



Sri Sathya Sai Health and Hygiene

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

Participant Names Participant Roll Number

Ms.Anjana Thakur: -SSSNLPST-2020-F004

Mrs. Monika Verma: -SSSNLPST-2020-F027

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Ms.Parveena Kaushal: -SSSNLPST-2020-F033

Ms. Shifali Mahajan: -SSSNLPST-2020-F047



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



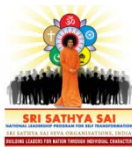
SRI SATHYA SAI

NATIONAL LEADERSHIP PROGRAM FOR SELF TRANSFORMATION

SRI SATHYA SAI SEVA ORGANISATIONS, INDIA

BUILDING LEADERS FOR NATION THROUGH INDIVIDUAL CHARACTER

DEDICATED AT THY LOTUS FEET



Himachal Pradesh

SRI SATHYA SAI NATIONAL LEADERSHIP PROGRAMME FOR
SELF TRANSFORMATION

CERTIFICATE

This is to certify that this Project titled "Sri Sathya Sai Health and Hygiene" completed by the participants for the Sri Sathya Sai National Leadership Programme for Self-Transformation Batch 2020 from the STATE Himachal Pradesh, 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 Programme.

State President
Dr. Sanjay Aggarwal
(Project Director) (National Team Member)

National Team Member

State Youth Coordinator
Dr. Shivranjani Singh
(Project Guide - SYC)

Place: Himachal Pradesh
Date: 06_December_2020



DECLARATION

The Project titled “**Sri Sathya Sai Health and Hygiene**” was carried out by the team under the supervision of the State President, the National Team Member, State Youth Coordinator for the Certificate Programme as a part of the Course requirement for 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.

Ms. Anjana Thakur
SSSNLPST-2020-F004

Ms. Monika Verma
SSSNLPST-2020-F027

Dr. Mudita Kumari
SSSNLPST-2020-F028

Ms. Parveena Kaushal
SSSNLPST-2020-F033

Ms. Shifali Mahajan
SSSNLPST-2020-F047



ACKNOWLEDGEMENTS

We dedicate this project to our Eternal Charioteer, Bhagawan Sri Sathya Sai Baba, who is the guiding force and source of all our endeavors.

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

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 thank the National Coordinators for Medical / Services / RVTC/Vidhya Jyoti/Bal Vikas and other National Team Members for spending their time providing support & guidance to the project report and at the same time giving valuable feedback.

Abig thanks to the State President **Dr. Sanjay Aggarwal**, for providing us with all the resources and being a pillar around which we could create our project.

We would like to extend our sincere gratitude to the SSSNLP Convener **Dr. Gopi Krishna Pidatala**, for guiding us throughout the Programme and providing direction & encouragement to achieve our goals.

We also like to thank the National Team Coordinator **Ms. SP Visalakshi** for her guidance on this project.

We would like to extend our gratitude to the State Youth Coordinator **Dr. Shivranjani Singh** 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 Sai Ram!



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1. Project Summary

"Sri Sathya Sai Health and hygiene"

This project involves an online platform that is Google meet to spread awareness among women and girls encouraging them to adopt simple healthy habits.

Workshop start with the launch Programme 5 September 2020 in which our medical team or master trainer, who will be the beneficiaries in this project, are introduced to state president and national Bal Vikas coordinators, state Satya Sai organization members.

The workshops were divided into 4 segments-:

1. Medical Health and Hygiene
2. Oral Hygiene
3. Mental Health and Hygiene
4. Emotional and Devotional hygiene.

In total seven workshops duration 1hr each were conducted one in a week by our master trainer Dr. Bharti on medical health and hygiene, Dr. Mudita on oral hygiene, Dr. Shivranjani on Mental health and hygiene, Mrs. Babita Guleria on Emotional and Devotional hygiene.

Beneficiaries in these projects are: -

1. Sri Satya Sai Vidya Jyoti School Sulah Kangra and Parents.
2. Sri Sathya Sai Vidya Jyoti School Langha Kangra and Parents
3. DAV senior secondary school Sloan
4. Pre Sevalal youth, Female youth coordinator and Bal Vikas coordinator.

In every workshop the total number of participants varies from 70 to 150 students. More than 70 to 100 pre Seva dal youth, Bal Vikas coordinator and State Youth Coordinator for the trainer Programme.

During every workshop one to one question taken by experts or trainers with participants and answered in detailed manners and email is shared to them for more



queries regarding every topic covered in the session. And feedback is shared by students regarding their experience in the workshop.

Train the trainer Programme conducted by master trainer for Pre Sevalal youth, Female youth coordinator and Bal Vikas coordinator so that in future they are capable to conduct such workshops.

In Background

1. Many discussions and meetings were carried out with the master trainer regarding presentation content and slides to carry in the workshop.
2. Invites of workshop send to beneficiaries in WhatsApp communication to schoolteachers and Distt. President.
3. One Google Drive created for the team where content, ppt, and minutes of each meeting were updated and summarized in every workshop.
4. before and after each workshop meeting with the team for analysis in goggle meet.
5. Quiz shared among participants before session and after sessions.



2. Objectives:

1. To understand the impact, outcome and the need for continuity of Sri Sathya Sai awareness activities (Physical & personal Hygiene, Oral Hygiene, Mental Hygiene, Emotional Hygiene & Devotional Hygiene) on the young population of girls and ladies.
2. Engaging DYC's/SYC's, Mahilas, Nursing students and Alumni to guide the girls in Pre-Seva Dal,
3. SSSVJ and other Schools, SSSVIP Programme and others following in age group.
4. Connecting youth and adults from across districts to share and manufacture cheaper and durable sanitary pads. Which will lead to a greater youth community and connected circle for future. Guidance and support in special cases, wherever it is needed to the beneficiaries.
5. **“Train the Trainer”** workshops will be conducted online and offline by the Programme board panel. Under which we will train the shadow trainers, Mahila Devotees (Health care/Non-Health care area) on Medial, Emotional and Spiritual aspects of Hygiene and Health.

3. Scope

3.1 Within Scope (area, beneficiaries, timeline, others)

Area:

- DYC's/SYC's, Mahilas, Nursing students and Alumni to guide the girls in Pre-Seva Dal, SSSVJ and other Schools, SSS VIP Programme and others following in age group.



Beneficiaries:

1. Age Group

Group 1: 10 to 14 years

Group 2: 15 to 19 Years

Group 3: 19 +

2. Schools (SSSVJ)

- Govt. Senior Secondary School Pragpur, Kangra (H.P)
- Govt. Senior Secondary School Sulah, Kangra (H.P)
- Govt. Senior Secondary School Bankhandi, Kangra (H.P)
- Govt. Senior Secondary School Garli, Kangra (H.P)
- Govt. Senior Secondary School Langha, Kangra (H.P)

Timeline:

Activity	Master Trainer	SNLP Participant	Start date	Date of Workshop Conduct ion	Duration	Projected end date
Launch Day	Dr. Savita Aggarwal	Anjana, Monika, Mudita, Parveena, Shifali	25-Aug-20	05-Sep-20	30 min	23-Oct-20
Medical Hygiene	Dr. Bharti,	Dr.Mudita, Ms. Shifali	25-Aug-20	06-Sep-20	100 min	23-Oct-20
	Dr.Mudita					



Mental Hygiene	Dr. Shivranjani	Mrs. Monika Verma	25-Aug-20	20-Sep-20	60 min	23-Oct-20
Devotional Hygiene	Mrs. Babita Guleria	Ms. Anjana Thakur	25-Aug-20	27-Sep-20	60 min	23-Oct-20
Personal Health & Hygiene	Dr. Bharti,	Mrs. Monika Verma, Ms. Shifali	26-Aug-20	02-Oct-20	60 min	23-Oct-20
Personal Health & Hygiene	Dr. Bharti,	Ms. Parveena	26-Aug-20	04-Oct-20	60 min	23-Oct-20
Emotional and Devotional Hygiene	Mrs. Babita Guleria	Ms. Shifali	26-Aug-20	11-Oct-20	60 min	23-Oct-20
Mental Health and Hygiene	Dr. Shivranjani	Ms. Shifali	26-Aug-20	18-Oct-20	60 Min	23-Oct-20

3.2 Out of Scope (tasks not included in the Project Charter)

- Online Platform used for workshops instead of one to one interaction
- We didn't conduct more than one session in a week because of non-availability of the students. Since Himachal Govt. had conducted exams in the month of September and October.
- Connecting youth and adults from across districts to share and manufacture cheaper and durable sanitary pads. Which will lead to a greater youth community and connected circle for future. Earning for the ladies at home in



SSS VIP Programme or under Innovation cell and self-help groups taken care by Mahila wings.

4. Roles & Responsibilities (of team members)

1. Coordinating with the master trainer and medical team for the content part of a project.
2. Organizing day and time meetings for discussion online and for workshop day and timing.
3. Host the online workshop with a master trainer in Google meet.
4. In WhatsApp group and drive sharing of invite, agenda and minutes of meeting and report of every workshop is shared and updated in detail manner with the whole team.
5. Content slides ppt to be delivered in the workshop are made after discussion with the master trainer.

