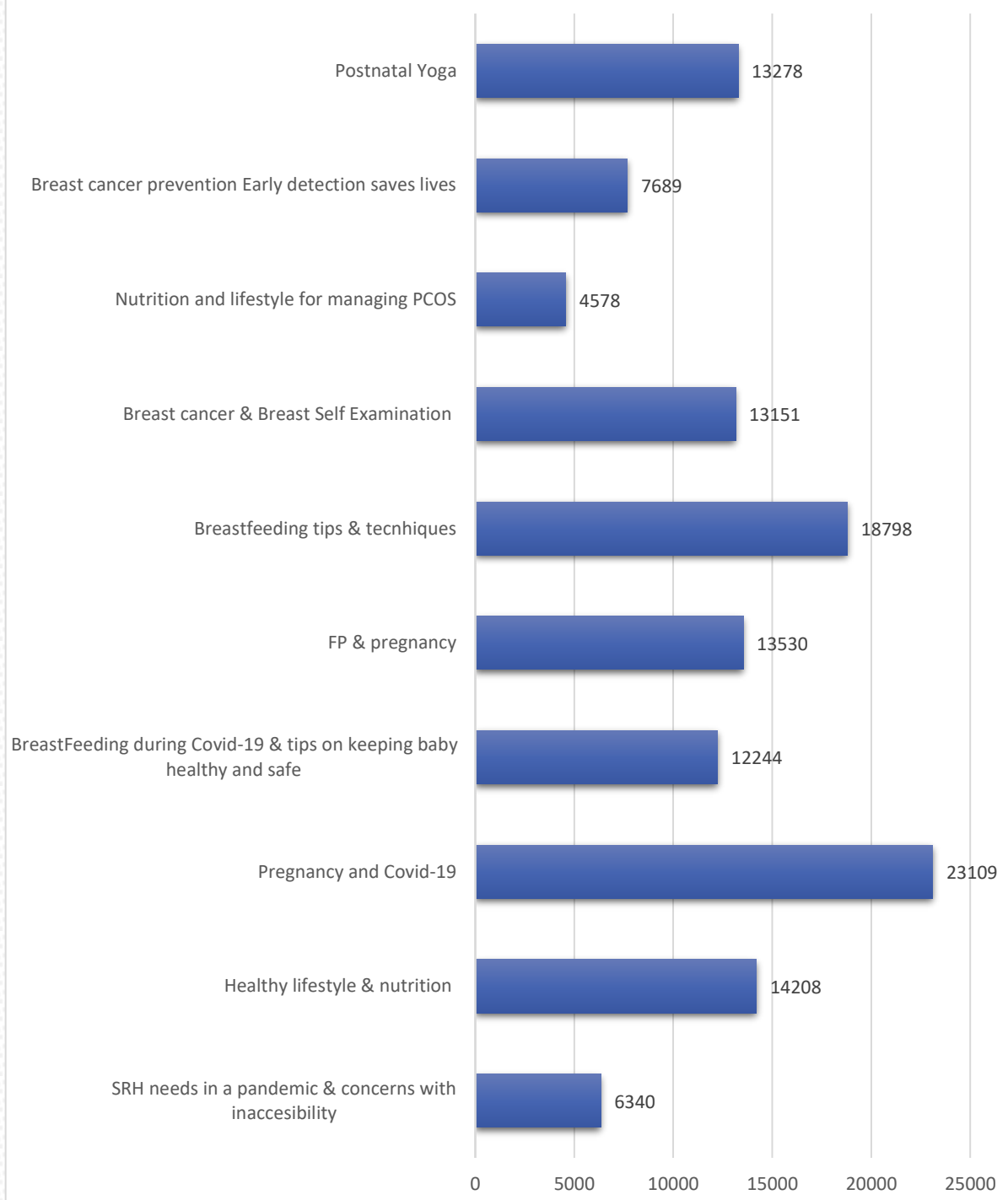


Table 1: SRH Education, Social Media Reach

Mental Health Education

MANEUVERING SPECTRUM THROUGH THE PANDEMIC.






Aishath Nashath Ahmed Shakeeb

We invite you to listen to Ms. Nashath talk on
"Looking out for your child's wellbeing and your own"
 Moderated by Ahmed Shakeeb

 Time: 10:00 pm
 Date: 7th September 2020


 #HiyeyoDhulhaheyo #EmmenEkugai #TogetherWeCan


HEALTH IS A RELATIONSHIP BETWEEN YOU & YOUR BODY

Dr. Mariya Ali Ahmed Shakeeb

We invite you to listen to Dr. Mariya Ali talk on
"Stress, Anxiety and Your Immune System"
 moderated by Ahmed Shakeeb

 Time: 9:30 pm
 Date: 18th May 2020

 #HiyeyoDhulhaheyo #EmmenEkugai #TogetherWeCan

ALL STUDENTS CAN LEARN AND SUCCEED, BUT NOT ON THE SAME DAY IN THE SAME WAY






Maryam Thawfeeqa Ahmed Shakeeb

We invite you to Listen to educator, Maryam Thawfeeqa's talk on
"Learning styles and preferences of children."
 moderated by Ahmed Shakeeb

 Time: 9:00 pm
 Date: 27th July 2020

 #HiyeyoDhulhaheyo #EmmenEkugai #TogetherWeCan


SAVOURING THE MOMENTS OF DAD TIME







Ibrahim Zakariya Moosa Abdulla Fawaz Sgt. Ali Samir Ahmed Shakeeb

We invite you to listen to Ibrahim Zakariya Moosa, Abdulla Fawaz & Sgt. Ali Samir talk on
"positive involvement of fathers' in childrens life" moderated by Ahmed Shakeeb

 Time: 9:30 pm
 Date: 08th June 2020

 #HiyeyoDhulhaheyo #EmmenEkugai #TogetherWeCan

WHEN CHILDREN ARE LOVED, THEY ARE READY TO LEARN EVERYTHING ELSE.






