



“ONLINE AWARENESS AND REMEDIES WITH SPIRITUALITY FOR TOTAL WELLBEING”

A Project as a Course requirement for Sri Sathya Sai National Leadership
Program for Self-Transformation Course Completion

Dr.Nirali Sarang, Ms. Vajani Priyanka

SSSNLPST-2020-F030, SSSNLPST-2020-F036



Sri Sathya Sai Seva Organisations, India

In association with Sri Sathya Sai Institute of Higher Learning

(Deemed to be University)

Vidyagiri, Prashanthi Nilayam Campus

December, 2020



SRI SATHYA SAI
NATIONAL LEADERSHIP PROGRAM FOR SELF TRANSFORMATION
SRI SATHYA SAI SEVA ORGANISATIONS, INDIA
BUILDING LEADERS FOR NATION THROUGH INDIVIDUAL CHARACTER

DEDICATED AT THY LOTUS FEET...



GUJARAT

SRI SATHYA SAI NATIONAL LEADERSHIP PROGRAM FOR SELF TRANSFORMATION

CERTIFICATE

This is to certify that this Project titled **“Online Awareness and Remedies with Spirituality for Total Well-Being”** completed by the participants for the Sri Sathya Sai National Leadership Program for Self-Transformation batch 2020 from the STATE Gujarat, is a bonafide record of the original work done under the supervision of the undersigned as a Course requirement for the completion of the National Leadership Program.

.....
Mr. Hemant Patel
(Project Director)

.....
Ms. Annapurna Gohil
(National Team Member)

.....
Mrs. Anubhuti Tandon Gajjar
(Project Guide - SYC)

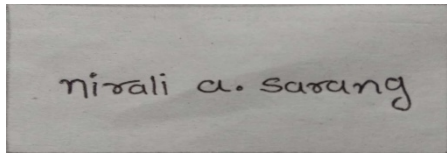
Place: Gujarat

Date: 20 November, 2020.

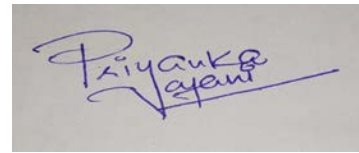


DECLARATION

The Project titled “ **ONLINE AWARENESS AND REMEDIES WITH SPIRITUALITY FOR TOTAL WELLBEING** ” was carried out by the team under the supervision of the State Youth Coordinator, State President, the National Team Member Name, and the SSS LPFT Convener as part of the Course requirement for the award of the Degree of Course Completion and has not formed the basis for the award of any degree, diploma or any other such title by this or any other University.



.....
Dr. Nirali Sarang
(SCANPST-2020-F030)



.....
Ms. Vajani Priyanka
(SSSNLPST- 2020 -F036)



ACKNOWLEDGEMENTS

We dedicate this project to my eternal guru, Bhagawan Sri Satya Sai Baba, who is the guiding source of all our endeavors.

We thank the Chairman & the Academic Board members for their complete support and providing this wonderful opportunity.

A big thanks to the State President Mr Hemant Patel , for providing us with all the resources and being a pillar around which we could create our project.

We thank the Registrar, the Controller of the Examinations, and the team of Experts from Sri Sathya Sai Institute of Higher Learning, for providing focused direction and encouragement to achieve our objectives.

We also like to thank the National Team Coordinator Ms. Annapurna Gohil for her guidance on this project.

We would like to extend our gratitude to the State Youth Coordinator Mrs. Anubhuti Tandon Gajjar for the most valuable support and feedback throughout our work.

We are deeply indebted to our family members, for instilling confidence and positive energy in us when it was most required.

Thanks a lot!

Jai Sairam!



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ABSTRACT

Swami says the mind is like a monkey and it needs to be tamed. Pandemic situation has left us with physiological and physical challenges.

This study focused towards the problems people were facing during the pandemic and finding ways to overcome these problems. Sri Sathya Sai Seva Organisations, Gujarat supported the National leadership program students in organizing webinars. These webinars were conducted by subject matter expert Doctors and speakers both from the field of Psychological and Physical well being. Further the topics and related remedies were connected to a spiritual way of life. This has helped our target audience a lot and we have received wonderful feedbacks. This study has engaged in a process of self transformation to society transformation.



