



Deha Mandiram to Divya Moksham

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

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Sri Sathya Sai Seva Organisations, India

In association

with Sri Sathya Sai Institute of Higher Learning

(Deemed to be University)

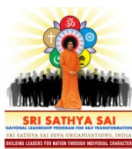
Vidyagiri, Prashanthi Nilayam Campus

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



MANIPUR

SRI SATHYA SAI NATIONAL LEADERSHIP PROGRAMME FOR
SELF TRANSFORMATION

CERTIFICATE

This is to certify that this Project titled Deha Mandiram to Divya Moksham completed by the participants for the Sri Sathya Sai National Leadership Programme for Self-Transformation Batch 2020 from the STATE Manipur, 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.

Chanphal

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Chanambam Phalguni Singh
(Project Director - SP)

Annapurna Gohil

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

S. Yaikhombi Devi

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Sagolsem Yaikhombi Devi
(Project Guide - SYC)

Place: Imphal, Manipur
Date: 20th December 2020



DECLARATION

The Project titled “Deha Mandiram to Divya Moksham” was carried out by the team under the supervision of Sagolsem Yaikhombi Devi (State Youth Coordinator), Chanambam Phalguni Singh (State President) and Annapurna Gohil (National Team Member) 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.

G. Dolly Devi

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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.

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

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We also would like to thank the Experts Smt.S.Annuradha Devi (Former District Ext & Media Officer, Family Welfare Department) and Miss Pranali Devi (Dietitian, State Health Mission, Govt. of Manipur) for helping in providing necessary resources such as Questionnaires and audio/video contents much needed for the project. And S.Pratibala Devi (RVTC Mahila Co-ordinator, Manipur) and Dr.A.Nungshitombi Devi (State Veda Mahila co-ordinator) for providing the contact informations of the Mahilas residing in the two selected villages.

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

Thanks a lot!

Jai Sairam!



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ABSTRACT

Women health and hygiene is a matter which is neglected by most of the people, including women themselves. The project aims to create awareness on nutrition, health and wellness among girls and mahilas in SSS Gram Seva village (Laphupat tera) and SSSVIP village (Shangshabi) . Dieticians along with the Awareness Program Professionals from Social Welfare Department will be helping us. With the support of the concerned coordinators and along with the help of DYCs/SYCs and alumnus of SSS Institutions and Bal Vikas, we will conduct an online survey and find out the problems faced by womenfolk of the two villages. Special care will be given so that no differently abled girls/women are left behind. We will also try to find out if they have any Self-Help Groups. They will be taught how to make sanitary pads and we will find out what is lacking in their diet and identify supplements that can be grown in their vegetable gardens with the help of Horticulture Department. Follow up will be done next year. If the production surpasses their requirements then it can be sold. Since physically visiting the villages is impossible during the current situation, the project will be carried out mostly through telephonic conversations, online meetings and online questionnaire. For girls and women who have smart phones will be identified. If the situation permits, dramas and skits will be performed to make them more aware about the topic. The project will help the mahilas of the villages in earning by selling sanitary pads and vegetables. Above all, it will make them aware about the importance of their personal health and hygiene. When we are healthy everything



is achievable; but if we are unhealthy, even if we have everything, they all become meaningless.



CHAPTER 1

PROJECT SUMMARY



Women health and hygiene is a topic greatly neglected by most of the people, including women themselves; specially in urban settings.

The project aims to create awareness on nutrition, health and wellness among girls and Mahilas in SSS Gram Seva (Laphupat tera) and SSSVIP (Shangshabi) villages. Dieticians, along with Awareness Program Professionals from Social Welfare Department will be helping us in this project. With the support of the concerned coordinators and along with the help of DYCs/SYCs and alumnus of SSS Institutions and Bal Vikas, we will conduct an online survey and find out the nutrition, health and wellness related problems faced by womenfolk of the two selected villages. Special care will be given so that no differently abled girls/women are left behind. We will also try to find out if they have any Self-Help Groups. They will be taught how to make sanitary pads and we will find out what is lacking in their diet and identify supplements that can be grown in their vegetable gardens with the help of the state Horticulture Department. If the production surpasses their requirements then it can be sold which will be thus an added income to them. Since physically visiting the villages is impossible during the current situation, the project will be carried out mostly through telephonic conversations, online meetings and online questionnaires. Girls and women who have smart phones will be identified so that the contents can be delivered to them and further shared with the rest. If the situation permits, dramas and skits will be organised to make them more aware about the topic. Follow up on the project will be done next year and we will then assess the impact the project has brought upon the lives of the Mahilas. The project will help the womenfolk of the selected villages in generating more income by selling sanitary pads and vegetables. Above all, it will make them aware about the importance of their personal health and hygiene which will help them lead a healthier lifestyle and thus contribute in the longevity of their lives.



