



# SRI SATHYA SAI VIDYA JYOTHI

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## **JOURNAL CUM PLANNER FOR VOLUNTEERS**

This Journal cum Planner is a model calendar for the volunteers for effective implementation of Sri Sathya Sai Vidya Jyothi Program. It is suggestive in nature and not a mandatory plan. The school level implementing teams / volunteers are requested to use this only as a reference document to draw up their own program schedule integrating the needs of the school and various stakeholders.

**APRIL 2019**





MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**APRIL 2019**

# DO YOU KNOW?

## **Do's and Don'ts to observe when we work with Teachers**

- 1) Make the teacher the star. There is no one in higher pedestal than the teacher.
- 2) Energise them with the program objectives and its benefits. Highlight the fact that inspired children would compound the outcome of their efforts
- 3) Plan all the children centric sevas with the guidance and approval of the teachers
- 4) Discuss with them about requirement of leadership development sessions, counseling etc. These sevas to be performed only at a District Level with their consent and on their request since we can't train 4-5 teachers of one school exclusively.
- 5) Create a connect with all the teachers and ensure they and their families are benefitted by the program (e.g. Medical camps)
- 6) Never ever overrule the teacher or do anything against their wish – So successful completion of the energizing phase is critical

# WEEK 1 APRIL 2019



The aim in sports should not be victory by any means, fair or foul.  
Whoever may win, others should greet it with fraternal feelings.  
The rules of the game should be strictly observed. Prizes do not matter. What is important is the sense of self-satisfaction derived from playing the game well.  
– Sri Sathya Sai Baba



## MAJOR EVENTS OF THE WEEK

01 <sup>st</sup> April – Monday	
02 <sup>nd</sup> April – Tuesday	
03 <sup>rd</sup> April – Wednesday	
04 <sup>th</sup> April – Thursday	
05 <sup>th</sup> April – Friday	
06 <sup>th</sup> April – Saturday	International day of sport for development and peace Mewar Festival (6th - 8th April) Ugadi-Gudi Padwa
07 <sup>th</sup> April – Sunday	World Health Day

# SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Conducting intra school sports competitions and participation in sports meets	Children	Half Yearly	3 Hour	C-M-7 (Pages 102 - 104)	Ground - unity, cooperation, team-spirit, discipline and perseverance
2	Drill class with yoga and pranayam for children	Children	Monthly	1 Hour	C-M-16 (Pages 112-113)	Good health is foundation of success in life
3	Total medical check-up for children, parents and teachers & Distribution of Sai Protein (Need based)	Children	Monthly	1-2 Hour	C-M-1 (Pages 94-95) C-M-2 (Pages 95-97)	A Healthy family is a happy family Body is the temple. Health is Wealth. Prevention is better than cure.
4	Health Counselling	Children	Monthly	1 Hour	C-M-17 (Pages 113-115)	It is health that is real wealth and not pieces of gold and silver
5	Bal Vikas Class (Special Talk on Mewar festival Ugadi-Gudi Padwa)	Children	Weekly	1 Hour	C-M-4 (Pages 98-99)	Value Education BV Group 1, 2 & 3 – Chapter 44

# NOTES

1<sup>st</sup> April – Monday

2<sup>nd</sup> April – Tuesday

3<sup>rd</sup> April – Wednesday

4<sup>th</sup> April – Thursday

# NOTES

5<sup>th</sup> April – Friday

6<sup>th</sup> April – Saturday

7<sup>th</sup> April – Sunday



# KNOW THE FACTS

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## 1. INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE

Sport has historically played an important role in all societies, be it in the form of competitive sport, physical activity or play. In 1978, UNESCO described sport and physical education as a "fundamental right for all." But until today, the right to play and sport has too often been ignored or disrespected.

Sport is a powerful tool to strengthen social ties and networks, and to promote ideals of peace, fraternity, solidarity, non-violence, tolerance and justice.



[Image Source -sportanddev.org](http://www.sportanddev.org)

Sport as a universal language can be a powerful tool to promote peace, tolerance and understanding by bringing people together across boundaries, cultures and religions. Its intrinsic values such as teamwork, fairness, discipline, respect for the opponent and the rules of the game are understood all over the world and can be harnessed in the advancement of solidarity, social cohesion and peaceful coexistence.

Sport has proven to be a cost-effective and flexible tool in promoting peace and development objectives.

Sport is also an important enabler of sustainable development. UN recognize the growing contribution of sport to the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives.

Source: <http://www.un.org/en/events/sportday/>

*International Day of Sport can be celebrated by conducting sports day in the school.*

## 2. MEWAR FESTIVAL

This festival is a visual feast with Rajasthani songs, dances, processions, devotional music and firework displays. A procession of colourfully attired women carrying the images of the goddess Gauri make their way to the lake Pichola. An unusual procession of boats on the lake

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offers a fitting finale to this splendid celebration.

The Mewar Festival is celebrated to welcome the advent of spring. It coincides with the festival of Gangaur, and has a unique charm about it. The festival of Gangaur is very significant for women of Rajasthan. It is a time for them to dress up in their best clothes and participate in the festival.



Image Source -tripsavvy.com

They gather to dress the images of Isar and Gangaur and then carry them in a ceremonial procession through different parts of the city. The procession winds its way to the Gangaur Ghat at Lake Pichhola. Here, the images are transferred to special boats amidst much singing and festivity.

Once the religious part of the festival is over, it is time for cultural events where Rajasthani culture is portrayed through songs, dances and other programmes. The festival culminates with an impressive fireworks display. Like other fairs and festivals celebrated throughout the state, there is a lot of activity, which keeps the participants in a joyful frame of mind, eager to enjoy every moment.

Source <https://www.festivalsfindia.in/mewar/>

*Children as part of Balvikas class be explained the Mewar festival and its importance to the people of Rajasthan and how such regional festivals make the country with diversity, strong.*

### 3. UGADI - GUDI PADWA

Ugadi or Gudi Padwa marks the beginning of New Year in Maharashtra, Andhra Pradesh, Telangana and parts of Karnataka. This festival is known as Gudi Padwa or Gudhi Padva in Maharashtra and Ugadi in Karnataka, Andhra Pradesh and Telangana. Gudhi Padva is considered one of the foremost auspicious day in the year when people start new ventures.

