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Message from the Project Manager

BY SURESH MANI – LOVELY PROFESSIONAL UNIVERSITY

Non-communicable diseases (NCDs) are a major cause of death and disability throughout the world. Research has shown that physical activity, such as sport, can help in the prevention and management of NCDs. It is estimated that regular physical activity can reduce the risk of premature mortality by up to 30%, and it is important to emphasize the role of sport in reducing this risk. Not only can regular sport reduce one's risk of developing an NCD, but it can also help manage existing conditions like hypertension, diabetes, cancer, and obesity. Sport not only helps physically but also mentally; it encourages social interaction and provides a sense of purpose and meaning in life. There are many benefits associated with participating in sport for those who suffer from NCDs or who are at risk for developing them.

Despite the global Covid pandemic, the SPIRIT project was able to achieve its overall objectives. This was due to the hard work, dedication, and resilience of everyone involved in the project. We faced many challenges throughout the year, including restrictions on travel and face-to-face meetings, but this did not prevent us from working together to make sure that we achieved our goals. Through creative problem-solving and adapting our methods, we were able to make sure that implementation of objectives went ahead as planned.

We would like to extend our congratulations to all the partners for their successful planning and implementation of events in their respective countries. Through these efforts, the partners were able to meet the overall objectives that were set out to accomplish. These events showcased their dedication, hard work, and commitment to achieving the desired results under the SPIRIT project. It is through such collective efforts that we are successfully able to create a successful implementation of various tasks under the SPIRIT project. With this mindset and determination, we can push ourselves to go further than ever before and achieve anything we set our minds to.

The sky is indeed the limit!



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(title)

BY DAMIEN HANET - EDULAB



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Project Update

IPB University

IPB University's Faculty of Human Ecology Launches Nutrition and Fitness Club

Faculty of Human Ecology - Bogor, February 10, 2023



IPB University's Faculty of Human Ecology has launched a new Nutrition and Fitness Club to promote healthy lifestyles among its students and faculty members. The club, which will be open to all members of the university community, aims to encourage a healthy lifestyle, specifically by providing a platform for physical activities.

Establishment of the club was co-funded by the ERASMUS+ program titled "Sport and physical education as a vehicle for Inclusion and Recognition in India, Indonesia and Sri Lanka" (SPIRIT). The main objective of the program is to address two existing problems in the partner countries.



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IPB University



which are: 1) growing chronic noncommunicable diseases (NCDs); and 2) low inclusivity in sport activities.

The Nutrition and Fitness Club will offer a range of activities, including fitness classes, nutrition workshops, and many other activities that encourage a healthy lifestyle. These activities will be led by expert instructors and will provide participants with the knowledge and skills they need to adopt healthy habits and improve their overall well-being.

The club was launched by the Dean of Faculty of Human Ecology, Prof. Ujang Sumarwan, and the Head of Community Nutrition Department, Prof. Ujang believes the club is an important initiative that will contribute to the overall health and well-being of the university community.

"We believe that by promoting healthy lifestyles, we can help our students and faculty members to achieve their full potential both academically and personally," he said.

The launch event for the Nutrition and Fitness Club was attended by members of the faculty and student body. During the event, attendees had the opportunity to try out the gym equipment and participate in a group aerobic session.

Prior to the grand launching, the club has soft-launched via virtual webinar titled "Getting Slimmer and Fitter after the Pandemic". The webinar was arranged by the Faculty of Human Ecology on April 27th, 2022. The webinar was opened by the Head of Community Nutrition Department, Prof. Sri Anna Marliyati and the Dean of Faculty of Human Ecology, Prof. Ujang Sumarwan. The speakers were dr. Mira Dewi, one of the faculty members of Department of Community Nutrition, and Mury Kuswari, an expert in sport nutrition from Esa Unggul University. Around 147 people participated on the webinar.

dr. Mira Dewi delivered a presentation about intermittent fasting. She explained that intermittent fasting is one of the healthy ways to be slim and fit, especially after the pandemic era. Mr. Mury Kuswari delivered a presentation about easy ways to workout at the workplace. During his presentation, he also demonstrated how easy it is to utilize the time and space we have at our workplace to workout to stay fit.