Activity	Content Creator	SNLP Participant	Start date	Projected end date
Medical Hygiene	Dr. Bharti, Dr.Savita, Dr.Sapna, Dr. Mudita, Dr.Shagun, Dr. Swati	Dr. Mudita, Ms. Shifali	25-Aug-2020	23-Oct-2020
Emotional Hygiene	Mrs. Babita Guleria	Ms. Parveena	25-Aug-2020	23-Oct-2020
Mental Hygiene	Dr. Shivranjani	Mrs. Monika Verma	25-Aug-2020	23-Oct-2020
Devotional Hygiene	Mrs. Babita Guleria/ Dr. Vandana Goel	Ms. Anjana Thakur	25-Aug-2020	23-Oct-2020



5. Project Flow (phase-wise details, using project checklist pointers provided earlier)

5.1 Phase 1: Conception & Initiation:

Aim: To spread awareness amongst women and girls encouraging them to adopt simple healthy habits.

Name of the Guide (State President name): Dr. Sanjay Aggarwal

Name of the Organizing committee member: Smt. Babita Guleria, Dr. Bharti, Dr. Sapna Bhardwaj, Dr. Savita Aggarwal, Dr. Swati, Dr. Shagun, Dr. Shivranjani.

Student Names: Anjana Thakur, Monika Verma, Mudita Kumari, Parveena Kaushal, Shifali Mahajan.

Background of the project: To engage mahilas and young girls spreading the awareness of “Women personal hygiene and health”.

Objectives of the project:

1. To understand the impact, outcome and the need for continuity of Sri Sathya Sai awareness activities (Health Hygiene, Emotional Hygiene & Devotional Hygiene) on the young population of girls and ladies.
2. Engaging DYC's/SYC's, Mahilas, Nursing students and Alumni to guide the girls in Pre-Seva Dal, SSSVJ and other Schools, SSS VIP Programme and others following in age group.
3. Connecting youth and adults from across districts to share and manufacture cheaper and durable sanitary pads. Which will lead to a greater youth community and connected circle for future.
4. Guidance and support in special cases, wherever it is needed to the beneficiaries.
5. “**Train the Trainer**” workshops will be conducted online and offline by the Programme board panel. Under which we will train the shadow trainers,



Mahila Devotees (Health care/Non-Health care area) on Medial, Emotional and Spiritual aspects of Hygiene and Health.

Methodology of the project:

- Relative data analysis of existing workshops and beneficiaries with current day improvements. Creating video, audio, printed content on Health and Hygiene" consisting of Medical, Emotional and Spiritual Hygiene. Both in Hindi and English Languages.
- Creating questionnaires for pre-session and post-session learning and quick impact in understanding.

Conducting online workshops for participants with interactive sessions and activities.

5.2 Phase 2: Definition & Planning

1. Creation of a detailed Project Plan: 1st August to 31st August 2020

Medical Hygiene

Objective: To spread awareness amongst Mahilas encouraging them to adopt simple healthy habits.

1. Rationale and Objectives

- 1.1 What is Adolescence? (Healthiest and most Problematic)
- 1.2 Adolescents in India

2. Adolescent Health Problems

- 2.1 Micronutrients Deficiency
- 2.2 Behavior Problems
- 2.3 Substance Abuse and Injuries
- 2.4 Thinking and Studying Problems
- 2.5 Reproductive health Problems

3. Health and Wellness

- 3.1 Components of Health



- 3.1.1 Physical Health
- 3.1.2 Social Health
- 3.1.3 Environmental Health

4. Hygiene

- 4.1 Personal Hygiene
 - 4.1.1 Hand Hygiene
 - 4.1.2 Dental Hygiene
- 4.2 Menstrual Hygiene

5. Questionnaire for young unmarried females (age 14 to 30 years) regarding their basic knowledge about physical & menstrual hygiene.

- 5.1 Importance of daily bathing, washing & cleaning cloths.
- 5.2 Importance of cleaning of surroundings at home & workplace.
- 5.3 Importance of hair, nail & mouth.
- 5.4 Importance of social distancing.
- 5.5 Importance of hygiene during menstrual periods & use of clean sanitary napkins

Mental Hygiene

- 1. Importance of hygiene
- 2. Qualities of listening rather than talking
- 3. Thinking before speaking
- 4. Disadvantages:
 - 4.1 Needless criticism
 - 4.2 Stray gossips
 - 4.3 Whiling away time – to do constructive passage of time.
- 5. Mental states: leading to tendencies not conductive like depression, anxiety, hysteria, etc. etc.

7. Project Implementation

- 7.1 Online awareness workshops
- 7.2 Talk on basic health & hygiene



- 7.3 Discussion
- 7.4 Doubt & myth clearance
- 7.5 Preventive healthcare
- 7.6 One to one session

Emotional Hygiene

Objective: To create a happy & healthy society by transformation and to increase the happiness index to measure success of any society on the planet earth.

1. Definition & Concept

- 1.1 Difference between health hygiene (clinical) & Devotional hygiene (Inner Engineering)
- 1.2 Not visible as physical health
- 1.3 With wrong beliefs no emotional control over it.

2. Influencer/Factors

2.1 Growing population

- 2.1.1 Being healthy citizen of the country
- 2.1.2 Impact of large number of people
- 2.1.3 Threshing resources as per population

2.2 Economic Status & Livelihood

- 2.2.1 Insecurity for jobs
- 2.2.2 Insecurity for food
- 2.2.3 Unequal job opportunities

2.3 Education & Human Values

- 2.3.1 Admission in the school, colleges & preschools.
- 2.3.2 Differences of education in villages & big towns.

2.4 Demographic

- 2.4.1 Gap between rich & poor
- 2.4.2 Maximum ratio of youth
- 2.4.3 Inspiration of youth

2.5 Situational factors

- 2.5.1 Family background & grooming
- 2.5.2 Transferors
- 2.5.3 Natural Disaster



2.5.4 Pandemics

2.6 Interpersonal Relations

2.6.1 Family relations

2.6.2 Societal Relation

2.6.3 Professional relations

3 Questionnaire

3.1 To identify Emotional hygiene

3.2 Better understanding of Self introspection

4 Solution

4.1 How we are equipped to handle our emotional hygiene.

4.1.1 One pointedness

4.1.2 My relationship with God

4.1.3 My own values inner engineering

4.1.4 My Thoughts

4.1.5 Me as Energy

4.1.6 MY vibrations

4.2 Setbacks & My Strength

4.2.1 Sathirbudhi Sam bhava

Devotional Hygiene

1. Definition and Meaning: To dedicate yourself for the good cause, complete surrender.

2. Factors:

2.1 Birth of an individual

2.2 Karmic Account

2.3 Educational Environment

2.4 Our Desire

2.5 Hurdles in Life

2.6 Emotional Imbalance

3. Objective:

3.1 To make the world peaceful and healthy



- 3.2 To imbibe values among all human beings
- 3.3 To understand the principle of live and let live
- 3.4 To connect with the creator of the universe as whole.

4. Ways to understand devotional hygiene

- 4.1 Daily Routine and relation with god.
- 4.2 Our attitude towards other ways of worship.
- 4.3 Importance of the materialistic world.
- 4.4 Love for listening to soulful material.
- 4.5 Being seeker
- 4.6 Spirituality for me
- 4.7 Prayers and faith in the creator.

Women the crown jewel at home and in society

Objective: To know the importance of women activities within relating to work at home & workplace, interpersonal relations, leadership qualities, effective management of home, offices and storage places, children and parents, spiritual activities.

- 5 minutes video incorporating statements of all organizing committee members speaking 30 seconds each on hygiene.
- Video on nutrition: Importance of nutritional preferences, food stuffs, proteins, carbohydrates vitamins & minerals.

Beneficiaries:

1. Age Group

Group 1: 10 to 14 years

Group 2: 15 to 19 Years

Group 3: 19 +

2. Schools (SSSVJ)

- Govt. Senior Secondary School Garli, Kangra (H.P)
- Govt. Senior Secondary School Bankhandi, Kangra (H.P)



- Govt. Senior Secondary School Sulah, Kangra (H.P)
- Govt. Senior Secondary School Langha, Kangra (H.P)
- Govt. Senior Secondary School Pragpur, Kangra (H.P)
- DAV Sr. Sec Public School Solan (H.P)

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

Launch: 5th September 2020 (Teacher's Day)

National Mahila & Balvikas Coordinators Mrs. Kamla Pandey Ma'am and Dr. Neeta Khanna ma'am were guest on the occasion.

