



NEUROCHAMPIONS FELLOWSHIP (NCF)

IMPACT REPORT

PILOT COHORT



Table of Contents

1. Preface
2. Executive Summary
3. The Problem
4. Our Solution: The NeuroChampions Fellowship
5. Program Structure
6. Impact at a Glance
7. Outcomes & Early Impact
8. Voices from the Fellowship
9. Lessons Learned
10. Looking Ahead
11. Acknowledgements



NEUROCHAMPIONS FELLOWSHIP (NCF)

IMPACT REPORT | 2025

Organisation: Emmanuel Olatunde Sanya (E.O.S.) Foundation
Program: NeuroChampions Fellowship (NCF)
Geographic Scope: Nigeria
Reporting Period: September – December 2025

Executive Summary

The NeuroChampions Fellowship (NCF) is a fellowship initiative of the EOS Foundation designed to equip university students with practical skills in brain health education and community engagement. The fellowship also serves as an implementation platform for the NeuroSmart Schools program, which targets secondary school students aged 11–17 years.

During the 2025 cohort, NCF worked with students from multiple universities to deliver basic brain health awareness activities, with an emphasis on prevention, early action, and responsible health communication.

The fellowship was designed as a proof-of-concept to assess whether structured student engagement could contribute meaningfully to grassroots brain health education while simultaneously building leadership capacity among participants.

This report documents the program's scope, outputs, and early lessons.

The Problem

Neurological conditions are an increasing public health challenge in low and middle income countries such as Nigeria. Despite this burden, awareness, early prevention, and community level education remain limited.

While universities train future health professionals, students often have few opportunities to translate theoretical knowledge into real world public health action.

There is a clear need for structured programs that bridge this gap by equipping students with applied advocacy skills while strengthening grassroots brain health awareness.

Our Solution: The NeuroChampions Fellowship

The NeuroChampions Fellowship was developed in response to this gap. It is a structured, time-bound fellowship for university students in medical and allied health disciplines.

The program combines:

- Standardised training in brain health and neurological disease prevention
- Supervised outreach and awareness activities
- Leadership development and professional exposure

By positioning students as trained fellows rather than informal volunteers, NCF strengthens both community impact and student capacity.

Program Structure

The fellowship is delivered in three phases:

Phase 1: Academy

Structured onboarding and training sessions focused on brain health fundamentals, communication, and ethical community engagement.

Phase 2: Field Engagement

Fellows participate in supervised outreach activities, including:

- Brain health education in selected secondary schools through the NeuroSmart Schools program
- Awareness activities focused on stroke, epilepsy, and general brain health
- Peer education and community outreach aligned with EOS priorities