CHAPTER 1– PROJECT SUMMARY

This project was an initiative to understand and create awareness towards total wellbeing of an individual. The project provided the platform to the society at large and connected them to a practical and spiritual way of life. The main aim of the project was to create awareness through interactive sessions based on scientific and spiritual practices. Interactive webinars were organized properly analyzing the present scenario and the need for the participants suffering with physical and mental health issues. Subject matter experts were invited to conduct the webinar through Google meet. Social media platforms helped us a lot to reach out to the audience. The Flyers and videos were floated through social media platforms and Google forms were created to smoothly execute the registration process. Lastly, after the successful completion of each interactive webinars, feedback forms/queries were taken into concern to provide a platform and extend help to the ones willing to connect individually for their overall wellbeing.



CHAPTER 2 – OBJECTIVES

1. To understand physical and mental issues faced by female participants above 18 years.
(Post realization and permission from our SP, we now have male and female participant's wrt. webinar topics)
2. Create awareness to reduce and prevent physical issues.
3. Create awareness to reduce stigma of emotional and physiological disturbances.
4. To extend help to those participants who wish to connect individually for their overall wellbeing.
5. To uplift spiritual quotient of an individual by sharing the teachings of Bhagawan Sri Sathya Sai Baba.



CHAPTER 3 – SCOPE

3.1 Within Scope

Our project is focusing on creating awareness among people on maintaining the well-being of self and family during the challenging times of COVID pandemic. Our scope included all people having a smart mobile handset and access to the internet. We tried to reach as many beneficiaries as possible through various digital and social media groups/platforms. Most of the beneficiaries who attended our programmes are from Gujarat region. 10 programmes were organised on different topics during Aug-20 to Oct-20 which received 1500+ registrations.

3.2 Out of Scope

Due to COVID pandemic and related restrictions, we could approach only those people/families who are having a smart mobile handset and internet access. This restriction compelled us to limit our reach and hence excluded people not having above mentioned facility.

Many respondents did not fill the feedback form, even after followup messages.



CHAPTER 4 - ROLES & RESPONSIBILITIES

4.1 Gujarat State President

Mr. Hemant Patel is our Gujarat State President. He helped in understanding the overall purpose of the project. He provided approval for any project related permissions. He also provides his guidance whenever required.

4.2 Gujarat State Vice President

Mr. Avinash Rao is our state Vice President. His major role in our project is to give advice, a practical approach for youth motivation, by involving district youth coordinators etc.

4.3 State Youth Coordinator (Gents)

Mr. Rajiv Gosai is our State Youth Coordinator. His role in this project is to help us with his insights during monthly calls.

4.4 State Youth Coordinator (Mahila)

Mrs. Anubhuti Tandon Gajjar is our State Youth Coordinator and our main mentor. Her role in the project is to provide understanding and step by step communication for arranging webinars. Provide guidance at different stages, overall monitoring and providing feedback. Just like elder sister she holded our hands and floated this unique idea in our esteemed Sri Sathya Sai Seva Organisations, Gujarat, pointed our areas of improvements to achieve goals and showered love and support in our successes and failures.

4.5 SSSNLP Team Members

We are a total of two members. We have taken responsibility for this project and our roles have been decided accordingly.



Role and Responsibility of Priyanka Vajani :

- As we have conducted webinars so for that we have some process to go through like making registration form, feedback form , need to do advertisement , so we divided the work.
- Generated Official email Id for webinars.
- Making and Collecting and keeping Record of Registration form .
- Feedback form Analysis.
- Research of Topics regarding webinars.
- Generate Google Meet link and handling of it.
- One to one contact through calls and Messages (North Gujarat).
- Webinar hosting.
- Analysis of feedback and solve the queries of participants which they ask through mails.
- Collection of Feedback videos.
- Report Writing

Role and Responsibility of Dr. Nirali Sarang :