It is believed that Lord Brahma, created the world on this day and so he is worshiped



Image source: nativeplanet.com

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especially at this time. Lord Vishnu too is said to have incarnated as Matsya, the fish, on this day. A gudi (banner) with a swastika - marked metal pot and silk cloth is raised to announce victory and joy. In Maharashtra, it is reminiscent of the valiant Marathas returning home from their successful expeditions of war. Maharashtrians take the opportunity to honour their favourite leader, Chatrapati Shivaji Maharaj on the occasion.



Image source: [officeholidays.com](http://officeholidays.com)

On the festival day, people decorate their houses with mango leaves and rangoli designs, and pray for a prosperous new year. They visit the temples to see the yearly calendar Panchangasravanam as priests make predictions for the upcoming year.

It is a tradition to serve bitter leaves of neem tree with jaggery as Prasad on Ugadi/Gudhi Padva. Gudhi Padva is considered as an auspicious occasion to make investments like buying a house, jewellery and other new things. The festival is celebrated when the summers begin and the time for harvesting the crop arrives. The fragrance of ripening mangoes, jackfruit and other seasonal fruits fill the air with sweet smell.

**Gudhi Padva / Ugadi**, is celebrated on the first day of the Hindu month of Chaitra shukla Padyami, which corresponds to end of March or beginning of April according to the Gregorian calendar. This festival marks the beginning of Vasant or spring as well. This day also marks the end of one harvest and the beginning of a new one, which for an agricultural community would signify the beginning of a New Year.

Gudi Padva is celebrated at the end of the Rabi season. Indian society is largely dependent on agriculture and that is the reason that harvests are celebrated with much fun and frolic in the country.

On this day, we are also celebrating, Navreh Mubarak by Kashmiri Pandits, Thapna (Staphana) by Rajasthani and Haryana as starting of New Vikram Samwant Year. Cheti Chand is celebrated by the Sindhis as it is birthday of Jhulelal.

Source: [www.festivalsofindia.in/gudipadwa/](http://www.festivalsofindia.in/gudipadwa/)

*Children as part of Balvikas class explained the importance of Gudhi Padva and Ugadi festival and its importance to the people of Maharashtra, Andhra Pradesh, Telangana and Karnataka and how such regional festivals make the country with diversity strong.*

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## 4. WORLD HEALTH DAY

Universal health coverage is World Health Organisation's (WHO) number one goal. Key to achieving it is ensuring that everyone can obtain the care they need, when they need it, right in the heart of the community. Progress is being made in countries in all regions of the world. But millions of people still have no access at all to health care. Millions more are forced to choose between health care and other daily expenses such as food, clothing and even a home.



Image source: [wheniscalendars.com](http://wheniscalendars.com)

This is why WHO is focusing on universal health coverage for this year's World Health Day, on 7 April.

Source: <https://www.who.int/campaigns/world-health-day/world-health-day-2019>

*World Health Day shall be celebrated by conducting health check up camp for the children, teachers and parents of the children.*

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**

# WEEK 2 APRIL 2019



Rama had deed, word and thought, body, speech and mind, ever pure and totally free from blemish. Really speaking, one ought to revere the story of Rama as a profound allegory. Every act and actor in that story attracts attention and gets imprinted on the memory because the allegory is personal to each of us.

– Sri Sathya Sai Baba



## MAJOR EVENTS OF THE WEEK

08 <sup>th</sup> April – Monday	
09 <sup>th</sup> April – Tuesday	
10 <sup>th</sup> April – Wednesday	
11 <sup>th</sup> April – Thursday	
12 <sup>th</sup> April – Friday	
13 <sup>th</sup> April – Saturday	Jallianwala Day
14 <sup>th</sup> April – Sunday	Ram Navami/Ambedkar Jayanti/ Baisakhi Festival/Tamil New Year

## SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Guru-Parental worship	Children	Half Yearly	30 minutes	C-M-25 (Page 121)	Love and respect your parents and teachers as they make your foundation strong by their sacrifice
2	Creating Bal vikas guru from the village (young married women and teachers)	Villagers	Monthly	1 Hour	V-V-4 (Page 158)	A good teacher can inspire hope, ignite the imagination and instill a love of learning
3	Education awareness session for parents	Parents	Quarterly	1 Hour	P-M-3 (Page 151)	Education breeds confidence; Confidence breeds Hope and Hope brings peace
4	Computer education for teachers	Teachers	Monthly	1 Hour	T-M-2 (Pages 132 – 133)	Don't be afraid of growing slowly; Be afraid of only standing still
5	Scholarship for higher education for the needy and scholarly students	Children	Yearly	30 minutes	C-M-34 (Page 131)	Success is a sum of small efforts; repeated day in day out
6	Bal Vikas Class (Special talk on Jallianwala Day/Ram Navami/Ambedkar Jayanti/Baisakhi Festival/Tamil New Year)	Children	Weekly	1 Hour	C-M-4 (Pages 98-99)	Value Education Group 1, 2 & 3 – Chapter 45

# NOTES

8<sup>th</sup> April – Monday

9<sup>th</sup> April – Tuesday

10<sup>th</sup> April – Wednesday

11<sup>th</sup> April – Thursday



# NOTES

12<sup>th</sup> April – Friday

13<sup>th</sup> April – Saturday

14<sup>th</sup> April – Sunday

# KNOW THE FACTS

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## 1. JALLIANWALA DAY

The day is remembered as the atrocious day of Indian history on which the brutal massacre happened in Jallianwala Bagh of the holy land of Guru Nanak, Amritsar. Jallianwala Bagh massacre of April 13, 1919 was the most inhuman act of the British rulers in India.

The massacre took place on Baisakhi which is considered New Year day of Sikhs and also a harvest festival. The people of Punjab gathered on the auspicious day of Baisakhi at Jallianwala Bagh, near Golden Temple at Amritsar, to lodge their protest peacefully against harassment by the British Indian Government.

General Dyer suddenly appeared with an army of 90 British Indian Army soldiers and ordered to fire on all the people including women and children.

There was hustle and bustle all around. Hundreds of people were killed not only by firing but a huge number of deaths happened by stampedes at the gates and falling into the well in the compound in an attempt to rescue and look for shelter from the firing.

Thousands were injured. General Dyer later admitted that he had gone to the Bagh with the premeditated intention of opening fire if he found a horde assembled there in front of Hunter commission.