Link: Please refer below link of launch day of the project:

Launch Day:-<https://youtu.be/Y9CWWj7TkJg>

Inauguration Ceremony Creative & Agenda Chart:



OM SAI RAM



SRI SATHYA SAI SEVA ORGANISATION

YOUTH WING, HIMACHAL PRADESH



You are lovingly invited to join

Inauguration Ceremony
of our new project



on

Saturday, 5th of September 2020 @ 5:00 PM

CHIEF GUEST
BHAGWAN SRI SATHYA SAI BABA

GUEST OF HONOUR

Dr. Neeta Khanna

- National Bal Vikas Co-Ordinator
- Sri Sathya Sai Seva Organisation
- India

Dr. Sanjay Aggarwal

- State President
- Sri Sathya Sai Seva Organisation
- Himachal Pradesh

All the State Co-ordinators, District Presidents, District Co-ordinators, Young Leaders and All Sai Family Members are requested to join in the Inauguration Ceremony. We are looking forward to your gracious presence to add vibrancy to the whole event

■ SSSNLP Team (MAHILA) ■
HIMACHAL PRADESH



SNLP Participants Health & Hygiene (Launch)								
5th Sep 2020								
Duration (Minutes)	Time	Activity	Presenter	Type of Interaction	Master of Ceremony	Responsibility		
2	5:00 PM	Omkarani, Sai Gayatri	SNLP Participant	Chanting	Monika Verma	SNLP -G		
2	5:02 PM	Swami's Video	IT Team	Presentation	Dr. Savita	Dr. Savita		
5	5:04 PM	Guest of Honor Address	Dr. Neeta Khana	Discussion				
PPT will start from here					Kush Bhardwaj	IT Team		
1	5:09 PM	Programme name or logo	IT Team	Presentation	Parveena	State Social Media Team		
1	5:10 PM	Swami message for women or women health	IT Team	Presentation		SNLP -G		
2	5:11 PM	Components of programmes	SNLP Participants	Presentation & Discussion	Anjana & Mudita	SNLP -G		
2	5:13 PM	Programme area	SNLP Participants			SNLP -G		
1	5:15 PM	Academic board chaired persons	SNLP Participants			SNLP -G		
1	5:16 PM	Content creators teams	SNLP Participants			SNLP -G		
2	5:17 PM	Master trainers profile	4 Trainers			SNLP -G		
1	5:19 PM	SNLP participants profile	5 SNLP members			SNLP -G		
2	5:19 PM	Opportunities for participants	SNLP Participants			State Social Media Team		
5	5:20 PM	State President Address	Dr. Sanjay Agrawal			Discussion	Shifali Mahajan	SNLP -G
		National Mahila & Balvikas Coordinator Address	Kamla pandey Ma'am			Discussion		SNLP -G
2	5:25 PM	Vote of thanks	SNLP Participants			Discussion		SNLP -G
1	5:27 PM	Om Shanti! Shanti! Shanti!!	SNLP Participants	Chanting		SNLP -G		
30	Total Time Min.							
Invitation Category	Whats app Communication Message (DYC's,SYC's,YTT,Balvikas Coordinator,Education Coordinator, Medical Coordinator, Shri Vidhya Jyoti Coordinator, Sathya Sai School - Himachal Pradesh,VIP Programme)							

Execution: With the immense blessings of Bhagwan we had conducted 8 sessions on Sri Sathya Sai Health & Hygiene Project. Workshops were organized only on Sundays, where we had addressed more than 200 students of Vidya Jyoti Schools and their mothers. And addressed around 150 students of DAV School Solan (H.P) with the help of Our Master trainers of this project where they had addressed them about the physical health & hygiene, mental hygiene, Oral hygiene, Emotional & devotional hygiene.

In this **Sri Sathya Sai Health & Hygiene Project** we had also conducted “Train The Trainer” Workshops in which our District Youth Mahila Coordinators, Samiti Youth In charges, Balvikas Coordinators, Pre Seva dal Youth were also participated. We had selected 8 more trainers from the state for the further proceedings of this project named as:

1. **Dr. Swati – Solan** (MBBS) (District Youth Coordinator)
2. **Dr. Shagun - Hamirpur** (MBBS, MD) (District Youth Coordinator)
3. **Dr. Shagun - Hamirpur** (MBBS) (Balvikas Alumna)
4. **Akanksha – Hamirpur** (MBBS Student) (Balvikas Alumna)
5. **Dr. Rekha – Chamba** (Ayurveda)
6. **Monika – Kullu** (GNM) (Samiti Youth In charge)
7. **Dr. Ruchika – Mandi** (Ayurveda)



Engagement Plan:

- In absence of our master trainer they can independently conduct sessions with the SSSNLP team...
- For conducting two simultaneous sessions at two different places.
- They can further train other trainees so that a chain of trainees can be created for maximum benefit of society.

Performance/Control:

- We had prepared an agenda for each session on the excel sheet.
- We have Prepared PPTs from content taken from content creators for each session.
- Mentioned how much time should be taken on each slide, which helped us to track time management.
- We have organized a dry run before each session, so that the session can go in a best way with proper time management.
- We have conducted in total 8 Sessions with a time range of 60 minutes to 70 minutes per session.

Beneficiaries:

1. Govt. Senior Secondary School Sulah, Kangra (SSSVJ)
2. Govt. Senior Secondary School Langha, Kangra (SSSVJ)
3. Govt. Senior Secondary School Pragpur, Kangra (SSSVJ)
4. Govt. Senior Secondary School Bankhandi, Kangra (SSSVJ)
5. Govt. Senior Secondary School Garli, Kangra (SSSVJ)
6. DAV senior secondary school Solan.
7. Pre Sevalal youth, Female youth coordinator and Bal Vikas coordinator.

In every workshop the total number of participants varies from 70 to 150 students. More than 70 to 100 Pre Seva dal youth, Bal Vikas coordinator and State Youth Coordinator for the trainer Programme. There is one to one interaction between the participants and our Master trainer. A Detailed Minutes of Meeting is prepared for each session, which carries four to six pages for a single workshop. Photographs of



various queries of participants in the chat box are being taken by our SSSNLPST participants which are later discussed in the end of session or answered by mail individually. In between the sessions photographs of participants are taken by our team during there one to one interaction with the master trainer.

- We have shared our email with the students of Vidya Jyoti Schools.
- **Email id -scl.youthhp@ssssoindia.org.**
- We have sent pre reading material along with invites through WhatsApp communication.

During the workshop a strong Q and A session was held in which participants activity took part and asked their queries related to the topic of the workshop, their questions were very satisfactorily answered by the master trainers and the participants were really very happy and satisfied.

First session was kind of a failure. We were not able to control children because that link is shared everywhere and some of them aren't aware how to mute.

5.4 Phase 5: Project Closure &Evaluation:

Sri Sathya Sai Health and Hygiene is a never-ending project, we will be continuing this Program even after the completion of SSSNLP.

Evaluation:

Number of Workshops = 8

Total time duration = 490 Minutes

Frequency: Weekly

Total number of beneficiaries = 400 approx.

Outcome: Students had prepared a small video clip for feedback. Link has been given below for feedback video clips:

<https://photos.app.goo.gl/GWrBqGVfkM9PE8c99>

- We have conducted 8 workshops successfully and with the Divine Grace we are planning to conduct many more workshops like this in Vidya Jyoti schools of all Districts of Himachal Pradesh.



- Due to Covid-19 Situation we are conducting it online, but as soon as the condition becomes normal, we will plan for offline workshops, especially in remote areas of Devbhoomi Himachal, where children don't have access to the internet.
- All our workshops are really very interesting and knowledgeable as per the feedback of various Students.
- We have discussed all our prequestionnaires in the Starting of our session, from there we came to know how much the children understand the topic and what their problems are?
- The Responses of the children as well as teachers are appreciable; they gave very wonderful feedback to every session.
- Our post session questionnaire is one of the best things in the whole workshop; students, teachers as well as the parents actively took part in this.
- There are several queries that remain unsolved due to limitations of time, but we answer every question through emailid: scl.youthhp@sssoindia.org.
- We received many questions through mail after the sessions and our master trainers answered each question very beautifully.
- We have recordings of students speaking of their experience with these workshops, they were extremely happy and looking forward to getting more such sessions.

6. Resources and Tools Used (finance, manpower, hardware, software, technology, etc.)

- **Finance:** as of now none
- **Trainers:**4
 1. Dr. Bharti
 2. Dr. Shivranjani Singh
 3. Mrs. Babita Guleria
 4. Dr. Mudita

Hardware: Personal device, Internet

Software: Google meet & Google drive



Technology: Online, Google suite

7. Project Recommendations

7.1 Recommendations implemented in the current project

1. In “Sri Sathya Sai Health & Hygiene Project” 3rd age groups about 100 to 150 students in every session are benefited. Beneficiaries: Age Group:
Group 1: 10 to 14 years, Group 2: 15 to 19 Years and Group 3: 19 + and teachers, parents are also benefited in it.
2. Many queries of students, parents as well as teachers are answered by our master trainer in a detailed manner.
3. As per the feedback taken from the students of various schools, they have learned many new things from these workshops on personal & oral hygiene, mental health & hygiene and emotional and devotional hygiene.
4. We had also conducted a **Train the Trainer** sessions which benefited Engaging DYCs/SYC's, Manilas coordinator, Samithi youth in charge, Balvikas coordinator, Pre Seva dal youth from these session we have selected 8 more trainer from our state for taking further such workshop on Health& Hygiene.