- Connect and Contact different experts.
- Contact spiritual panel.
- Banner -flyer making
- Campaign on social media through videos and banners.
- Communication with SSSSO DYC's and other Coordinators
- Research of Topics regarding webinars.
- During the webinar technically issue solving.
- One to one contact through calls and messages (South Gujarat)
- Analysis the feedback form (half audience).
- Conclusion of webinar (Questionnaire)
- Video content write up.
- Report Writing



CHAPTER 5 – PROJECT FLOW

Phase 1: Conception & Initiation

At the beginning of 2020, no one has ever expected to be hit so badly by COVID pandemic. During Mar-20 to Jun-20, we all witnessed not only challenges of lockdowns but also sad, untimely demise of our loved ones. The pandemic has not only challenged our physical immunity but also our overall well-being – physical, mental, emotional and spiritual. This realization helped us to conceptualize the topic for our project which we discussed and deliberated for execution.

Phase 2: Definition & Planning

We choose to help people to be aware about various important aspects of well-being by organizing online awareness sessions (webinars). After finalizing the project with group members, Project Leader and Project Director, we created a detailed action plan and a framework for effectively organizing webinars on diverse topics for different demography encompassing all the aspects of well-being.



Phase 3 & Phase 4: Launch/Execution & Performance/Control

To realize our objective and spirit, we carefully selected 10 topics which can complement peoples' needs during COVID and cover all the aspects of well-being. We organized 10 webinars during Aug-20 to Oct-20 and received overwhelming 1675 registrations. We also drafted a feedback form to capture improvement areas and suggestions from beneficiaries. We received 173 feedbacks which helped us to improve during our execution. We also faced few challenges during the execution. We realized the importance of planning, effective communication, coordination and consistency in performing a quality webinar. Initial webinars gave good hands on experience with step by step guidance from our Project leader. We were briefed about areas of improvements and worked on upon it. As we continued and followed pre and post checklist we received confidence in conducting and arranging webinars from the scratch.

Lock down created booming business for online training and development. There were many free as well as paid webinars going throughout State. With the grace of Bhagwan the name of our esteemed organization was enough to attract public because we offer selfless service with love, discipline and quality off course. There were few preconceived notion by colleges whom we approached. They viewed our invitation from a religious perspective. However after explanation they understood and allowed the webinars. Last



but not the least was the challenge of getting an equal number of feedbacks as that of registered participants even after follow-up messages.

The management of speakers and their availability happened smoothly except in few webinars. As a token of appreciation a certificate is honored to all speakers of webinar conducted by National leadership program team by Sri Sathya Sai Seva Organisations, Gujarat.

Online Awareness & Remedies for Total Well-being

LIVE WEBINAR ON WOMAN HYGIENE & HER LIFE AFTER CHILD!

JOIN US ON:
30th August, 2020
At 6:00 P.M.

OUR SPEAKER,
DR. MALLIKA SOLANKI
M.D. (GYNECOLOGY)

CONDUCTED BY,
SSSNLP PROJECT TEAM, GUJARAT
DR. NIRALI SARANG
MS. PRIYANKA VAJANI

Sri Sathya Sai Seva Organisation, Gujarat

Sri Sathya Sai Seva Organisations, Gujarat

Certificate of Appreciation

under project by Sri Sathya Sai National Leadership Program team Gujarat

Project Name : Online Awareness and Remedies with spirituality for total wellbeing

This Certificate is Presented to

Dr. Mallika Solanki

for your valuable contribution in arranging series of webinars and guiding many with your knowledge.

20/11/2020
Date

Hemant Patel
State President
(Hemant Patel)