Source: [www.festivalsofindia.in/jallianwaladay/](http://www.festivalsofindia.in/jallianwaladay/)

*Children should be explained the sacrifice of our forefathers in Indian independence movement. As a matter of respect for the martyres, 2 minutes silence should be observed.*



Image source: ritiriwaz.com

## 2. RAM NAVAMI

The birthday of Lord Rama, the celebrated hero of the famous epic, Ramayana, is enthusiastically celebrated on the ninth day of the waxing moon in the month of Chaitra, all over India. Lord Vishnu is worshiped in his human incarnation as Rama, the divine ruler of Ayodhya.

Sri-Ramnavami is dedicated to the memory of Lord Rama. It occurs on the ninth day (navami) of Navratri. The festival commemorates the birth of Rama who is remembered for his



Image source: hindi.firstpost.com

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righteous reign. Ramrajya (the reign of Rama) has become synonymous with a period of peace and prosperity. Mahatma Gandhi also used this term to describe how according to him, India should be after independence.

Source: [www.festivalsindia.in/ramnavami/](http://www.festivalsindia.in/ramnavami/)

In northern India especially, an event that draws popular participation is the Ramnavami procession. The main attraction in this procession is a gaily-decorated chariot in which four persons are dressed up as Rama, his brother Laxman, his queen Sita and his disciple Hanuman. Several other persons dressed up in ancient costumes as work by Rama's soldiers accompany the chariot. The procession is a gusty affair with the participants shouting praises echoing the happy days of Rama's reign. People gather in thousands on the banks of the sacred river Sarayu for a dip. Some observe a strict fast on this day.

Source: [www.festivalsindia.in/ramnavami/](http://www.festivalsindia.in/ramnavami/)

*Children as part of the Balvikas class should be explained the great qualities of Lord Rama one can imbibe in life. In Bala Kanda 1st Sarga, Sage Valmiki asks Sage Narada to tell about a person, who possess the below qualities and Sage Narada's reply was the person, who possess all the below qualities is one and only SRI RAMA.*

01. गुणवान् (guṇavān = principled person)
02. वीर्यवान् (vīryavān = potential one)
03. धर्मज्ञः (dharmajñāḥ = conscientious)
04. कृतज्ञः (kṛtajñāḥ = redeemer)
05. सत्यवाक्यो (satya vākya = truth-teller)
06. धृढव्रतः (dhṛḍha vrataḥ = self-determined in his deed)
07. चारित्र्येण च को युक्तः (cāritreṇa ca ko yuktaḥ = blent with good-conduct)
08. सर्वभूतेषु को हितः (sarva bhūteṣu ko hitaḥ = benign, in respect of all beings)
09. विद्वान् (vidvān = adept)
10. समर्थः (samarthaḥ = ablest)
11. एकप्रियदर्शनः (eka priya darśanaḥ = uniquely good-looking)
12. आत्मवान् (ātmavān = courageous)
13. जितक्रोधो (jita krodho = one who has controlled his anger)
14. द्युतिमान् (dyutimān = brilliant one)
15. अनसूयकः (anasūyakaḥ = not jealous)
16. बिभ्यति देवाः च जातरोषस्य संयुगे. (kasya bibhyati devāḥ ca jāta roṣasya saṁyuge = even whom do the gods fear, when provoked to war)

<https://hinduism.stackexchange.com/questions/8915/what-are-the-16-qualities-of-sri-rama>

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## 3. AMBEDKAR JAYANTI

Dr. Bhimrao Ramji Ambedkar or simply B.R. Ambedkar was born on April 14, 1891 at **MHOW** (Military Headquarter of War) in Madhya Pradesh. He was the architect of Indian Constitution and is also known as the "**Father of Indian Constitution.**"

He had dedicated his entire life for uplifting the deprived section of the society. Hence, many Indians and even people from other countries revere him as a great social reformer. He also played a significant role in India's freedom struggle.

Dr. Ambedkar obtained college education in India. He went on to United States and England to pursue higher studies, where he earned a law degree and multiple doctorates for his study and research in law, economics and political science.



Returning home as a famous scholar, Ambedkar practiced law for a few years before he began publishing journals advocating political rights and social freedom for India's untouchables.

Dr. Ambedkar spent his life fighting against the system of untouchability and the caste system. He is also credited for having sparked the Dalit Buddhist movement. Dr. B.R. Ambedkar was the chairman of the drafting committee that was constituted by the Constituent Assembly to draft a constitution for the independent India; he was also the first Law Minister of India.

He was honored with **Bharat Ratna** in 1990, India's highest civilian award. The day, 14th April is celebrated all over the country as his birthday (Jayanti) and it is also declared as a **public holiday**. Various Dalit organizations carry out huge processions on this day in the memory of this great soul. On this very day various organizations organize several activities including rally and cultural programs. Dalit Melas are held in various parts of the country. Ambedkar Jayanti is observed both in government and private organizations. Prayers, meetings and memorial speeches are organized in various state capitals.

Source: [www.festivalsofindia.in/AmbedkarJayanti/](http://www.festivalsofindia.in/AmbedkarJayanti/)

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## 4. BAISAKHI FESTIVAL –TAMIL NEW YEAR

Baisakhi is a seasonal festival with a special accent. It is celebrated all over Punjab on the first of Baisakh. This is the time when harvested crops are gathered in and the farmers exult in the fulfillment of their year's hard work. On this festival, the farmers join the merry-making with full gusto and do not mind walking for miles to be able to do so.



Baisakhi marks the beginning of New Year, particularly in the northern part of India. It is among the few Indian festivals that have a fixed date. In Kerala, new year is known as "**Vishu**" and in Tamil Nadu, it is celebrated as "**Puthandu**".

Considered as a holy day, the devout celebrate the festival of Baisakhi with a dip in the holy rivers just around the break of dawn. It is on this day that Sun enters Aries, the first sign of Zodiac. This signifies ushering of the New Year.

It also signifies the end of harvest of the main crop. During Baisakhi the farmers pay thanks to the Lord Almighty for their fortune and pray for a better crop the next year. Baisakhi involves a lot of socializing where friends and relatives are invited and delicious meals are served.

