



Holistic approach towards medical camp- A youth initiative-

Prevention is better than cure!

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

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SSSNLPST-2020-F058, SSSNLPST-2020-F049, SSSNLPST-2020-F001, SSSNLPST-2020-F012



Sri Sathya Sai Seva Organizations, India

In association

with Sri Sathya Sai Institute of Higher Learning

(Deemed to be University)

Vidyagiri, Prashanthi Nilayam Campus

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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



MAHARASHTRA

SRI SATHYA SAI NATIONAL LEADERSHIP PROGRAMME FOR SELF TRANSFORMATION

CERTIFICATE

This is to certify that this Project titled “Holistic approach towards medical camp- A youth initiative Prevention is better than cure” completed by the participants for the Sri Sathya Sai National Leadership Programme for Self-Transformation Batch 2020 from the STATE Maharashtra, 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.

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Ms. Annapurna Gohil
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Mrs. Gayatri Patil
(Project Guide - SYC)

Place: Akola, Maharashtra, India

Date: 20th December 2020



DECLARATION

The Project titled “Holistic approach towards medical camp- A youth initiative Prevention is better than cure” 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.

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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.

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

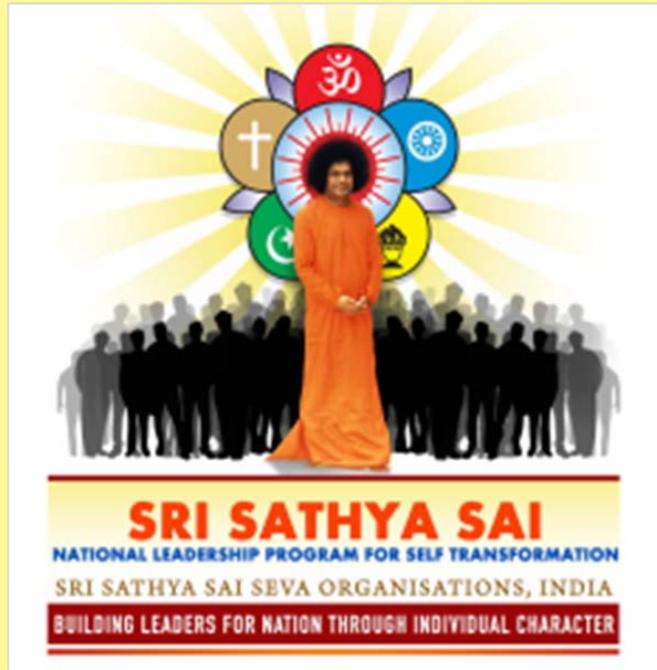
We would like to extend our gratitude to the State Youth Coordinator Smt.Gayatri Patil for the most valuable support and feedback throughout our work.

This project could not have attained its glory without the constant support and valuable inputs from our State Medical Coordinator Sau. Hansaben M Bharwani and Shri Mohan A Bharwani.

Our appreciation also extends towards the National Team Coordinator Mr. Pramod Palur who has taught us the methodology and provided invaluable guidance and kept us motivated throughout this project.

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

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



Project Report: Holistic approach towards medical camp- A youth initiative Prevention is better than cure

| | |
|------------------|----------------------------------------------------------------------------------------------|
| Project Title | Holistic approach towards medical camp- A youth initiative Prevention is better than cure |
| Batch | SSS National Leadership Program Batch 2019-20 |
| Duration | 9 months |
| Team Composition | Dr Sunaina Swatantramath, Ms. Shruti Gadwe, Mrs. Akanksha Kulkarni, Ms. Dishu Karemore |
| State | Maharashtra |



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1 Project Summary

We all know that Gram Seva is very close to Swami's heart. Swami has instructed multiple times that, it is our responsibility as youth that, the needs of the villages are met. Considering the current situation, the health care in villages is the need of the hour. Hence as part of the SSSNLP project work we would like to focus on strengthening the medical camps that are held in various villages across the state of Maharashtra along with involvement of youth volunteers (Sevadals).

The State of Maharashtra has evolved over the years. from the time when there were limited mobile medical vans which covered the needs of wistful of patients, as of now there are 47 mobile vans that run across the State and are benefiting people on a large scale. The overwhelming response received by the locals and enthusiastic participation from sevadals architected in this achievement.

