



Strive Annual Report 2024-2025



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Welcome to Strive Student Health Initiative

Strive is a youth-led, not-for-profit, public health organisation founded in 2012 at The University of Melbourne with the aim of improving health outcomes for disadvantaged and culturally diverse communities in Victoria. Our community outreach initiatives have a health education focus on holistic aspects of health such as nutrition, hygiene, physical activity and mental health. Strive volunteers deliver various health promotion workshops, health fairs, CPR workshops, MMI workshops and Strive Clinic – the first student-run clinic in Australia. Strive is a space for young people from different disciplines to collaborate and make positive health impacts in the community.

Strive prides itself on being an organisation with a fundamentally significant volunteer base, composed of health-conscious students. From our dedicated volunteers to our executive committee, Strive provides a unique platform and opportunity for students and younger target demographics to understand the importance of primary health care. Through workshops and various projects, we give back to the community while simultaneously developing invaluable skills such as teamwork, leadership, and project management.



2. Our Mission and Values

Vision *Strive aims to improve accessibility to healthcare for those most in need and empower them through health education. Another key aspect of Strive's vision is to empower the future generation of healthcare professionals towards creating a more equitable future.*

As a result, Strive attracts students from many disciplines who share a passion for learning about and advocating for issues associated with healthcare accessibility and equity.

Mission *Improving the health literacy of disadvantaged communities*

- To provide education on preventative health strategies for the public and communities in need through workshops and seminars

Empowering future health professionals

- To allow students to positively contribute to the public health sector via involvement in health literacy workshops delivered to local communities
- To foster professional development through working collaboratively within an interdisciplinary team
- To promote a multidisciplinary understanding of public health, health education and healthcare careers
- Provide equal opportunity to free MMI (Multiple Mini Interviews) training to empower future healthcare professionals

Core Values

- 1 Innovation – creative ideas and new approaches to health and education*
- 2 Collaboration – between students of different disciplines*
- 3 Accessibility – equitable access to education and healthcare*
- 4 Respect – all people deserve to be treated with dignity and compassion*
- 5 Education – creating change by empowering the community with the skills and knowledge to affect change*





The Year in Review

The 2024-2025 year has been another incredibly productive and exciting year for Strive Health. During this term, one of our key focuses has been to expand our reach with Victoria and implement this development seamlessly. Strive maintained the internally restructured portfolios which efficiently improved role definition and portfolio purpose. Our leadership team continued to produce its second iteration of the “Strive Guide” which optimised and streamlines internal procedures and processes. Leadership also continued to build on social momentum focusing on increasing community culture within the committee. Various social events were held throughout the year with the goal of community and culture building. The Strive leadership team is eternally grateful for the commitment of the entire committee and its members for its dedication and support. It has allowed us to continue making meaningful contributions in improving public health accessibility for our local and university community. Once again, we would like to sincerely thank everyone involved with Strive in 2026 - our committee, members, volunteers and partners.

Our University Engagement team delivered meaningful initiatives within university grounds. A major event for Strive which was run by UE was Health Fair. In collaboration with The University of Melbourne’s Health Promotion Program in August, where the Strive team sought to promote public health education within the university community. Health Fair engaged over 400 university students, and the overwhelmingly positive feedback received from both students and partners highlights the uniqueness and importance of such an event. HPP was able to secure significant funding for this year’s Health Fair allowing for significant investment into engaging activities like a food truck, puppets and signage around campus. This funding also means that Health Fair has secure financial support for the coming years. UE has tirelessly promoted Strive’s vision and values throughout the year with initiatives on Mental Health Day and R U OK day. UE has also successfully published another edition of the Regimen – Strive’s very own health publication series – and are planning to release another edition later in the year.

Our Community Engagement team has also continued to grow our commitment to improving health literacy in the local community. In partnership with various other health disciplines such as optometry and audiology, our health clinics continue to provide essential health check-ups to our most vulnerable populations. This year, our CE team was also able to

implement multiple CPR workshops throughout the year and during the Health Fair. After several years of planning and collaborating with doctors for peer review, the delivery of the workshop is a testament to the continued dedication of our team. CE also delivered a highly successful MMI workshop, providing mentorship for prospective healthcare students

Our Youth Engagement (YE) team has had another fruitful year. The YE team is responsible for the delivery of our health education workshops at kindergartens and primary schools. This year, the YE team worked extremely efficiently to deliver workshops to a variety of schools. Our YE team is also significantly supported by volunteers who assist in the running of our programs – other opportunity for our community to step up and be involved in public health outreach. Our positive impact in this space is showcased by the fact that we have had new schools reach out and invite us to deliver our material for their own students as well as, previous schools showing significant interest in retaining the YE workshops.