7.2 Recommendations parked for future implementation/scale-up.

1. As the criterion is online it is difficult to analyze auditions responses during the session and sharing of views by audience is also difficult in online sessions. Moreover, easy sharing of views is also not possible online as each one of them is not adapted to new technology use.
2. We have planned to use Google form pre-questionnaire for students, but it is not possible as students are not comfortable to share their contact details.



3. Every Distt. In Himachal Pradesh not actively involved in this project so it is limited in one or two Distt. only. We request the state organization to work on its future workshop.
4. We want to conduct these sessions offline, but due to Covid pandemic we had conducted online workshops. Moreover, due to this reason we are not able to connect with students of remote areas due to non-availability and awareness of technology and smart phones.
5. One of our objectives for this project also includes connecting youth and adults from across districts to share and manufacture cheaper and durable sanitary pads. Which will lead to a greater youth community and connected circle for future. Guidance and support in special cases, wherever it is needed to the beneficiaries, but we are unable to apply this in our project due to time constraints and moreover due to online mode of sessions.

8. Lessons Learnt (success & failure stories)

8.1 Collective learning (Project):

- We learnt how to work together with a team.
- Faces many challenges during conducting workshops.
- We learnt that silence is associated with Listening.
- Never give up in complicated situations.
- Practice, Practice and Practice
- We learn Veda, Bhajans.
- Getting Speaking Skill.
- We learnt about how to manage relationships in complicated situations.
- Speak less and listen more.
- To learn how to behave and talk with another person.
- Unity is the most powerful strength to face challenges

8.2 Individual learning (Self Transformation)



Name	Self-Transformation <i>(Learning/Experiences during the Project Lifecycle)</i>
Anjana Thakur	<p>In this project I feel that my communication skills have been nurtured and my confidence level has been increased due to the public speaking.</p> <p>Also, my presentation skills have been nourished along with that I have learnt a lot about the new technology like Google meet and Microsoft etc. Online platform of learning and interaction and hence, I can say my competency related to it has been enhanced. During the project presentation I organized project presentations and also, I coordinated with team members and students which ultimately helped me to develop my leadership quality. I have learnt a lot related to team working because we worked as a team during various assignments related to this project.</p>
Mudita Kumari	<p>This was a wonderful platform given by the master himself. Through this project it had a wonderful experience to become an instrument of Lord, which was my dream. Through this project I first time have a wonderful teaching experience, I learnt to interact with children. It enhanced my communication skills, as well as my patience level, my computer skills as well. This project teaches me how to work collectively as a team to achieve a Goal and how tasty the fruit is , after the collective teamwork</p>
Monika Verma	<p>Individual Learning:</p> <ul style="list-style-type: none">○ I learnt setting my short-term goal for self-transformation that is a physical goal and mental goal for 21 days and I achieved it.○ I started meditating daily; Nam Samrana and Veda chanting made my soul calm and composed.



- The next learning that made a big change was “Essentials of communication” communicating with new people or strangers is a bit difficult. I learnt that every person is a divine soul to whom I am talking to.
- Everyone is creative and there is at least one creative thing in everyone. My creativeness was a little hidden until I pushed my creativity out. I started learning piano and started to learn to cook new cuisines.
- The next I learned was the Indian culture and spirituality which the schools never teach us. I know very little about my scriptures. This session made me more curious to know about them all in little detail and I started learning and chanting Vedas daily.
- Then I got a project on “Health and Hygiene” to be completed in a group in this leadership Programme. Here we engaged the health workers for conducting workshops, learning time management, resource management, the art of saying no and the concept of project management in daily life. This made me speak confidently in the group and present my part of the project.
- The next was self-awareness in which I learned how to build my emotional intelligence, making myself aware of my emotions. A motivated talk by Mr. Nimish Panday for youth moved me a lot.
- The next was self-awareness in which I learned how to build my emotional intelligence, making myself awake. A motivated talk by Mr. Nimish Panday for youth moved me a lot.



	<ul style="list-style-type: none">○ Trust building was something a little difficult for all. We do not trust people easily these days. The concept of “Trikan Shuddhi” and Emotional bank account is a new concept for me, and I am trying to use it daily.○ Self-regulation taught me how to control my mind and senses. It is connected to our emotions. Our emotions are reflected in our senses and mind and controlling them is making me a better person day by day.○ We also got professional tools which help us manage relationships and conflicts both at home and at the workplace.○ On the way to achieve my goals, I need to know the strategies of achievement in life. By the concept of Five D’s, I feel there is no room for doubt and hesitation.○ Stress is nowadays a part of everyone’s life. But how to deal with it is something I am learning. Making strategies, dividing the work into small goals and managing them so that there is no stress building.
Parveena Kaushal	Working in a team with this project I have learned teamwork, and many medical issues which women face and hygiene to be adopted in the daily routine I have learned in these workshops. My communication skill got enhanced at a professional level, earlier I used to avoid addressing many auditions but now my self-confidence has increased in this leadership course. Time Management, Commitment, and accountability are essential keys to achieve any team task.
Shifali Mahajan	The workshop greatly expanded my understanding of mindfulness and gave me great understanding of how it can be used & taught to develop Hygiene awareness. I also learnt a lot about Health & hygiene from the master trainers



of the Programme. This is a manageable Programme, with clear and progressive steps & it really helped me for my personal development too. This leadership course has helped me so much to realize certain things that I have been lacking and opened my mind for further learning and improvement.

9. References (documents, links, etc.)

Name of the people with whom we had interacted during the project:

- 1. Dr. Sanjay Aggarwal:** State President Himachal Pradesh
- 2. Dr. Savita Aggarwal:** State Mahila Coordinator Himachal Pradesh
- 3. Mrs. Neeta Khanna:** National Balvikas&Mahila Coordinator
- 4. Mr.Prem Verma:** State Vidya Jyoti Coordinator
- 5. Dr. Bharti** Physical Health & Hygiene (Content Creator)
- 6. Mrs. Babita** Emotional & Devotional hygiene (Content Creator)
- 7. Dr. Shivranjani** Mental Hygiene (Content Creator)
- 8. Dr. Sapna Bhardwaj** Personal Hygiene (Content Creator)
- 9. Dr. Shagun:** Menstrual Hygiene (Content Creator)
- 10. Dr. Swati:** Physical Hygiene (Content Creator)
- 11. Dr. VandanaGoel:** Women the crown jewel at home and society (Content Creator)
- 12. District youth Coordinators** (Himachal Pradesh)
- 13. District President Kangra:** Mr.Shesh Bhushan
- 14. Balvikas & Education Coordinators**
- 15. Students of Sanjeevani Institute of Nursing, Solan (H.P)**



Links &References: -

Launch Day:-<https://youtu.be/Y9CWWj7TkJg>

Health and Hygiene for Women:-<https://youtu.be/lq1CTYaEpQY>

Menstrual Hygiene: -https://youtu.be/z-zXgG7_KKA

Feedback Videos: <https://photos.app.goo.gl/GWrBqGVfkM9PE8c99>

10. Annexure 1

10.1 Detailed Project plan:

Here we have uploaded all the word documents, photographs, Minutes of Meetings, Summary Reports of each session, Master trainer details, PPT's on each session, questionnaire.

- **Please refer the link below for Google drive:**
<https://drive.google.com/drive/folders/1VfgCsEXW4ErEiwhgZvPOWkk6APkv84J3?usp=sharing>
- **Pre Questionnaire link:** <https://drive.google.com/file/d/1WKejpRa-vrlgEtiAUJFFn4LYKyidZWS4/view?usp=sharing>
- **Post Questionnaire link:** <https://drive.google.com/file/d/1nJaTFUGv-BAsIMjTE4snP6kzvpP6N5o9/view?usp=sharing>
- **Summary Reports:** <https://drive.google.com/drive/folders/1xo-xqY5WIYRotuPwX9h1edJtDtKflqtD?usp=sharing>
- **PPTs:** <https://drive.google.com/drive/folders/199cnskYssyMu14F3MvCun-MFko6eFVyB?usp=sharing>



10.1.1 Pre & post Questionnaire:

Health & Hygiene and Oral Hygiene

1. What is your goal in life?

- a) Homemaker
- b) To join some job
- c) Not decided
- d) Both of above

2. What is your fitness funda?

- a) Outdoor games
- b) Yoga
- c) Walk
- d) Videogame

3. Healthy diet expensive?

- a) True
- b) False
- c) True to some extent
- d) Don't know

4. What do you like to eat?

- a) Vegetables, roti and dal
- b) Chips, cold drink, Chinese food
- c) Fried food like Puri, Pranatha
- d) Sometimes fast food and junk food

5. How did you feel at the time of the first period?

- a) You are afraid and start crying
- b) You feel guilty
- c) You know it before, and you are prepared for it
- d) Asked for help from mother or sister

6. What do you think, how many times we should do

- a) Only one time
- b) Two times a day
- c) Once a week
- d) Not important to do brush

7. Do you think taking care of gums is necessary?

- a) Yes
- b) No
- c) Don't know

8. How much water should we take per day?

9. How to dispose sanitary pads?

10. When we are walking in Morning, what should be the speed of walking?

11. Which is the commonest nutritional disorder in girls and women?

Mental Hygiene

Q1: How to deny humbly if we don't want to do something?