CHAPTER 5- RESOURCES AND TOOLS USED

6.1 Software & Technology

6.1.1 Google Ecosystem: Drive, Forms, Docs, Meet, Sheets, G-Mail

6.1.2 Microsoft Office

6.1.3 Whatsapp

6.1.4 Social Media Platforms

6.2 Manpower

6.2.1 State President, Gujarat

6.2.2 State Vice President, Gujarat

6.2.3 State Youth Coordinator, Gujarat

6.2.4 SSSYM think tank team

6.2.5 State Balvikas and Asst. Balvikas Coordinator

6.2.6 State Asst. Sevalal Coordinator

6.2.7 State Spiritual Coordinator

6.3 Financial Resources

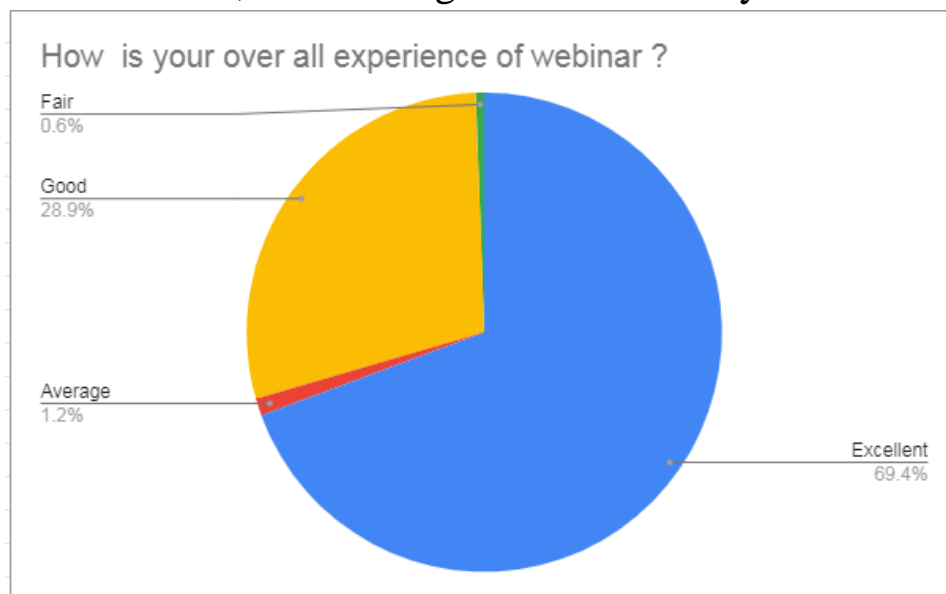
6.3.1 Only Internet usage no cost project.

CHAPTER 7 – PROJECT FINDINGS AND RECOMMENDATIONS

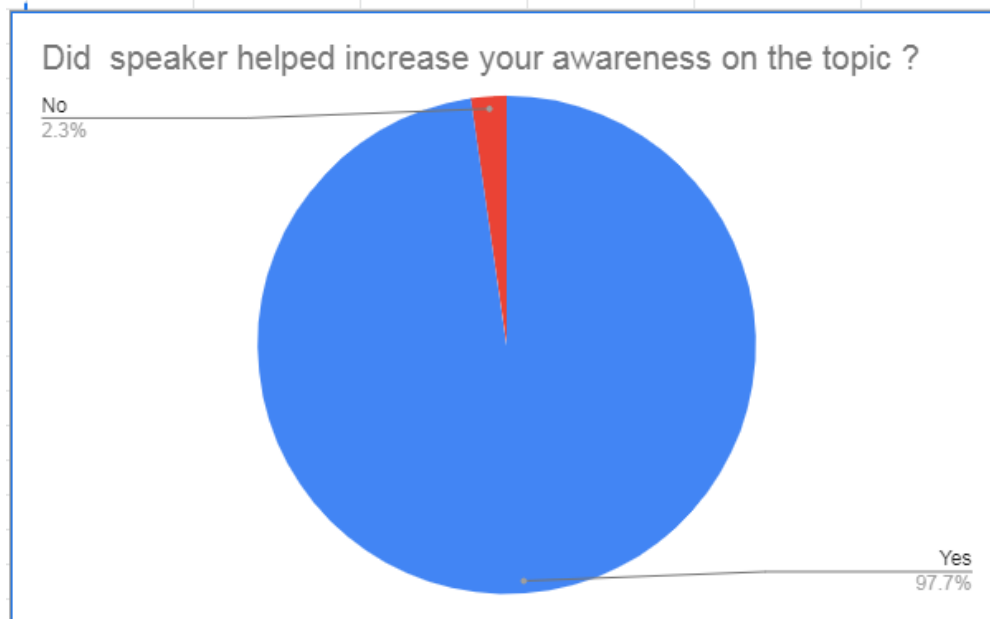
7.1 Findings and Recommendations implemented in the current project