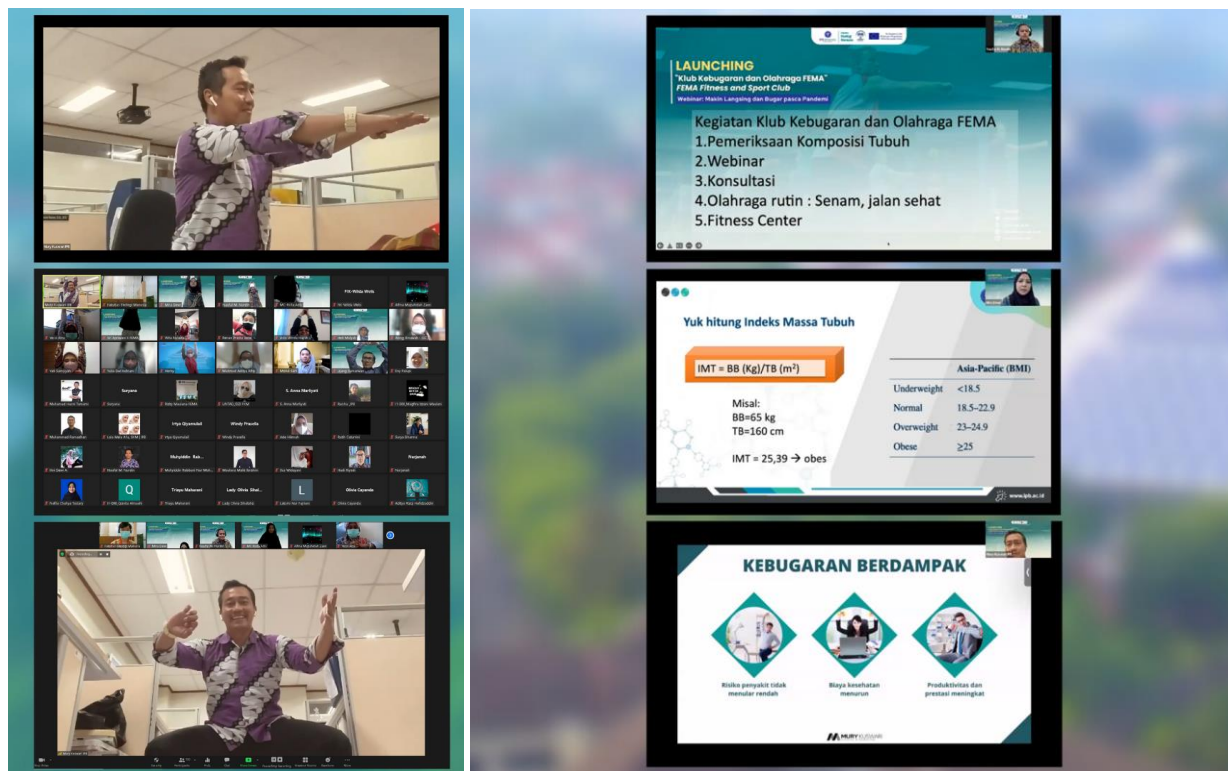


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Parallel with the webinar, the Department of Community Nutrition also provided an open consultation and measurement of body fat percentage and muscle mass using BIA Inbody tool. The event was held on the same day as the seminar at the Department of Community Nutrition. Around 25 people, including students and staff of IPB University participated in the event.



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IPB University

After the club was launched. The club held its first activity, which was the FEMA Health Morning Walks and Nutrition Consultations. The event was held on August 20th, 2022. The event was co-organized by the IPB SPIRIT club and the Faculty of Human Ecology (FEMA). 100-150 participants which consisted of students and faculty members of FEMA participated in the morning walk and group exercise.



During the event, faculty members of the Department of Community Nutrition provided a booth for participants who wanted to have a consultation about their diet and overall wellbeing. Around 30 participants got free consultation and body composition measurement.