CHAPTER 2

OBJECTIVES



1. Engaging DYC's/SYC's Mahilas, young dietitians and Alumnus of SSS Institutions and Balvikas to work with doctors of our organisation.
2. Creating video and audio content on Health and Hygiene under title - "Deha Mandiram to Divya Moksham"
3. Active awareness at villages and small groups under SSSVIP and SSS Gram Seva program.
4. Connecting youths and adults to share and manufacture cheaper and durable sanitary pads which will help them address their menstrual hygiene requirements and also be a source of earning for the ladies at home in SSSVIP program or under Innovation cell and self-help groups taken care by Mahila wings.



CHAPTER 3

SCOPE



3.1 Within Scope

- Collection of contact information
- Collection of Questionnaires from resource persons
- Collection of data through telephonic conversation and volunteer from each village
- Collection of data from the Mahilas of the selected villages
- Distribution of seeds to the villages
- Distribution of sanitary pads
- Trained the procedure to make sanitary pads

3.2 Out of Scope

- Unable to interact sooner due to lockdown
- Follow up will be done and distribution of seasonal seedlings will be done as well
- Could have included other aspects of health and hygiene
- Distribution of face masks owing to current pandemic



CHAPTER 4

ROLES & RESPONSIBILITIES



1. Gurumayum Dolly Devi

- Did extensive research on importance of sanitation, personal hygiene and nutrition
- Prepared draft questionnaires to supplement the ones received from experts
- Familiarised self with the basics of making sanitary pads and organic farming practices
- Create all project related documentation

2. Nahakpam Nganthoi Devi

- Collection of contact information
- Identification of human resources for the project
- Translation of questionnaires from English to Manipuri

3. Sagolshem Yaikhombi Devi (State Youth Co-ordinator)

- Responsible for sending updates
- Continuous support to team members
- Check up on the works done by team members





CHAPTER 5

PROJECT FLOW



Phase 1: Conception & Initiation

- Team members with State President selected the topic on 20th of July 2020
- Discussed about the practicality of the project with State President on 21st of July 2020
- State President approved the topic on 23rd of July 2020
- NLP team approved the project on 27th of July 2020

Phase 2: Definition & Planning

- Project Breakdown created on 1st August 2020
- Created budget Plan on 9th August 2020
- Responsibility mapping on 15th August 2020
- Adherence to updates about project report 21st August 2020

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

- Started the actual project on 1st October 2020
- Continuous evaluation on project by sending fortnightly report
- Project timing is being adhered to
- The project cost is being adhered to
- There is clear documentation done in connection with the project updates and monitoring

Phase 5: Project Closure & Evaluation

- Identified the lessons learnt during the project
- The project has created significant impact for the state



- The project will continue & help the State Organization even after our team mates move on to another role
- There is self-transformation because of the project



CHAPTER 6

RESOURCES AND TOOLS USED

- 1.SSSSOM members
2. Dietitian and Social worker
- 3.Laptop
- 4.Mobile
- 5.Budget for making sanitary pads and seeds for growing
- 6.Vehicles for commuting and transportation of goods
7. Hard copy for questionnaires
8. Measuring height instrument- Stadiometer
9. Measuring body weight- Weighing machine





CHAPTER 7

PROJECT FINDINGS AND RECOMMENDATIONS



7.1 Findings and Recommendations implemented in the current project

- Collection of contact information of the Mahilas in SSSVIP Village (Shangshabi) and SSS Gram Seva Village (Laphupat Tera Khunou)
- Identification of Resource persons from the Organisation
- Identification of aspects to be done about Nutrition, Health and Wellness
- Draft questionnaires provided by the experts
- Collection of data through telephonic conversation as well as through printed form with the help of Volunteers
- The collected data are scrutinised by the experts
- Done an online session with the experts after analysing the data
- Collected audio and video content
- Visited the selected villages on different days; maintaining social distance to distribute seedlings and sanitary pads
- Shared the audio and video contents
- Trained the Mahilas in the procedure of making sanitary pads
- An awareness session was conducted related to Nutrition, Health and Wellness
- Also distributed face masks owing to current pandemic

7.2 Recommendations parked for future implementation/scale-up

- Follow up and evaluation will be done after the project
- Distribution of seasonal seeds
- More awareness session will be done in future



CHAPTER 8

LESSONS LEARNT



8.1 Collective learning (Project)

- Learnt the importance of team work, the joy and struggle of trying to bring finesse in our work.
- The understanding we had in contributing our part and discussing about the project.
- There has not been any time we had our disagreement in any of our decision making.
- The spirit of working together, helping each other in completing task.
- The experience we had during the visit to the selected villages was wholesome.