This analysis really helped us understand the take away learning’s and shortfall. Below is the feedback analysis of 173 participants, for below 3 questions (*refer 9.2*). Overall project was successful in creating awareness, remedies and spreading teachings of Bhagawan Sri Sathya Sai Baba. Findings of 3 important questions are as below:

- It’s important to find out participants overall webinar experience. The analysis of this question states that 120 (69.4%) participants had excellent experience. Whereas 50(28.9%) participants had Good experience and remaining 3 participants had average and fair. We learned how small failures contribute in big success. We worked on the feedback by our participants and project leaders and improvised on our content and presentation wrt. conducting the session, handling Q n A, Technical management of Google meet and providing instructions to participants, speakers introduction, time management and thankyou note etc.

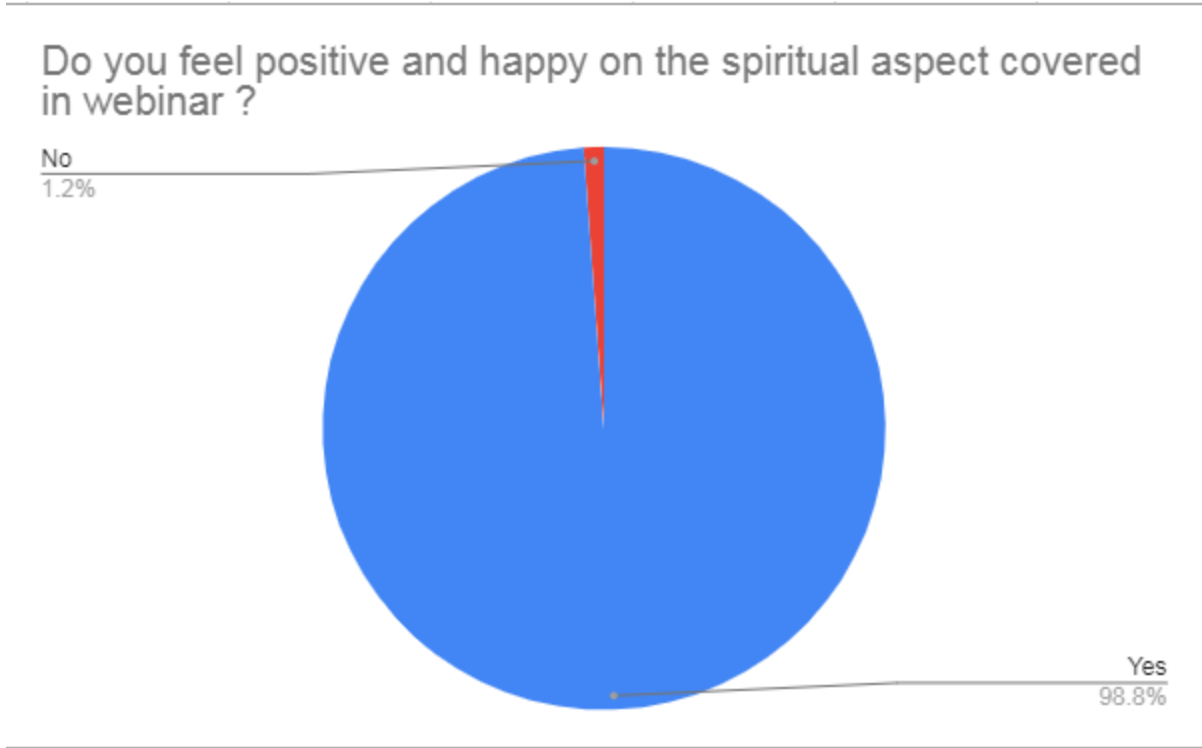


- 169 (97.7%) participants said “Yes” that the speaker of the webinar helped increased their awareness on the webinar topic. We ensured that we outreach and invite good speakers from the society to justify the webinar topic. Thus we can say that our objective no.2 and no. 3 are achieved as the speaker created awareness to reduce and prevent physical, emotional and physiological disturbances.