Looking at the current situation, we have lack of youth volunteers and there is requirement of additional support to be given for which the core team needs to be created for handling the additional patient footfall. With the current strength, the medical team is able to perform only screening and general advisory for the patients. With additional support in management and organizing from the core team, the medical camp should be able to provide screening of mild, moderate and severe classification and category wise action plan, can be suggested for the on-going treatment.

With the loving grace of Swami, we are looking forward to create a core team which will enable us to take care of the needs of interventional population and create standardization in performing medical camp which can also be easily duplicated.

2 Objectives

1. The purpose of this project is to create a team of trained sevadals, across various Districts which will help in conducting Medical Seva Activities regularly with positive outcome.
2. Prevention is better than cure. Creating Health Awareness among villagers, by preparing Modules related to health care.

Developing guidelines and Standard operating process which provides information on

- Oral Health care awareness
- Yoga and Pranayama awareness/ benefits of Yoga
- Sanitation protocols
- Nutrition awareness

The above guidelines will be used in every medical camp activity.



3 Scope

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

➤ **Area**

The state of Maharashtra has evolved over the years, from the time when there were limited mobile medical vans which covered the needs of wistful of patients, as of now there are 47 mobile vans that run across the state and are benefiting people on a large scale.

Need of this project

1. To increase the youth involvement in medical seva activity in the State.

➤ **Beneficiaries**

The under privileged, backward and weaker segment of the society, who will avail the benefits from the medical camp seva.

➤ **Timeline**

- Phase 1 -Conception and initiation (01-08-20 to 15-08-20)
- Phase 2 -Definition & Planning (16-08-20 to 31-08-20)
- Phase 3 & 4 -Launch/Execution & Performance control (01-09-20 to 31-10-20)
- Phase 4 Project closure and evaluation (01-11-20 to 15-11-20)

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

1. Creating videos of the modules.
2. Creating posters of the modules.

4 Roles & Responsibilities (of team members)

| Month | Name of the participant | Roles and Responsibility |
|--------|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| August | Dr.Sunaina Swatantramath | 1. Conducting meeting and making sheet of work distribution. 2. Maintaining excel sheet of meeting agenda & outcome. 3. Rough creation of timeline and work distribution in first module and second module. 4. Creation of questionnaire. 5.Forwarding the questionnaire to the State Medical Coordinators 6. Taking follow up with the State Medical Coordinators. 7. Maintaining excel sheet of each meeting’s agenda and conclusion. |



| | | |
|-----------|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | <p>8. Coordinating with the NLP team, SP, SYC</p> <p>9. Creation of all the documents required by the NLP team and updating with project reports.</p> |
| September | Dr.Sunaina Swatantramath | <p>1. Conducting meeting</p> <p>2. Maintaining excel sheet of meeting agenda & outcome.</p> <p>3. Creation of oral health awareness module.</p> <p>4. Creation of core team</p> <p>5. Training of the core team in module.</p> <p>6. Coordinating with the NLP team, SP, SYC and giving feedback of the work.</p> <p>7. Maintaining excel sheet of each meeting's agenda and conclusion</p> <p>8. Creation of all the documents required by the NLP team and updating with project reports.</p> |
| October | Dr.Sunaina Swatantramath | <p>1. Feedback from the team created.</p> <p>2. Execution (If possible).</p> |
| November | Dr.Sunaina Swatantramath | <p>1. Final compiling</p> |
| August | Ms.Dishi Karemore | <p>1. Final creation of timeline and work distribution in first module in excel sheet</p> <p>2. Helped in finalization of questionnaire</p> <p>3. Taking follow up with the State Medical Coordinators.</p> <p>4. Keeping in check the timelines and taking continuous follow ups of the work allotted.</p> |
| September | Ms.Dishi Karemore | <p>1. Creation of Yoga awareness module.</p> <p>2. Creation of core team</p> <p>3. Training of the core team in module.</p> |
| October | Ms.Dishi Karemore | <p>1. Feedback from the team created.</p> <p>2. Execution (If possible).</p> |
| November | Ms.Dishi Karemore | <p>1. Final compiling</p> <p>2. Coordinating with the NLP team, SP, SYC and giving feedback of the work.</p> <p>3. Maintaining excel sheet of each meeting's agenda</p> |



