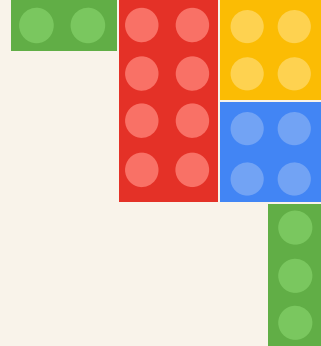


A decorative border made of colorful blocks (red, blue, yellow, green) arranged in a stepped pattern, resembling a staircase or a frame, surrounding the central text.

RoadShow

Our Team

CHAN, Hiu Yau (Hilda)
CHOI, You Jin
HO, Wing Tung (Sammi)
KIM, Tae Eun (Chiara)
LAI, Kam Wai (Kelly)
WONG, Hang Ho (Henry)



A decorative border made of colorful blocks (red, blue, yellow, green) arranged in a stepped pattern, resembling a staircase or a corner, framing the central text. The blocks are of various sizes and are arranged in a way that they seem to be building up towards the center.

Introduction

Project Overview:



I-KANDO

I-KANDO is a program targeting children of ages 11-13 in TEA Plantation Estate (Kandy).



Problems



Lack of knowledge and awareness



Lack of action/behaviour to prevent



Needs

Customized questions to Sri Lanka:



Local science textbook



Important and prevalent diseases



Important habits/behaviours



Objective:

The I-KANDO program has **four sections**:

1. 3D board game
2. 7-week challenge
3. Behavioral changes
4. Sustainability

All of these sections target the children to successfully change their behaviors to reduce health problems in the community.

A decorative border made of colorful 3D blocks (red, blue, yellow, green) arranged in a stepped pattern along the top and left edges of the image. The blocks are of various sizes and are decorated with circular patterns, resembling building blocks.

3D Board Game

3D Board Game

To educate the children on different health-related topics in Sri Lanka, including nutrition, specific diseases prevalent in Sri Lanka, hygiene and water issues, and smoking/drug/alcohol abuse problems, through quizzes from different levels.

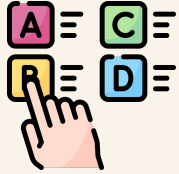


Instructions for the Board Game



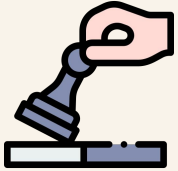
1. Each team consists of 2-3 *players*.
2. Players place the ladders in different regions on the game.
3. Each team puts their token on the space that says “**1**”. The number represents the “nutrition level” of the player. The higher the player goes up the game, the “healthier” he or she is becoming.
4. Roll the dice, and move the token forward according to the number shown on the dice.
5. If the token lands on the ladder, either move up or down. If the ladder is heading upward, move up; if the ladder is heading downward, move down.
6. If the team lands on the “**Quiz**” cards, “**Action**” cards, or “**Truth or Dare**” cards, do accordingly. For the “Quiz” and “Truth or Dare” cards, if the team gets it correct, move forward the amount of numbers shown on the dice. However, if the team gets it wrong, do not move the token.
7. The team wins if they reach the space “**50**” first.

Cards Section



Quiz Card

Players should take a card from the deck and solve the questions. There are three levels for the quiz cards, so make sure when the players are playing the easy level board game, use easy level quiz cards.



Action Card

Players should move according to the instructions stated on the card. For example, if the card says to move five spaces backward, then the players should move five spaces backward.



Truth or Dare Card

The team can choose either “truth” or “dare.” If the players choose “truth,” the team needs to answer a difficult question. If the players choose “dare,” the team needs to do a small activity.

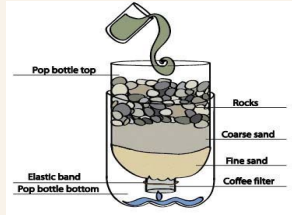
A decorative border made of colorful building blocks (red, blue, yellow, green) arranged in a stepped pattern along the top and right edges of the page. The blocks are of various sizes and are arranged to form a jagged, staircase-like shape.