Q2: How to deny humbly if we don't want to do something?

Q3: What is the logic not to take tea or coffee during periods?

Q4: What is depression?



- Q5: In menstruations, why do we get irritated soon?
- Q6: How much blood do we lose during periods?
- Q7: Which stress is useful for us: Good stress or bad stress?
- Q.8: How can we overcome depression?
- Q.9: How to boost our confidence regarding achieving our goals like doing well in competitive examinations?
- Q.10: How can a mother play her best role during her daughter's periods?
- Q11: How to deal with a person talking negative every time and how to boost their confidence?
- Q12: How to deal with a child, if a child is crying at every small issue?

Emotional Devotional Hygiene

- Q1. How to control Anger?
- Q.2. What is energy?
- Q.3. How to avoid bad company?
- Q.4. How to concentrate in Studies?
- Q.5. How to avoid over thinking?
- Q.6. What is Aim?
- Q.7. How to choose right and wrong in critical situations?
- Q.8 Do you feel unhappy if you will not get likes on Facebook&Instagram?

10.1.2 Summary Reports:

1. Date: 6th September 2020

Workshop on Sri Sathya Sai Health & Hygiene Project

TOPIC: Personal Health and Oral Hygiene

Beneficiaries:

- 1. Sri Sathya Sai Vidya Jyoti School girls and their parents
- 2. Female Youth coordinators.

No. Of participants: 135

Duration: 100 Minutes

Master Trainers: Dr. Bharti and Dr. Mudita.

With the immense blessings of Bhagwan baba Session started with Three Omkars. Shifali Mahajan briefed all the students and teachers about the project guidelines and introduced the two speakers for conducting sessions during the call.

First session conducted by Dr. Bharti (RPGMC TANDA).

Session began with a very interesting quiz round in which all the students participated. Dr. Bharti presented the PPT and discussed in detail about the Health and Hygiene for adolescent girls. Detailed briefing on balanced diet, physical exercise, Mental and emotional health etc. was given by Dr. Bharti.



Second session conducted by Dr. Mudita elaborated with the help of PPT on Dental Health. She briefed about the ways and methods to keep the teeth in perfect condition. Proper method of brushing the teeth. She encouraged brushing teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque. She stressed on the importance of good oral hygiene.

Both the topics were very interesting, and the sessions were very interactive.

Shifali Mahajan thanked all the students and teachers and concluded the session with Shanti Mantra.

2. Date: 20th September 2020:

Workshop on Sri Sathya Sai Health & Hygiene Project

Topic - Mental health and hygiene

Beneficiaries:

1. Sri Sathya Sai Vidya Jyoti School girls and their parents. (Govt. Sr. Sec School Sulah, Kangra)
2. Female Youth Coordinators.

Date: 20th September 2020

No. of participants: 100

Duration: 60 Minutes

Master Trainer: Dr. Shivranjani Singh

Meeting Briefing: -With the immense blessings of Bhagwan Baba session started with three Omkaras.

Miss Mudita welcomed one and all present there and briefed all the students and teachers about the project guidelines during the session.

Mr. Rajneesh Atri (School Principal) welcomed our State President Dr. Sanjay Aggarwal Sir, Dr.Savita Aggarwal, Mr.Shesh Bhushan Sir (DP Kangra), Dr. Shivranjani Singh and all organizing team members on behalf of all teachers and students for organizing such a mindful and effective workshop for their students.

Miss Mudita explained the difference between physical health and mental health and introduced the speaker Dr. Shivranjani Singh for conducting the session during the call.

Session conducted by Dr Shivranjani Singh

She gave a self-introduction and then asked a warm question from all the students whether they have heard about Mental Health before or not. Most of the students said yes, that they had heard about it before while few others answered no. She then herself explained and discussed about mental health in detail with the help of Presentation.



The topics which were there in presentation are as follows:

1. Adolescent Phase.
2. Causes of Stress in teens and Adolescents
3. Strategies for coping with stress.
4. Awareness about Premenstrual Syndrome.
5. Practical tips for coping with period anxiety.
6. Importance of self esteem
7. Causes of low self-esteem in adolescence and remedies
8. What to do if your self-esteem is low?

She explained each point deeply, effectively and shared inspiring stories also making students, and everyone relate to themselves with the examples she quoted. Her presentation and her discourse were easy to understand and was practically effective too.

Questions & Answers Session

Miss Parveena thanked Dr.Shivranjani and asked students for their queries.The questions that were asked during the session and answered by Dr.Shivranjani are as follows:

Q: How to deny humbly if we don't want to do something?

Ans: Being humble is the only solution to say No to someone. But always first assess that whatever you are denied for, is not possible for you to do it. If yes, then speak the truth. The truth has the power to set you guilt free and to emphasize your point in front of others.

Q: What is the logic not to take tea or coffee during periods?

Ans: During PMS girls commonly go through disturbed sleep problems. Tea and coffee contain an ingredient named caffeine which stimulates brain activity and prevents us from sleep which worsens this sleep problem.

Q: What is depression?

Ans: Depression is a mental illness. Don't confuse it with normal sadness. It is an illness in which you feel persistent sadness for at least 2 weeks with totally hampering of your normal life functioning. This illness can only be cured through proper psychological treatment.

Q: In menstruations, why do we get irritated soon?

Ans: This is due to hormonal changes occurring in our body that we become irritated during periods. This is how your body is supposed to react during periods, which is normal. Try to accept your emotions as they are because these mood swings are temporary.



Q: How much blood do we lose during periods?

Ans: the process of periods is our body's natural process a female body has been designed in that way. So getting worried about blood loss should not be a concern because the amount of blood we lose during our periods recovers also besides this we can take supplements like vitamins and iron. But if there is greater blood loss than normal, then we should consult a physician as it may lead to some disease like anemia.

Q: Which stress is useful for us: Good stress or bad stress?

Ans: As the name suggests, Good things are always welcomed. So good stress is definitely useful because it gives us the motivation to move forward in life and work hard. Although bad stress affects most of us many times, it should not become your habit of inability to cope up with your stress, if that is happening with you, then you must consult a professional help.

Q: How can we overcome depression?

Ans: Depression is a disease it can't be cured at home. One should visit the psychiatry ward to seek help for a Clinical Psychologist and a Psychiatrist.

Q: How to boost our confidence regarding achieving our goals like doing well in competitive examinations?

Ans: Confidence should come from within that's why we call it self-confidence; of course, the source of confidence can be external. But what will you do if you need motivation or confidence at 3 at mid night? Who would you wake up? Your parents? Friends? That is why it should always come from within. And the only way to do it is by giving persistent positive affirmation to oneself. We should always speak positive through our mouth for ourselves because our brain registers what we speak and believes it to be the truth.

Q: How can a mother play her best role during her daughter's periods?

Ans: why just the mother? Every family member has to understand and support their daughter or mother emotionally during this time. The only support you as a family member can give to your daughter, sister, wife, mother is an assurance that they are being understood and accepted as they are. The phase is temporary, and it shall pass too. Pool

Q: How to deal with a person talking negative every time and how to boost their confidence?

Ans: Try to understand their thinking and reason for negativity in them. You cannot do anything for a person who has negative thinking because of some underlying illness. If there is some other problem, then they should consult a professional.

Q: How to deal with a child, if a child is crying at every small issue?

Ans: These types of children need extra support and extra care, motivation and encouragement from family and peers. Deliberately assign small tasks to your child and when the child completes it, appreciate your kid with open heart. Reward your child for good deeds. Make him believe in his potential.

The topics were very interesting, and the session was very interactive.



Miss Mudita thanked all the students and teachers and concluded the session by chanting Shanti Mantra.

3. Date: 27th September 2020:

WORKSHOP ON SRI SATHYA SAI HEALTH AND HYGIENE PROJECT

Topic- Emotional and Devotional hygiene

BENEFICIARY-

1) Sri Sathya Sai Vidhya Jyoti school students and their parents and teachers (Govt. Senior Secondary school Langha).

2) Female Youth coordinators.

DATE-27 September 2020

Time- 11:00 am- 12:00 pm

NO OF PARTICIPANTS-75

DURATION-60 Minutes

MASTER TRAINER-Mrs. Babita Guleria

With the Bhagwan immense blessings session started with **three omkars**

Miss Anjanawelcomed one and all and briefly explained the meaning of Emotional and Devotional Hygiene in a beautiful manner that children can understand easily.

Mr. Pawan Kumar (School Principal)welcomed everyone, thanked Shesh Bhushan Sir and Kuldeep Sir. He guided all students to listen carefully with pen and copy in hand, he advised to dedicate every work in the name of God.