| | | |
|-----------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | and conclusion. 4. Creation of all the documents required by the NLP team and updating with project reports. |
| August | Ms.Shruti Gadwe | 1.Provided contact information of State Office Bearers which was required for information collection |
| September | Ms.Shruti Gadwe | 1. Creation of Sanitation awareness module. 2.Creation of core team 3. Training of the core team in module. |
| October | Ms.Shruti Gadwe | 1. Feedback from the team created. 2. Execution (If possible). 3. Coordinating with the NLP team, SP, SYC and giving feedback of the work. 4. Maintaining excel sheet of each meeting's agenda and conclusion. 5. Creation of all the documents required by the NLP team and updating with project reports. |
| November | Ms.Shruti Gadwe | 1.Final compiling |
| August | Mrs.Akanksha Kulkarni | 1.Helped in finalization of questionnaire |
| September | Mrs.Akanksha Kulkarni | 1. Creation of Nutrition awareness module. 2.Creation of core team 3. Training of the core team in module. |
| October | Mrs.Akanksha Kulkarni | 1. Feedback from the team created. 2. Execution (If possible). |
| November | Mrs.Akanksha Kulkarni | 1.Final compiling |

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

5.1 Phase 1: Conception & Initiation

- ❖ Identification of a Project idea



After internal discussion with the 4 participants, SYC and State Medical Coordinators the team zeroed down to a topic on Sai Medical camp Seva activity

1st July- 5th July

- ❖ Discussion with State team about the Project feasibility

After the approval of SYC and the Medical Coordinators a meeting was held with the State President for the discussion of the project topic.

5th July-10th July

- ❖ Sign off from the State team about the Project

15th July

- ❖ Sign off from NLP Academic board to Go-ahead

2nd August

5.2 Phase 2: Definition & Planning

1. Creation of a Detailed Project plan (Work Break down structure)

| | |
|---------------------------------------|--------------------------|
| Phase 1 | |
| Conception & Initiation | |
| 1.Oral health awareness | Dr.Sunaina Swatantramath |
| 2.Yoga awareness | Ms.Dishi Karemore |
| 3.Sanitation awareness | Ms.Shruti Gadwe |
| 4.Nutrition awareness | Mrs.Akanksha Kulkarni |
| Phase-3 & 4 | |
| Launch /execution | |
| Performance/ control | |
| Team creation & Training | Dr.Sunaina Swatantramath |
| Team creation & Training | Ms.Dishi Karemore |
| Team creation & Training | Ms.Shruti Gadwe |
| Team creation & Training | Mrs.Akanksha Kulkarni |
| Phase-5 | |
| Project closure and evaluation | |
| Feedback and execution (if possible) | Dr.Sunaina Swatantramath |
| Feedback and execution (if possible) | Ms.Dishi Karemore |



| | |
|---------------------------------------------------|-----------------------|
| possible) Feedback and execution (if possible) | Ms.Shruti Gadwe |
| Feedback and execution (if possible) | Mrs.Akanksha Kulkarni |

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

Phase-3

Creation of Modules

A. Four modules have been created to train the Volunteers and clear understanding of the work. Four modules are as follows:

Oral health created by Dr. Sunaina Swatantramath.

Good health begins with a healthy mouth, this module includes basic measures of prevention to keep mouth clean and healthy with the help of household remedies, less costly and easily available at homes.

Yoga and Meditation by Dishu Karemore

Yoga is just not a therapy but a way of life which leads to a healthy body, superior mind and higher spiritual conscience. In this module we included some Asanas essential for good health.

Nutrition and diet by Akanksha Kulkarni

Satvik food and a balanced diet is the key to grow healthy physically and spiritually. In this module we have highlighted why a balanced diet and proper nutrition is a must.

Sanitation by Shruti Gadwe

Cleanliness is next to Godliness. In this module we have highlighted that we should start cleanliness from ourselves first then our families, home, community and our surroundings.

B. Introductory program

In this program we invited our State President, District President, State Medical Coordinators, & Volunteers. We introduced our four modules and explained their needs and asked for the support and participation of youth and other members to spread the awareness, so that we can implement the ideas and create a healthy and positive society.

Is the Project timelines being adhered to?

Yes

Is the Project Scope being adhered to?

Yes

Is the Project cost being adhered to?

-



Is their Clear documentation being done in connection with the Project updates & Monitoring?
Yes

5.4 Phase 5: Project Closure & Evaluation

Call for feedback and Analysis

What was the process?

The four awareness modules were made and were introduced to the medical van coordinators, media coordinators, volunteers, district presidents, youth coordinators in the auspicious presence of State President, State youth coordinator on 27th September 2020.

In the virtual meeting held, all the awareness modules were explained with importance of awareness during medical seva. After the presentation of all four awareness modules a call for feedback was made.