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Universitas Sumatera Utara

USU SPIRIT CLUB IMPLEMENTS SERVICE TO THE COMMUNITY FOR CHILDREN WITH DISABILITIES

Universitas Sumatera Utara (USU) SPIRIT Club performs community service by conducting counseling on good nutrition, adequate drinking, and doing sports for children with disabilities. This activity was carried out on November 11, 2022, at the State Special Elementary School 057704 Stabat, Langkat.

This activity was carried out in collaboration between the SPIRIT Club, Department of Nutrition, Faculty of Medicine, Universitas Sumatera Utara, Indonesian Hydration Working Group (IHWG) Faculty of Medicine, University of Indonesia, and the Association of Indonesian Medical Nutrition Doctors (PDGMI) North Sumatra Branch. This activity is expected to provide knowledge for children with disabilities about the importance of nutrition, sufficient drinking water, and proper exercise.

This Special Elementary School has 120 students and 30 trained teachers. In addition, child companions are also involved, consisting of parents and caregivers. Children who take part in this activity consist of the deaf, mentally impaired, and autistic. This activity provides educational material about the importance of balanced nutrition to meet daily needs of consuming water to avoid dehydration. In addition, the team also invited SDLB students to exercise together to improve their fitness. SDLB 057704 students looked very enthusiastic during the activity. This activity is a manifestation of the USU SPIRIT Club's activities in helping children with disabilities to recognize good nutrition and increase physical activity.

Youtube: <https://www.youtube.com/watch?v=Rcu1352Z0hk>



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Project Update

Universitas Sumatera Utara

USU SPIRIT CLUB MEMBERS WON MEDAL GOLD AT THE USU GAMES IN TAEKWONDO 2022



One of USU SPIRIT Club members won match and earn medal gold at the USU Games in top Taekwondo sports name Fiora Patricia Br. Ginting on 10-11 December 2022 . The USU Taekwondo Team won 4 gold , 8 silver and 4 bronze and won player best daughter . The USU Taekwondo team succeeded Becomes 1st overall winner. this would give spirit for other USU SPIRIT Club members for spur achievement in field sport . Struggle this naturally through regular practice and good strategic techniques. Fiora who has join with USU SPIRIT Club since 2022 stated _ will Keep going practice and achievement , p this is very conscious because need will importance activity good physique. There is one vision from the USU SPIRIT Club is become a barometer of interests and talents student in field exercise and good health compete in global world order .

USU SPIRIT CLUB IN THE FIELD OF PENCAK SILAT COMPETES IN AN INTERNATIONAL CHAMPIONSHIP

On August 27th 2022, USU SPIRIT Club in the field of pencak silat won 8 medals consisting of five gold medals and three silver medals. This match held in Bandung City, Indonesia Pakubumi Open X International Championship 2022. The match will last for four days from August 25th to 28th, 2022.

This activity is part of the actualization of the USU SPIRIT Club to increase young people's interest in sports. Increased physical activity and understanding of proper nutrition in young people can prevent non-communicable diseases in the future.



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This championship was participated by members of the USU SPIRIT Club and won gold, which were Muhammad Ayman Ashari, Wahyudi Sitepu, Nurul Fadhillah Az Zahra (Best Fighter), Apriansyah, Supri Kadri. While the medals were Dessy Ramasari, Jausyan Muhammad Kabir Baeha, Reva Ervana Zurais. This victory is very fragrant and inspires young people to always increase sport activities.

USU SPIRIT CLUB HOLDS HYBRID WEBINAR: “METABOLIC SYNDROME IN YOUTH: WHAT CAN WE DO?”

Universitas Sumatera Utara (USU) SPIRIT Club held a hybrid webinar as one of the student sports club activities that emphasizes increasing physical activity and improving nutrition to prevent non-communicable diseases, one of which is the metabolic syndrome at a young age. USU SPIRIT Club and Nutrition Department, Faculty of Medicine, USU collaborated to organize a hybrid webinar with the title “Metabolic Syndrome In Youth: What Can We Do?” This event was held on August 26, 2022 as well as commemorating the 70th Anniversary of the USU Faculty of Medicine which held on August 20, 2022.