- 171 (98.8%) participants said “Yes” that they felt positive and happy on the spiritual message which was correlated by the spiritual speaker of the webinar.

We learned that Swami’s teachings are universal and our spiritual speakers of Sri Sathya Sai Seva Organisations beautifully connected it with the webinar topic. Thus we can say that our goal no. 5 is achieved.



We have provided in detail the summary and findings of the webinar which can be referred here(refer 9.4.1)



7.2 Recommendations parked for future implementation/scale-up

First connection is established through webinars. Now, with the help of youth and volunteers of all the three wings of our organizations we should continue reaching these participants. Thus strengthen the outreach base and bring expansion in Sri Sathya Sai Seva Organisations, Gujarat.

- Hold District wise online webinars for youth, devotees and local public on Total wellbeing with spirituality.
- Introduce Youth centric programs and workshops on seva sadhana activities for Surat and Bardoli college students.
- Hold child, parent, and teacher centric webinars there by introduce seva sadhana activities for parents/ staff of Surat and Navsari Sathya Sai School.
- To create outreach think tank team under the guidance of Respected State president to discuss the implementation plan which aligns organizational discipline and objectives as directed by the founder Bhagwan Sri Sathya Sai Baba.



CHAPTER 8 – LESSONS LEARNT

(Success & Failure Stories)

8.1 Collective learning

As a Team, with the Grace of beloved god we learnt lot of things. We were new to this so started slowly with understanding each other's situation. As we both are devoted to same purpose and destined to lord's dedication so it is easy to make things in same way. Dependability, as team members are getting things done on time and meet expectations. We learnt structure and clarity in team. High performing teams have clear goals and have well – defined roles within the group. The best thing was we learnt how to complete each other's difficult phase.

8.2 Individual learning (Self Transformation)

Priyanka Vajani:

Everything is decided by god himself this journey internally and spiritually was connected to divine. As we started our project we were totally absent for what to do , How to do , but as we started offering ourselves to the divine master things went easy and we started journey. As Individual I grew, I have improved with my speaking skills, communication skills, how to interact with new people.

My success was I learnt self control because as team sometimes it is difficult to walk together with distance. I had lack of confidence and lack of patience but during the project task some or the other way I faced to manage things. I can see myself multitasking in life and happy doing that. I remember the best thing that during the webinar sometimes speaker may come late internet problem, power cut or any other difficult that moment comes so fast and test us, I learnt not panicking and do what is right for situation it has happened where on moments things have changed I didn't get time to react and I just faced and got best out of this.



Dr. Nirali Sarang:

Firstly I am so much thankful to swami. It is divine (swami) inside me, who inspired me to join this programme. I always had a dream to study in swami's institute, from childhood seeing swami's students taking chance to sit beside swami, sharing their difficulties & dreams, future plans with swami & of course living in the heavenly place. I always had a dream to do the same once in my life. Unfortunately never got chance due to my studies in dental college but when this programme was announced, I got some butterflies that I will get a chance to study in my dream institute. Our vice state president passed on the Google form & we filled it. In January we got an e-mail from SSSNLP team that we are selected. Approximately 20 students from Gujarat state were selected but only 12 were able to join it. Then it is also golden luck & his grace to bless me with this divine journey towards self transformation. Firstly I booked my tickets; I was in dilemma whether I should take a duty after NLP sessions which were going to get conducted from 13th to 15th of the March, 2020 or after 15th march, 2020; But my instincts & my mother's instincts were guiding me to confirm my duty in general hospital from 5th march to 13th march of 2020 so I took a duty in the general hospital as a visiting dentist from 5th march to 13th march. I got a confirmation letter through an E-mail from our Head of the Dental department that I got a chance to serve in hospital for 2nd time as a youngest visiting dentist in the Dental department of Sri Sathya Sai General Hospital, Puttaparthi & then to attend the NLP programme. And I was lucky enough to go back to home before lockdown because on 16th march, 2020 we returned from flight to our Hometown I submitted my post graduation form on 17th march & from 22nd march lockdown started. It was all his plans to inspire me towards making my journey towards success & self transformation. He guided me to do all these things & he was training me to be a better version of mine. My life has totally changed. I was suffering from a lot of stress, a bit of depression & I am recovering gradually from that I never thought that I will be blessed to do online awareness programme for total well being (physical & mental) as a project during the most difficult



time of covid-19. He gave me an inspiration to do something different & to help the society through this project during pandemic, Which was totally new(the project). Throughout the lecture sessions I learnt a lot .I learnt how to deal with people, how to overcome from pessimistic approach, how to trust the inner instincts .how to cop up with the situations. Avoid, alter /accept the condition.