Niumath Shafeeq Ahmed Shakeeb

We invite you to listen to Niumath Shafeeq talk on
"How important it is to invest in Early Childhood Development"
 moderated by Ahmed Shakeeb

 Time: 9:30 pm
 Date: 15th June 2020


 #HiyeyoDhulhaheyo #EmmenEkugai #TogetherWeCan


REALITIES AND HOPE

Yaseen Ali Tahira Zahid

We invite you to tune in and watch Yaseen & Tahira chat on
"Youth and mental well being"

 Time: 9:30 pm
 Date: 19th May 2020

 #HiyeyoDhulhaheyo #EmmenEkugai #TogetherWeCan

Hiyheyo Dhulhaheyo LIVE Reach

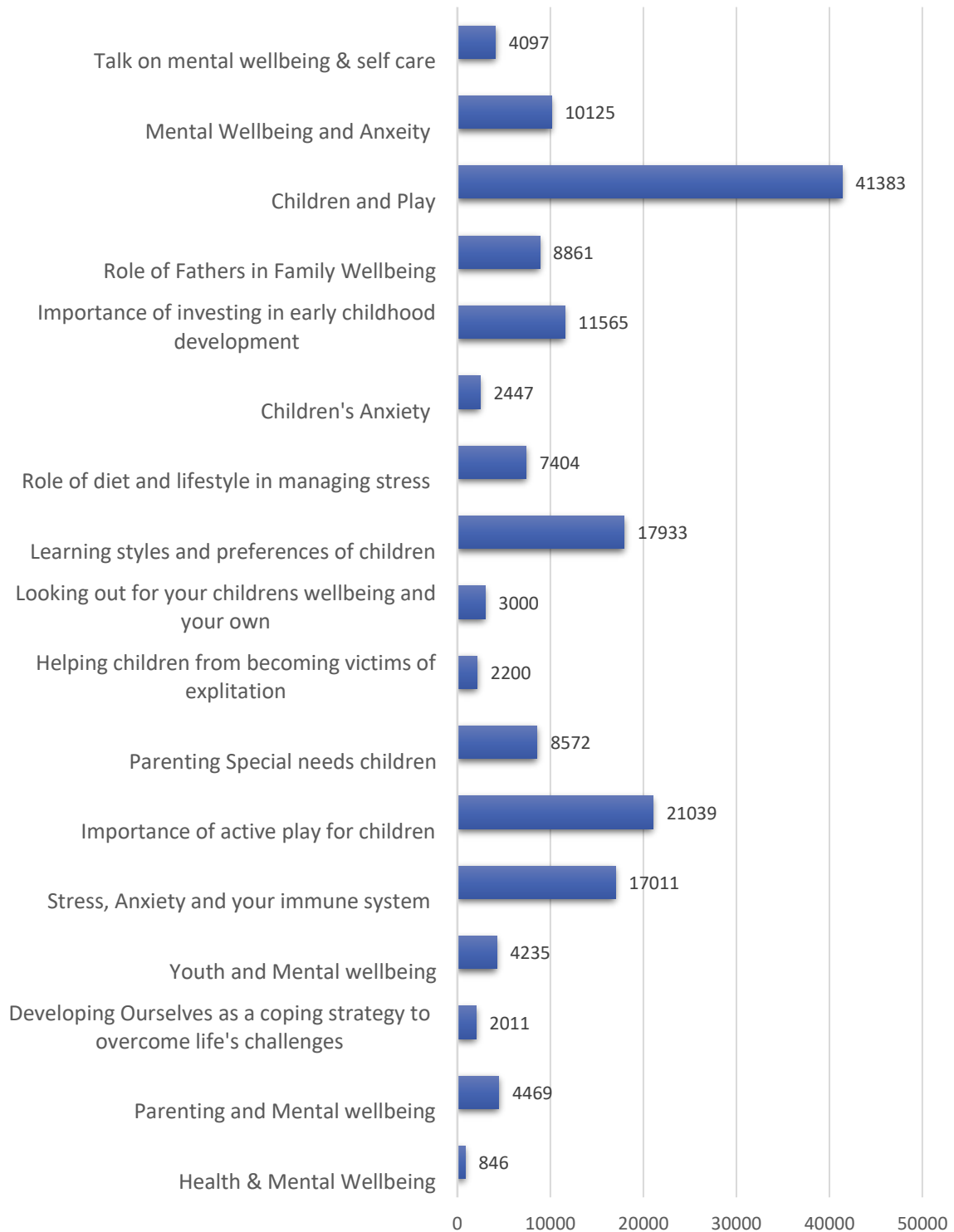


Table 2: Mental Health Education, Social Media Reach

Contraceptive Delivery



Access to Family Planning methods is crucial, especially with a lockdown in place due to a pandemic. With the support of Maldivian Red Crescent, SHE initiated delivery of contraceptive commodities for residents in greater Male' area.