Metabolic syndrome is a group of conditions that arise as a result of increased insulin resistance and fat deposition disorders, and the most concern is when it strikes a young age. The metabolic syndrome consists of atherogenic dyslipidemia, insulin resistance and elevated blood sugar, elevated blood pressure, prothrombotic conditions, and proinflammatory conditions. This disease is a risk factor for atherosclerosis and type 2 diabetes mellitus.

This state of metabolic syndrome is also a cause of type 2 diabetes mellitus, and this disease is one of the four priority diseases. Approximately 442 million adults have type 2 diabetes. This condition can lead to complications such as kidney failure, stroke, diabetic gangrene, sepsis, and death. Metabolic syndrome can start at a young age. What needs to be considered is how the metabolic syndrome can be prevented at a young age.

Lifestyle regulation is the main key in the management of metabolic syndrome, especially at a young age. Application of a healthy lifestyle starts from setting a good diet and also the right exercise. Nutritional arrangements including the right schedule, type, amount, and cooking style

The poster for the webinar "Metabolic Syndrome in Youth: What Can We Do?" includes the following information:

- Event Title:** WEBINAR HYBRID: RUANG MKK FK USU METABOLIC SYNDROME IN YOUTH WHAT CAN WE DO?
- Speakers:**
 - Prof. dr. Nur Indrawaty Lipoeto, MMedSci, PhD (Department of Nutrition, Faculty of Medicine, Universitas Andalas) - Topic: Nutriti Pencegah Sindroma Metabolik Usia Muda
 - dr. M. Aron Pase, M.Ked(PD), SpPD, K-EMD, FINASIM (Department of Internal Medicine, Faculty of Medicine, Universitas Sumatera Utara) - Topic: Clinical Diagnosis and Therapeutic Metabolic Syndrome
 - Dr. dr. Yetty Machrina, M. Kes, AIFO-K, SpKKLP (Department of Physiotherapy, Faculty of Medicine, Universitas Sumatera Utara) - Topic: Active Lifestyle To Prevent Metabolic Syndrome
 - Prof. Dr. Pranav Kumar Prabhakar (Division of Research and Development, Jyoti Prashasthi University, India) - Topic: Herbal Medicine To Prevent Metabolic Syndrome
- Line Dance Element:** Anak Medan by Vando
- Moderator:** Muhammad Sidiq Nurdin, SPIRIT Club Member
- Registration:** Friday, August 26th, 2022, Time 09.00 AM at 12.00 PM, Open Registration: Time 08.30 AM. URL: https://bit.ly/reggizi_DIES (Reminder and certificate)
- Contact Person:** dr. Meriza Martineta (+62 819 2002 120)
- Meeting ID:** 830 3487 6242, **Passcode:** 442690



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Universitas Sumatera Utara

of food are proven to be able to maintain blood sugar levels in patients with diabetes mellitus within normal limits, thereby reducing the risk of complications. Therefore, comprehensive training on nutrition management for medical students and general practitioners as the first line of treatment for metabolic syndrome cases must be carried out on an ongoing basis.

This hybrid seminar was conducted using the zoom meeting platform and offline in the MKK room, 1st floor, Faculty of Medicine, Universitas Sumatera Utara. This event starts from 09.00 AM in the morning until 12.15 PM in the afternoon. The speaker brought an interesting topic, namely dr. M. Aron Pase, M. Ked (PD), SpPD, K-EMD, FINASIM (USU/Indonesia) who brought the topic of "Clinical Diagnosis and Therapeutic Metabolic Syndrome", the second speaker was Prof. dr. Nur Indrawaty Lipoeto, MSc, PhD, SpGK(K) (Universitas Andalas, Padang/Indonesia) who brought the topic of "Low Calorie Diet for Metabolic Syndrome in young people", the third speaker was Dr.dr. Yetty Machrina, MKes., AIFO-K, Sp.KKLP (USU/Indonesia) who brought the topic of "Active Lifestyle Prevent Metabolic Syndrome in Youth", and the fourth speaker, Dr. Pranav Kumar Prabhakar (Lovely Professional University, India) which brought the topic "Metabolic Syndrome and its Management by Herbal Medicine". This event was enthusiastically followed by online participants totaling 104 participants from students and general practitioners, and offline participants totaling 25 participants from students and the general public. For the future SPIRIT Club activities are to improve student achievement in the field of sports and good understanding of nutrition.