- We have learnt so much about the lives of the Mahilas residing in the selected villages
- By giving awareness on nutrition, health and wellness, we have also gained great insight about the subject
- We were not able to visit the villages sooner and interact with them properly.
- At the end of the project we had to rush in supplying the promised materials.
- The problem in getting the materials for making the sanitary pads because the markets were closed. But with the grace of Bhagwan and also with the help of our State Presidents and the organisation team, we were able to somehow achieve the said mission.



8.2 Individual learning (Self Transformation)

| Name | Self-Transformation <i>(Learning/Experiences during the Project Lifecycle)</i> |
|-----------------------------------|--|
| Gurumayum Dolly Devi | <ul style="list-style-type: none">• Introvert to extrovert• Shy to open• Unable to speak in public comfortably to feeling relaxed in speaking in public• Could experience the livelihoods in the villages• The importance of teamwork• Improved time management skills• Able to communicate more efficiently and assertively• Improved documentation and presentation skills• Learned to be calm under pressure and meet deadlines |
| Nahakpam Nganthoi Devi | <ul style="list-style-type: none">• The project helps in connecting and communicating more with people• I have focused more on positive aspects in life• I have learnt that I should correct myself before correcting people• I have learnt to be more self-aware |



CHAPTER 9

REFERENCES



How to Make Sanitary Pads

<https://www.herzindagi.com/society-culture/diy-here-is-how-to-easily-make-eco-friendly-sanitary-pads-article-155198>



APPENDIX



Questionnaire

<https://forms.gle/yMYBxg2HT3EteTtcA>

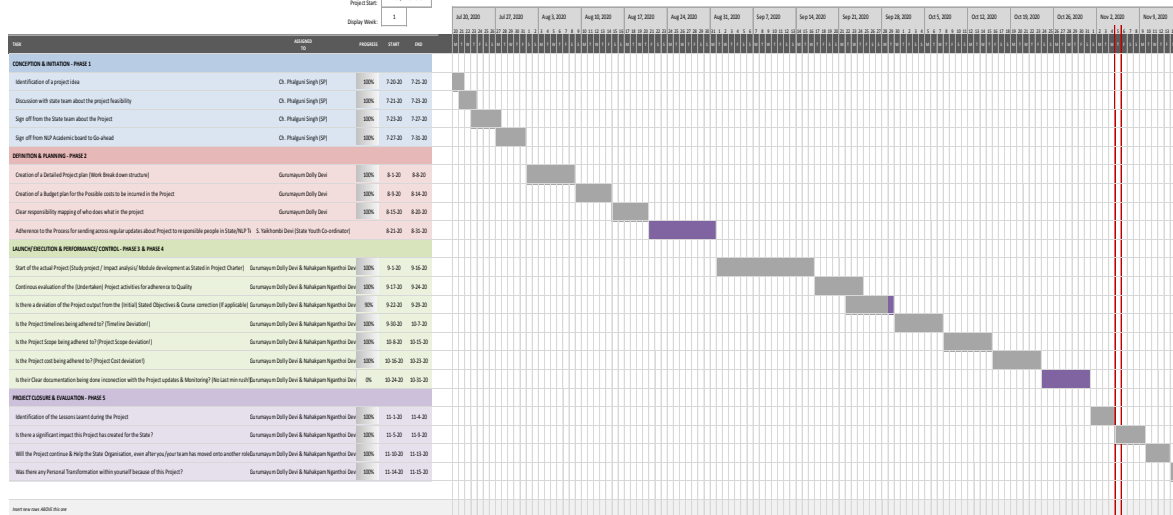
Gantt Chart

DEHA MANDIRAM TO DIVYA MOKSHAM

SHRILE GANTT CHART by Venkatesh.com
<https://www.venkatesh.com/Excel/Template/imple-gantt-chart.html>

MANIPUR STATE - MAHILA TEAM

Project Start: Mon 7/20/2020
Display Week: 1





BIBLIOGRAPHY

Mahilas – Womenfolks

SSSVIP – Sri Sathya Sai Village Integrated Village

SSS GRAM SEVA – Sri Sathya Sai Gram Seva

DYC/SYC – District Youth CO-ordinator/State Youth Co-ordinator