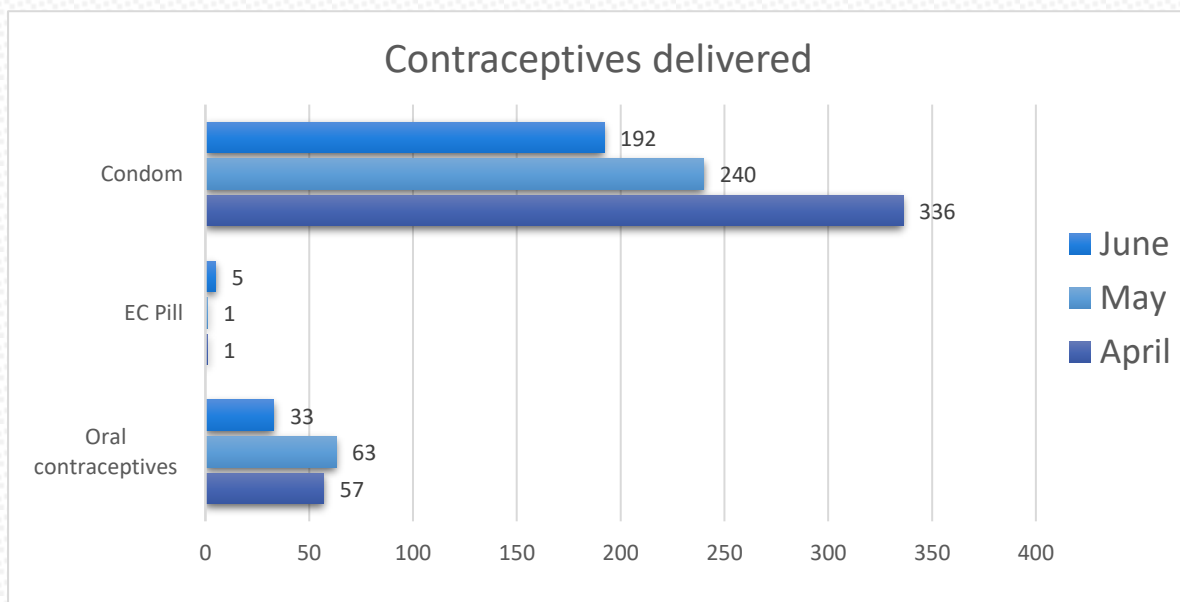


Table 3: Contraceptives delivered

Safe Space Project in partnership with UNFPA

Safe Space is a project implemented by SHE in partnership with UNFPA to reach the youth population in Maldives and to raise awareness regarding Sexual Reproductive and Health and services among them. The main objectives of the project is to strengthen accessibility of adolescent friendly information and services for youth in an out of the school setting. Through this project SHE also works with the stakeholders and partners to increase accountability and responsiveness in Maldives to young people's right to reproductive health information and services. As the project continues, SHE will also focus on developing youth advocates to promote Sexual Reproductive Health and Rights among their peers and to address the issues that they face to get access to health information and services in various platforms.

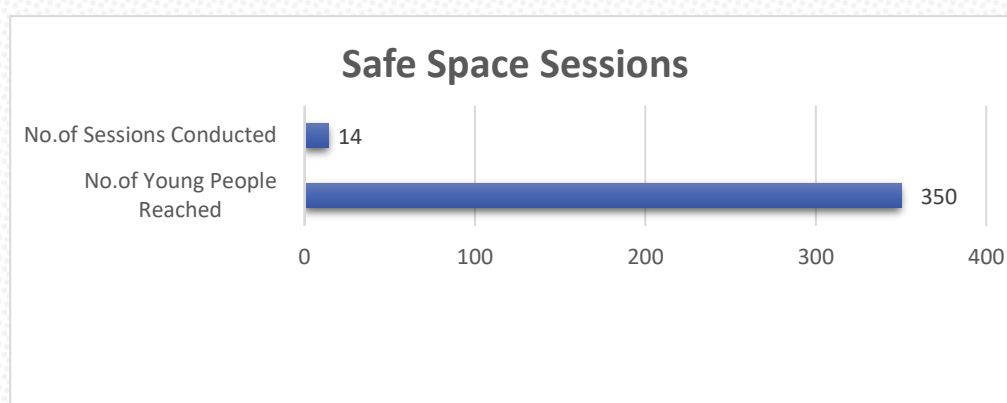
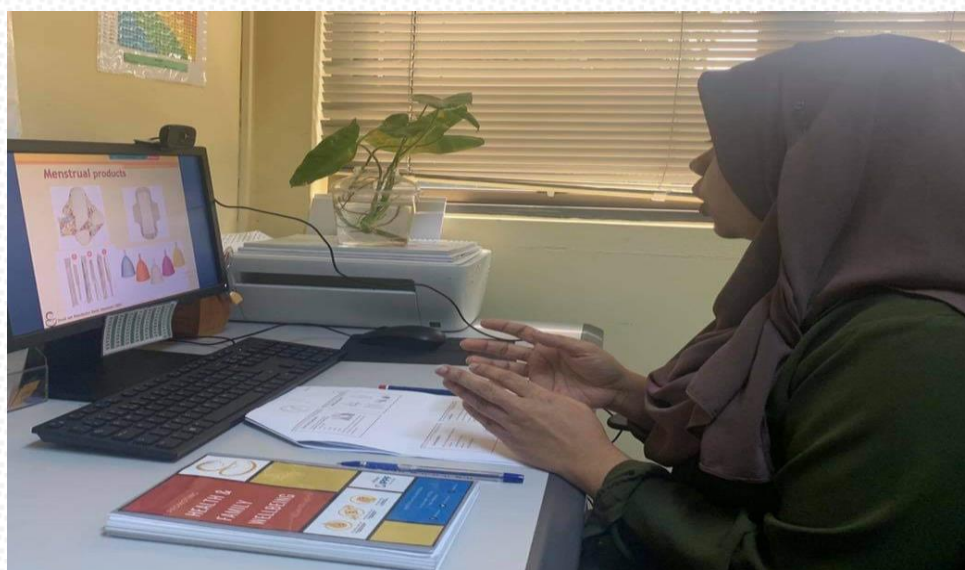


Table 4: Safe Space Sessions



Our SRH staff conducting Safe Space Sessions for youth

Service Statistics 2020

With the announcement of the lockdown in the capital of Maldives, Male', with the reporting of the first case of Covid-19 in Male', Society for Health Education (SHE) also had to close down doors and the staff were asked to work from home as the government closed down all government offices, schools, and other institutions. The lockdown interrupted our service delivery as staff were not allowed to go back into the office to provide any services. Thus, there was a significant decrease in the number of services provided during this period due to the limitations the organization faced in providing comprehensive services. Interestingly, in spite of lockdown, and inaccessibility of services, the number of clients who sought psychosocial counselling services dropped only marginally.