The success of all our initiatives would not have been possible without the efforts from our internal Marketing, Operations and Finance teams. Our Marketing team has continued to grow Strive's reach, hitting new highs in social media engagement. Their creativity and innovation have been key in promoting Strive's projects and building our social media presence. Our Operations team played an invaluable role in ensuring that all of Strive's internal logistics run smoothly. From managing multiple recruitment drives to troubleshooting IT issues, their work ensures that the Strive team can focus on delivering our initiatives to the best of our abilities. Our Finance team has once again been successful in securing funding from multiple sources and grants, allowing us to hold all our important events.

We are incredibly thankful for the unique perspectives, tireless effort, and amazing ideas that each member has brought to the Strive team in 2025. As we push forward into a new generation of volunteers and committee in 2026, we are excited to see the continued growth and value that Strive will provide to our community. Together, we will continue to create positive change in our local communities through engagement and education.

Maya and An
President and Vice-President



4. Highlights from 2024-2025

| September '24 | |
|---------------|--|
| 11th | Healthy Eating and Nutrition workshop (Middleton Drive Kindergarten) |
| 13th | Internal Recruitment opens |
| 14th | Health and Hygiene workshop (Middleton Drive Kindergarten) |
| October '24 | |
| 5th | Mental Health Literacy Workshop (Wellbeing Board) collab with MPGHSS |
| 5th | Health and Hygiene Workshop (Deanside Kindergarten) |
| November '24 | |
| 14th | Regimen Edition 7 released |
| 25th | November-December Recruitment Drive |
| February '25 | |
| Dateless | 2025 Recruitment |

| | |
|------------------|---|
| March '25 | |
| 7th | GSA O-Week Stall |
| 15th | Strive-Wide Meeting |
| Dateless | Creation of Strive Wide Committee Guide |
| 27th | Healthy Eating and Health & Hygiene Workshop at Davis Creek Primary School Kindergarten |
| April '25 | |
| 19th | Healthy Eating and Mental Health Workshop at Glen Waverley South Primary School |
| May '25 | |
| 5th | Strive x Biomedicine Students' Society Health Outreach Clinic & CPR Workshop |
| 6th | University of Melbourne Mental Health Day |
| 7th | Mental Health and Health & Hygiene Workshop |
| 17th | Strive x St Joseph's Outreach Services Health Outreach Clinic & CPR Workshop |
| 18th | Strive x St Joseph's Outreach Services Health Outreach Clinic & CPR Workshop |
| June '25 | |
| 7th | Mental Health and Health & Hygiene Workshop |
| Dateless | Mid-Year Recruitment |
| July '25 | |
| 14th | Leadership meeting: Executives and Directors |
| | Mid-Year Committee Performance Evaluations |
| 30th | Strive-Wide Welcome to Semester 2 |

| August '25 | |
|----------------------|--|
| 2nd | Strive x Sunshine Library Health Outreach Clinic & CPR Workshop |
| 3rd | Strive x Sunshine Library Health Outreach Clinic & CPR Workshop |
| 6th | Strive x HPP Health Fair & CPR Workshop |
| 13th | Leadership meeting: Executives and Directors |
| 15th | Healthy Eating and Mental Health Workshop at Rockbank Kindergarten |
| 15th | Strive x Effective Altruism Blood Drive |
| 16th | Mental Health and Health & Hygiene Workshop at Rockbank Kindergarten |
| 25th | Strive 8th Edition Regimen Publication |
| September '25 | |
| 3rd | Leadership meeting: Executives and Directors |
| 3rd | Strive-wide social event – Board Games Night |
| 6th | Strive Mock MMI Interview Workshop |
| 11th | Strive x HPP - R U OK Day |
| 17th | Strive AGM |
| 20th | Strive x Sunshine Library Health Outreach Clinic & CPR Workshop |
| 29th | Executive Handover |