With his grace I am doing my post graduation & I am lucky enough to get admission on last moment in 3rd most selected branch of dentistry. I am first year resident of Periodontology & implantology.(A Gum plastic surgeon). I wish I will learn a lot & will be in his fold forever.

FOREVER SWAMI'S STUDENT FROM MARCH, 2020.



CHAPTER 9 – REFERENCES

We referred the teachings of Bhagwan Sri Sathya Sai Baba in relation to our webinar topics. The spiritual speakers (refer 9.3) referred discourses of bhagwan and below links to uplift spiritual quotient of the participants and hosts too.

<https://ssssoindia.org/>

http://media.radiosai.org/journals/vol_12/01MAR14/hanuman-sportsmeet_04.htm

<https://www.youtube.com/watch?v=xW8cb0ISl04>



APPENDIX

9.1 Registration form Questions:

- 1) Name of the participant :
- 2) Contact Number :
- 3) Write your email-id :
- 4) Write your Age :
- 5) Select your Gender :
- 6) Where are you from ?
- 7) Which area are you interested in for future webinar?
 - Psychological wellbeing
 - Physical wellbeing

WEBINAR REGISTRATION LINK :

WEB- 1 HOW TO BE POSITIVE IN NEGATIVE SITUATION :<https://forms.gle/UAY2t7QXXxcfg6se7>

WEB -2 DIABITES AND HEALTH - <https://forms.gle/NJjnDks24bX23sae9>

WEB-3 WOMEN HEALTH AND HYGINE :<https://forms.gle/1YzZdJepeZ2TEkfA8>

WEB- 4 CHILD CARE IN PANDEMIC : <https://forms.gle/5v2gf2AzUNLfoeNz64>

WEB-5 WOMEN HEALTH AND HYGINE -2 :<https://forms.gle/t5zGh7ZAM6H4sYZL6>

WEB – 6 MINDFUL PARENTING - <https://forms.gle/LeUBySMzi5tNPWh29>

WEB – 7 LIFE WITH 5D - <https://forms.gle/kG8HMurQd2ohuUcM8>

WEB – 8 THEORY OF VIBES - <https://forms.gle/Em3AsVs5xtavqAh56>

WEB -9 : AYURVED AND HEALTH : <https://forms.gle/vV59cLZKhKc41wyQ8>

WEB -10 : YOUTH IN THE TIME OF COVID : <https://forms.gle/nSiBGKS7BzKF6nuC7>

9.2 Feedback form Questions:

- 1) Name :
- 2) Contact Number:
- 3) Gender :
- 4) How is your over all experience of webinar ?



- 5) Did speaker helped increase your Awareness on the topic ?
- 6) Do you feel positive and happy on the spiritual aspect covered in webinar ?
- 6) Do you know that you can ask questions on the webinar topic on onlinewebinar2311@gmail.com ?

FEED BACK FORMS :

- WEB -1 :<https://forms.gle/jKinpstdzfGt5pgs9>
- WEB -3 :<https://forms.gle/PmgvJ9iNw4YYnvNCA>
- WEB – 4 :<https://forms.gle/uCvasmeSLmZvPiGK9>
- WEB – 5 :<https://forms.gle/4MZLa6GVZKZvgYrn8>
- WEB – 6 :<https://forms.gle/dVhfiYSEQkUV2YhZ6>
- WEB – 7 :<https://forms.gle/vx15nPHyqDsvp2Gq9>
- WEB – 8 :<https://forms.gle/spJbKVDsaaErQP2v7>
- WEB – 9 :<https://forms.gle/DMWX6i6HfujLPED97>
- WEB – 10 :<https://forms.gle/G8yBVMkVgF7mgdEb6>