On the day of Baisakhi in 1669, that he established the Khalsa Panth and gave a final impetus to the course of the earlier nine Gurus of Sikhism. A rural festival of North India, marking the beginning of the solar year (New year), celebrated in Punjab with great fervor.

On the day of Baisakhi, water from all the sacred rivers of India is collected and then poured in to the huge tank surrounding the golden temple.

Source: <https://www.festivalsofindia.in/Baisakhi/>

The month of Chitthirai or Chittrai also called as Varushapirapu i.e. from mid-April to mid-May is the first month of Tamil calendar. The month usually starts from 14th April, the day known as Tamil New Year. According to Hindu Mythology, this is the day on which Lord Brahma (the creator of the universe) started the creation of the world. It is also said that on this day, Goddess Meenakshi got married to Lord Sundareswarar.

This is an auspicious occasion for Tamilians (people of Tamil origin) living all over the world. People exchange greetings by wishing "Puthandu Vazhukal" – Happy New Year, with great passion.

On this day several fairs and cultural programs are organised at different places all over the state. Offerings to the deities, comprising of food, flowers and fruits is an important component of the festival.

Source <https://www.festivalsofindia.in/tamilnew/>

*Children as part of Balvikas class should be explained the significance of these festivals*

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**

# WEEK 3 APRIL 2019



Cultivate good thoughts, speak good words, and do good deeds  
with the broad view that everyone in the world should be happy.

**– Sri Sathya Sai Baba**



## MAJOR EVENTS OF THE WEEK

15 <sup>th</sup> April – Monday	Bohag Bihu, Vishu
16 <sup>th</sup> April – Tuesday	
17 <sup>th</sup> April – Wednesday	Mahavir Jayanti
18 <sup>th</sup> April – Thursday	World Heritage Day
19 <sup>th</sup> April – Friday	Hanuman Jayanti/Good Friday
20 <sup>th</sup> April – Saturday	
21 <sup>st</sup> April – Sunday	World Creativity and Innovation Day/ Shab E Barat

# SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Ensuring old students are pursuing higher education	Parents	Half Yearly	1 Hour	P-V-5 (Pages 152 – 153)	Do not let what you cannot do interfere with what you can do
2	Maintaining cleanliness in classrooms and corridors	Children	Monthly	1 Hour	C-M-15 (Pages 111 - 112)	Cleanliness is next to Godliness
3	Interschool competition on creative works/arts/ crafts	Children	Innovative	1 Hour		The only person you should try to be better than is the person you were yesterday
4	Motivation session for students (to face exams boldly)	Children	Monthly	1 Hour	C-M-28 (Pages 124-126)	Nobody can go back and start a new beginning; but any one can start today and make a new ending
5	Visit of Heritage sites or special video show on Indian Heritage sites	Organisation	Monthly	1 Hour	C-M-9, C-M-20 (Pages 106 – 108, 117-118 )	People without the knowledge of their past, origin and culture is like a tree with out roots
6	Bal Vikas Class (Special talk on Bohag Bihu/Vishu / Mahavir Jayanti/World heritage day/Hanuman Jayanti/ Good Friday /World creativity and in	Children	Weekly	1 Hour	C-M-4 (Pages 98-99)	Value Education Group 1,2 & 3 – Chapter 46



# NOTES

15<sup>th</sup> April – Monday

16<sup>th</sup> April – Tuesday

17<sup>th</sup> April – Wednesday

18<sup>th</sup> April – Thursday

# NOTES

19<sup>th</sup> April – Friday

20<sup>th</sup> April – Saturday

21<sup>st</sup> April – Sunday

# KNOW THE FACTS

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## 1. BOHAG BIHU

The Rongali Bihu is the most important among all the three Bihus. As it falls on the Assamese month of Bohag, it is also called the Bohag Bihu. This Bihu falls in the middle of April during the beginning of the Assamese month Bohag. It is celebrated to mark the beginning of the agricultural season. The Assamese New Year also starts with this Bihu. Rongali Bihu is celebrated by most of the races that inhabit in Assam in their own colors and names. It is the most popular Bihu that celebrates the onset of the Assamese New Year (around April 15) and the coming of spring.



Image Source: latestly.com

The Rongali Bihu is celebrated for around a month with different festivities going on throughout the Bohag month. The people celebrate this festival with merriment and joy. The feasting starts and farmers prepare the fields for cultivation of paddy. Delicacies like pitha, laru, jolpan (traditional food made predominantly with rice) are prepared by the womenfolk. Rongali Bihu is a time of merriment and feasting and continues, in general, for seven days.

**Goru Bihu** The first day of the Rongali Bihu is the Goru or Cow Bihu. On this day, the cows are washed and worshipped. This day falls on the last day of the previous year, usually on April 14. The cattle are smeared with turmeric paste, bathed in rivers and canals and are the let to stray.

The next day of the Rongali Bihu, which is the first day of the Assamese New Year is the Manuh Bihu on April 15, the New Year Day. This is the day of getting cleaned up, wearing new cloths and celebrating and getting ready for the New Year with fresh vigor. On this day (which generally falls on April 15th), people get cleaned up and wear new clothes. On this day, elders are shown respect and the young take blessings from them. People visit relatives and friends house to greet the New Year with joy.

The third day of Rongali Bihu is the Gosai (God) Bihu. On this day, statues of Gods are worshipped seeking a prosperous year ahead. The Rongali Bihu is the most widely celebrated Bihu with much festivity. This Bihu has many significant aspects of the celebration process.

Source: <https://www.festivalsofindia.in/bihu/rongali-bhogali-bihu>

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## 2. VISHU 2019

Vishu is one of the important festivals of Kerala. Usually its celebrated in mid-April. According to the traditional Malayalam calendar, it is the 1st day of the first month Medam (March-April) of the New Year. Traditional rituals are followed to bring in another year of prosperity.

Vishu is one of the most popular festivals of Kerala. Since it is considered propitious to view good things on this day for year round good fortune, Vishu morning is an important time. The heart of this festival of Kerala is the preparation of the kani (the lucky sight or gift).

The custom of preparing the kani has been followed for generations. The women take a large dish made of bell-metal (uruli), arrange in it a grantha (palm-leaf manuscript), a gold ornament, a new cloth, some flowers from the Konna Tree (Cassia fistula), some coins in a silver cup, a split coconut, a cucumber, some mangoes and a jack-fruit. On either side of the dish are placed two burning lamps with a chair facing it. Family members are taken blindfolded and then their blindfolds are removed and they view the Vishu Kani. As in other Indian festivals, a great feast at home is the high point of celebrating Vishu in Kerala.