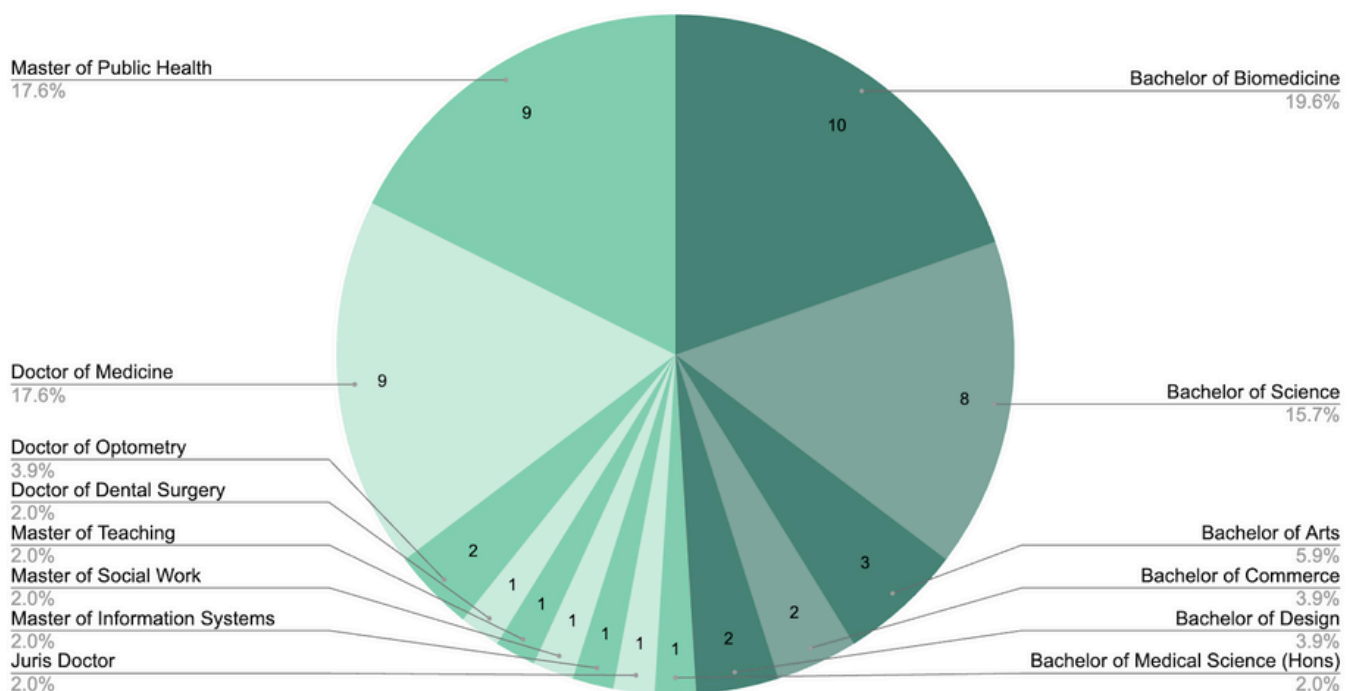
5. Our Team

Overview of the Organisation

Based at the University of Melbourne, Strive Student Health Initiative is a student-run organisation dedicated to improving public health and empowering future health professionals. We bring together health-conscious students to deliver targeted workshops and programs aimed at promoting health education and empowering individuals to make positive decisions about their health.

We are proud of the Strive Committee which consists of volunteers who hold roles across the year. Our 54 committee members for 2025 come from diverse disciplines and share a commitment to making healthcare more accessible and equitable. As part of their involvement in Strive, members have the opportunity to collaborate with different teams, build skills in leadership and project management, and gain hands-on experience in community and public health initiatives.

2025 Strive Committee, by degree





Strive Workshop Volunteers

In addition to the Strive Committee, our volunteer base includes valued workshop volunteers who support our community-based events across the year. These volunteers are typically recruited through promotional efforts on social media or university campus outreach, and opt to participate in Strive initiatives on a flexible, short-term basis.

We find that our volunteer structure is important as it provides students with an entry point to Strive’s initiatives, as well as an opportunity to develop practical skills and meaningfully contribute to health promotion and community wellbeing.

2025 volunteers and participants for selected Strive initiatives

| | Portfolio | Initiative | Volunteers | Participants |
|------------|-----------|---|------------|-----------------|
| Semester 1 | UE/CE | CPR Workshop | | 10 |
| | UE | Mental Health Day | 7 | University-wide |
| | YE | Kindergarten Workshops | 14 | 66 |
| | | | | 66 |
| | CE | Health Outreach Clinics & CPR Workshops | 40 30 | 25 30 |
| Semester 2 | UE | Health Fair | | University-wide |
| | YE | Kindergarten Workshops | | |
| | CE | Health Outreach Clinics & CPR Workshops | 40 30 | 25 30 |

6. Our Committees

Executive Committee

6.1.1 Overview

The Executive Committee serves as the central leadership body within Strive, entrusted with the responsibility of steering the organisation towards its mission and objectives.

Meeting once per month, this Committee is composed of key leadership roles, including the President, Vice-president, Secretary, and Treasurer, each bringing unique expertise to the table. Together, they oversee the organisation's governance, financial integrity, and operational efficiency, ensuring that Strive remains aligned with its core values and strategic goals.

