



**Anya Asjad**

Mission Hills, KS



## Health and Hygiene at Mashal Model

Anya Asjad has been a Girl Scout for 12 years as a member of Troop 1631 in Service Unit 620. She is currently a Junior at Pembroke Hill.

Anya's Gold Award project addressed the issue of health and hygiene education for impoverished children at the Mashal Model School in Pakistan. By providing lesson plans and supplemental videos, Anya was able to help children in lower income communities with education on hygiene and how it relates to ongoing good health. She wanted to do her part to educate students that they can prevent a large variety of diseases by exercising basic hygiene practices.

Anya worked with Mashal Model School to find the students, present the lectures and spread the information from her project. Utilizing videos and printable materials, she ensured her project can continue on for future students, as well as providing information about the program to local clubs who might be interested in teaching the classes in other communities. Anya overcame challenges like fully speaking fluent Urdu and time management constraints. She continued forward using the problem solving skills she learned as a Girl Scout to keep the students fully engaged.

**Because of Girl Scouts... and the many opportunities they offer, and through engaging with different people from local and international communities, I have shaped my own perspective and world view for the better and have learned that a positive attitude always produces a positive result..**

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