



**Liveable  
Cities  
Challenge**

# **Liveable Cities Challenge 2021**

Health Awareness Resource Pack

for Ideas and Inspiration



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<p style="text-align: center;"><b>Project Mindcare</b></p> <p>This project aims to promote your mental wellness by letting you learn more about the mental illness, psychosis. You will not only read more about the challenges mentally ill individuals face, you will also know how to improve the lives of these people in your own small ways. Also, feel free to try a little matching exercise to test your knowledge regarding Singapore's care approach :D</p>	8 - 11
<p style="text-align: center;"><b>Project Marrow-minded</b></p> <p>This project aims to raise your awareness about the importance of bone marrow donations to people who have life-threatening blood diseases. Expect to learn more about the importance, methods and benefits of such donations and put your knowledge to the test by attempting a crossword puzzle at the very end!</p>	12 - 13
<p style="text-align: center;"><b>Project Sunshine</b></p> <p>This project aims to raise your awareness about vulnerable children from disadvantaged families and the kinds of emotional struggles that they face during this difficult COVID-19 pandemic. Apart from understanding some of their challenges and burdens, you will also have a chance to put yourself in their shoes via a rather unique snakes and ladders format!</p>	14 - 17
<p style="text-align: center;"><b>Project Sonoro</b></p> <p>Last but not least, this project aims to transform the hospital environment into one which provides emotional and psychological support beyond physical care. After you have understood the benefits of music on one's mind and body wellness, feel free to bless your ears by scanning the provided QR codes to listen to song covers produced by your very own seniors!</p>	18 - 19

## **Introduction**

You would have probably heard the saying: Health is Wealth, but what does it have to do with the quality of life? While it is largely true that good health means being free of illnesses, leading a healthy lifestyle also includes being fit both mentally and physically. These two allow us to overcome any difficulties to lead a long, productive and fruitful life. COVID-19 has highlighted not only the importance of being physically healthy to fight the disease, but also to remain mentally healthy to cope with the challenges faced. The projects included below shall explain more on the importance of physical and mental health, as well as their efforts to promote these for their target group. While reading, we also hope that you spend time thinking about your part to play in these issues. Of course, your health is number 1, so remember to take care and stay safe during this period!