Supporting the Executive Committee is a highly experienced panel of advisors, whose diverse backgrounds in various sectors provide invaluable guidance. Their involvement is crucial in fostering sustainable growth, ensuring that the organisation can adapt to changing circumstances while remaining true to its mission. This collaborative approach between the Committee and the advisory panel empowers Strive to continually evolve, expand its impact, and achieve lasting success in its endeavours.

6.1.2 Members

The Executive Committee is comprised of the following people for the 2024-2025 term:

- President: Maya Bose
- Vice President: An Pham
- Secretary: Neerja Singh
- Treasurer: Josh Tong

6.1.3 Advisors and Affiliations

As of September 2024, our primary advisors were Alumni Advisors, Jack Li and Christine Vu

Strive is an affiliated student society with the Faculty of Medicine, Dentistry and Health Sciences (MDHS), and the Graduate Student Association (GSA) at The University of Melbourne. MDHS and GSA provide access to a range of administrative support services, financial support and also assists with the promotion of Strive events.

6.1.4 Key Successes and Challenges

Successes

- Strong leadership from the executive committee, strengthened by the introduction of the leadership council to improve leadership abilities.
- Strong personal and professional relationships between people in the executive committee.
- Interactive collaboration and social events between portfolios, increasing teamwork and camaraderie.
- Notable effort from many Strive committee members, with effective communication and reliability.
- Maintenance and development of many new programs in collaboration with multiple external partners.

Challenges

- A minor change in executive committee members at the start of the year, resulting in some unforeseen delays.
- Continuing engagement with committee members due to other commitments and academic pressures, which tend to increase towards the end of semester.
- Difficulties with implementing an effective alumni mentor program with continued support and engagement from both mentors and mentees.



Community Engagement Committee

6.2.1 Overview

The Strive Community Engagement team is committed to providing free and multidisciplinary preventative healthcare and education services to the community and vulnerable populations. We achieve this through student run health clinics and basic life support workshops to underserved, disadvantaged, and vulnerable populations, in collaboration with St. Joseph's Outreach Service and Sunshine Library as our principal community partners and IPEP-HSN, BSS, and HPP as principal interfaculty partners.

6.2.2 Objectives

Throughout the year, our objectives have continuously evolved to respond to the ever-changing needs of our community. By staying agile and capitalizing on emerging opportunities, we've aimed to make a meaningful impact:

- **Creation of a New Public and Mental Health Station:** Aiming to address pressing mental health issues, we initiated the development of a dedicated station to improve access to mental health resources and public health services.
- **Expansion and Automation of the Health Outreach Clinic:** In partnership with IPEP-HSN, BSS, and HPP, we have worked diligently to automate the operations of our Health Outreach Clinic. This collaboration has helped us foster a multidisciplinary approach to healthcare, ensuring that we provide a holistic care model that addresses a variety of health needs.
- **Investment in Equipment and Supplies:** Rather than continuing to rely on borrowed equipment, we have taken steps to purchase our own, creating a sustainable and reliable stock of essential supplies to ensure smoother and more efficient operations.

- **Refinement and Delivery of Our CPR Workshop:** Through close collaboration with healthcare professionals, we've enhanced the quality and accuracy of our CPR workshop content, ensuring it undergoes rigorous peer review to provide the best possible training to participants.
- **Expansion of the CPR Workshop to Include First-Aid and Basic Life Support:** Building on the success of our CPR workshops, we have broadened their scope to include essential first-aid techniques and other basic life support skills. This integrated approach allows us to deliver a comprehensive and invaluable resource in a single event, directly connecting it to multidisciplinary clinics.
- **Stronger Collaboration with Strive UE and Melbourne HPP for On-Campus Events:** We've actively worked to forge deeper relationships with UE and HPP, facilitating greater collaboration on campus events to increase our outreach and impact.
- **Revival of the MMI Workshop for Medical School Applications:** Recognizing the importance of preparing prospective medical students, we've successfully revived the MMI workshop, equipping applicants with the tools and strategies needed to excel in their interviews.

6.2.3 Volunteers

Director: Aaron Avenido

Health Outreach Manager: Eric Xu

CPR Project Manager: Jordan Stockman (Semester 2), Tiana Alisjahbana (Semester 1)

Officers:

- Saesha Grover
- Bao Tram Nguyen
- Maithreyi Rajagopalan
- Felicity Hu
- Jian Wei Lee
- Veronika Harangozo
- Kwannatee Morey-Hype
- Jesse Wang
- Ranjana Vijaynarayan
- Akshay Sundaram
- India Line

6.2.4 Key Successes and Challenges

Successes

We've celebrated numerous milestones this year, with many successes demonstrating our collective effort and dedication:

- **Incorporation of Multiple Disciplines in Our Health Outreach Clinics:** One of our proudest accomplishments has been the successful integration of various healthcare disciplines into our Health Outreach Clinics.
- **Initiation of Productive Collaborations:** We have fostered valuable partnerships with other student organizations and external bodies, opening up opportunities for potential sponsorships and further resource-sharing to benefit our initiatives.
- **Successful Integration of Our CPR Workshops:** Our CPR Workshop has been successfully integrated into our broader health programs. This collaborative effort with healthcare professionals has enhanced the quality of the workshop and increased its overall impact.
- **Rave Reviews Across Clinic and Workshop Streams:** Our Health Outreach Clinics, CPR Workshops, and MMI Workshop have all received glowing reviews, with participants praising the high-quality content, thorough preparation, and excellent execution of each event.
- **Expansion of Scope in Clinics and Workshops:** We've significantly broadened the range of topics covered in our workshops and clinics, ensuring that they address more comprehensive healthcare issues. This expansion has allowed us to better serve the community and increase engagement.
- **Record-Breaking Volunteer Recruitment:** This year, we've seen an unprecedented number of volunteer sign-ups for our clinics, reflecting a growing enthusiasm and commitment to the causes we support.
- **New Long-Term Partnerships with Hospitals:** We've established lasting relationships with local hospitals, which will allow us to secure high-fidelity CPR mannequins for future training events, ensuring our programs remain at the forefront of quality and innovation.

Challenges

Despite our numerous successes, we've also encountered some challenges along the way that have provided valuable learning experiences:

- **Team Organization and New Portfolio Setup:** The transition to a new organisational structure created some initial challenges in broader team coordination throughout the year. However, these obstacles have provided opportunities for us to refine our processes and communication strategies moving forward.
- **Communication Hurdles with External Contacts:** At times, we've faced difficulties in getting timely responses from external interfaculty contacts, which slowed progress on certain collaborative initiatives and workflows. We're now focused on improving communication strategies to ensure smoother interactions in the future.
- **Rushed Planning for the MMI Workshop:** The tight timeline for organizing the MMI workshop created unnecessary stress for volunteers, impacting the efficiency of planning and execution. Moving forward, we're committed to allowing more time for preparation to ensure less pressure on our team and a more seamless experience for participants.
- **Low Engagement at SJOS Clinics and Workshops:** We've faced some challenges in generating high engagement levels at SJOS. We're working on improving our outreach strategies to boost participation and better meet the needs of our target audiences.

Youth Engagement Committee

6.3.1 Overview

The Strive Youth Engagement team is responsible for running workshops at kindergartens and primary schools to promote nutrition, good hygiene, and mental wellbeing to students. We run our workshops particularly in disadvantaged areas of Melbourne to help bridge the gap in health literacy. Our workshops are generally an hour long and consist of four stations for the students to partake in creative and active tasks that encourage healthy habits and practices. This year, we held multiple workshop sessions for different groups of children to optimise the number of children and Strive members we could engage. There are three different teams in this portfolio: Nutrition, Health and Hygiene and Mental Health.

6.3.2 Objectives

Our objectives this year have been:

- To continue executing combined workshops with collaborations between Nutrition, Health and Hygiene and Mental Health portfolios with each workshop.
- To increase student engagement with the activities which will be gauged by teacher, volunteer and parent feedback.
- To expand YE's outreach in the community by having workshops around basic health concepts to other community groups such as adult English learners.
- To increase volunteer participation in the workshops.

6.3.3 Volunteers

Nutrition Workshop:

Project Manager: Nikita Mathew

Officers:

- Niyati Eranki
- Aires Dang
- Ning Chin
- Yichen Wei

Health and Hygiene:

Project Manager: Maria El-Nezamy

Officers:

- Cindy Nguyen
- Kristy Ho
- Prisha Maini

Mental Health:

Project Manager: Bianca Tan

Officers:

- Lucy Ton
- Jayden D'Angelo
- Jarrod Menezes
- Shirley Tang

6.3.4 Key Successes and Challenges

Successes

- We successfully ran three workshops this year at Molesworth Street, Laa Yulta Primary School and Rockbank Kindergarten.
- Received positive verbal and written feedback from teachers about student engagement and learning.
- The combined workshops model worked well as it:
- Increased collaboration between the different teams in the Youth Engagement portfolio
- Helped overcome volunteer shortages as there were more officers at the workshops
- Gave officers a chance to collaborate with and get to know other subportfolio members
- We were able to organise a Mental Health workshop for adult English learners, which allowed for Strive members across all portfolios to collaborate and help design new resources tailored to a new demographic of students
- We were able to gauge interest from the Wingate Avenue Community Centre AMEP team to potentially hold a workshop for their students next year
- We began idea and resource generation for high school health workshops which we will be able to resume next year

- We were able to achieve increased volunteer sign-ups for all workshops this year compared to last year, and were able to compensate for low Officer numbers for certain workshops with higher volunteer numbers.
- We were able to build team rapport within YE and hold a YE-wide social event organised by officers, helping provide more opportunity to develop their leadership and organisational skills.