Feedback Analysis:

The analysis of the feedback is as follows:

Note: 100% people feel they were able to understand the awareness program.



Note: 72.7% rate the awareness training program as good.

Note: 100% people feel there is proper understanding in the awareness modules.



Note: 90.9% people were familiar with the platform.

Note: 100% people feel that these awareness modules are perfectly suitable for rural areas.



Note: 100% people are interested in getting more volunteers for this training program.

- ❖ All the volunteers have understood the importance of Yoga, Oral health, Nutrition and Sanitation.

Phase 5

- Youth participation in various Districts of Maharashtra in medical camps is minimum.
- Awareness regarding nutrition, oral health, sanitation, and yoga are not given to rural people in any of the medical camps which are conducted.

Thus, to spread awareness in these topics among villagers, the team formulated modules of these topics. The modules will be a reference booklet for sevadals, so that they can give quality information about the topics to villagers.

The four topics were divided among us- four team members.

- Dr. Sunaina Swatantramath formulated Oral hygiene Awareness module
- Ms. Shruti Gadwe formulated Sanitation Awareness module
- Mrs. Akanksha Kulkarni formulated Nutrition module
- Ms. Dishi Karemore formulated Yoga Awareness module

Along with the modules, Posters in Marathi and English were also created. Posters will be displayed in medical camps by sevadals.

To increase the youth participation, the team did this in small scale and will ultimately scale up all over Maharashtra to increase youth volunteers in medical camps in maximum districts of the state.



The distribution of zone and district as per team member

| Name | Zone | District |
|---------------------------|--------|----------|
| Dr. Sunaina Swatantramath | Pune | Pune |
| Ms. Shruti Gadwe | Akola | Akola |
| Mrs. Akanksha Kulkarni | Nashik | Jalgaon |
| Ms. Dishu Karemore | Nagpur | Nagpur |

A total of 17 Mahila Youth volunteers came forward to be a part of the core team of the medical camps.

The formulated modules were explained in detail to these volunteers.

A feedback was taken from the volunteers.

❖ Feedback analysis.

Maximum of the volunteers did understand the modules. The youths felt that these modules are easily understandable by the rural people.

❖ Limitations/ Areas of concern

Since we could not do any field work because of the pandemic, we are making videos to explain our module in a very simple way along with Mahila Youth who have Volunteered for this Seva .This will be very useful for people in the villages and slums to gain knowledge on preventive health care measures.

Ongoing Activities of Project

Videos are being made showing the information of the modules. Videos will be played in the mobile vans and will be shown to the villagers

Since teams were formed in 4 Districts, efforts are being made to scale up the project so that teams are formed in maximum Districts from the State.

Close coordination with district youth coordinators

Circulating modules and posters in every District of Maharashtra

❖ Is there any significant impact that the project has created on the State?

Yes, the project has created a positive impact for the State.

1. Since in Maharashtra State, there were no information spread among the rural people about oral health awareness, yoga, nutrition and sanitation, this project is the first project to cover these topics.

2. Youth involvement through this project will be increased. Since these topics are utmost importance and the awareness should be spread among maximum people which this project aimed to do so.

❖ Will this project continue & help the State Organization, even after the team has moved onto another role?

Yes, the project will be continued even after the team is into another role. The Youth trained during the project on these four topics will continue to spread the information to other sevadals and spread awareness among rural people in their respective District medical camps.



Posters and videos will be shown in medical camps. Posters and videos will be sent to each District of the State and thus making these as an integral part of the medical camps.

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

1. Finance - Not Applicable.

2. Manpower

State Youth Coordinator Mahila

Smt. Gayatri Patil

Team members

Dr. Sunaina Swatantramath (Pune)

Shruti Gadwe (Pune)

Akanksha Kulkarni (Jalgaon)

Dishi Karemore (Nagpur)

3. Hardware - Not Applicable.

4. Software - Not Applicable.

7 Project Recommendations

7.1 Recommendations implemented in the current project

Aim:

To increase the youth involvement in medical Seva in all the 26 Districts of Maharashtra.

Key findings:

Currently the youth involvement is limited in medical seva activity across the State.

Outcomes:

The Mahila Youth volunteers are in less in medical van Seva. Hence, we have created a core team of 17 Mahila Youth who will work to overcome this limitation

7.2 Recommendations parked for future implementation/scale-up

Limitations

Since we could not do any fieldwork because of this pandemic, we are making videos to explain our modules in a very simple way, that the people in the village as well as in the slums can easily understand which will be very useful.