Miss Anjana introduced the speaker Miss Babita Guleria .She welcomed all Students along with Sadguru Baba, She Said to students to that it should be a two way communication and it's going to be an interactive session , She gave some motivational examples in which small children go on a journey of self ,She beautifully quoted a wonderful story of a small child and Gopal During the session, She explained the concept of emotional and devotion hygiene in a very easy and simple way with the help of PPT .

THE TOPICS THAT WERE THERE IN THE PRESENTATION ARE AS FOLLOW -

- 1) Content
- 2) Definition and meaning
- 3) Objective
- 4) Factors influencing Emotional and devotional hygiene
- 5) To understand Emotional and Devotional Hygiene



During the presentation she asked some questions from participants that helped them to decide that they are emotionally and devotionally hygienic. She mentioned some quotes of Swami that are very motivational. Her presentation was awesome, and She made this Emotional and devotion Hygiene session so easy to understand.

QUESTION AND ANSWER SESSION

Miss Parveena conducted this Question and answer session, the questions asked during the session were answered by Miss Babita Mam as follows:

Ques- How to avoid bad company?

Ans- Such questions start coming when we are not able to say No, when we have strength and inner power due to devotional and emotional Hygiene it is easy to get out of bad company and become an influencer for others, then to carry away by others.

Ques- How to concentrate in Studies?

Ans- When we have faith in God and in our self and have power to understand our duties and responsibilities, nothing can stop us to focus in studies .Concentration we lack quite often as observed in children, due to out ward attraction .When you are there for studies create environment -no gadgets around you, set time and goal to learn particular part with complete focus on your duty to perform a student. Every time you will get better and better results.

Miss Praveena thanked Miss Babita Guleria and invited Respected Shesh Bhushan Sir

Mr. Shesh Bhushan- Guided all students on how to apply this Emotional and devotional hygiene practically, He suggested students to always keep themselves busy so that only healthy thoughts come into the mind. He thanked Miss Babita mam, Kuldeep Sir, Satish Sir Rajat Handa Sir.

Miss Anjana thanked all the Students, teachers and concluded the session by chanting Shanti Mantra.

4. Date: 02. October.2020

Workshop on Sri Sathya Sai Health & Hygiene Project

Topic: Personal Health & Hygiene

Beneficiaries:

1. Sri Sathya Sai Vidya Jyoti School girls and their parents. (Govt. Sr. Sec School Sulah & Langha)
2. Female Youth Coordinators.

No. of participants: 75

Duration: 60 Minutes

Master Trainer: Dr. Bharti

With the immense blessings of Bhagwan Baba session started with three Omkaras.

Miss Monika Verma welcomed one and all present there and briefed all the students and teachers about the project guidelines during the session.



Mr. Rajneesh Atri (School Principal) welcomed our State President Dr. Sanjay Aggarwal Sir, Mr. Shesh Bhushan Sir (DP Kangra), Dr. Bharti Ma'am and all SSSNLP Mahila team members on behalf of all teachers and students for organizing such a mindful and effective workshop for their students.

Miss Monika Verma explained about the physical health and personal hygiene and introduced the speaker Dr. Bharti for conducting the session during the call.

Session conducted by Dr. Bharti She has started the session with Swami's message Krishna insisted on outer cleanliness and inner cleansing, clean clothes and clean minds are an ideal combination".* Then she asked a warm question to all the students *which is a common nutritional problem in ladies in India. She has explained in detail about a balanced diet. She told that a balanced diet includes Carbohydrates, Fats, Proteins, Iron and Vitamin C. We should not take fast food because it contains saturated fats and preservatives that can cause cancer. She advised me to drink a lot of water and use green tea and to include food in daily life which contains Vitamin C & D and to eat nuts, dry fruits, and seasonal fruits. She advised to eat sprouts, popcorn, baked potatoes, lassi, and amla juice instead of cold drinks. Dr. Bharti also explained that we should take heavy breakfast whereas lunch and dinner can be a bit lighter than breakfast. She also said that we should give rest to our eyes as we are using TV, phones and computers to a larger extent these days. She also advised to sit in the right posture to avoid back pains. Dr. Bharti explained about the importance of Physical Activities and hygiene. She explained each and every point deeply, effectively and shared inspiring stories also making students, and everyone relate to themselves with the examples she quoted. Her presentation and her discourse were easy to understand and was practically effective too.

Questions & Answers Session

Miss Shifali Mahajan thanked Dr. Bharti Mam and asked Children for their queries. The questions that were discussed during the session and answered by Dr. Bharti are as follows:

Q1. How much water we should take per day?

Ans: 10-15 glasses or 2 to 3 liters of water we should take per day. Water helps to remove the waste from the body and cleans the gut, urinary system and every organ of our body. Lukewarm water 2 glasses in early morning, 1hr before and after meals. Drink plenty of water for a good amount of urine.

Q2. How to dispose sanitary pads?

Ans: We should burn sanitary pads at high temperature or roll it with paper and then dispose of it. At home, let's make sure that your menstrual waste is not a part of your regular domestic waste. It can be kept separately as a bio/wet waste. Follow the *red dot campaign*, where you can mark your sanitary waste with a red dot for its easy identification and a simple solution to a lot of waste woes. In schools and colleges, there must be a suitable method for sanitary disposal. *Incinerators or "feminine hygiene bins"* should be used to dispose of menstrual waste. A need of the hour is proper education, awareness and healthy disposable habits without any shyness or fear. Talking about public toilets, please do not flush them or leave them unwrapped. Think about the hygiene of other users and the cleaners.

Q3. When we are walking in Morning, what should be the speed of walking?

Ans: Average speed for walking should be 3-4 miles per hour or 4.5 km to 6km per hour. We should walk in such a manner that we feel a rise in heartbeat, and we get sweat also.



Q4. Which is the commonest nutritional disorder in girls and women?

Ans: Anemia. Anemia is the most common nutritional disorder in women. All girls and women should target their Hb 10 and above. Must eat seasonal fresh fruits and green leafy vegetables in each meal.

Miss Shifali shared email Id in chat box for any such queries and gave it over to Miss Monika Verma.

Miss Monika Verma thanked all the students and teachers and concluded the session by chanting Shanti Mantra.

5.Date04. October.202

Workshop on Sri Sathya Sai Health & Hygiene Project

Topic: Personal Health & Hygiene

Beneficiaries:

Pre Sevalal-Youth, Female Youth Coordinators, Bal Vikas Coordinators.

Date: 04th October 2020

No. of participants: 90

Duration: 60 Minutes

Master Trainer: Dr. Bharti

With the immense blessings of Bhagwan Baba session started with three Omkars. Miss Parveena Kaushal welcomed one and all present there and briefed all the students and teachers about the project guidelines during the session.

Mr. Shesh Bhushan Sir (District President Kangra): Welcomed our State Mahila Coordinator Dr. Savita Aggarwal Mam, Dr. Bharti Mam and all SSSNLP team members for organizing such a mindful and effective workshop for their students.

Miss Parveena (SSSNLP Participant) explained about the physical health and Environmental health and introduced the speaker Dr. Bharti for conducting the session during the call.

Session conducted by Dr. Bharti started the session with Swami's message for youth *“The future of the country depends on the **skill and the sincerity of the youth**. Therefore, the necessary enthusiasm and encouragement must be generated among the youth. All my hopes are based on the students, the youth. They are very dear to me.”*

She explained that Physical health refers to the way that your body functions, which includes eating right, getting regular exercise, and being at your recommended body weight. Then she asked a warm question to all the students **which is common nutritional disorder in girls and women is:** Anemia, which is most common nutritional disorder in women. All girls and women should target their Hb 10 and above. Must eat seasonal fresh fruits and green leafy vegetables in each meal.

She has explained in detail about a balanced diet. She told that a balanced diet includes Carbohydrates, Fats, Proteins, Iron and Vitamin C. We should not take fast food because it contains saturated fats and preservatives that can cause cancer.

- Carbohydrates:** Major and immediate source of energy



- Fats:** Choose Healthier oils
- Protein:** Tissue Builders
- Iron** for Hemoglobin

She advised to drink a lot of water and use green tea and to include food in daily life which contains Vitamin C & D and to eat nuts, dry fruits, and seasonal fruits. She advised to eat sprouts, popcorn, baked potatoes, lassi, and amla juice instead of cold drinks. Drink plenty of water for good amount of urine, Water is the key which can detoxified

Dr. Bharti also explained that we should take heavy breakfast whereas lunch and dinner can be a bit lighter than breakfast. She also told that we should give rest to our eyes as we are using TV, phones and computer in larger extent these days. She also advised to sit in the right postures to avoid back pains. She stressed on the importance of hand hygiene. Hand hygiene is considered the single most important factor in the control of infection. Hands should be washed after using the bathroom or toilet facilities, before eating food, after coughing or sneezing into the hands while washing scrub your hands for at least 20 seconds. Rinse your hands well under clean, running water.