Challenges

- We had a slow start to recruitment this year, resulting in low Officer numbers and further recruitment rounds being necessary.
- In semester one, finding schools to host our workshops was a difficult task as we had to phone and email many schools in order for an expression of interest, which resulted in only one workshop taking place in semester one.
- We did not receive many feedback forms filled out by teachers and volunteers, and most feedback from schools was received verbally.
- We had some discrepancies between Project Manager and Officer work requirements, with some Officers requesting more opportunities to engage due to Project Managers being mainly in charge of organising workshops.



University Engagement Committee

6.4.1 Overview

The University Engagement team is responsible for conducting engaging, informative events and workshops, with the ultimate aim to promote public health awareness and literacy within the university context. In doing so, we strive to empower students with knowledge to make informed decisions about their overall health and wellbeing. Through these events, we aim to build a strong sense of community, and provide support and guidance for university students, therefore creating a positive overall impact on public health. The University Engagement portfolio consists of three key domains - university events, health promotion and professional development.

6.4.2 Objectives

University Events: Our aim is to create an engaging and informative environment where university students can broaden their understanding of health-related topics, through events like the Health Fair and the Global Health Case Competition. We recognize that there exists a gap in the current university curriculum when it comes to exposure to health-related initiatives. Strive has identified this as an area of potential growth and is eager to bring together a diverse group of health-focused organisations to collaborate, share resources, and promote their missions to a wider audience of students.

Health Promotion: Strive aims to greet and connect with students through university events to garner greater interest & promote public health in the community. Being in this team entails participating in Orientation Week (O-Week), to invite interest and awareness of Strive's initiatives amongst university students. It also involves collaborating with other STRIVE members & university clubs on other health days, such as Unimelb Mental Health Day & R U OK day. It also entails producing and collaborating with STRIVE members on the Regimen: Striving for Global Health Publications.



Professional Development: Strive's initiatives for professional development can bolster student's decision in pursuit of career paths, further enhance interpersonal and networking skills, and learn valuable information from experts of their field. It involves creating a professional development webinar (via acquiring 2 guest speakers) and collaborating with the Melbourne University Psychology Association (MUPA) to promote greater awareness of opportunities in the psychology realm (as this garnered the greatest interest on our social media Q & A).

6.4.3 Volunteers

University Events

Project Manager: Keerthi Ruddramker
Officers (current):

- Sapnaa Vijayakumar
- Maura Tuzzahrah Ramadhani
- Michaela Gostencnik

Health Promotion

Project Managers: Xingting Wang
Officers (current)

- Kevin Chan
- Erin Hwang
- Cheryl Seah
- MAHFOOS
- Netree Vinod Jadhav

6.4.4 Key Successes and Challenges

Successes

- Successfully ran 1 set of O-week day (1 for GSA) with ~50-100 sign-ups
- Successfully ran a stall for Mental Health Day with positive affirmations
- Successfully conducted the Health Fair (in collaboration with HPP x Vic Health Vaping Grant)
- Successfully planned for & produced the 8th edition of Regimen
- Successfully planned for R U OK Day with positive affirmations & mental health-related activities
- Successfully planned for the Uni Mental Health Day
- Successfully collaborated with CE for CPR workshops and Health Check event
- Successfully collaborated with Effective Altruism Club to host blood drive

Challenges

- Officers requesting to have more work and be more involved in the planning of the events i.e. having weekly meetings
- Due to time constraints and planning, we were unable to host the Global Case Competition this year
- Officer engagement fluctuating
- Recruitment did not yield sign-ups for the professional development team, we were unable to host Professional Development events from the UE team.
- Lack of funding - so outsourcing through grants, HPP & collaborations
- While the different variety of events is great, there is a high workload for planning & executing these multifaceted dimensions of University Engagement



Operations Committee

6.5.1 Overview

Operations manages the internal processes of Strive, including logistics and IT maintenance. We aim to optimise communication across the organisation, manage personnel, and evaluate Strive's performance across the year.

6.5.2 Objectives

A core theme of Operations is effective communication. We continue to use Slack as the primary platform to streamline internal communication, both across the organisation and within teams and projects. Organisational correspondence is managed through official Gmail accounts dedicated to external communication with stakeholders and community members. In addition, we manage the Strive Drive to store and share documents with team members. Our website helps us engage with the public and is regularly updated with upcoming events, volunteer opportunities, and general information.

