



**Vishwa Yuvak Kendra**  
(A Unit of Indian Youth Centres Trust)

Empowering Youth for Sustainable Development



# Annual Review

## 2021 - 2022





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(A Unit of Indian Youth Centres Trust)

**Empowering Youth for Sustainable Development**



Celebrating  
**Diamond Jubilee**



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## Programmes

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- » COVID-19 Vaccination Drive: Role of Youth and CSO's for Social Awareness and Mass Mobilisation
- » Webinars on Stress Management
- » Webinar on Digital Citizenship and Civic Participation for Gender Equality
- » National Youth Day Celebrations
- » NGO Meet on Sashaktikaran: Women Warriors in COVID-19
- » Webinar on Agro Entrepreneurship Development
- » Webinar on Resource Mobilisation: Challenges and Opportunities for NPOs
- » Webinar on Youth as Changemakers
- » Workshop on Panchayati Raj Institutions
- » International Women's Day 2022
- » International Webinar on Balancing Environment and Development

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## Message from the Chairman

The continuing pandemic has led to the creation of a new normal. People have learnt to live with the virus. With restrictions still persisting on gatherings, VYK continued with its online model of programme activities.

Kendra also entered into project implementation during the year. In this endeavour, VYK was strongly supported by Bosch India. VYK collaborated with Bosch and implemented Saksham Project, Bosch Care Giver Project and CREDILA project. Apart from the Bosch projects, VYK also implemented Nanhi Pahal project and was involved with 'Ba ki Rasoi' aimed at providing much needed support to the needy during the pandemic period. Project LEAD, a four month long e-Certification course organised in collaboration with Aditi Mahavidyalaya, Delhi University, was a highly unique initiative of VYK during the year. The course focussed on developing leadership, personality and communication skills in students and youth workers and had committed involvement from all quarters. Academicians, personality trainers, psychologists and motivational speakers gave their wholehearted support to making this course a great success.

All the implemented projects were highly successful which was mainly due to the support received from VYK partner organisations. The strong support received from partners enabled VYK to implement the projects in a timely manner, a fact that was acknowledged by all the stakeholders involved. VYK also continued to improve and increase its online presence.

This is VYK's Diamond Jubilee Year. The six-decade long journey has been possible only because of the great and inspirational vision of our founders and the wholehearted support of all the stakeholders involved in the developmental process. I convey my heartfelt congratulations to Team VYK on this great milestone, and sincerely hope that the Kendra would continue to capacitate the youth and enable them to contribute to the nation building process.

**Rajat Kumar Narain**  
Chairman

## Message from the Managing Trustee



The Kendra is celebrating its Diamond Jubilee in 2021 and it is a proud moment for everyone at Vishwa Yuvak Kendra! This is a rare accolade and not every organisation can claim such a legacy. VYK has been highly fortunate that it was established by such great visionaries that the objectives with which the Kendra was set up are as relevant and contextual today, as they were sixty years ago. The vision of our founders has enabled VYK to play a pioneering role in capacity enhancement of youth over the past six decades. The dedicated and untiring efforts put in by VYK team have also been instrumental in realising these objectives.

During 2021-22, VYK organised a number of interventions. VYK also implemented a number of projects in the field, like CREDILA, Care Giver Training, Nanhi Pahal, Ba ki Rasoi etc. aimed at helping the most needy and vulnerable segments of the society during the pandemic period. The Saksham Project was a series of 5 online workshops organised over a period of 4 months and aimed at developing a cadre of professionals with a clear understanding of CSR. With the Care Giver Training project, VYK was able to mobilise 3000 candidates to undertake Bosch Care Giver training, most of who were subsequently provided suitable job placements. The successful implementation of

most of these projects would not have been possible without the support of Bosch, one of the largest engineering and technology companies in the world. The Kendra also continued to provide its campus to Delhi Government for running a “COVID-19 Isolation Centre,” which strived to support the government’s initiatives in fighting the pandemic situation.

The webinars organised by VYK were greatly appreciated by the participants for the selection of theme and depth of content provided by renowned subject experts. Kendra also continued to carry out community level interventions in its adopted slums to ensure holistic development of the residents. All our projects and programmes achieved the level of success only because of the guidance received from our resource persons and support from our partner organisations.

I convey my best wishes to the VYK team on the occasion of Diamond Jubilee year, and hope that they would continue to work hard for the betterment of the society.

**Shishir Bajaj**  
Managing Trustee





## Foreword

Coupled with stringent norms governing foreign funds and the difficulties posed by the pandemic, CSOs are facing great difficulties in resource mobilisation process. This period has highlighted the importance of partnership and collaboration in the development process. Through collaboration, all stakeholders can consolidate their efforts, which can lead to reduced stress on organisational resources as well as better impact of programmes on the field. The success of various VYK initiatives like CREDILA Project, Saksham Project, Care Giver Training, Project LEAD etc. are all testimonials of the impact that collaboration and partnership can make on programme activities.

