

Swasti Sukham

Vision - Swasti Sukham works towards building healthier and resilient communities through a holistic & pro-active approach of improvement in child nutrition, health & education as well as improving their livelihood and the surrounding nature by enabling the care of mother earth.

Mission: To be a Knowledge/Execution Partner of Schools, NGOs, Corporates, and Government agencies for development of communities across India & abroad to ensure everyone gets happy & healthy life.

Area of Work

1. Menstrual health and hygiene
2. Nutrition, naturopathy, yoga and meditation
3. Counselling and training programs
4. Save the nature
5. Social awareness
6. Preservation of culture and perspectives /local heritage /traditional knowledge
7. Promotion of local language
8. Special care for needs of differently abled

Functions

1. To do counselling sessions for girls' students for menstrual hygiene in schools. Colleges and institutions.
2. To conduct yoga training and workshops for meditation technique
3. To create cultural awareness by conducting state wise cultural dance sessions, interaction with lawyers to enhance knowledge of legal rights
4. To do plantation drives to ensure harmony with nature
5. To do heritage walks for exposure to local culture, heritage and traditions
6. To conduct counselling sessions for empowering differently abled

Work Experience

We have worked with many organizations like corporate offices, Police Force, Hospital staff and University teachers and students, RWAs, many NGOs and school children of rural and urban population along with underprivileged and especially abled people in different places of many states all around the Nation with our Women team leaders.

Our main focus is on making Healthy and Happy environment all around the world by making everyone Healthy and resourceful through seminars, workshops, webinars, competition and one to one interactive sessions. We have organized many online Education lectures during COVID Period on different topics related with Nutrition, Health, Menstrual Health & Hygiene, Poster and Drawing competition on different topics like National Energy Conservation Day, Children's Day, Hand washing technique, Blood Donation Camp, Health check-up camps, Tree Plantation, Donation Drive & also running a school and skill development program for underprivileged children and their family at Vaishali Ghaziabad Uttar Pradesh Branch