

Report: Outcomes of the A-Ha-Ha Project in Cambodia 2017



The A-Ha-Ha Project in Cambodia was completed in collaboration with the Future Light Organization of World Mate which supports as many as 140 inmates. The event was expended into quarterly segments in 2016.



	First term	Second Term	Third term	Fourth Term
Date & Time	April 30 (Sun) 8:15am to 11:00am	July 2 (Sun) 8:20am to 10:45am	Sept 30 (Sat) 8:20am to 1:30pm	Dec 17 (Sun) 8:20am to 11:20am
Location	Future Light Organization of World Mate (FLOW)			
Participants	Total: 178 people - 138 from FLOW - 34 from UHS (3 professors and 31 students) - 6 from TC	Total: 155 people - 139 from FLOW - 16 from UHS (1 professor and 15 students)	Total: 147 people - 130 from FLOW - 17 from UHS (2 professors and 15 students)	Total: 142 people - 120 from FLOW - 17 from UHS (1 representative, 2 professors and 15 students) - 5 from TC

Guests:

- Mr. Rithivit TEP, Secretary General of Tennis Cambodia
- Mr. Ratanak KONG, Executive Director of Future Light Organization of World Mate
- Mr. PorLeang SRUN, Education Director of Future Light Organization of World Mate
- Professor Rossamith SENG, Dean of Faculty of Dentistry of University of Health Sciences
- Dr. Sophorn UY, Representative of the Faculty of Odonto-Stomatology of University of Health Sciences
- Dr. Muthyka KONG, Head of Administration of Faculty of Odonto-Stomatology
- Dr. Monika SUORN, Staff of research and planning office
- Miss Hisae ARAI, Managing Director of THF and Miss Japan 2011

Partners: University of Health Sciences (UHS) and Tennis Cambodia (TC)

Organiser: Three Hearts Foundation

Activities: **1. Oral hygiene session** (Except the Second and Third Term)

Students of the University of Health Sciences (UHS) educated all 138 kids from FLOW on the importance of oral hygiene and taught them how to properly brush and maintain healthy teeth.

2. Check-ups session (On the First Term)

Doctors and Students from UHS perform the check-ups for 122 kids from FLOW aged 7 to 18 years old.

3. Treatment (On the Third Term)

Doctors and Students from UHS provide kids with the treatment to cure the cavity.

4. Tennis session (Except the Second and Third Term)

National players from Tennis Cambodia (TC) play mini doubles with the kids and students from UHS as a way of introducing them to the game.

They also highlight the significance of the relationship between sports and good health.

Why: To improve awareness of good health for not only participants and the 138 kids, but also the people in Cambodia by spreading through local media about the activities we are undertaking.

On the day : First term on April 30

8:20 Opening Ceremony

- Remarks from Miss Hisae Arai, Managing Director of THF



8:40 Activity 1. Oral hygiene session

- Lecture on 'Why do we have to brush our teeth?'
- Demonstration using molar models of teeth and toothbrush
- Lecture on brushing teeth

9:10 Check-up for 122 kids, aged 7 to 18 and Mini Tennis Session

- UHS's professors and students performed Check-ups for 138kids
- Mini tennis with National players



10:20 Closing Ceremony

- Remarks from Dr. Sophorn UY
- Remarks from Mr. Rithivit TEP
- Remarks from Mr. Ratanak KONG



10:35 Presentation of gifts to children and donation to FLOW and gifts to UHS students and Tennis Cambodia by Miss ARAI and Group photograph

- Remarks and presentation of gifts by Miss ARAI

10:42 Group photograph



On the day : Second term on July 2

8:30 Opening Ceremony

- Remarks from Miss Hisae Arai



8:45 Activity 1. Oral hygiene session

- Study Session
- Demonstration
- Lecture on brushing teeth

9:15 Quiz on Oral Health

- UHS's students and THF team run a quiz for kids



09:45 'Sing the A-Ha-Ha Song'

- UHS's students teach kids a song



10:20 Closing Ceremony

- Remarks from Dr. Sophorn UY
- Remarks from Mr. Rithivit TEP
- Remarks from Mr. Ratanak KONG

10:35 Presentation of gifts to children and donation to FLOW and gifts to UHS students and Tennis Cambodia by Miss ARAI and Group photograph

- Remarks and presentation of gifts by Miss ARAI



On the day : Third term on September 30

8:30 Opening Ceremony

- Remarks from Miss Hisae Arai

8:45 Activity 1. Drawing our teeth and Treatment by UHS

- Kids draw the pictures related to teeth i.e. teeth, smiley face, smiley mouth
- UHS Professors and students provide kids with the treatment to cure the cavity



10:00 Activity 2. Hit the Plaque

- Kids throw tennis balls at paper teeth to get rid of the plaque



10:30 Closing Ceremony

- Remarks from Dr. Sophorn UY
- Remarks from Mr. PorLeang SRUN
- Remarks from Miss ARAI

10:50 Group photograph



On the day : Fourth term on December 17

8:40 Opening Ceremony

- Remarks from Miss Hisae Arai



8:40 Activity 1. Oral hygiene session

- Study Session
- Demonstration
- Lecture on brushing teeth



9:20 Activity 2. Mini Tennis session

- National Players from Tennis Cambodia teach kids how to play tennis

10:10 Activity 3. Run for Prize! Game

10:30 Closing Ceremony

- Remarks from Professor Rossamith SENG
- Remarks from Mr. Ratanak KONG



10:50 Presentation of Thanks Card and gifts to children and UHS students by Miss Arai

- Remarks and presentation of gifts by Miss ARAI



11:10 Presentation of Sash and Certificate to Ms. Ratana KE as the Goodwill Ambassador of the A-Ha-Ha Project in Cambodia

11:15 Group photograph



The Outcomes of The event

The project succeeded to a great extent in raising the awareness of good oral care among the 138 kids from the Future Organization of World Mate (FLOW). The overall success was achieved through the contributions from THF's partners, University of Health Sciences and Tennis Cambodia.



Managing Director Miss Hisae Arai's thoughts on the event

I would like to express my warmest appreciation to the sponsors of THF and our partners, University of Health Sciences and Tennis Cambodia for keep supporting the A-Ha-Ha Project in Cambodia.

We do hope kids learn these important lessons from the project and develop healthy habit so that they can grow up nourishingly to strengthen their communities, and share what they have been learning with family, friends and other people as much as they can.

I am also proud of my team members in how they managed our program very well. We are looking forward to continuing our project by realizing our vision continuously and meaningfully.

With best wishes,

Hisae Arai

Managing Director of Three Hearts Foundation