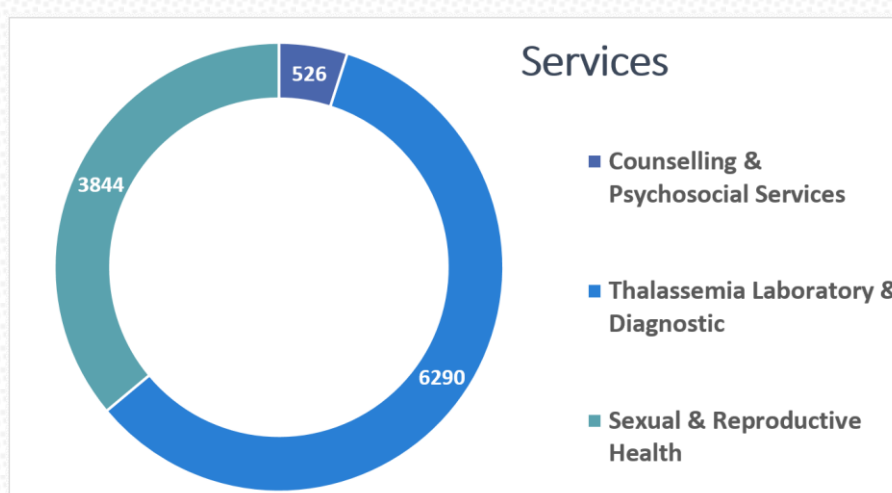


Table 5: Total number of services

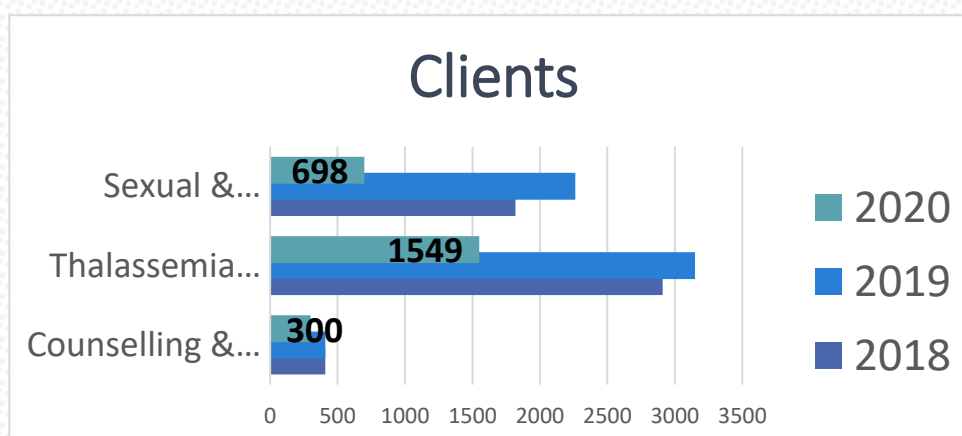


Table 6: Total number of clients

Sexual Reproductive Health Services

Sexual and Reproductive Health (SRH) Services of SHE has a long standing reputation for client friendly and quality service provision on SRH and other general health issues. SHE is the only organization having an established Family Planning Centre providing SRH services, including family planning counselling and commodity provision, gynecological consultation, comprehensive SRH services for clients via telephone and face to face. During the pandemic, the organization was determined to continue the reputable services provided throughout the years. In this regard, SHE explored digital health intervention and doorstep delivery services of contraceptive commodities in order to make sure that there were no service disruptions.

SRH Consultation and Counselling Services

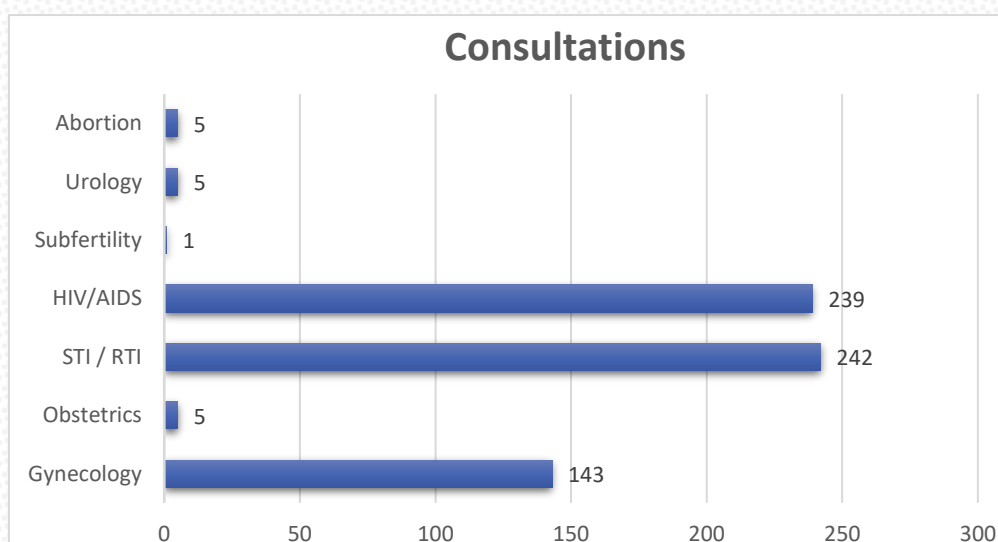


Table 7: Consultations



Table 8: Contraceptive Services

Voluntary Counselling and Testing

The VCT center established in this organization provides free VCT services and offer diagnostic and rapid testing services for both local and expatriates in Maldives. Additionally, this program is mostly arranged in outreach programs such as multi-purpose health camps to various atolls where vulnerable groups and mass audience could reach to seek the services. During the lockdown period, HIV/VCT services were not provided as these services required clients to be present physically in the clinic for testing.