She has demonstrated hand washing technique with the help of video, given the acronym of **SUMANK** to remember the strategy of hand washing:

S- Seedha (Straight)

U- Ultaa (Back)

M- Muthi (Fist)

A- Angutha (Thumb)

N- Nails

K- Kalai (Wrist)

Dr. Bharti explained about the importance of Physical Activities and hygiene. She explained each point deeply, effectively and shared inspiring stories also making girls, and everyone relate to themselves with the examples she quoted. Her presentation and her discourse were easy to understand and was practically effective too.

Questions & Answers Session

Miss Shifali Mahajan thanked Dr. Bharti Mam and asked participants for their queries. The questions that were discussed during the session and answered by Dr. Bharti are as follows:

Q1. How to cure skin problems of urticaria?

Ans: For skin problem of urticaria, try to find out the cause of allergy, avoid it otherwise take ant allergic medicine, apply histocalamine lotion. The best is to identify the cause and avoid it.

Q2. What are arthritis management strategies?

Ans: Management of arthritis. Since it is progressive disease and the knee is most commonly involved joint, initially pain killers, muscle strengthening exercises reduction will help.

Make good decisions about your health.

Be active.



Get enough exercise.
Manage your weight.
Protect your joints.
Consider herbal supplements.
Talk to your doctor.
In advanced stages joint replacement is recommended.

Q3. How much water we should take per day?

Ans: 10-15 glasses or 2 to 3 liters of water we should take per day. Water helps to remove the waste from body and cleans the gut, urinary system and every organ of our body. Lukewarm water 2 glasses in early morning, 1hr before and after meals. Drink plenty of water for good amount of urine.

Q4. How to dispose sanitary pads?

Ans: We should burn sanitary pads at high temperature or roll it with paper and then dispose it.

1- At home, let's make sure that your menstrual waste is not a part of your regular domestic waste. It can be kept separately as a bio/wet waste. Follow the red dot campaign, where you can mark your sanitary waste with a red dot for its easy identification and a simple solution to a lot of waste woes.

2- In schools and colleges, there must be a suitable method for sanitary disposal. Incinerators or “feminine hygiene bins” should be used to dispose of menstrual waste. A need of the hour is proper education, awareness and healthy disposable habits without any shyness or fear.

3- Talking about public toilets, please do not flush them or leave them unwrapped. Think about the hygiene of other users and the cleaners.

Q5. When we are walking in Morning, what should be the speed of walking?

Ans: Average speed for walking should be 3-4 miles per hour or 4.5 km to 6km per hour. We should walk in such a manner that we feel a rise in heartbeat, and we got sweat also.

Q6. What are the symptoms of Menopause?

Ans: Symptoms of menopause include anxiety, hot flushes, sleep disturbances, night sweats, fatigue, irritability and mood swings etc. Treatment for these exercise, deep breathing exercises, de-stress by yoga etc. Anti-anxiety medicines for mood changes and in extreme cases, hormone replacement therapy.

Q7. Why Do people still have bad breath even after brushing?

Ans: Bad breath is typically caused by bacteria present on teeth and Tongue and in most cases it is associated with poor Oral Hygiene and Gum problem namely Gingivitis and Periodontitis.

- It can be due to a condition called as dry mouth.
- It can be due to Alcohol, Tobacco consumption or due to tea/Coffee consumption.
- In very few cases it can be due to some lung, liver, gastrointestinal problems.
- It can be due to Diabetes.

Firstly we have to identify the cause and then treat it accordingly, as mentioned most common is poor oral hygiene so do twice a day brushing with proper brushing technique , proper tongue cleaning is an



important aspect of oral hygiene ,use floss at least once a day (if possible after every meal),you can use mouthwash . If not improved consult your dentist for proper identification of cause and followed by treatment.

Miss Shifali shared *email Id: scl.youth.hp@ssssoindia.org* in chat box for any such queries.

Mr. Shesh Bhushan Sir thanked all organizing team members and trainers, discussed various topics which were discussed during the session. Shifali Mahajan concluded the session by chanting Shanti Mantra.

6. DATE 11October2020

WORKSHOP ON SRI SATHYA SAI HEALTH AND HYGIENE PROJECT

Topic- Emotional and Devotional hygiene

Beneficiaries: Pre Sevadal youth, Female Youth Coordinators, Balvikas Coordinators.

Date: 11 October 2020

No. of Participants: 70

Duration: 60 Minutes

Master Trainer: Mrs. Babita Guleria

BSc in Medical from Jammu University and MSc in Env. Science.

Worked with Bal Bharti Public School Delhi for 19 years as PRT.

Headmistress for primary before leaving job in 2014 Nov and earlier with DAV Lawrence Rd ASR.

With the immense blessings of Bhagwan session started with three Omkars.

Miss Shifali Mahajan (SSSNLP Participant) welcomed one and all and briefly explained the meaning of Emotional and Devotional Hygiene in a beautiful manner that children can understand easily. Shifali started with Ganesh Vandana and other two bhajan sung by audience.

Shifali then invited **Mr. Shesh Bushan sir (District President Kangra)** he welcomed everyone. He guided all students on the importance of discipline and time is most important for all for us to succeed in our life. So, children should include these things in their life.

Miss Shifali introduced the speaker **Miss Babita Guleria. -**

She welcomed all Students along with Sadguru Baba, She Said to students to that it should be a two-way communication and it's going to be an interactive session listen carefully with pen and copy in hand, to dedicate every work in the name of God. She beautifully quoted the concept of emotional and devotion hygiene in a very easy and simple way with the help of PPT.

The Topics thatwere there in the presentation are as follows:

- 1) *Content*
- 2) *Definition and meaning*
- 3) *Self-Introspection*
- 4) *Objective*



5) *Factors influencing Emotional and devotional hygiene*

5) *To understand Emotional and Devotional Hygiene*

Devotional and emotional hygiene has a lot in interrelation to each other. Devotionally hygienic person is always well equipped with emotional balance or hygiene. Emotionally hygienic being possess peace, love, faith, consistency and courage which makes him/ her as devotee to follow the path of righteousness. (The quality of being morally right). During the presentation she narrates the story of king Koti karan and bagger. How the King realized all the wealth he had no importance Gyan Marg is important. She explains transformation of the world start form self-transformation first. She asked some questions from participants that helped them to decide that are they emotionally and devotionally hygienic. To make the planet Earth worth living for everyone. No discrimination as Caste, Creed or Color "All are children of one God in this universe". To imbibe the principle of "To Live and Let Live". To spread peace, harmony and healthy disposition (the natural analysis of a person's character).

These are the main key points to understand Devotional & Emotional Hygiene: Positive thoughts / positive energies. Importance of spirituality. Daily routine and relation with God. Our attitude towards other religions and different ways of worship. Prayers and faith in the creator. Love for listening to soul full material. Being Seeker. She mentioned some quotes of Swami that are very motivational. She explained each and every point deeply, effectively and shared inspiring stories also making girls, and everyone relate to themselves with the examples she quoted. Her presentation and her discourse were easy to understand and was practically effective too. She made this Emotional and devotion Hygiene session so easy to understand.

QUESTION AND ANSWER SESSION

Miss Shifali conducted this Question and answer session, and the questions discussed during the session was Answered by Miss Babita Mam as follows:

Q1. Do you feel unhappy and sad when someone doesn't appreciate you or accept it as a way it comes?

Ans. If a person feels unhappy and sad when someone doesn't appreciate him or her then there is a need for emotional and devotional hygiene to inculcate in their life.

Q2. Do you get this hurtif a Facebook post all pic doesn't get the expected likes?

Ans. It is because technology has controlled you fully, we must use technology for our benefits and facilitate us not to control our emotions.

Q3. Do you get angry often due to others' actions?

Ans. Peace is the real quality of our energy. This is the peace from which we are seeking outside. We experience this only through our inner cleanliness. How many external things we can get, but peace is always sure from all of them, it is not sure, peace is achieved by remembering our true self.

Q4 Do you become sad with others and feel like crying or strengthen them with your emotional hygiene?

Ans. A lot of people get sad according to circumstances and are sad in their grief. You need emotional and devotional hygiene. People who become support to them would have their courage.

Q5 Do you think that other behavior is always a reason to suffer and bring negativity?



Ans. Peoples who suffered due to their friends or peoples around them their behavior hearts them so much they required devotional and emotional hygiene.

Miss Shifali Thanked Miss Babita Guleria mam and all the participants for their patience. Miss Shifali shared *email Id: scl.youth.hp@sssoindia.org* in chat box for any such queries. Respected Shesh Bhushan sir invited Dr. Savita Mam to share some words & guide children.

Dr. Savita mam (State Mahila Coordinator) encourage all the students and thanked Shesh Bushan sir that he made children to attend the sessions and session was so insightful and beautifully explained by Babita mam and at last thanked **Mrs. Neeta Khanna mam (National Bal Vikas coordinator)** for encouragement and appreciate National leadership Programme girls for their teamwork. Miss Anjana Thakur concluded the session by chanting Shanti Mantra.