Tobacco Free Generation

Ramuk



Bing



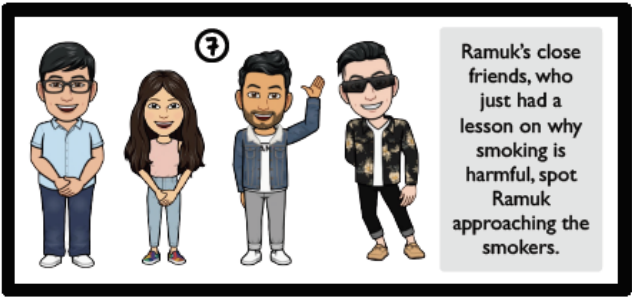
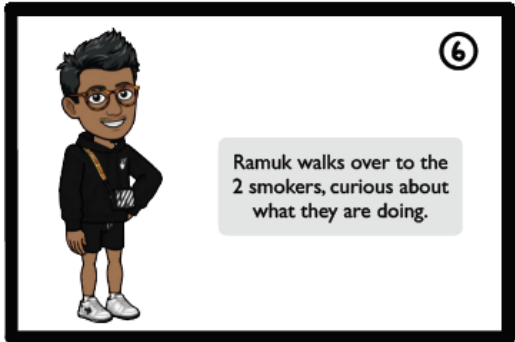
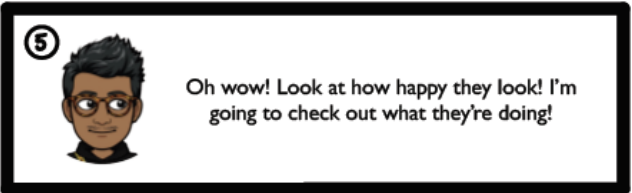
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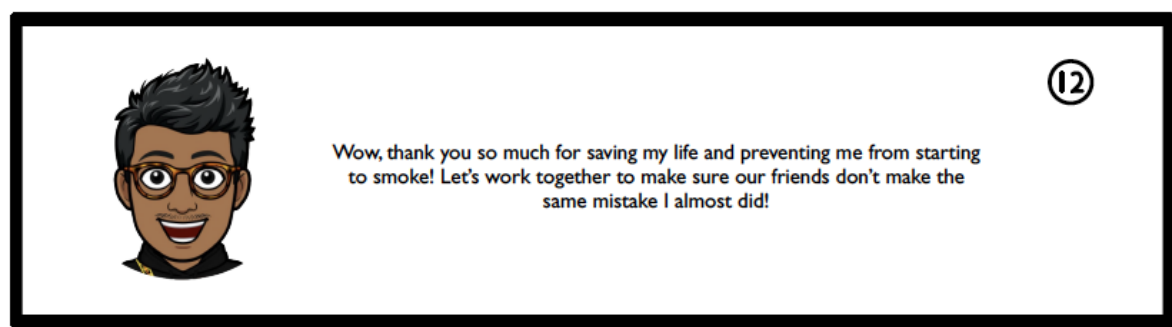
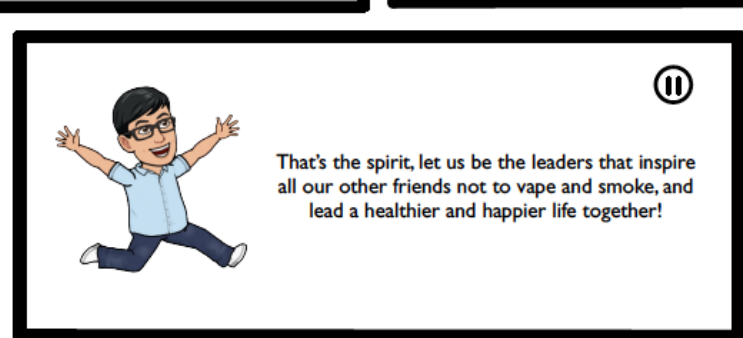
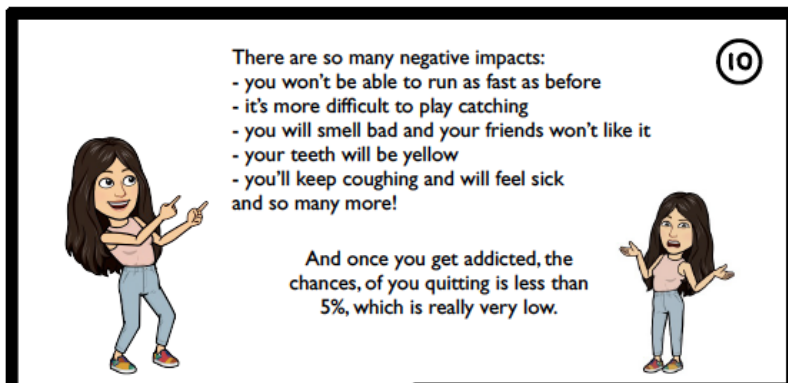
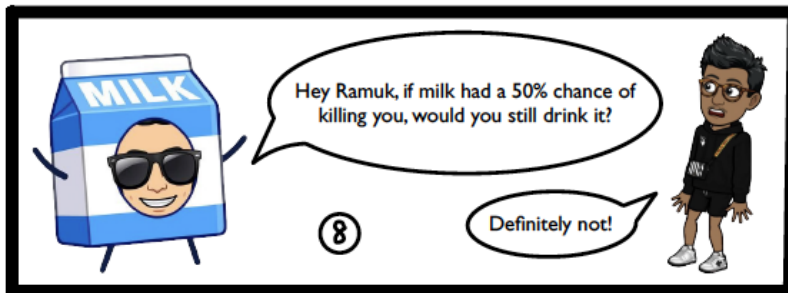


Anand



Roy







We all know smoking and vaping is bad for your health, but sometimes it is difficult to resist because your friends pressure you and we tend to be easily influenced. We might be tempted to try them out because we want to relieve stress or we think that they make us look cool.

The truth is, if you start to take the lead against smoking and vaping, you are the true cool role model. When your friends see that you're so knowledgeable and confident about going against smoking, they'll admire you and want to follow your lead.

**LET'S TACO BOUT IT**



You can help so many people in Singapore and make your generation go tobacco free. Of course, always remember to be understanding of your friends. As youth, we hold the torch to our brighter future, not the flame of the cigarette.

## **Tobacco Free Generation Pledge**

We will protect our generation,

From this addiction.

We will not smoke,

Whether before or after 18 years old.

We know better.

We are the Millenium Generation,

We are the Tobacco Free Generation!