Project Update

Bharati Vidyapeeth (Deemed to be) University

Bharati Vidyapeeth (Deemed to be) University establish sports club under Department of Sports in line with European Union sanction project guidelines and framework, "Sports as a Vehicle for inclusion and recognition in India, Indonesia, and Sri Lanka." Initial Club establishment & activities carried through project funds and will maintain its sustainability through sponsorships and CSR fund by Industrial Partners.

Bharati Vidyapeeth (Deemed to be) University, Department of Sports is the nerve center for all sports initiatives by the University. We have unique multi-campus and multi-disciplinary organization, conducting university approved academic programmes in diverse fields and non-academic development programs. It has been our culture & tradition to nurture our students' persona to shape-up their all-round personality.

At Bharati Vidyapeeth (Deemed to be) University we believe that extracurricular activities are of paramount importance for comprehensive development of a student. By taking part in various extracurricular activities the student will be able to achieve overall personality development. In this vision sports club came in existence.

Bharati Vidyapeeth (Deemed to be) University is known for nurturing and producing the best talents from the wide-ranging fields. Our students have displayed and proved their caliber and excellence in the field of academics & Sports on the various occasions. Bharati Vidyapeeth (Deemed to be) University has also built a World Class Sports Infrastructure which is beneficial to our students in building desired level of competency and gaining finesse in their craft. It enables them to qualify for the national & international level sports events and winning laurels for their institutions and the country.

The sports Infrastructure includes a well-equipped gymnasium, badminton courts, basketball courts, volleyball courts, football playground, cricket playground, kabaddi playground, kho-kho playground, table tennis, chess, and facilities, which is available for all students.

University Sports Infrastructure is well equipped to train the students and harness their hidden potential in the wide-ranging sports.

Being the apex body for sports at BVDU, we in addition to hosting of sports tournaments and actively involved in several social and informal events. We take pride in making a significant contribution to our students' personality, fitness, and health development.

BVDU Sports Department has been conceptualizing and organizing yearly sports competitions in university campus at various levels viz. Inter collegiate, District and State Level under ambit of sports club.



Project Update

Bharati Vidyapeeth (Deemed to be) University

This sports club conducted various activities to raise awareness & benefits of sport and healthy lifestyle viz; Tennis Tournament, Celebrate Yoga Day, Badminton, Taekwondo, Athletics, Volleyball, Handball, Rugby, Basketball Boxing, Archery, Cycling race etc. under sports club numerous activities conducted like;

Women Health Awareness Seminar organized on 17th Jan. 2023. The lecture commenced with granting greetings to our esteemed guest for the event Dr. Prema Maheshwari. Dr. Maheshwari addressed students with the Women Health issues and guided students with the steps to resolve the problem & adopt sport to practice. These awareness programme impart a better understanding of several non-communicable diseases and how we can prevent them. The health awareness also highlights the significance of making people realise the value of physical, mental and social health.



Sports club also organized special health awareness drive for NSS girls. 86 NSS Girl volunteers from various institutes under the umbrella of Bharati Vidyapeeth and from 13 states of India participated and climbed the Sinhgad fort was a special achievement in itself. This rally was organized on 5th June 2022 and coordinated by Dr. Dnyaneshwar Phad, NSS Program Officer of the institute, Dr. Avinash Mhetre, Coordinator of NSS, Bharati Vidyapeeth (Deemed to be University) and 11 Program Officers of constituent units.

Intercollegiate Table Tennis Tournament was organized on 23rd Sept. 2022 by New Law College Pune. Colleges of Bharati Vidyapeeth (Deemed to be) University. The organizing committee of this event included Dr. Salil Shringarpure (Faculty Sports Coordinator), Rajat Mishra (Student Sports Coordinator), Abhinav Tiwari (Student Coordinator), Adarsh Thakur (Core Committee), Priyanshu Raj (Student Representative), Kushal Gupta and Adarsh Singh Rajput (Sports Representative).



