INSTITUION: DEDAN KIMATHI UNIVERSITY OF TECHNOLOGY

SCHOOL: SCHOOL OF NURSING

COURSE:BSC NURSING

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REG NO.:H151-01-2303/2020

UNIT: CAPSTONE PROJECT

TITLE: ABSTRACT OF VEDIO ON CHALLENGES FACING MODERN SOCIETY

DATE:30TH JULY 2024

LECTURER: MR.SIMON GITHUI

SIGNATURE: D.O.K

Abstract

English:

This presentation examines key challenges facing modern society, including climate change, mental health issues, and technological dependency. The student suggests practical and innovative solutions to address these challenges, aiming to inspire action and positive change.

Kiswahili:

Mwasilisho hili linachunguza changamoto kuu zinazokabili jamii ya kisasa, ikiwemo mabadiliko ya tabianchi, masuala ya afya ya akili, na utegemezi wa teknolojia. Mwanafunzi anapendekeza suluhisho za kiutendaji na ubunifu kushughulikia changamoto hizi, kwa lengo la kuhamasisha hatua na mabadiliko chanya.

Luhya:

Shisomeno shino shishira khukhwatsi shikhuluyia shing'ali shinahinyisira emachimi ka suba, khunyuma bwa amani kwa afya ya mano nende khusibala khwa teknolojia. Omusomi yala nende ohandi obwa nende shishira khurula khwa hizi khuluyia, neshifwelela khukhuyenya abandu khukhola nende okulusia obulayi.

Video Presentation Script

Introduction: (2 minutes)

- Welcome and introduction to the presentation.
- Brief overview of the importance of addressing modern societal challenges.

Part 1: Climate Change (6 minutes)

- Explanation of climate change and its impact on the environment and human life.
- Examples of how climate change affects communities globally and locally.
- Suggested solutions:
    - Adoption of renewable energy sources.

o   Implementation of sustainable practices in daily life.

o   Advocacy for environmental policies and regulations.

- Case studies of successful climate action initiatives.

Part 2: Mental Health Issues (6 minutes)

- Overview of the prevalence and impact of mental health issues in modern society.

- Discussion on the stigma associated with mental health and the importance of awareness.

- Suggested solutions:

  o   Promoting mental health education and awareness.

  o   Increasing access to mental health resources and support services.

  o   Encouraging open conversations about mental health.

- Examples of successful mental health programs and initiatives.

Part 3: Technological Dependency (6 minutes)

- Examination of the increasing dependency on technology in daily life.

- Discussion on the negative effects of excessive technology use, such as reduced physical activity and social interactions.

- Suggested solutions:

  o   Encouraging a balanced use of technology.

  o   Promoting digital detox practices.

  o   Enhancing digital literacy to use technology responsibly.

- Case studies of initiatives promoting healthy technology use.

Conclusion: (2 minutes)

- Summary of the key points covered in the presentation.

- Emphasis on the importance of collective action to address these challenges.

- Encouragement for students and community members to implement the suggested solutions.

- Closing remarks and thank you.