7-Week Challenges

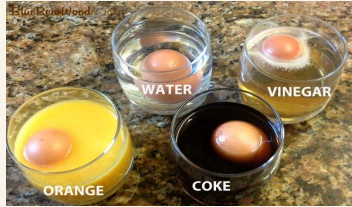
7-Week Challenges

To encourage behavioral changes based on the information learned from the board game and make the theoretical knowledge practical.

7-Week Challenges



**Week 1:
Water Filter**



**Week 2:
Egg-coke
experiment**



**Week 3:
Pepper-water
experiment**



**Week 4:
Bread-and-soap
experiment**



**Week 5:
Poster Design**



**Week 6:
Visual Comparison
Activity**



**Week 7:
Final Assessment**

Targeted Behavioral Changes



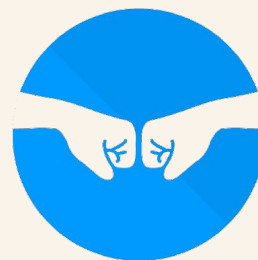
Develop Daily Habits

1. Personal hygiene
2. Drinking clean water
3. COVID-19



Prevention

1. Smoking and drug addiction habits



Make Impact

1. Targeting on all issues we have covered in the board games

A decorative border made of colorful building blocks (red, blue, yellow, green) arranged in a stepped pattern along the top, bottom, and right edges of the slide.

Behavioral Changes

Behavioral Changes

To change their behavior by performing **compulsory daily habits** and **selective daily habits** in order to become a healthy individual

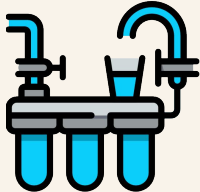
Compulsory Daily Habits



1. Washing hands before eating and after going to the toilet



2. Brush teeth twice a day



3. Drink filtered water

Selective Daily Habits

1. Wash your own clothes
2. Remind your parents or peers to cover their mouths when sneezing or coughing and wash hands immediately using sanitizers or soap.
3. Eat $\frac{1}{4}$ bowl of vegetables cooked by your parents
4. Stop eating fast food (i.e. McDonald, Kentucky) for a week
5. Eat bitter gourd in your meal
6. Wash your hands by using sanitizers or soaps immediately after backing home
7. Cover your mouth by using tissue when sneezing or coughing and wash your hand immediately using sanitizers or soap.
8. Exercise 30 minutes(Squat, Lunge Push-up) or any kinds of sports for 30 minutes or more

Stamp Booklet

All individuals should earn 100 stamps in order to complete the I-KANDO program and earn a certificate.



Stamp Booklet

7

Stamps could be earned in two ways:

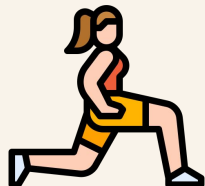
1. 7-Week Challenges

- Receive 5 stamps for each challenge (total 35 stamps)



2. Daily Habits

- **Compulsory Daily Habits**
 - During the 7-Week Challenges, individuals can also earn 1 stamp per day for 45 days (total 45 stamps)
- **Selective Daily Habits**
 - Practice extra selective daily habits; individuals may earn 20 more stamps, 1 stamp each day (total 20 stamps)



A decorative border made of colorful LEGO bricks (red, blue, yellow, and green) arranged in a stepped pattern along the top and right edges of the image. The bricks are of various sizes and are placed to create a jagged, architectural look.

Sustainability

Sustainability

Once the players have finished all of the prior steps, the players may choose to become leaders to help other players, in order to sustain this program.

Leader Training Program

Once the individuals have earned a total of 100 stamps, they may proceed to the leader training program.

- Five times of supervising with the TEA leaders
- Create five questions and get approval
- Receive Certificate
- Become a leader



A decorative border made of colorful LEGO bricks (red, blue, yellow, and green) arranged in a stepped pattern along the top, bottom, and right edges of the slide.

User Experience

Thank you for your feedback!