Social media-based health awareness campaigns

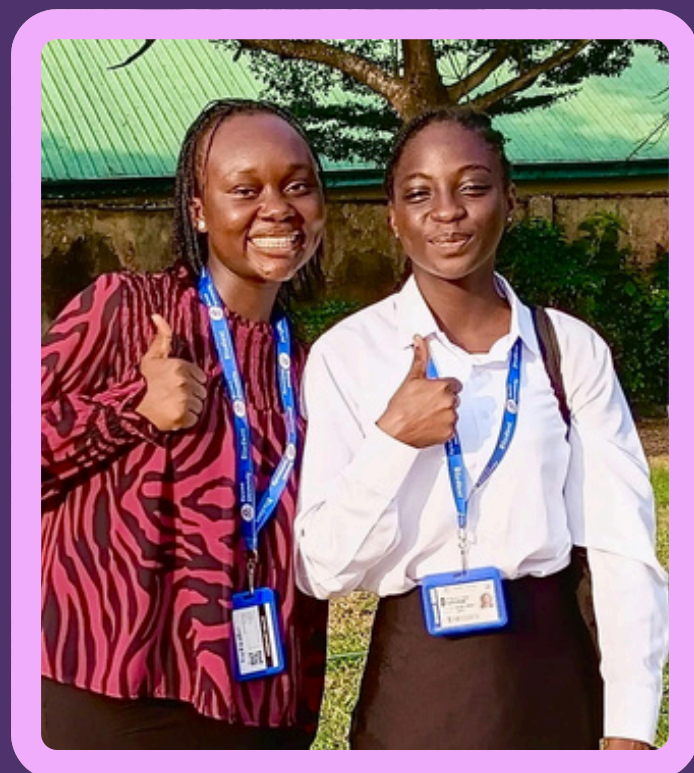
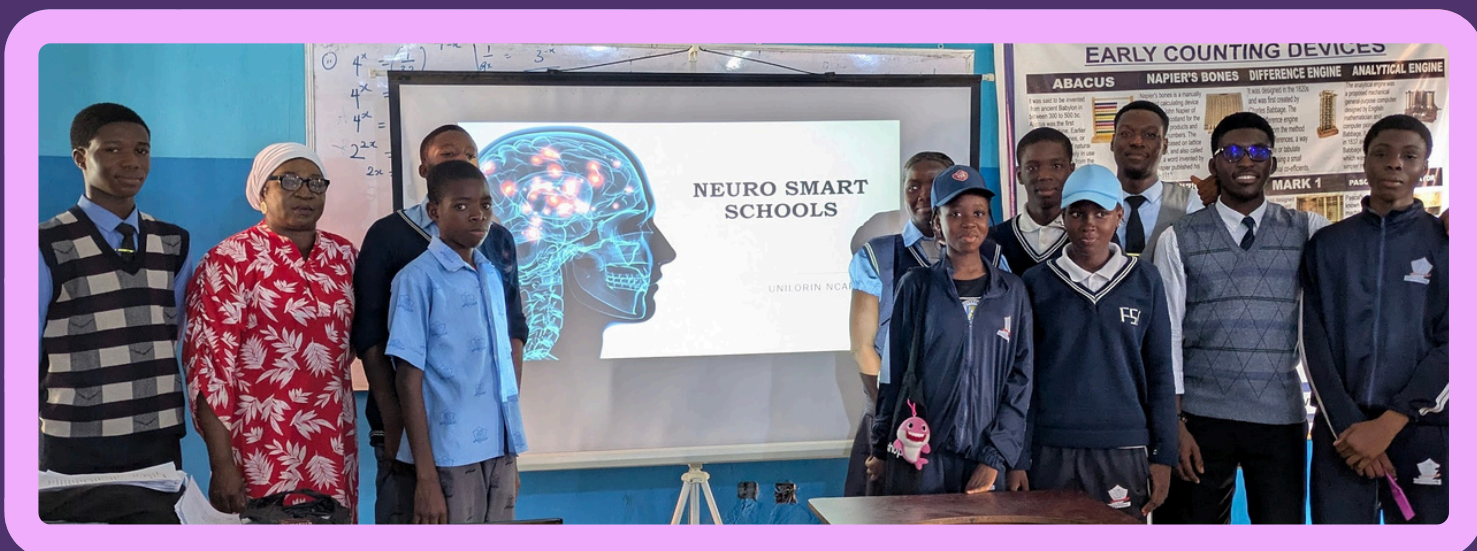
Phase 3: Graduation & Alumni Induction

Fellows are evaluated against predefined criteria and inducted into the NCF Alumni Network upon successful completion.

Impact at a Glance

- Fellows onboarded: **53**
- Fellows graduated: **14**
- Universities represented: **9**
- Outreach sessions delivered: **4**
- Estimated individuals reached: **408**

These figures reflect direct program outputs during the reporting period.