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Bharati Vidyapeeth (Deemed to be) University



Bharati Vidyapeeth (Deemed to be) University sports club under National Service scheme celebrating International Yoga Day 2022 at Bharati Vidyapeeth Erandwane Campus, Pune on 21st June 2022. To showcase the importance of yoga, for to spread awareness about yoga, it helps in keeping our mental and physical health intact. It helps to connect to nature. Furthermore, our body becomes more flexible after consistent yoga practice, us and we also develop a great sense of self-discipline and self-awareness. In continuation participants understand importance of yoga & understand that it improves our wellbeing and gives us better mental clarity.

Bharati Vidyapeeth (Deemed to be) University sports club organized 50 Cyclist rally on dated 5th June 2022. In this cycle rally 58 students, alumni, teaching and non-teaching staff of 13 constituent units of Bharati Vidyapeeth participated. The distance covered by the cyclist was 142 kms from Sinhgad fort top to Raigad fort. Special highlight of the cycle rally was to create a awareness of health by showing extra ordinary achievements through campaign which goes in the India Book of Record.



Bharati Vidyapeeth (Deemed to be) University under ambit of sports club organize annual sports meet 2022 on dated 4th April 2022, being involved in sports teaches us various interpersonal skills such as patience, communication, leadership, punctuality, accountability, teamwork, trust, and others which will help us not only to win a particular sports competition but also grow and achieve success in life.



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Project Update

Lovely Professional University

GLOBAL TRAINING OF TRAINERS UNDER THE SPIRIT PROJECT

A weeklong global training of trainers session as part of the Erasmus+ SPIRIT project organized by the Department of Physiotherapy, School of Allied Medical Sciences, Lovely professional university from 11th July 2022 to 17th July 2022, the training was attended by a total of 30 participants and 4 trainers from Asian and European partner institutions (Table 1). Unfortunately, due to COVID restrictions, 3 more trainers from the University of Nicosia, Cyprus, were unable to attend the face-to-face training.

The session began with a warm welcome from Dr. Aman Mittal, Vice President, and Head of the Division of International Affairs at Lovely Professional University (LPU). He provided delegates with an overview of LPU, and its various activities related to internationalizing higher education and fostering a unique global understanding. This was followed by a welcome from the convener of the project and Executive Dean at LPU, Dr. Monica Gulati, who shared the project's policies with the delegates. She also expressed her gratitude for allowing LPU to host the event. Initially, the training was scheduled to take place at the University of Peradeniya in Sri Lanka, however, due to the current plight of the neighboring countries, LPU volunteered to host the prestigious training sessions at its campus, under the dynamic leadership of Dr. Ashok Kumar Mittal. Honorable Chancellor, Lovely Professional University, Member of Parliament, Rajya Sabha, Government of India.

In the first session, Dr. David Blay Tapia from the Universitat Politècnica de Valencia delivered a lecture on the topic of "Marketing in Sports Management". Dr. David interacted with and guided the Asian partners in curriculum development for the topic. The training of trainers program was continued on the following days as per the schedule given below.

1. Motor Development by Dr. Rita Cordovil
2. Personal and Social Development and Inclusion by Dr. António Rosado
3. Psychology of Sport and Exercise by Dr. Costas Tsouloupas
4. Sports Nutrition for exercise and performance by Dr. George Aphamis, and Dr. Angelos Vlachogiannis.

Each training session was followed by one-to-one or group interaction and presentation with the trainers in which the faculties discussed the course content and syllabus they have developed for these courses.

The event concluded on 16th July 2022 with a closing ceremony moderated by Mr. Sarabjit Kwatra. The ceremony began with an experience-sharing platform in which the participants shared their experience at LPU, followed by a certificate distribution and felicitation ceremony led by Dr. Monica Gulati, Dr. Suresh Mani, and Dr. Sunaina Ahuja, in the presence of Dr. Manish Gupta, Dr. Harpal Thethi. The certificate of participation was given to all the participants. Finally, Dr. Suresh Mani gave the vote of thanks to the organizing committee- Mr. Amber Anand, Mr. Deepak Sharma,



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Lovely Professional University

Mr. Navin Agarwal, Mr. Rahul, Mr. Harneek, our photographers- Mr. Pawan, and Mr. Roshan, Division of Guest Relations, LPU, and the Management Team, Grand Cabbana Resort for the successful organization of the event; trainers and participants for their support and participation.



