



Together we can make a difference



## *To Students of Edison School District*

This is **Anjana Ashokchari**, a rising senior at **JP Stevens high School**, Edison. As we all know, these times involving the sudden outbreak of **COVID-19** has put a lot of students under immense pressure. Students across the world are now facing new challenges related to the virus outbreak, including academic adaptations, social constructs, and more. I think it's safe to say that the mental health of these students have been compromised, in multiple ways. This got me to wonder, what if we could put together a student body that could do something to help support peer students through these challenges?

### ***GSACOVID - The Global Stand Against Covid***

Joining hands with some fellow students in JP Stevens High school, as well as some students from other school districts, including some Leos from NJ Renaissance Leo Club, affiliated with the NJ Renaissance Lions Club, has allowed us to start this initiative, wherein students reach out and extend help to students in their local and global communities towards keeping strong mental health. This initiative, named The Global Stand Against COVID, is a student-driven project, with a primary focus on mental health challenges , that have ultimately been exaggerated due to the COVID-19 outbreak.

Overall, GSACOVID is a student-driven initiative to help students deal with mental health challenges posed by the COVID-19 pandemic

### ***GSACOVID - Structure and Overview***

#### **There are three main focus areas:**

- ***Awareness and Education*** - Hosting a series of Live Events where professionals from various fields such as Medicine, Healthcare, Technology, Business and Academics are invited to address popular student concerns - Summer 2020
- ***Tools and Solutions*** - Hosting series of Virtual Programs where students run freeworkshops in various areas that allow for mental relaxation (Art, Music, dance camps) and learning/mental gratification (Coding, Leadership, Public Speaking etc.) opportunities! – School Year 2020 - 2021
- ***Fundraising*** - Includes a student driven multi team fundraising effort, to collect funds and contribute to LCIF (Lions Clubs International Foundation), so it can be further dispersed towards COVID relief activities throughout the globe!

## What have we done So far?

As part of creating awareness around mental health challenges, our team had polled **100+ students**, and asked them to provide some questions regarding their mental health or stress aspects, in an attempt to help answer some of them. We invited professionals from various fields (e.g. Healthcare, Business, Technology, etc.) from **around the world, to participate as “panelists”** in this project. These professionals came forward to answer some questions asked by various students, using their own personal experience. A surgeon may not answer a question the same way a CEO might, because they've all learnt and adapted in different scenarios. So, by bringing together all these workfields, we attempted to provide more rounded answers to students across the globe.

**We've facilitated three detailed panel discussions involving these concerns that cause mental health challenges for students during this pandemic**, wherein professionals from various industries and fields, have provided healthy and useful insights and recommendations on how to cope and deal with common student struggles and have aired them on international TV ( TV Asia Telugu):

Session 1: August 16th 2020: Focussing on Health and Wellness: <https://youtu.be/srTgyilfL-s>

Session 2: August 23rd 2020: Focussing on Stress and Exhaustion: <https://youtu.be/not-mzXRj4>

Session 3: August 30th 2020: Focussing on Academic Future: <https://youtu.be/pEaNUM5ry8w>

We have had hundreds of students watching the shows and benefiting out of the valuable insights and recommendations from the panelists.

In addition to these events, we are also collecting funds to donate to the LCIF (Lions Club International Foundation) in order to disperse across the globe for COVID-19 relief. We are not able to stand on the front lines of this pandemic and help people directly affected by this virus, so we are doing our bit to those who CAN provide this direct support. **We have together raised over \$6000 towards a goal of \$20,000.**

## Whats Next?

We are ready to launch a series of free webinars and workshops on various topics that could help students find ways to relax and or feel accomplished, both with a goal of helping them keep strong mental health. Some examples of programs that will focus on relaxation are Dance, Music, Art camps, and examples of programs that focus on learning and provide ways to progress even during this pandemic are Coding, Technology, Leadership, Agile framework workshops. All these will be provided by accomplished, capable student and Adult volunteers , so they will be absolutely free!

## What Help Can You Expect?

- Do you have a unique struggle dealing with this pandemic?
- Do you want to have a peer student listen and support you through your struggle?
- Do you have an interest in any of the above workshops that you'd like to discuss options for and enroll into ?

Please reach out to us at: <http://gsacovid.org/index.php/seek-help-now/>

## How Can You Help? Be a Volunteer

- Do you have any particular expertise or talent that you'd like to share with other interested students?
- Do you have a flair for giving back to the student community? Do you want to hone in on your team and leadership skills?

Reach out to us at : <http://gsacovid.org/index.php/become-volunteer/>

# Many ways to reach out to us



## Text / Call / Wassap us

732-907-0375



## Email Us

info@gsacovid.org



## Visit us @

www.GSACovid.org



## Donation Link

<https://www.betterunite.com/globalstandagainstcovid-globalstandagainstcovid>

*Please come forward and reach out to us! You could be a student seeking help on one area of interest while providing help to other students on another area of interest that you are strong in! No help is too small and you'll never know unless you reach out!*

**Together, let's take a Global Stand Against Covid!**

- GSACovid Leadership Team

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