7. Date: 18. OCTOBER.2020

WORKSHOP ON SRI SATHYA SAI HEALTH AND HYGIENE PROJECT

Topic- Mental Health and Hygiene

Beneficiaries: DAV Senior Secondary School Solan

Date: 18 October 2020

No. of Participants: 150

Duration: 60 Minutes

Master Trainer: Dr. Shivranjani Singh

With the immense blessings of Bhagwat session started with three Omkaras.

Miss Shifali Mahajan (SSSNLP Participant) started the session by informing audience about launch of Sri Satya Sai health and hygiene on 5Sep 2020 and till now under this project more than 200 students of Sri Satya Sai Vidya Jyoti Schools of District Kangra covered by our master trainer on different topics like physical health and hygiene, mental hygiene and Emotional and devotion al hygiene. And ‘Train the Trainer’ Programme conducted by our master trainer in which Female youth coordinator, Bal Vikas coordinator and Pre Sevadal also participated.

Shifali welcomed Mr. Nimish Pandya Sir (All India president), Mr. Sanjay Agarwal Sir (State president), Mrs. Kamal Pandya ma’am (National Mahila coordinator), Mrs. Neeta Khanna ma’am (National Mahila coordinator), Masooma Singha ma’am (Principal), Seema Devgan ma'am (Vice principal) and all students of DAV senior secondary school Solon. And briefly explained the meaning of Mental Health and Hygiene in a beautiful manner that children can understand easily.

Miss Shifali explained the difference between physical health and mental health and introduced the speaker Dr. Shivranjani Singh for conducting the session during the call.

Session conducted by Dr. Shivranjani Singh: -She gave self-introduction and then asked a warm question from all the students whether they have heard about Mental Health before or not. Most of the students said yes, that they had heard about it before while few others answered no. She then herself explained and discussed about mental health in detail with the help of Presentation.



The topics which were there in presentation are as follows:

1. Adolescent Phase: -

The period between the ages of 10 and 19 years. The child continues to grow physically, cognitively, and emotionally, changing from a child into an adult. The hormonal surge that is associated with puberty, which primarily influences emotional responses, may create strong emotions and lead to impulsive behavior.

2. Causes of Stress in teens and Adolescents: -

- School pressure and career decisions.
- Pressure to wear certain types of clothing, jewelry or hairstyles.
- Pressure to be a size or body shape
- Dealing with the physical and cognitive changes of puberty.
- Family and peer conflicts.
- Being bullied
- Social life and obligations

3. Strategies for coping with stress: -

- Talk about problems with others.
- Take deep breaths, accompanied by thinking or saying aloud, “I can handle this.”
- Set small goals and break tasks into smaller, manageable chunks.
- Practice consistent, positive discipline.
- Visualize and practice feared situations
- Focus on what you can control (your reactions, your actions) and let go of what you cannot (other people’s opinions and expectations).
- Schedule breaks and enjoyable activities.
- Accept yourself as you are; identify your unique strengths and build on them.
- Give up on the idea of perfection, both in yourself and in others. Give yourself permission and cultivate the ability to learn from mistakes.

4. Awareness about Premenstrual Syndrome: -

Premenstrual Syndrome (PMS) refers to expectable physical, cognitive, mood & behavioral symptoms observed during pre- period phase. PMS anxiety arrives in response to changing levels of estrogen and progesterone. Hormonal roller coasters can affect neurotransmitters (chemicals) in your brain associated with mood regulation.

EMOTIONAL AND BEHAVIORAL SIGNS AND SYMPTOMS: -

- Tension or anxiety
- Depressed mood
- Crying spells
- Mood swings and irritability or anger
- Appetite changes and food cravings
- Trouble falling asleep (insomnia)
- Social withdrawal
- Poor concentration



5. Practical tips for coping with period anxiety: -

- Consider the pros and cons of monitoring your cycles.
- Treat physical pain.
- Yoga & meditation
- Go for walks.
- Consider that your emotions will usually change faster than you expect.
- Keep an eye on your caffeine use.

6. Importance of self-esteem: -

Self-esteem is the way individuals think and feel about themselves and how well they do things that are important to them.

In adolescents, their self-esteem is highest when they see themselves as approximating their "ideal" self, the person they would like to be.

The physical and emotional changes that take place in adolescence, especially early adolescence, present new challenges to a child's self-esteem.

CAUSE	REMEDY
Having Trouble Understanding Moods and Emotions	Use Tools for Understanding Moods and Emotions
Being Stuck in Negative Thought Patterns	Creating Healthy Thought Patterns
Experiencing Breakdowns in Communication	Building Strength in Communication

7. Causes of low self-esteem in adolescence and remedies? What to do if your self-esteem is low?

- Be with people who treat you well.
- Say helpful things to yourself
- Accept what's not perfect
- Set goals and work toward them
- Focus on what goes well



- Give and help

Dr. Shivranjani explained each point deeply, effectively and shared inspiring stories also making students, and everyone relate to themselves with the examples she quoted. Her presentation and her discourse were easy to understand and was practically effective too.

Address by state president Sir: -

Mr. Sanjay Agarwal Sir thanked Swami, Dr. Shivranjani SSSNLP Team for the excellent session. He also mentioned his thanks for **All India president Mr. Nimish Pandya Sir and Mrs. Kamla Pandya ma'am** for their Presence in the session. And thanked Principal ma'am and vice principal ma'am and the students of DAV Senior secondary Solon.

Briefed students about Sri Satya Sai organization that it is an organization to promote Satya(Truth), Dharma(Righteousness), Shanti(peace), Prema(Love)and Ahimsa(Nonviolence) as like DAV is institutes of values and all the students are very excellent in various fields with their values serving various fields in our country. Arya Samaj values teaches humanity. Sir encourages students to stay positive and inculcate positively. Request all the participant to ask their quarries.

Vice principal ma'am Seema Devgan thanked Dr. Shivranjani for the insightful session and will be very effective learning for their students and very helpful for them. Ma'am introduced Shivani ma'am to coordinate with students for their questions.

Questions & Answers Session

Dr. Shivranjni asked students for their queries. **Shivani Sharma ma'am** announced the names of participants for their quarries. The questions that were asked during the session and answered by Dr. Shivranjni are as follows:

Q1. Why do some women have extreme menstrual flow, and some have lighter?

Ans. This depends upon the type of body you have if you are Athlete person from childhood you have adopted a good exercise yoga then person do not have these problem if then also if they suffered by this problem and periods are going extremely heavy on your mental and physical health they should consult gynecologist one Should try to adapt good lifestyle.

Q2. What does stress do to our body, does it affect only our mental thinking, or it affect our physical health also?

Ans. Stress and other problems in mind definitely effect on physical health as well for example when you get sick or have viral fever than doctor tell you to have bed rest at that time do we feel energetic excited or happy like in a normal routine in that situation answer is no. If you have a physical issue that time it affects your mental same way stress affects both domain physical and mental health like in a current scenario of pandemic it affects our immunity and, we have mental stress in that situation. So, stress controlled by meditation, yoga is so measurable so doesn't take toll on mental and physical health.

Q3. As we know Corona pandemic has affected ourselves in one way or another it also caused depression among adolescents who not able to interact socially what does we can do to overcome these feelings?



Ans. Not to use depression term for a normal sadness it is a disorder or a disease people those like which not like to involve socially have less social circle now in pandemic social distancing has increased .We cannot go out with friends in that time we have feeling of sadness and loneliness this issue we can resolve by keep in touch with technology like video call etc. with nears ones. If you want to step outward start living a smart life keep yourself protected by this you can keep other people protective too even if making step out stay with two or three friends use a protocol of social distancing and sanitization rather than to meet in a restaurant meet in a house. Talking is the only solution to this vicious circle of stress and sadness; more loneliness will drift towards depression as disorder.

Q4. Many girls having irregular periods issues does it impact their mental health?

Ans. Having irregular periods is a your physical problem it affect mentally too because inside a problem you expected to be mentally fit it is not technically possible if a girl anybody around you with irregular she should get herself check by gynecologist if you delay with this problem start becoming bigger and bigger and slowly and slowly physical discomfort become mental discomfort too.

Q5. What are mental and home remedies to handle PMS?

Ans. Food is a fuel to our body. Good food or healthy food is an essential including mediation, small exercise like Pranayama, Alom vilom , Brahmri should be included in daily life routine not like if there is PMS or a period practice that exercise on that time it doesn't show any effect because these daily routines and exercise take long time to show their effect on our body. Your body should demand exercise. It only happens by including meditation and yoga regularly and devote a 1 hour in a day only for yourself.

The topics were very interesting, and the session was very interactive.

Miss Shifali thanked one and all and concluded the session by chanting Shanti Mantra.

10.2 Project Tracking Formats Used

- Google drive: Here is the link to access Google drive
- Excel chart (Prepared month wiseCalendar for each session)
- WhatsApp group named as “SSSNLP Mahila Himachal Pradesh”