HYDRATION & THE "BRAIN DRAINER"

Water vs. The Villians

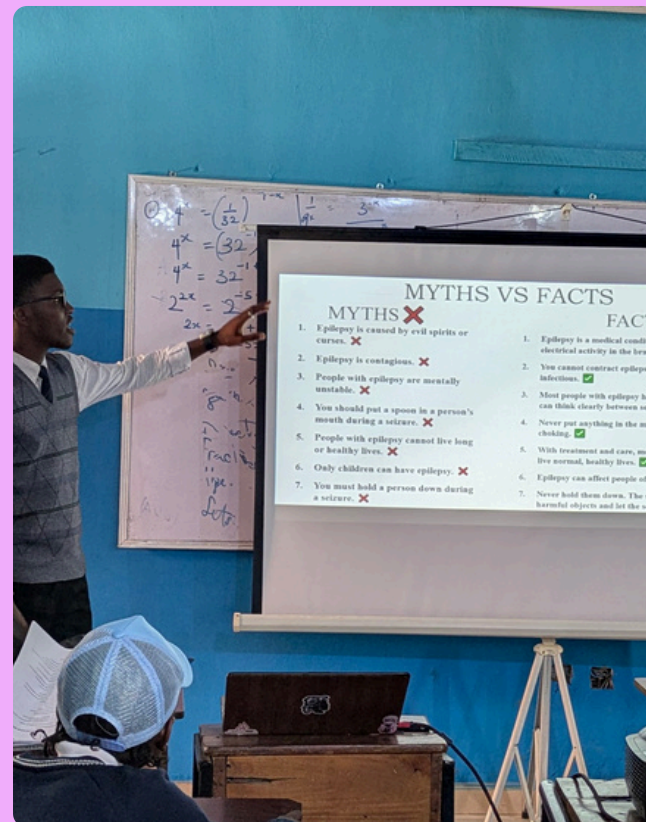
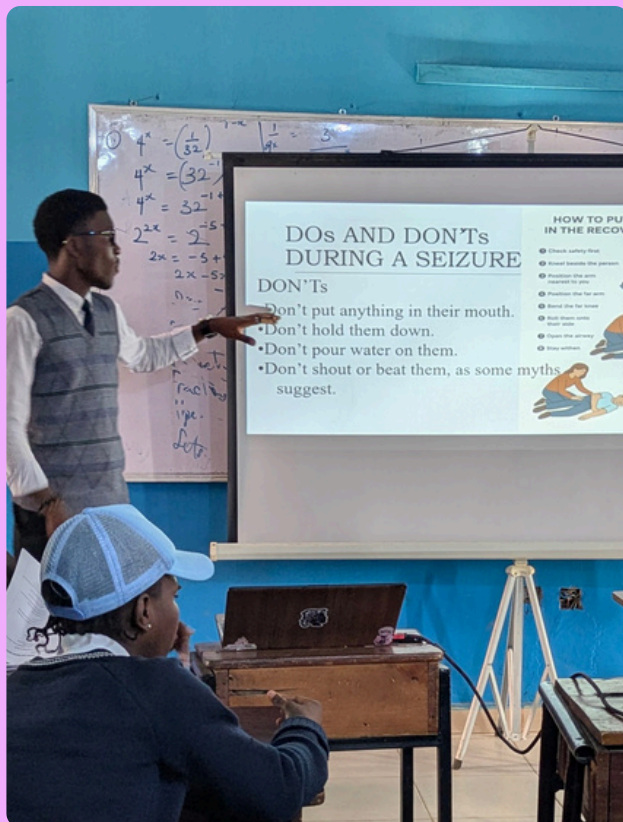


The Hero (Water)

"Your brain is **75%** water. Even slight dehydration makes you lose focus and get headaches."

The Villains (Sugar & Junk)

"Sugary drinks and sweets give you a quick burst of energy followed by a "crash (making you sleepy in class)."



Outcomes & Early Impact

Key outcomes observed during the cohort include:

- Improved brain health knowledge and confidence among participating students Increased visibility of neurological health issues within selected secondary schools and community settings
- Development of a growing pipeline of trained youth advocates aligned with EOS programs
- Wider dissemination of brain health information through fellow-led social media campaigns

As an early-stage intervention, NCF has demonstrated strong potential for scale and replication.