Source : <https://www.festivalsofindia.in/vishu/>

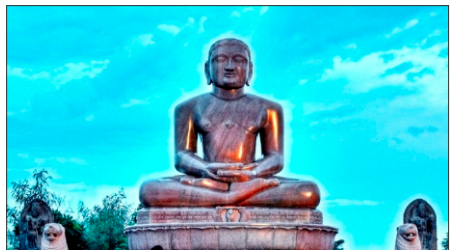


Image Source : [hindu-blog.com](http://hindu-blog.com)

## 3. MAHAVIR JAYANTI

The Jain community celebrates the birth anniversary of the 24th and the last Tirthankara, Vardhman Mahavir, the founder of Jainism as Mahavir Jayanti every year.

The birth anniversary of the 24th and the last Tirthankara of the Jains, Vardhman Mahavir, the founder of Jainism, is celebrated by the Jain community in March. Born a prince in 599 BC, Mahavir renounced worldly life at the age of 30 and undertook austere penance until he achieved realisation.



Source <https://hindi.firstpost.com>

Mahavir, also known as Vardhamana, is the last one in the galaxy of Twenty-four Teerthankaras (Jain Prophets). **Lord Mahavir** has been acclaimed as one of the greatest prophets of peace and social reformation that Bharat has ever produced. He was born to a pious couple, Siddhartha (king of Kaundinyapura on the outskirts of Vaishali near Patna in

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Bihar). and Priyakarani or popularly Trishala Devi - who were deeply permeated with the philosophy of Jainism preached by Parswanatha, the 23rd Teerthankara.

Mahavir renounced worldly life at the age of 30 and undertook austere penance until he achieved realisation. Even as a boy, Mahavira came to be associated with many episodes of absolute fearlessness which earned him the name `Mahavira . He grew up as a prince, excelling in physical prowess and intellectual acumen. He renounced the pleasures and luxuries of the place, as also the power and prestige of kingship and undertook a life of intense penance for more than twelve years. He calmly bore not only the rigors of nature but the torments from the ignorant and mischievous among his own countrymen also. He finally became self-illuminated. But not content with his own personal salvation, he chose to become a great human redeemer.

Lord Mahavir spread the message of salvation to the world and had many followers. Mahavir preached non-violence, prohibited any kind of killing and taught his followers to seek salvation through penance and abstinence. They are also advised to donate money, clothes and grain to the poor. The Jains are divided into many sects of whom the main ones are Digambaras and Shvetambaras with the latter again divided into Deravasis and Sthanakvasis.

Mahavira initiated a simple five-fold path for the householders: Ahimsa (Non-injury - physical or mental - to others), Asteya (non-stealing), Brahmacharya (temperance in sexual pleasures) and Aparigraha (non-acquisition of property). Mahavira s injunctions for the monks and nuns were however very exacting. Abstinence from every kind of physical comfort and material possession and absolute dedication to the highest ethical and spiritual discipline were enforced. Even to this day, nearly 2600 years after the passing away of that great master, this pure and upright tradition of the monks has been maintained. Thousands of white clad Sanyasins and Sanyasinis and also nude monks move on foot from place to place throughout the length and breadth of the country, carrying Mahavira s gospel of peace, non-injury and brotherhood among people.

Mahavira left his mortal coils at the age of 71 on the Deepavali day. But the lamp of peace which he lit continues to glow through the myriad lights of the Festival of Lights.

Source: <https://www.festivalsofindia.in/Mahavir/>

*Children as part of BalVikas class can be taught the significant points of Teachings of Lord Mahavir given hereunder;*

- 1. Mahavir made religion simple and natural, free from elaborate ritual complexities. His teachings reflected the internal beauty and harmony of the soul.*
- 2. Mahavir taught the idea of supremacy of human life and stressed the importance of the positive attitude of life.*

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3. *Mahavir's message of nonviolence (Ahimsa), truth (Satya), non stealing (Achaurya), celibacy (Brahma charya), and non possession (Aparigraha) is full of universal compassion.*
  4. *Mahavir said that, "A living body is not merely an integration of limbs and flesh but it is the abode of the soul which potentially has perfect perception (Anant darshana), perfect knowledge (Anant jnana), perfect power (Anant virya), and perfect bliss (Anant sukha). Mahavir's message reflects freedom and spiritual joy of the living being.*
  5. *Mahavir emphasized that all living beings, irrespective of their size, shape, and form how spiritually developed or undeveloped, are equal and we should love and respect them. This way he preached the gospel of universal love.*
  6. *Mahavir rejected the concept of God as a creator, a protector, and a destroyer of the universe. He also denounced the worshiping of gods and goddesses as a means of material gains and personal benefits.*

<https://www.jaina.org/page/Mahavir>

## 4. WORLD HERITAGE DAY

Ancient monuments and buildings in the countries make them stand tall on world map. These are an asset to value for. World Heritage Day is a collective effort of the communities in the world to do the needful for these invaluable assets. The day takes an opportunity to hoist awareness about the assortment of cultural legacy and the efforts that are required to protect and conserve them and also to think about its susceptibility.

The idea was also approved in UNESCO's General Conference in November 1983.

"International Monuments and Sites Day" has been traditionally called the World Heritage Day. The day celebrates the diversity of heritage throughout the world.

India is one country that has been ruled by leaders from different religious and cultural backgrounds, like Aryans, Guptas, Mughals, Britishers, etc. And all of them have left their marks on the Indian soil, in the form of monuments and sites, that are protected and resurrected till date. World heritage day has an important part to play in this colourful land, where you can find huge tombs sprawling over the land, towers that are so high that one can feel the sky and sites- so beautiful that keeps you mesmerized. India has all of it and to



Image source: [thepontychadhafoundation.org](http://thepontychadhafoundation.org)

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maintain these monuments and keep them alive for our upcoming generations, this day is celebrated to spread awareness among the visitors to protect these priceless monuments.

