

2026 Health Promotions Program Grant (HPG)



THE UNIVERSITY OF
MELBOURNE

2026 HPG Recipients

Impact Grants & Health Promotion Team

Project Leader	Project Title	Brief Project Description	Total Allocated
Rosalind Ge	Nourish, Move & Thrive: A Holistic Student Wellbeing Initiative	A single-afternoon student wellbeing event combining a Pilates session, live cooking workshop, evidence-based nutrition talk, and healthy eating resource pack distribution to support students' physical health and wellbeing.	\$2,276.15
Suhaila Rizky Nasution	BMW Project: #Back-To-Home Mental Well-Being Orientation in Addressing Reverse Culture Shock and Emotional Readiness among Returning Indonesian Students	The BMW Project aims to strengthen mental wellbeing, emotional readiness, and social connectedness among Indonesian students who are preparing to return to Indonesia after study.	\$5,955.00
Sarah Hanieh	Inside Us: Real-Time Health Stories for Student Life	QRious Bodies is a student co-designed, multilingual campus health experience where students scan and engage with short, story-led animations to see what is happening inside their body in real time and make small, meaningful changes to their everyday choices.	\$9,800.00
Cleide Daniel	Gut Matters: Diet, Dance and Demystify	A program aiming to raise awareness for early-onset bowel cancer, its rising prevalence in Australian youth, and offer ways to minimise the risk factors both individually, as well as on a community level	\$8,500.00
Ian Adams	Grown for Students by Students workshops	Delivering workshops to facilitate a student-run market garden that provides fresh, culturally relevant produce for dignified student support while fostering connection, wellbeing, and food skills.	\$9,940.00
Ruoqi Guan	Breaking Barriers: FBE Community Trivia Nights for Connection and Wellbeing	A co-designed series of informal trivia events that bring together PhD students and academic staff to foster social connection, reduce hierarchical barriers, and promote a more inclusive and supportive research culture.	\$9,000.00

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David Wang	NOURISH - Nutrition Outreach and Understanding to Reinforce and Improve Student Health	This project offers fortnightly in-person and online informative and interactive events to reduce barriers to healthy eating by building students' knowledge and confidence to make informed choices, while improving access to affordable, nutritious food through targeted incentives.	\$10,000.00
Prabhath Meegamage	Flourish @ Werribee: Supporting Postgraduate Wellbeing	Flourish @ Werribee: Supporting Postgraduate Wellbeing is a multi-activity initiative that promotes healthy minds, healthy relationships, and healthy communities by creating inclusive opportunities for social connection, nature engagement, and meaningful collaboration among postgraduate researchers.	\$9,500.00
Total: \$64,971.15			