

**SUSTAINABLE DEVELOPMENT SOLUTIONS NETWORK -KENYA**

**P.O BOX 3900 – ELDORET, KENYA**

**Tel: (+254)722231255/722626286/722992107**

**Website:** [**www.kenya.unsdsn.org**](http://www.kenya.unsdsn.org) **Email:**[**kenya@unsdsn.org**](mailto:kenya@unsdsn.org)

**Activity summary report**

**Activity**: Health fitness and Wellbeing Female youth (Yoga) skills Transfer.

**Background**

Goal **3** of the UN sustainable development agenda towards the attainment of vision 2030 seeks to ensure good health and well-being for all, at every stage of life. The Goal addresses all major health priorities, including reproductive, maternal and child health; communicable, non-communicable and environmental diseases; universal health coverage; and access for all to safe, effective, quality and affordable medicines and vaccines. [Goal 3 | Department of Economic and Social Affairs (un.org)](https://sdgs.un.org/goals/goal3)

"Good Health and Well-being", is one of the 17 Sustainable Development Goals established by the United Nations in 2015. The official wording is: "To ensure healthy lives and promote well-being for all at all ages." The targets of SDG 3 cover and focus on various aspects of healthy life and healthy lifestyle. Progress towards the targets is measured using twenty-one indicators.

**Activity Justification**

To achieve a healthy life and lifestyle, physical exercising with a combination of healthy eating habits forms a critical bath towards the attainment of SDG3 and one of the globally accepted forms of physical exercising is using Yoga skills which have to be transferred by a skilled trainer. In this context, Moi University through its SDSN Kenya Youth Initiative led by the Network coordinator Felix Kulei in collaboration with Gratia Christian College’s school of business under the headship of Dr. Shirley Yeung and with mobilization support from Women Empowerment Group (WEG), established an implementation strategy to youth in Kenya gain health and wellness skills as well as get trained on business creation ans entrepreneurship skills for job creations.

**Session 1 Activity summary**

One and the first of its kind of Health fitness and Wellbeing (Yoga) skills Transfer was implemented on 18th November, 2020 by the three organizations. The activity involved 15 female youth who were mobilized courtesy of SDSN Kenya Youth Initiative and Women Empowerment Group under the guidance of Dr. Shirley Yeung. The activity took a full one and half time where the youth were introduced to Yoga for SDG 3 attainment.

**Key opportunities**

The opportunities which arose from this activity include;

* Willingness to learn – The female youth expressed there willingness to learnt and to continue practicing the skills until when they are acquainted to train other young girls in their communities.
* Availability of the youth – Due to the impact of Covid-19 most youth are at home and thus easy to access and mobilize them for an activity.
* Literacy levels – Majority of the female youth who were engaged
* Lack of knowledge on SDGs and vision 2030 in Kenya

**Challenges**

The implementation of this activity won’t happen without facing challenges and some of the challenges we experienced include;

* Lack of financial resources to plan for a better venue and commit qualified instructors as facilitators of the session.
* Covid-19 restrictions –We were unable to recruit more youth from far Counties due to associated ministry of health restriction for the containment of covid-19 pandemic.

**Conclusion;**

The session ended with a lot of excitement from the participants who requested form more sessions for them to learn more of the yoga skills and Sustainable Development. See Below the session’s photos;