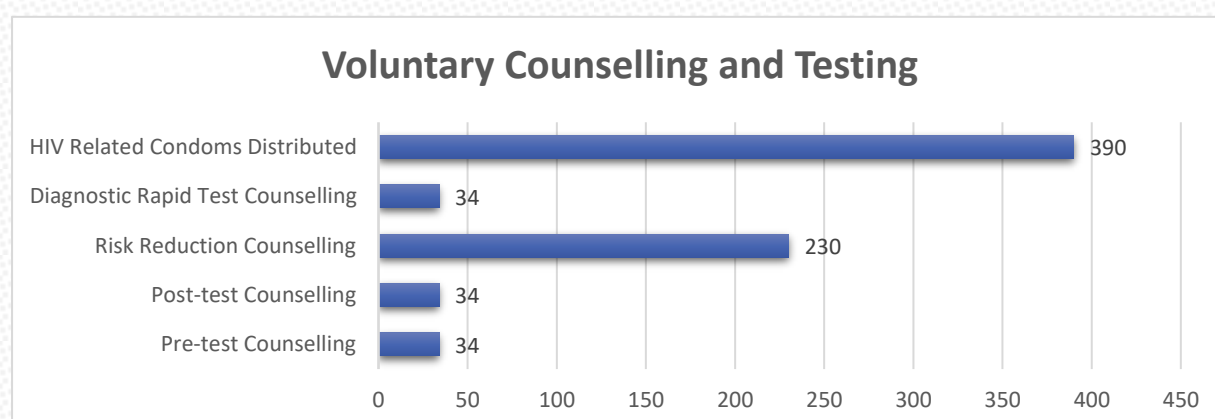


Table 9: Voluntary Counselling and Testing

Non-Communicable Disease screenings

The components of the screening mainly include measuring Body Mass Index (BMI), Blood Pressure (BP) and General Random Blood Sugar (GRBS). Additionally, health awareness and education was provided to participants on the risk of obesity, hypertension and diabetes as a part of health screening programs. The purpose of these screenings is to provide information on risk of obesity, hypertension and diabetes and a person's health and well-being. There was a significant drop in the services provided due to travel restrictions placed to control the spread of COVID-19.

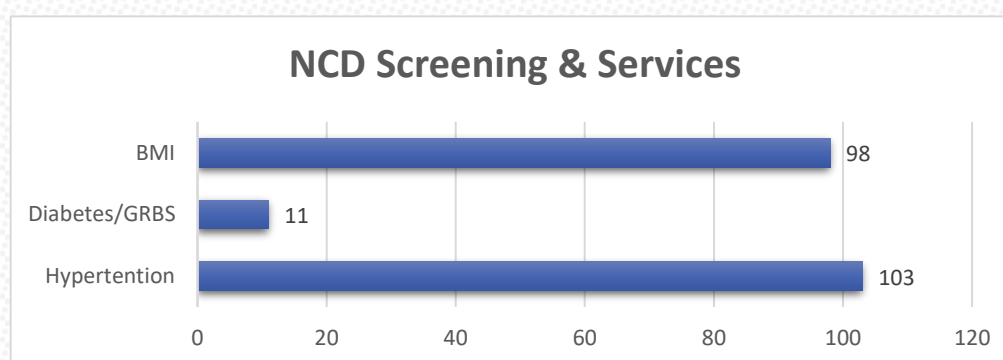


Table 10: NCD Screening and Services

Thalassaemia Laboratory and Diagnostic Services

Thalassaemia Prevention Programme undertaken by SHE aims to reduce the number of Thalassaemics born in Maldives, by providing testing services to identify Thalassaemia carrier status, and raising awareness on how the disorder is inherited. The program also includes laboratory facilities and genetic Counselling services, and also a component on supporting the care of Thalassaemia patients. During the lockdown period, there was a significant decrease in the services provided as these services required clients to be present physically in the clinic for testing.

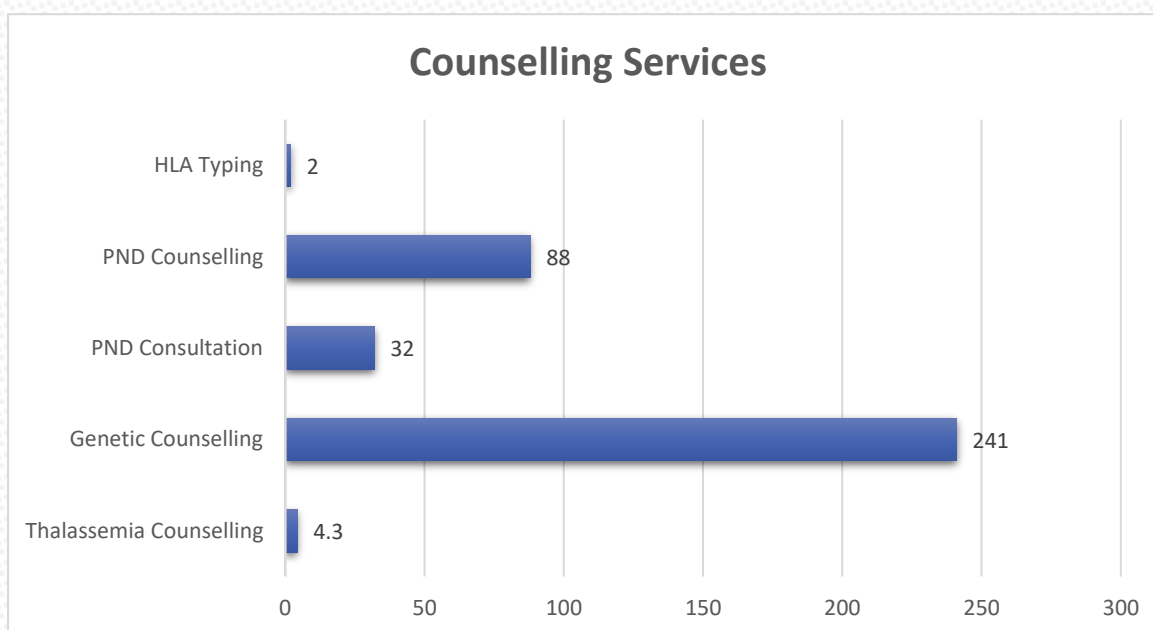


Table 12: Counselling Services (Lab)