Participants attending the training.



Training on Motor Development by Dr. Rita Cordovil



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Lovely Professional University



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Project Update

ISBR Business School

The ISBR SPIRIT club team made an impactful visit to a Government school at Attibele on 04-02-2023. The objective of this project is to promote physical exercise and good nutrition to avoid Non-Communicable Diseases. The project aims at inclusion and diversity. The visit was to create awareness about health and fitness to students at a young age which will benefit them as they grow.

- The students were given some health tips that would help them in maintaining a good health and prevent them from being infected by diseases.
- Inculcating exercise as a daily routine from a young age, would always keep them physically fit and flexible.

It was a privilege to be able to educate the future generation about the importance of maintaining a healthy lifestyle and the importance of sports and physical exercise. We hope that this experience will stay with them and inspire them to lead healthy and active lives.

#SpiritClub #Erasmusplus #HealthAndFitness #Education #MakingADifference #isbr #ISBRBusinessSchool



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Project Update

Universitas Syiah Kuala (USK)

Community and Stakeholders Involvement

The Erasmus Spirit USK program involves the community and stakeholders. Erasmus Spirit+ USK members namely Dr. Syamsul Rizal, Dr. Yenni Marlina, Mr. Ifwandi, Dr. Iflan Nauval, Dr. Zulkarnain and Mr. Amanda is involved in the management of the Aceh branch of the KONI (Indonesian National Sports Committee). It is hoped that this will apply ideas from the Spirit+ program in implementing KONI Aceh activities and also preparing KONI Aceh athletes to compete at the 2024 National Sports Competition. In addition, within the community around USK, this program carries out joint activities such as walking clubs, and as well as gymnastic activities. We participated in Car Free Day (CFD) agenda which held every Sunday in Banda Aceh city center, to promote healthy lifestyle to the community.



Figure1. Erasmus+ SPIRIT USK Team (Dr. Iflan and Dr. Zulkarnain) and The KONI coaches in a seminar about sport nutrition



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Universitas Syiah Kuala (USK)



Figure 2. Activity in Car-Free-Day to promote healthy lifestyle

By bringing community members together to participate in shared activities, the program can foster a sense of social connectedness and support, which can enhance mental health and well-being. Moreover, the program's emphasis on community engagement can help build trust and collaboration between different groups, which can facilitate broader community development efforts.



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Project Update

Universitas Syiah Kuala (USK)

Sport Clubs Activities

The Erasmus+ SPIRIT USK team activated two sports clubs managed by students. The first is a walking club, and the second is a mass gymnastics club. Both of these activities received attention from the community to participate. The walking club has activities every Friday morning, while the mass gymnastics club has activities every Saturday morning.



Figure 1 : Poster for the launch of the Erasmus Spirit+ Walking Club.



Figure 2: Photo of Spirit+ gymnastic activities with students and the community which is routinely carried out every Saturday.



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Project Update

University of Peradeniya

The SPIRIT Club team of the University of Peradeniya proudly commenced a series of Programmes for the community during past few months.

Workshop for Undergraduate Students- Prevention of Sports Injuries

The SPIRIT Club team has organized a workshop on 06th September 2022 for the undergraduate students in the university. This workshop was organized with the aim of developing the student's understanding of the various injuries that occur while engaging in sports and making the students aware about the steps to be taken to avoid those injuries and enhancing health practices among students while engaging in sports related activities.

Dr. Asela Rathnayake MBBS, MD, (Registrar, Sports Medicine Unit, Teaching Hospital, Kandy) conducted the workshop for 150 participants of diverse backgrounds.

In this workshop the students were made aware of the wrong practices while engaging in sports and their understanding of the various injuries related to sports. The students were provided with an understanding as to how they should take precautions if they encounter any injury by effectively applying the knowledge and skills learnt.