Operations is responsible for recruiting members and reassessing committee requirements. Our HR Manager actively identifies gaps within the committee and works to fill these through necessary recruitment drives. We also manage the onboarding process to introduce new committee members to Strive, guide them through our Slack and Strive Drive, and help them feel well-supported in their roles.

Evaluations are an essential part of how we assess our initiatives and ensure they align with our mission and goals. Throughout the year, we evaluate the satisfaction and performance of committee members through surveys and performance reviews. After each event or program, the Evaluations Officer organises a debrief with the event manager to discuss successes and challenges, and we measure these outcomes against our broader mission to ensure alignment.

We also actively seek feedback from our workshop volunteers and participants through feedback forms to help us evaluate their experience.

6.5.3 Volunteers

The Operations team consists of:

Director of Operations: Sonia Truong

HR Manager: Khushi Kumbar

Evaluations Officer: Elim Tai

6.5.4 Key Successes and Challenges

Successes

- We successfully recruited 54 committee members across the year, and adapted to changing committee needs, particularly with a significant mid-year recruitment drive. We trialled new recruitment processes, including a centralised positions description document and updated onboarding documents (committee guide and directory).
- We launched a new, user-friendly website that displays a cohesive theme, better reflects our new core structure and initiatives, and is more easily maintainable from an IT perspective.
- On our website, we worked with UE to publish our student-run publication, Regimen, and integrated sign-ups for the Strive Newsletter in conjunction with Marketing. For the Strive Mock MMI, we coordinated participants and distributed feedback.
- To recognise the work of our volunteers, our HR Manager distributed volunteer appreciation forms to workshop volunteers (in conjunction with event managers).
- We coordinated performance evaluations across the organisation, demonstrating overall positive feedback from both evaluators and evaluatees, while highlighting areas for improvement.
- Our Evaluations Officer made a consistent effort to organise and document pre- and post-event discussions with event managers to assess the successes and challenges of each event. We also distributed feedback forms to workshop volunteers and participants.
- Our Evaluations Officer conducted a mid-year and end-of-year survey with high engagement from committee members. The feedback was analysed and presented to the leadership committee to discuss areas for improvement.

Challenges

- Recruitment at the start of the year did not meet our requirements, possibly due to lower internal recruitments from the beginning of the year and challenges with promotional efforts through university channels. This necessitated an additional recruitment drive in March. Some gaps in the committee persisted through the first semester, and were addressed in the mid-year recruitment drive.
- The absence of an IT Officer created minor workload difficulties in the Operations Team, as IT responsibilities (including Drive and Gmail access and website maintenance) were handled by the Director instead.
- It was somewhat challenging to schedule team meetings due to the seasonal and individualised nature of responsibilities in Operations, alongside personal scheduling conflicts.

Finance Committee

6.6.1 Overview

This year has been a good year for Strive, having ensured that all our events, projects and initiatives were funded and successfully executed. The finance team plays a crucial role in managing expenditures and budgeting for Strive's events, ensuring sustainability for the entire team.

6.6.2 Objectives

Ensure a smooth flow of Funds from project approvals to reimbursement

Strengthen Strive financial position

Understand potential new revenue streams and paths

Adhere to ACNC (charity) status requirements

To achieve deductible gift recipient (DGR) status with the Australian Charities and Not-for-profits Commission.

6.6.3 Volunteers

Strive is primarily operated by volunteers, and membership sign-ups are essential to secure an annual budget. The finance team is overseen by a treasurer and a sponsorship officer. The treasurer handles the direct financial responsibilities, while the sponsorship officer plays a crucial role in Strive's success by assisting with grant applications, setting up necessary forms, and handling other important tasks.

6.6.4 Key Successes and Challenges

Successes

- **Budget Adherence:** Throughout the academic year, the finance staff successfully made sure that the club's budget was adhered to religiously. With careful tracking and adherence to budgetary constraints, all anticipated costs were precisely recorded, leaving no room for error and a surplus that may be carried over into upcoming endeavours.
- **Grant Approval and Reception:** The student health club gained full approval for each grant that it requested for. By carefully examining and applying for pertinent financing options, the finance staff was able to secure ongoing funding support that allowed the club to grow its programs and offerings.

Challenges

- **Reduction of Reimbursement Allocation Balance:** Unfortunately, our reimbursement funds were significantly reduced this year which meant we had to cover some of our events with our own account.
- **Difficulty Obtaining External Funding:** The department made multiple unsuccessful attempts to get external funding despite its best efforts. There were more obstacles than expected, including the competitiveness of the grants that were offered and the small number of financial aid programs.
- **Absence of Hospital and Health Initiative Sponsorships:** Attempts to obtain sponsorships from nearby hospitals and health-related institutions failed to produce the intended outcomes. There were lost opportunities to secure partnerships and sponsorship agreements despite outreach and proposals, which resulted in financial and resource support for the club's operations.