9.3 Table showing list of Webinar’s and related information.

| SR N O | DATE | TOPIC | MAIN SPEAKER | SPIRITUAL SPEAKER | TARGET AUDIENCE | REGIST RATIO N FORM | FEED BACK FORM | PARTICIPANTS |
|--------|-----------|--|---------------------|--|--------------------------------|---------------------|----------------|--------------|
| 1 | 8/9/2020 | How to be Positive in Negative Situation ? | Mr. Suresh Bhatt | Mr. Suresh Bhatt Sr. Devotee and Management trainer | All devotees and public | 90 | 15 | 87 |
| 2 | 8/16/2020 | Diabetes and health | DR.Brij Telly | Ms.Binoti Thakore State Asst. Balvikas Coordinator | All devotees and public | 85 | 15 | 151 |
| 3 | 8/29/2020 | Women health and hygiene | Dr. Mallika solanki | Dr. Bhavna sarang Sr. Devotee and Ayurveda doctor | Ladies devotees and public | 175 | 28 | 89 |
| 4 | 8/30/2020 | Child care in pandemic situation | Dr. Nachiket Desai | Mrs. Varsha shukla State Balvikas coordinator | Sri Satya sai school , Navsari | 407 | 4 | 244 |
| 5 | 9/6/2020 | Women Health and Hygeine | Dr. Mallika Solanki | Mrs. Sushila gohil State Asst. | Ladies devotees | 87 | 13 | 50 |



| | | | | Sevadala coordinator | and public | | | |
|----|------------|------------------------------------|-------------------------------------|--|--------------------------------|-----|----|----|
| 6 | 9/13/2020 | Mindful parenting During Covid -19 | Mrs . Uma Raman and Dr. Zalak Joshi | Mrs . Anubhuti Tandon Gajjar State Youth Coordinator | Sri Satya sai school , surat | 165 | 41 | 70 |
| 7 | 10/3/2020 | Life with 5 D | Mr. Vaibhav Vyas | Mrs . Anubhuti Tandon Gajjar State Youth Coordinator | Vidya Bharti college , Bardoli | 217 | 38 | 97 |
| 8 | 10/10/2020 | Theory of Vibes | Mr. Amit Mehta | Mr. Rajiv Gosai State Youth Coordinator | Vidya Bharti college , Bardoli | 72 | 28 | 61 |
| 9 | 10/11/2020 | Ayurveda and Health | Dr. Bhavna Sarang | Dr. Bhavna Sarang | All devotees and public | 106 | 2 | 78 |
| 10 | 10/18/2020 | Youth in the time of Covid | Dr. Spandan Thakker | Mrs. Amudha Ranganathan Sr. Devotee Volunteer in SSSVidya Vahini and Unicef. | Surat colleges | 271 | 19 | 45 |

9.4 Analysis of feedback form with data and charts

https://docs.google.com/spreadsheets/d/1_gcaWKYUuhjDBNuXDIbbDDI1TkHfEibXPxlKsbvuYd0/e/dit#gid=930298353

9.4 .1 Detail summary of the webinar

<https://drive.google.com/file/d/1-WxIlpsAiBTvK6MmY2DtI8uEVWN9nJof/view?usp=drivesdk>

9.5 Webinar Posters for social media broadcast

https://drive.google.com/drive/folders/1rAZHon_xzQ4100YpveR7JVWSV976Oon1?usp=sharing

9.6 Social media promotional videos

<https://drive.google.com/drive/folders/1-4aqqj6xoG65k7yL9wpdMTdQno6cpAV6>

9.7 Webinars recordings

https://drive.google.com/folderview?id=1uB4jJXXKaBuGwSTe8SH_q7tmMw5pTh3i

9.8 Testimonial feedback videos

<https://drive.google.com/drive/folders/1QUUCu751ZBxpP8GPQwDucg8TcP3x4V8w>

9.9 Ongoing Webinars pictures

https://drive.google.com/drive/folders/1rVkeHehU1_X-8B85gbSmu4hwNqQUTqF_?usp=sharing