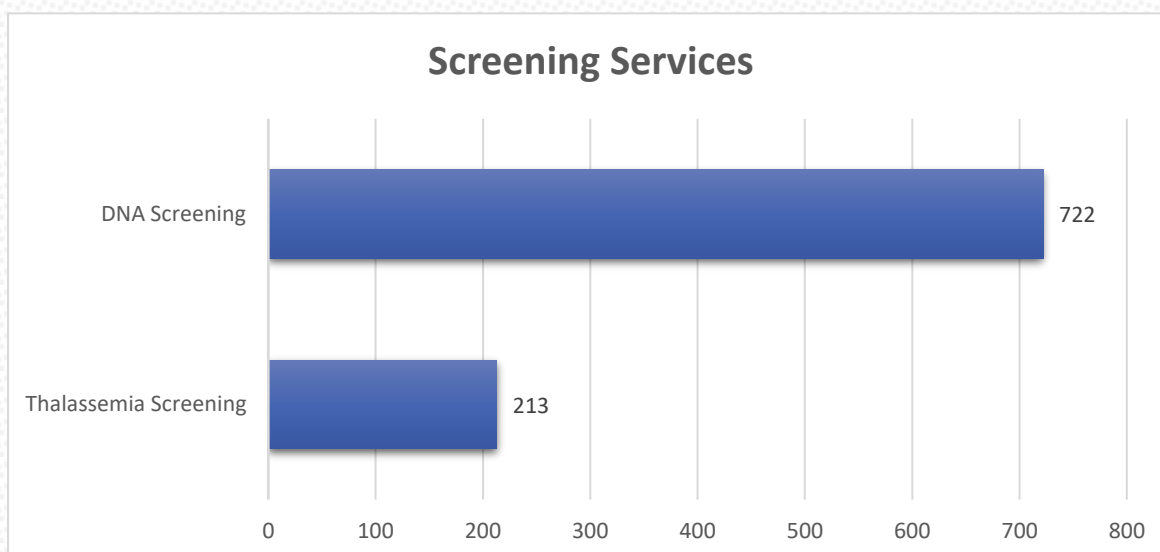


Table 11: Screening Services (Lab)

Counselling and Psychosocial Services

Counselling and Psychosocial Services provided by SHE comprises of face to face counselling, telephone counselling, play therapy for young children, as well as providing information through IEC materials and behavior change communication to increase public awareness and knowledge on psychosocial issues. During the pandemic, SHE provided MHPSS (Mental Health Psychosocial Support Services) from the beginning of the crisis. Some of the work that SHE was involved in include:

- SHE is part of the Steering Committee of Mental Health Cluster
- Representation in the five working groups of Mental Health Cluster
 1. Resource mapping
 2. MHPSS recommendations and actions to consider for NEOC operations
 3. Addressing MHPSS needs of vulnerable populations
 4. PSS program and community resilience
 5. Strengthening MHPSS in health services.
- Supporting Maldivian Red Crescent (MRC) to conduct virtual group sessions for individuals in quarantine facilities
- Creating mental health awareness through social media
- Psychosocial support provided through telephone
- Providing PSS to our staff with a special focus on to the ones who are working in frontline.

Through our psychosocial support and counselling services, it has been noticed that the outbreak of Covid-19 has been extremely stressful for people. Fear and anxiety about the disease is overwhelming and is causing strong emotions. Those who call our phone number are sharing about:

- Fear and worry about their health and the health of loved ones
- Difficulty sleeping
- Difficulty concentrating
- Appetite changes and digestive problems
- Worsening of mental health conditions people had before the outbreak, such as depression
- Feeling socially isolated (especially those who came to Male for some reason and cannot go back to their home island due to lockdown).