Voices from the Fellowship

Leadership is the ability to coordinate resources
and staying flexible enough when challenges arise
The purpose of learning is to become a tool for
change.



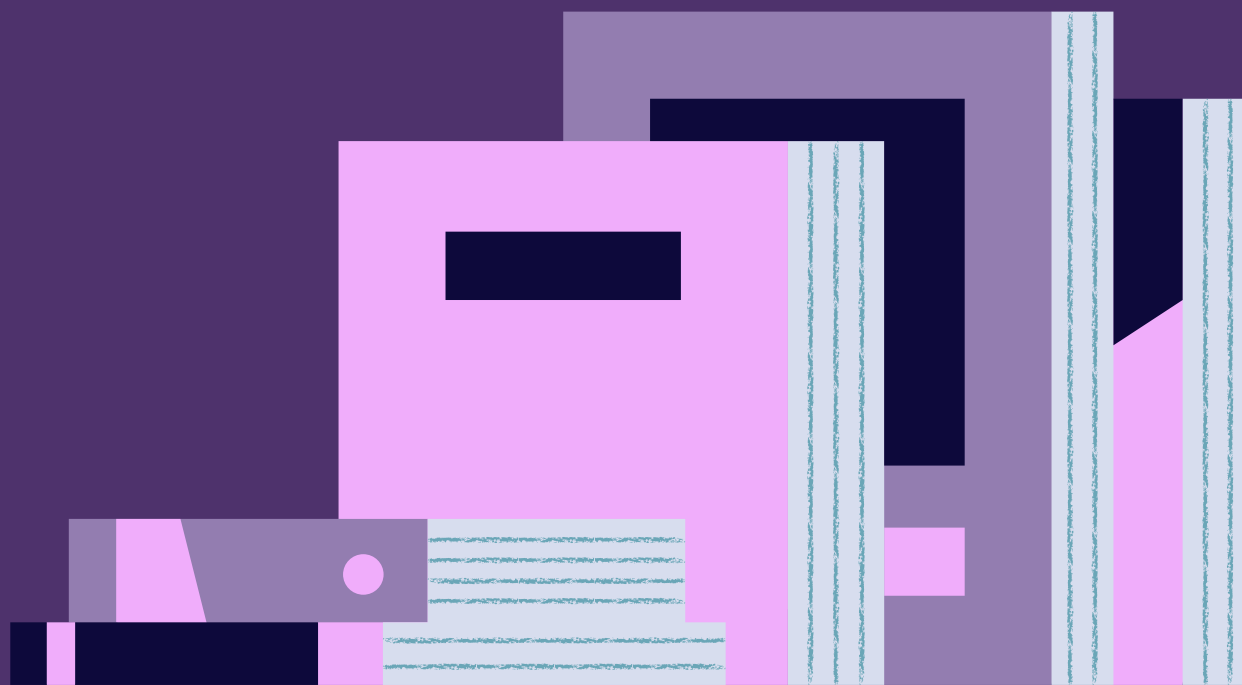
True learning begins when knowledge
leaves the classroom and starts changing
lives.



Lessons Learned

Key lessons from the 2025 cohort include:

- Structured training significantly improves the quality of student-led outreach.
- Active supervision is essential to maintain accuracy and professionalism in brain health communication.
- The cohort revealed a wider than expected range of academic backgrounds and levels, including early year medical students and non-medical students. As neurological topics are typically introduced later in medical training, the Academy phase required curriculum simplification and additional safeguards. Senior level students were paired with junior participants to support learning and ensure that public facing engagement remained accurate and responsible.



Looking Ahead

In the next phase, EOS plans to:

- Expand the NeuroChampions Fellowship to additional universities
- Strengthen monitoring and evaluation systems
- Introduce advanced engagement tracks, including research, policy, and leadership

Continued investment will support scale, quality improvement, and long term impact.

Acknowledgements

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The Foundation also recognises the cooperation of partner institutions and community stakeholders who supported access and engagement during the reporting period.

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