Marketing Committee

6.7.1 Overview

The Marketing Committee at Strive is in charge of promoting Strive's events across both social media and traditional platforms. Our role involves developing marketing strategies for these events, as well as creating and publishing content. We utilise various platforms, including Facebook, Instagram, LinkedIn, TikTok, the my.unimelb Noticeboard, and the University of Melbourne Canvas LMS, among others.

6.7.2 Objectives

This year, our primary goal was to broaden the range of networks used to promote Strive's events. Our key objectives include:

- Continuing to promote Strive's events and recruitment periods.
- Maintaining and increasing engagement on existing social media platforms.
- Continuing to update Strive members through a regular newsletter.

6.7.3 Volunteers

In 2025, the Marketing Committee consisted of 5 members: 2 Marketing Co-Directors, 2 Graphic Design Officers, and 1 Video Production Officer.

Marketing Co-Directors: Mandy Lee, Sophie Yang

Marketing Officers: Chang Huang, Shuyi Ye, Lauren Luchs

6.7.4 Key Successes and Challenges

Successes

- This year, the Communications team achieved significant growth and engagement across Strive's social media and outreach channels.
- Expanded membership reach: Successfully attracted over 40 new members through consistent and strategic promotion on various social platforms, strengthening Strive's visibility within the University of Melbourne community.
- Collaborative growth: Partnered with @lifeatunimelb on Instagram, resulting in a net gain of 200+ followers across Strive's platforms and improved awareness of our health initiatives among students.

- High-performing content: Produced the ‘Health Fair 2025 Recap’ post, which received over 230 likes—our highest engagement of the year—demonstrating effective audience resonance and content design.
- Inter-society collaboration: Actively engaged with other student organisations such as the Biomedicine Students’ Society and Effective Altruism through joint posts and event promotions, fostering stronger connections and inter-society engagement.
- Publications and newsletters: Published a new edition of The Regimen and revived the Strive Newsletter, delivering five editions across the year to all members. These publications have become key platforms for sharing opportunities, initiatives, and wellbeing content.
- Volunteer recognition: Introduced Certificates of Appreciation in 2025 to recognise the contributions of volunteers, aiming to enhance motivation, engagement, and retention within the Strive community.
- University collaboration: Partnered with the University of Melbourne Health Promotion Program communications team to promote the 2025 Health Fair across Instagram, Facebook, and my.unimelb, ensuring cohesive branding and broad visibility.

Challenges

- Despite the year’s strong achievements, several ongoing challenges were identified:
- Limited TikTok engagement: Efforts to expand onto TikTok were met with minimal engagement and inconsistent posting, suggesting a need for refined content strategy and dedicated management of this platform.
- Merchandise limitations: Plans to introduce Strive merchandise were constrained by budgetary restrictions and logistical hurdles, which limited opportunities for brand visibility and member incentives.
- Team capacity: A small team of Officers posed challenges in task distribution and project execution, especially during high-demand periods such as the lead-up to the Health Fair. This occasionally limited turnaround times and campaign breadth, highlighting the need for additional support during peak periods.

Financial Report

Strive is dedicated to enhancing the health of students and disadvantaged communities across Melbourne. To support this mission, Strive is structured as a charity, ensuring that all funds raised are reinvested into its programs and initiatives. This year was challenging, as our reimbursement funds were reduced although we secured some additional grants such as MDHS. Our strong partnership with the Health Promotion Program (HPP) allowed us to host the Health Fair event and we look forward to partnering with other external organisations to secure funding.

It is critical to note, that without our volunteers, the current success in the financial outlook wouldn't be possible, however, we hope to raise more funds for more projects going into the future. This may be extracted via further grants and other private sponsorship opportunities.

The table below highlights quarterly Strives revenues and expenditures for the 2024/2025 fiscal year and the 2025 year to date.

| <u>Strive net financial position</u> | | | | |
|---|------------------------|--------------|---------------|------------------------|
| Date | Opening balance | Debit | Credit | Closing Balance |
| 02/09/2024 - 01/12/2025 | \$2,926.16 | \$954.21 | \$ 1, 488.40 | \$3,460.35 |
| 02/12/2024 - 01/03/2025 | \$3,460.36 | \$84.87 | \$360.21 | \$3,735.69 |
| 02/03/2025 - 01/06/2025 | \$3,735.69 | \$1,298.08 | \$823.83 | \$3,261.44 |
| 02/06/2025 - 15/08/2025 | \$3,261.44 | \$572.58 | \$0 | \$2,688.86 |