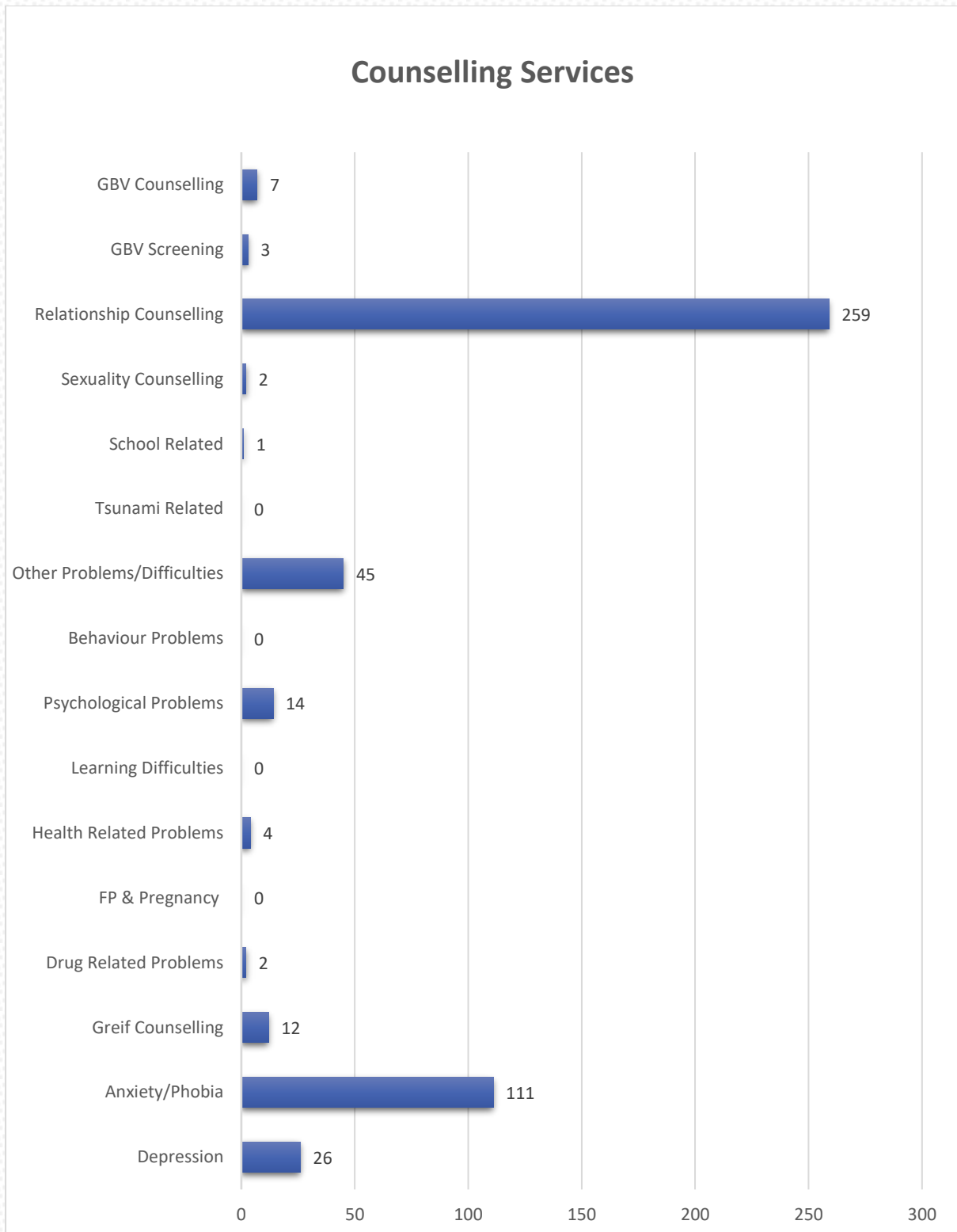


Table 13: Counselling Services

Highlights of 2020

Staff Retreat



A staff retreat was held at Villimale on 31st December 2020 in order to rejuvenate the team for the upcoming year. The trip was filled with various fun team building activities.

Awareness Sessions

During the year 2020, awareness and information sessions were conducted to various age groups and stakeholders. These sessions were conducted physically and virtually due to pandemic restrictions.