Source: [festivalsofindia.in/worldheritage/](http://festivalsofindia.in/worldheritage/)

*As part of the world heritage day, the children can be taken to a nearest heritage monument (if there is one) or a special video show can be conducted on Indian heritage sites.*

## 5. HANUMAN JAYANTI

In Hindu mythology, Shri Hanuman is regarded as the God of power, strength and knowledge. He is known as the 'param bhakt' of lord Rama and is the incarnation of Lord Shiva. He was born to Kesari and Anjani on the Chaitra Shukla Purnima (Chaitra Shukla Purnima is the Full Moon Day on the Hindu Calendar Month of Chaitra) that is why, he is known as 'KESERI NANDAN' and 'ANJANEYA'.



Image source: [indiatoday.in](http://indiatoday.in)

The philosophy of epic Ramayana is incomplete without the understanding of the unfathomable devotion of Lord Hanuman for Shri Rama. As Hindu Mythology says, he was the incarnation of Lord Shiva the God of Destruction, the third god of Hindu trinity (All this universe is in the glory of God, of Shiva, the God of Love. The heads and faces of men are His own and He is in the hearts of all (Yajur Veda).

Lord Hanuman is regarded to be the son of Hindu deity 'VAYU' (the wind). He was taken by Vayu to Lord Sun to gain Vedic, shastra s and moral knowledge. He gained his whole knowledge from Lord Sun, as he was considered as omniscient on the planet earth.

As per the mythology, Hanuman ji is invincible and blessed to be immortal. The supremacy possessed by him is very beautifully described in Ramayana, during the Ramayana war of Lord Rama against the mighty Ravana. The Sundara Kanda, the fifth book in the Ramayana, focuses mainly on the adventures of Hanuman. He is also known as Mahaveer Hanuman which means almighty.

Source: [www.festivalsofindia.in/Hanuman-Jayanti/](http://www.festivalsofindia.in/Hanuman-Jayanti/)

*Lord Hanuman is regarded as a greatest devotee of Lord Ram and we as human being, can learn a lot from Lord Hanuman. Following are some of them. Children should be explained the same and encouraged to adopt them*

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1 Hanuman is a Selfless Devotee : Hanuman is the best paradigm as a true devotee of Lord Rama. His devotion to Ram Naam is unconditional and unmatched. Hanuman loves to chant and Meditate upon the name of Rama all the time. He cannot resist himself without chanting and remember about Lord Rama. The selfless reverence for Rama made him praise all over the globe.

2 Ashta Sidhi nav Nidhi ke Dhata (Self Discipline and control) : Lord Hanuman is known for mastering all the senses like Kaam, Krodh, Maya etc. Hanuman is the great disciple of Sun and Shiva. Hence Through the path of meditation and Yogic culture Lord Hanuman, Kundali shakti or in simple term chakras are active. By activation of these supernatural powers, Lord Hanuman is focused and calm. Hence Hanuman is the living instance of Self Discipline and control.

3 Lord Hanuman is trustworthy : Lord Hanuman is known for his trustworthiness and accountability. It was the time of Ram Ravana battle when the younger brother of Lord Rama, Laxman was hit by deadliest attack did by Indrajeet. By understanding the urgency, Lord Hanuman took the responsibility to get the herb in the limited time frame. He lifted the whole mountain Dronogiri also known as Donagiri on his hands and reached battle field in record time. This saved life of Rama brother Laxman. This represents his trustworthiness and accountability of Hanuman.

4 Hanuman follows the path of righteousness. : Lord Hanuman always followed the path of righteousness. The one who likes to dance by just listening to the name of Lord Rama. The biggest benefit of worshipping Lord Hanuman is that his devotees are free from the disorder like egoistic nature.

5 Hanuman the Master of immense strength : As defined above that Hanuman lifted the whole mountain, now You can understand why maruti is lord of wrestlers community.

6 Lord Hanuman respect and worship feminine energy source : Lord Hanuman is the son of Anjana also known as Anjaneya Nandan. Hanuman sees feminine energy source in every lady and worships Goddess Shakti. Goddess Durga is the manifestation of Shakti (energy) who doesn't require any other to guard her. Still, Lord Hanuman is known as the primary patron of Goddess Durga. This teaches us that we should respect ladies and girls.

7 Hanuman is known for his intelligence : It was Hanuman intelligence which helped Lord Rama to win the war against Ravana otherwise it would have been hard to win the war against such a strong enemy.

8 Protector of humanity and sages : Lord Hanuman is the savior of sages and the saint he owns weapon mace or Gada which he uses as his weapon to protect the sage community.

9 Hanuman believe in simplicity and innocence : Lord Hanuman is known as the symbol of innocence, purity, knowledge, devotion. Kesari Nandan believes in the simplicity of the lifestyle.



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*10 A great friend of Sugriva : Out of so many qualities of Lord Hanuman, this one is mine favorite. Hanuman organized Sugriva and Lord Rama meeting. Hanuman helped Sugriva by protecting him from Bali. The meeting of Rama and Sugriva helped Sugriva to get back his kingdom and wife from Bali.*

<http://www.viyali.com/sam/Maruti/Qualities-of-lord-Hanuman.aspx>

## 6. GOOD FRIDAY

Good Friday is the day on which Jesus Christ was crucified. Jesus Christ was born to Mary in Nazareth – a small town in Israel. He was the founder of Christianity, one of the world's largest religions. Christ is believed to be an incarnation of God and his teachings are described in the New Testament.

It is believed that on Good Friday, Christ was arrested by clergymen. Hence, Good Friday is believed to be the time when Christians keep fast and celebrate the day over the birth of Christ. Some people believe that 'Good' in GOOD FRIDAY is referred to as 'GOD' and it is also a common belief that 'GOOD' is referred to the gift brought by martyrdom. And according to one of the views, on this day, it is Jesus who went to heaven. It is also celebrated as a festival of life and spirit. Some believe the term "Good" evolved from "God" or God's Friday.



Image source : [calendarpedia.com](http://calendarpedia.com)

Easter is another important festival for Christians. Easter or the Resurrection Sunday, also referred as Pasch, is a holiday and a festival celebrating the awakening of Jesus Christ from the dead. According to the New Testament, this day falls three days after the Romans crucified him at the Calvary. Lent, or the 40 day period of fasting, penance and prayer; is preceded by this festival which also marks the finishing of the Passion of Christ. Easter eggs and Easter bunnies are a major attraction during Easter, the festival of rejuvenation of life and living.