Hiking and Outdoor Education programme

Hanthana Hiking and outdoor games programme was organized by the SPIRIT sports club on 19th August 2022 for the university community. Hundred and thirty nine undergraduates of the University of Peradeniya participated in this event.

The purpose of the event was to develop cooperation and prevent diversity among students, make students aware of diverse facts while engaging in outdoor games and recreational activities, enhancing team collaboration among students and developing soft skills of the students.



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Project Update

University of Peradeniya

This programme helped to develop a strong bond between groups which are ethnically vulnerable and reduce the mental stress of both the students and the academic staff members. Moreover, the students were able to grasp a real understanding and experience about the unique facts which they are supposed to pay attention to while hiking. This was a great opportunity to upgrade both the mental and physical status of students of the university.



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University of Peradeniya



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Project Update

University of Peradeniya

Music Therapy Programme

A music therapy one of the significant programmes was organized by the SPIRIT Sports club on 23rd November 2022 at the Department of Education. Academic staff, nonacademic staff of the University and undergraduates participated enthusiastically in this event.

This was organized with the aim of sharing the cultural practices among diverse cultures and building up corporation among vulnerable groups

This event provided the participants with a mental relaxation with the use of aesthetic traditions belonging to different cultures. And also it was able to build up collaboration among different ethnic groups with the help of aesthetic practices.



Project Update

University of Peradeniya

Recreational Activities for School Teachers

To enhance the physical fitness of the teachers and to effectively include recreational activities for the process of teaching and learning, a programme of recreational activities was conducted on 01st January 2023. The Programme was held at the Rugby Ground, University of Peradeniya and 543 school teachers participated in it.

The SPIRIT Project team and the SPIRIT Sports Club members supported immensely in organizing the event.

This programme was highly appreciated by the school teachers and they said that they experienced the value of including recreational activities for an effective teaching and learning process. The activities included in the programme were able to provide them with a supportive mental relaxation.



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Project Update

University of Peradeniya

Recreational Activities for Preschool teachers and Government officers

The SPIRIT Sports Club team has organized a Programme of recreational activities for preschool teachers and Government officers. This was held on 11th February 2023. The programme was successfully held at the Rugby ground. Hundred and five members participated in it.

The purpose of the programme was to enhance the physical fitness of the teachers and to effectively include recreational activities for the process of teaching and learning.

All the participants appreciated this programme and they pointed out the importance of including recreational activities for the preschool children.



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Project Update

University of Peradeniya

Sinhala and Hindu New year Festival

The Sinhala and Hindu New year Festival was a significant event which was held on 21st of April at the premises of the Department of Education. The SPIRT club team organized the event and several cultural games were held. This was a great experience for the university community.

This was organized for the purpose of sharing the cultural practices among diverse cultures and building up corporation among vulnerable groups.

All the students enjoyed participating in cultural games and it was a novel experience for the students of diverse cultures. At the end of the event the students received an experience of enjoying difference cultural food items.



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Project Update

University of Peradeniya

Sportsmeet of School for Special Needs- Dodamwala

The SPIRIT Sports club Team has organized the Sports meet of a school for Special Needs in Dodamwala. This was held on 8th and 9th of May at the School premises.

The purpose of this Programme is to provide ample opportunities for a vulnerable group of students to participate in Sports activities and develop their skills.

There were 65 differently abled students those who got an opportunity to engage themselves in variety of sports activities.

The principal and the staff highly appreciated the immense support given by the SPIRIT sports club team.



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Project Update

University of Peradeniya

Outward Bound Training programme for the Undergraduates

The Outward Bound Training programme for the undergraduates in the Faculty of Arts was held on 20th , 21st , 27th and 28th of May at the Outward Bound training Centre which was recently established.

This programme was organized with the intention of developing cooperation and preventing diversity among students, making students aware of diverse facts while engaging in outward Bound games and recreational activities, enhancing team collaboration among students and developing soft skills of the students.

All the participants enthusiastically participated in outward bound games and obtained a rare experience. Most of the participants stated that this was the first time that they have participated in Outward Bound Training Programme.



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