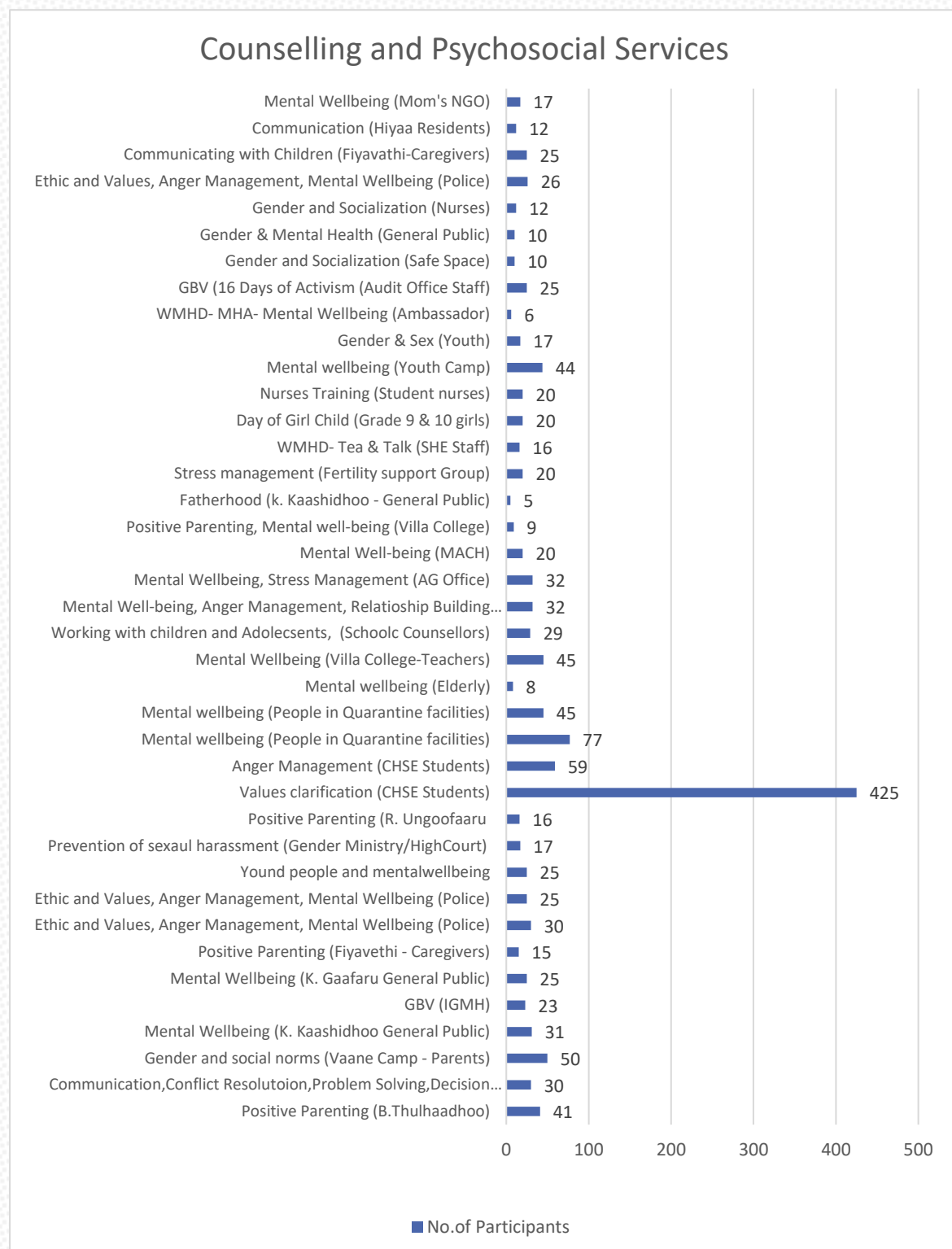


Table 14: Sessions Conducted by Counselling and Psychosocial Services

Sexual Reproductive Health Services

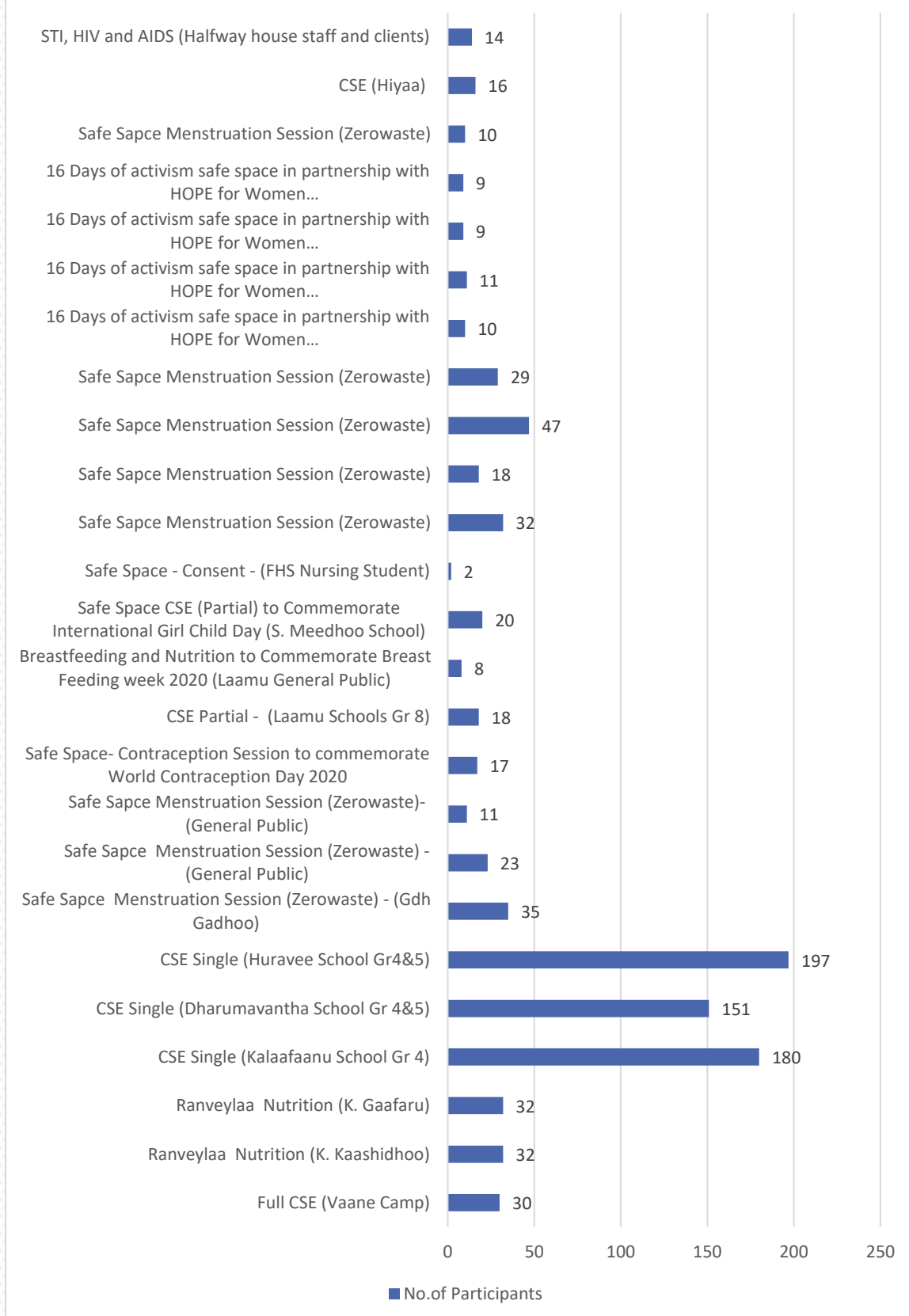


Table 15 Sessions Conducted by Sexual Reproductive Health Services

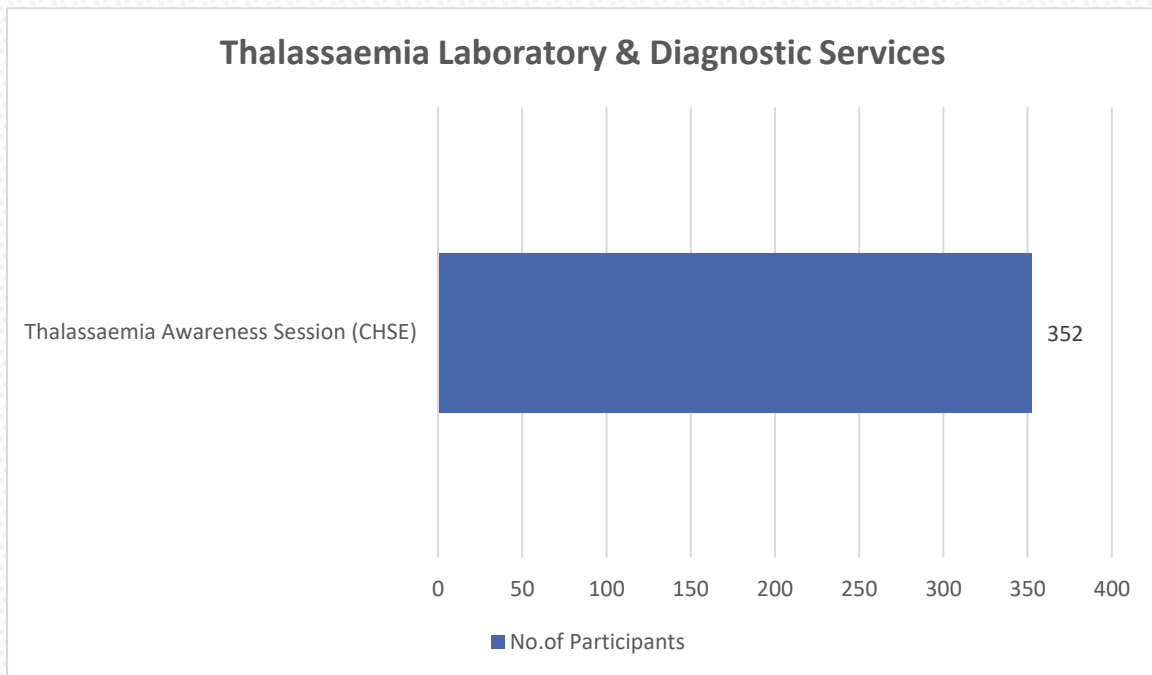


Table 16 Session Conducted by Thalassaemia Laboratory & Diagnostic Services

Annual General Meeting

Annual General Meeting of 2019 was held virtually on 26th November 2020 via zoom. Total 43 members participated in the meeting. At this meeting Auditors were approved for 2020. And discussions were held about establishing various committees. In addition, Annual Report of 2019 was presented and approved.