Source: [www.festivalsofindia.in/goodfriday/](http://www.festivalsofindia.in/goodfriday/)

*Children should be taught the following key attributes / qualities of Jesus Christ and should be encouraged to adopt them in their lives.*

1. *Faithful - To be faithful is to hope for and act on things which are not seen, which are true (see Alma 32:21). In mortality, Jesus Christ did all things by faith, even performing mighty miracles such as walking on water.*

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2. *Prayerful - Prayer is pure communication with our Father in Heaven. Jesus Christ prayed often for friends and enemies as well as for help during trials.*
  3. *Wise - In many cases, Jesus Christ used the scriptures to rebuke offenders and teach important principles.*
  4. *Virtuous - Jesus Christ is pure and virtuous. The scriptures teach that “no unclean thing can dwell with God”*
  5. *Humble - Jesus taught, “For I came down from heaven, not to do mine own will, but the will of him that sent me”*
  6. *Obedient - He promises, “If ye keep my commandments, ye shall abide in my love” (John 15:10). Obedience is a choice to trust God more than we trust our own limited knowledge*
  7. *Patient - He patiently waits for us to choose to follow Him*
  8. *Charitable - Charity is Christ's pure love, which He gives freely to us each day. He admonishes us to love God and love our fellowmen*
  9. *Giving - Jesus Christ's ministry was filled with service, often given along the way. He healed one woman as He journeyed to raise another from the dead*
  10. *Forgiving – He forgives those who have wronged Him*

Source : <https://www.mormon.org/blog/10-characteristics-of-jesus-christ-and-how-to-develop-them>

## 7. WORLD CREATIVITY AND INNOVATION DAY

Observed six days after Leonardo da Vinci's birthday and one day before International Mother Earth Day, World Creativity and Innovation Day (#WCID) is well positioned to encourage creative multidisciplinary thinking to help us achieve the sustainable future we want.

The creative economy –which includes audiovisual products, design, new media, performing arts, publishing and visual arts– is a highly transformative sector of the world economy in terms of income generation, job creation and export earnings. Culture is an essential component of sustainable development and represents a source of identity, innovation and creativity for the individual and community. At the same time, creativity and



Image source: [wciw.org](http://wciw.org)

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culture have a significant non-monetary value that contributes to inclusive social development, to dialogue and understanding between peoples.

On #WCID, the world is invited to embrace the idea that innovation is essential for harnessing the economic potential of nations. Innovation, creativity and mass entrepreneurship can provide new momentum for economic growth and job creation. It can expand opportunities for everyone, including women and youth. It can provide solutions to some of the most pressing problems such as poverty eradication and the elimination of hunger.

Source: [www.un.org/en/events/creativityday/](http://www.un.org/en/events/creativityday/)

*Children should be encouraged to celebrate the World Creative and Innovation Day by conducting an intra school competition on creativity and innovation where they can be encouraged to make some drawings or miniature model or crafts and prizes can be distributed to the best of the work.*

## 8. SHAB-E-BARAT

India is a home of many religions and cultures; every religion celebrates their specific festivals. Muslim community also contributes to Indian population. Muslims from across the world commemorate the festival of Shab-e-Barat with splendor and zest. They believe that the god writes the future of all men by accounting for all the past deeds committed by them on the night of Shab-e-Barat. Basically, Shab-e-Barat means the night of forgiveness or Day of Atonement, Shias see it as the night on which their 12th and last Imam, Imam Muhammad Abul Qasim has been born.



Image source: [3.bp.blogspot.com](http://3.bp.blogspot.com)

People pray to god and recite holy Quran whole night to forgive them for their evil deeds. They visit graveyard early in the morning and offer flowers, read fateha for the peace of the near one's departed souls.

'Shab-e-Barat' is a Persian word composed of two distinct words, 'Shab' which means night and 'Barat' which means 'the night of payment or assignment' in Persian. In Arabic the day is known as Lailatul Bara at, meaning the night of liberation.

The Prophet visits each house and eases the troubles of suffering humanity on this night. According to the legend associated with Shab-e-barat a special tree in heaven has the

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names of all mankind on its leaves and if a leaf with the name of a person falls this night, then it is strongly believed that he/she is destined to die the same year.

Also it is said that this night of Shab-e-Barat also adores the entry of Muhammad into the city of sanctum Mecca.

All the mosques are lighted with strings of colorful bulbs and papers, cellophane. Mosques are packed with devotees and they offer prayers. The sparkles of crackers look like stars which increase the beauty of the dark sky. Thousands of candles and strands of electric bulbs light up the houses and streets and thus create a joyful ambiance.

The Holy Quran is recited and spiritual songs are sung all through the night of Shab-e-Barat.

All the people relish the mouth-watering delicacy, Sevaiyan or vermicelli. Rich people generously donate money, clothes and goodies to the needy in the name of their deceased near and dear ones. Generally it is believed that if a certain person prays all night and seeks forgiveness of his bad deeds, he will be forgiven. Some Muslims keep fast and deliver nafil (optional prayer) at night.

Source: [www.festivalsofindia.in/ShabbeBarat/](http://www.festivalsofindia.in/ShabbeBarat/)

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**

# WEEK 4 APRIL 2019



Man should treat nature with reverence. He has no right to talk of conquering nature or exploiting the force of nature. He must proceed to visualize in nature its God

– Sri Sathya Sai Baba



## MAJOR EVENTS OF THE WEEK

22 <sup>nd</sup> April – Monday	World Earth Day
23 <sup>rd</sup> April – Tuesday	English Language Day/ World book and copyright day
24 <sup>th</sup> April – Wednesday	Sri Sathya Sai Aradhana Mahotsavam
25 <sup>th</sup> April – Thursday	World Malaria Day
26 <sup>th</sup> April – Friday	
27 <sup>th</sup> April – Saturday	
28 <sup>th</sup> April – Sunday	