Ongoing Activities of Project

Videos are being made showing the information of the modules. Videos will be played in the mobile vans and will be shown to the villagers



Since teams were formed in 4 districts, efforts are being made to scale up the project so that teams are formed in maximum Districts of the State.

- Close coordination with district youth coordinators
- Circulating modules and posters in every District of Maharashtra

The project will be continued even after the team is into another role. The Youth trained during the project on these four topics will continue to spread the information to other sevadals and spread awareness among rural people in their respective district medical camps.

Posters and videos will be shown in medical camps. Posters and videos will be sent to each district of the state and thus making these as an integral part of the medical camps.

8 Lessons Learnt (success & failure stories)

8.1 Collective learning (Project)

For any project to be successful, teamwork is very much essential. One biggest learning from the project was that one individual cannot make a project successful, but it is the team that works together make the project impactful in working and correct implementation. When a part of the project doesn't work according to us, we realized that being clam, patience and wait for the 'correct time' and leaving to Swami was the solution. The topics on which the modules are made are very essential in life. These are the solutions to avoid many diseases. Exploring these topics have encouraged us also to make these teachings to be part of our life also.

8.2 Individual learning (Self Transformation)

| Name | Self-Transformation <i>(Learning/Experiences during the Project Lifecycle)</i> |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Dr. Sunaina Swatantramath | <ul style="list-style-type: none"> ❖ I have started to realize SELF ❖ Started taking more initiatives. ❖ Have become more social and outspoken than before. ❖ My decision making ability and reasoning skills have significantly improved. ❖ I feel more confident and have become more organized. ❖ I have learnt how to overcome obstacles and plan things accordingly |
| Ms.Dishi Karemore | <ul style="list-style-type: none"> ❖ I have built a lot of confidence and working in team in project |



| | |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p>made me a good team player.</p> <ul style="list-style-type: none"> ❖ Formulating ideas in structured manner for effective implementation. ❖ There is an eagerness to do more and more service to the society. ❖ Enough confident to take up initiatives to do projects and contribute as much as possible to our Sai Organization. |
| Ms.Shruti Gadwe | <ul style="list-style-type: none"> ❖ Alignment between word, thoughts and deeds was a major takeaway. ❖ Built a lot of confidence |
| Mrs.Akanksha Kulkarni | <ul style="list-style-type: none"> ❖ Review my personal map of reality. ❖ Clarification of my social, cultural and personal values. ❖ Become self-aware to face and purge anger, fear, hatred, depression & self-centeredness. ❖ Develop inner consciousness and the ability to resolve conflicts. ❖ Attain spiritual awakening and unconditional love for all lives. |

9 References (documents, links, etc.)

10 Annexure

10.1 Detailed Project plan

| | |
|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| August | <ol style="list-style-type: none"> 1. Conducting meeting and making sheet of work distribution. 2. Maintaining excel sheet of meeting agenda & outcome. 3. Rough creation of timeline and work distribution in first module and second module. 4. Creation of questionnaire. 5. Forwarding the questionnaire to the state medical coordinator 6. Taking follow up with the state medical coordinator. 7. Maintaining excel sheet of each meeting's agenda and conclusion. 8. Coordinating with the NLP team, SP, SYC 9. Creation of all the documents required by the NLP team and updating with project reports. |
| September | <ol style="list-style-type: none"> 1. Conducting meeting 2. Maintaining excel sheet of meeting agenda & outcome. 3. Creation of oral health awareness module. 4. Creation of core team 5. Training of the core team in module. 6. Coordinating with the NLP team, SP, SYC and giving feedback of the work. 7. Maintaining excel sheet of each meeting's agenda and conclusion 8. Creation of all the documents required by the NLP team and updating with project reports. |
| October | <ol style="list-style-type: none"> 1. Feedback from the team created. |



| | |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ol style="list-style-type: none">2. Execution (If possible).3. Coordinating with the NLP team, SP, SYC and giving feedback of the work.4. Maintaining excel sheet of each meeting's agenda and conclusion.5. Creation of all the documents required by the NLP team and updating with project reports |
| November | <ol style="list-style-type: none">1. Final compiling2. Sending the project draft to the NLP team.3. Finalising the final project report and submission. |

10.2 Project Tracking Formats Used

- ❖ Gantt chart
- ❖ Excel sheet

10.3 Others (as needed by each project team!)



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