Dr. Arafath
(Doctor in Sri Lanka)



Raakeesha
(Youth Board Leader)



SIGHT Instructors

User Feedback

Language	English + Tamil
3D Board Game	Include both graphic and word explanations
	Add new features (e.g. action cards, mission)
	Add easier questions in the first level
	Cover more topics in the quizzes
7-week challenge	Provide video demonstration and detailed instructions
	Specify the target behavioral changes of each challenge

User Feedback

Target Behavioral Changes

Need to prioritise behavioral changes

Need methods to measure behavioral changes

Sustainability

Need a long term implementation plan

Train the children to be an I-KANDO leader

A decorative border made of colorful building blocks (red, blue, yellow, green) arranged in a stepped pattern along the left and right edges of the slide.

Short Term Implementation Plan

Preparation

Crowdfunding

Experiment materials & Sustainability

Event 1



Event 2



Event 3



Event 4



Delivery

Deliver I-KANDO to the centre through DHL

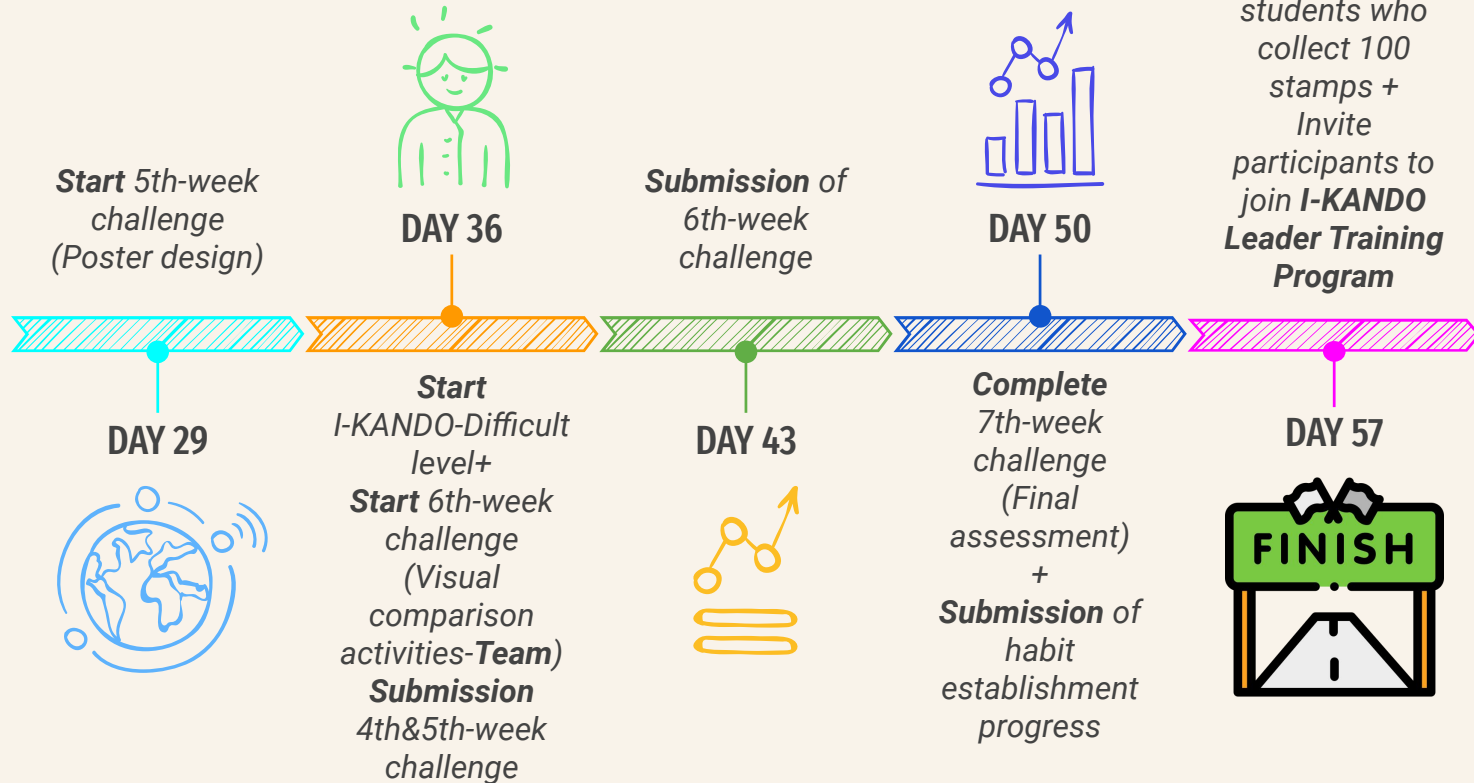
Promotion

Promote I-KANDO in the community

Implementation



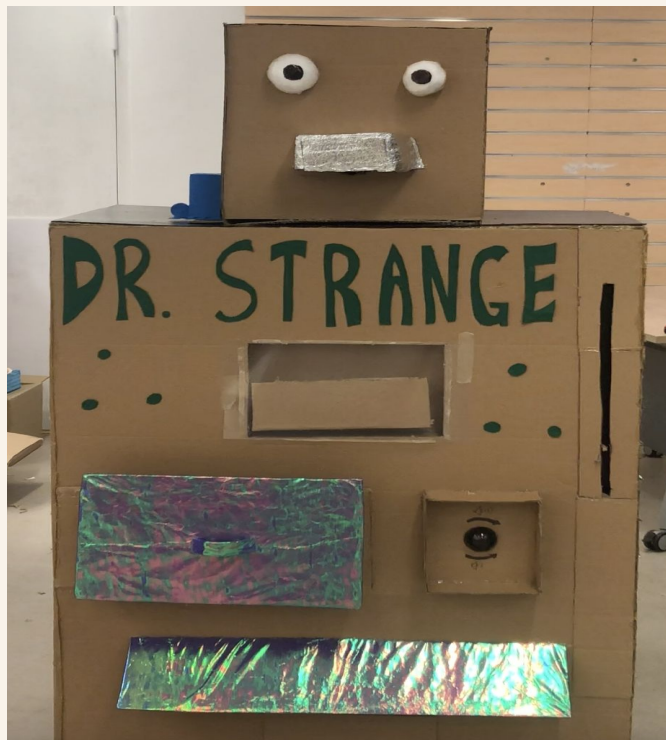
Continue



A decorative border made of colorful blocks (red, blue, yellow, green) arranged in a stepped pattern, framing the central text. The blocks are of various sizes and are placed in a way that creates a frame around the text, with some blocks overlapping the text's bounding box.

Design Solution

Dr. Strange - telemedicine



Dr. Strange

Mary

Home

My Appointments

Health Inquiries

Notification

Help Centre

MAKE AN APPOINTMENT

PLEASE TELL US YOUR SYMPTOMS

What's Your Symptoms?

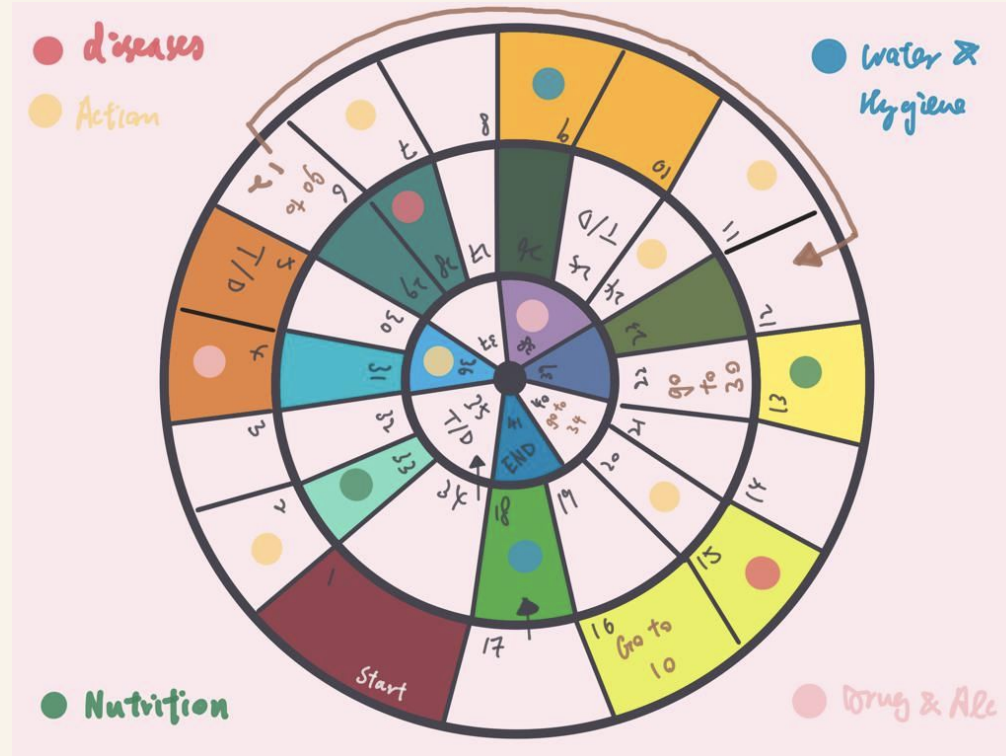
Cough:

Throat:

Restrictions

- Quite many existing solutions
- High technological background is needed

2D design



Initial Design



How to build



Design features to meet the community

Hardware: 3D game

- 3D puzzle → construct easily + more engaging with the children in Sri Lanka TEA community
- Realistic : Colombo tower



Restrictions

Limited Time--3 weeks

Limited Money--\$7000



Alternative

1	2	3	4	5
10	9	8	7	6
11	12	13	14	15
20	19	18	17	16
21	22	23	24	25

26	27	28	29	30
35	34	33	32	31
36	37	38	39	40
45	44	43	42	41
46	47	48	49	50

Final solution



Design features meet the community

- Easy to make:
- Raw materials (wooden board, screws, laser/ engraving, acrylic board)
- Interesting:
- Game book
- 3D models

Technologies and Theories

- Laser Cutting
- CAD Modelling
- 3D printing
- AR scanning

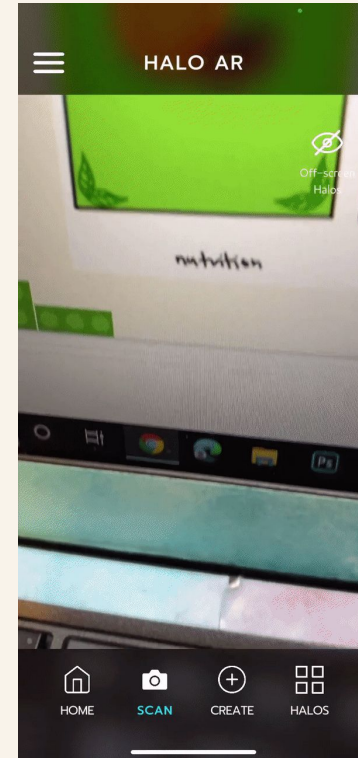
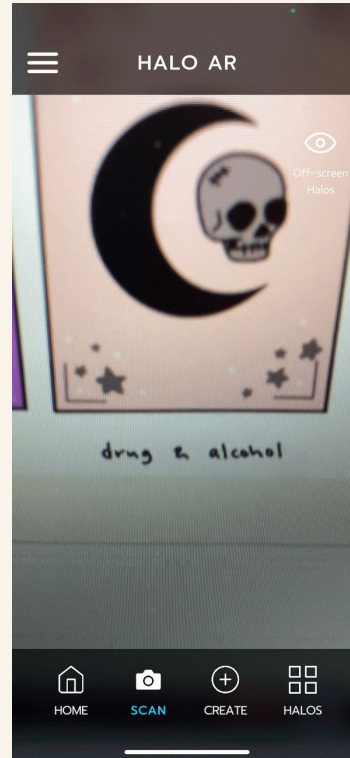


Design Features

- AR Scanning



Halo AR





Design features meet the community

Software: AR sanning

- 
- Use of electronic devices → more entertaining
 - Photos and videos augment in their real game

Other features

- Magnet
- Own stations



Other features- 3D stations



Other features- strong magnet



Other features- drawing pad

- The back of drawing board: acrylic
- Draw with water based marker



The image features a light beige background with the text "Thank you" centered. The corners are decorated with colorful Tetris-style blocks in red, blue, green, and yellow. These blocks are arranged in various shapes, including horizontal and vertical lines, and some are stacked on top of each other. The blocks have a circular pattern in the center, resembling the studs on a Tetris piece.

Thank you