# SUGGESTED WEEKLY SEVA PLANNER

SN	Name of the Seva	Beneficiaries	Seva Group	Suggested Duration	Ref in Guideline book	Key values to be taught
1	Pen Pal Program (Letter to Swami / SSSVJ volunteers expressing the impact of the project on them)	Children	Innovative	1 Hour	Innovative	The most beautiful way to start and end the day is with a grateful heart
2	Poem/Story telling in English	Children	Quarterly	1 Hour	C-M-6 (Pages 102-104)	Knowledge of language is doorway to wisdom
3	Monthly Awards to best children	Children	Monthly	1 Hour	C-M-14 (Pages 109-111)	Every child is a different kind of flower; only when they come together a garland can be made
4	Creation of village SSSVJ team for continuation	Children	Yearly	1 Hour	C-V-33 (Pages 130)	Coming together is a beginning; staying together is progress and working together is success
5	Awareness on Malaria and how to keep the surrounding clean – Summer project	Children	Innovative	30 Minutes	Innovative	Disease can be treated with difficulty through medication but can be eliminated with ease through prevention
6	Bal Vikas Class	Children	Weekly	1 Hour	C-M-4 (Pages 98-99)	Value Education Group 1, 2 & 3 – Chapter 47

# NOTES

22<sup>nd</sup> April – Monday

23<sup>rd</sup> April – Tuesday

24<sup>th</sup> April – Wednesday

25<sup>th</sup> April – Thursday



# NOTES

26<sup>th</sup> April – Friday

27<sup>th</sup> April – Saturday

28<sup>th</sup> April – Sunday

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**

# KNOW THE FACTS

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## 1. WORLD EARTH DAY

Earth Day is the leading and celebrated environmental event at international platform. **Earth Day commemorates Earth's unique place in the universe.** Out of the nine planets of the solar system, Earth is the only planet which has implausible biodiversity. Earth Day is a day to educate people on how to protect the planet.

**The first Earth Day was organized in 1970** with an aim to promote the thoughts of ecology, reverence for existence on earth, and highlighting growing concern over pollution of the soil, air, and water. Earth Day is observed in nearly 140 nations. The day is celebrated by outdoor feasts, exhibits, street fairs, skits and television programs that are centered on environmental issues.

In India, the Green Generation Campaign started on Earth Day that insists on global day of action and civic participation, to make a carbon-free future based on renewable energy that will end the dependency on fossil fuels. It also focuses on an individual's commitment to responsible, sustainable consumption and creation of a new green economy that lifts people out of poverty by creating millions of quality green jobs that transforms the global education system into a green one.

Celebrations are observed for the efforts to shield flora and fauna and to make the entire world, dirt free. Though, Earth Day is celebrated on April 22 every year, there are some countries like US, that celebrate it a month earlier on the vernal equinox. This year, the Earth Day would celebrate its 47th Anniversary. It reminds us of our duty towards other living beings on earth and to prosper as interdependent system.

Source: <https://www.festivalsofindia.in/Earth-Day/>

*Earthday can be celebrated by holding a special talk on earth, environment and how we abuse them. Children should be taught to take small steps to preserve the environment and save the mother planet.*



Image source: eventbrite.co

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## 2. ENGLISH LANGUAGE DAY

English, along with French, is one of the two working languages of the United Nations Secretariat, and one of the Organization's six official languages. Because it is so widely spoken, English is often referred to as a "world language", or the lingua franca of the modern era.

English Language Day at the UN is celebrated on 23 April, the date traditionally observed as both the birthday and date of death of William Shakespeare. The Day is the result of a 2010 initiative by the Department of Public Information, establishing language days for each of the Organization's six official languages. The purpose of the UN's language days is to celebrate multilingualism and cultural diversity as well as to promote equal use of all six official languages throughout the Organization.



Image Source : [exploreenglish.edu.au](http://exploreenglish.edu.au)

Under the initiative, UN duty stations around the world celebrate six separate days, each dedicated to one of the Organization's six official languages.

Source: [www.un.org/en/events/englishlanguageday/index.shtml](http://www.un.org/en/events/englishlanguageday/index.shtml)

*Children should be encouraged to recite poems or short stories in English to celebrate the English language day. By this they shall also be taught of Public speaking.*

## 3. SRI SATHYA SAI BABA ARADHANA MAHOTSAVAM

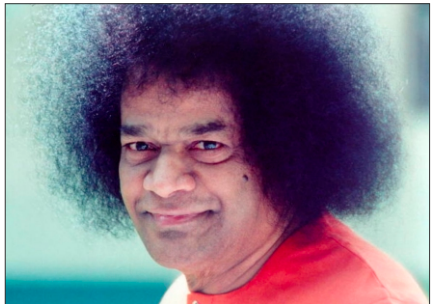
Sri Sathya Sai Baba's devotees all over the world observe 24th April as the day our loving Lord, Bhagawan Sri Sathya Sai Baba, left His physical form and continues to shower His love as our eternal companion. On this day, each year, devotees honour His life and legacy by remembering Him and practising His teachings.

The time of the year has come when all who express devotion to Bhagawan have to intensify their personal Sadhana. It is the month before the onset of the Aradhana Mahotsavam when

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we all pledge to intensify our spiritual practice of Giving and Forgiving all on the basis that we will be blessed by His Divine Darshan not only in ourselves but in all human beings.

*Children should encouraged to celebrate the month of April to love and help to all and also forgive all who we think may have hurt us and or seek forgiveness from all whom we may have hurt.*



## 4. WORLD MALARIA DAY

Malaria is one of the worst human disease since centuries. Every year more than 20 crore people fall sick due to Malaria and nearly 5 lakh people die due to Malaria.

Malaria is a mosquito-borne infectious disease that affects humans and other animals. Malaria causes symptoms that typically include fever, tiredness, vomiting, and headaches. In severe cases it can cause yellow skin, seizures, coma, or death. Symptoms usually begin ten to fifteen days after being bitten by an infected mosquito. If not properly treated, people may have recurrences of the disease months later. In those who have recently survived an infection, reinfection usually causes milder symptoms. This partial resistance disappears over months to years if the person has no continuing exposure to malaria.



Image Source :[competitiveindia.com](http://competitiveindia.com)

Source: (part): <https://en.wikipedia.org/wiki/Malaria>

*Children should be explained to keep the surrounding clean to avoid mosquito breeding and given a summer project such that they become champions and encourage their parents and siblings to clean all the drains around their houses, make proper water drainage from kitchen and toilets and help them if need be. Volunteers should explain the same by demonstration or by charts or video shows.*

**Key activities done this week:**

**Reflections / Learning for the volunteer:**

**Key takeaways / information for the team members:**

**Reminder / preparatory tasks for the next week**

**No of hours spent in the week for SSSVJ Activities:**