With the grip of COVID-19 slightly slackening in recent times, VYK was able to carry out a few on-ground activities during the year. Though a small initiative, our Nanhi Pahal project aimed at providing aid to the PWDs during pandemic period was widely appreciated by the beneficiaries as well as the implementing partners. VYK also celebrated the International Women's Day 2022 as a campaign. Twenty institutional and CSO partners from across the country were involved in the project, which saw the direct participation of more than 8000 participants. The initiative was a resounding success, and we hope to implement the model in some

of our future activities also. Recognising the important role that digital medium can play in the spread of information, VYK increased its digital presence during the year. A number of digital initiatives have been visualised and we are hopeful of introducing them over the coming years.

VYK is in its Diamond Jubilee Year of existence. I would like to take this opportunity to convey my heartfelt gratitude to everyone who supported us in our endeavours, beginning with our Board of Trustees who inspired us to strive for success and glory through our activities. I would also like to thank our regional partners, be it CSOs or educational institutions, for collaborating with us in these difficult times and for supporting our webinar events as well as physical events and projects. Our programmes would not have been successful, had it not received support of our resource persons, participants, media and all other stakeholders. Thank you all very much!

We are highly hopeful of building upon the past six decades of our activities and to help develop youth to become valuable contributors of the nation building process.

**Uday Shankar Singh**  
Chief Controller



# VYK at a Glance

# Our Beginning

Vishwa Yuvak Kendra (VYK) has a unique history. In 1959, the executive committee of the Indian Assembly of Youth came to the conclusion that if youth work has to be developed in the country on scientific lines, a national youth centre should be established, which would provide training in youth work to the workers of youth organizations on a continuous basis. The committee also visualized the centre as an international meeting place for young people from all over the world. Since a centre of this type had to have a certain permanency, it was decided to set up an independent trust, which would command the necessary respect and support. Thus, the Indian Youth Centres Trust was set

up on 10 August, 1961. With the active support of Pt. Jawahar Lal Nehru, a decision was taken to build a youth centre named Vishwa Yuvak Kendra. The first phase comprised of mainly the hostel and the central hall was completed and inaugurated by Dr. Zakir Husain, the then President of India on 22 December, 1968. In order to facilitate the smooth running of various workshops, seminars and training programmes, the Kendra provides economical boarding and lodging facilities to its members and the participants. To conduct various programmes, the Kendra also has conference and training halls.



*Prime Minister Pt. Jawahar Lal Nehru discussing project Vishwa Yuvak Kendra with (L-R) Prof. Ram Lal Parikh, Shri Ramkrishna Bajaj and Shri P T Kuriakose*



*The Founder Trustees (Clockwise): Founder Chairman Shri Morarji Desai, Smt. Indira Gandhi, Shri V J Shah, Shri Naval H Tata, Shri Ravindra Varma and Shri Ramkrishna Bajaj, Founder Managing Trustee*



*Dr. Zakir Husain, the then President of India, inaugurating the building of Vishwa Yuvak Kendra*



## Vision

- » Orient the youth to the developmental process and enable them to participate in the process of nation building
- » Foster initiatives for unfolding the potential of youth through a constant process of selfevaluation and self-exploration
- » Enable youth to acquire such knowledge, skills and techniques which will help them in their personal and social growth as well as foster in them sensitivity towards problems in the community
- » Promote national integration and international understanding by developing youth leadership and providing a forum for youth from diverse backgrounds
- » Promote regional cooperation and cultural exchange between people of various countries, and
- » Promote research work in youth work



## Objectives

- » Training in youth work
- » Research and documentation
- » Promotion of international understanding

Towards these objectives, VYK conducts workshops, seminars and training programmes for the NGOs from all over India and youth exchange programmes internationally.



## Founder Members

- |                              |   |                                  |
|------------------------------|---|----------------------------------|
| <b>Shri Morarji Desai</b>    | : | Former Prime Minister of India   |
| <b>Smt. Indira Gandhi</b>    | : | Former Prime Minister of India   |
| <b>Shri Naval H. Tata</b>    | : | Industrialist and Philanthropist |
| <b>Shri Ravindra Varma</b>   | : | Former Union Minister            |
| <b>Shri V. J. Shah</b>       | : | Former Governor of West Bengal   |
| <b>Shri Ramkrishna Bajaj</b> | : | Industrialist and Philanthropist |

**Shri Morarji Desai was founder Chairman and Shri Ramkrishna Bajaj was founder Managing Trustee.**

# Board of Trustees

## INDIAN YOUTH CENTRES TRUST



**Rajat Kumar Narain**  
Chairman



**Shishir Bajaj**  
Managing Trustee



**S R Halbe**  
Trustee



**Kushagra Nayan Bajaj**  
Trustee



**Hemant Panpalia**  
Trustee



**Nirad Mehta**  
Trustee





# CREDILA

## (Care for Rural Elders with Dignity Despite their Lower Aspirations)

The rapid socio-economic transformation has affected various aspects of the society. Industrialization, urbanization and migration of population have brought the concept of nuclear family. As a result of which a section of the family, primarily the elders are confronting the problems of financial, physical and mental support. The elderly in the society faces a number of problems due to absence of assured and sufficient income to support themselves for their healthcare and other social securities. Loss of a social role & recognition, non-availability of opportunities for creative and effective use of free time are also becoming a matter of great concern for elderly persons.

To exacerbate the difficult conditions faced by the elderly, the COVID-19 pandemic struck the world. During the pandemic times, differently abled and elderly people were the most affected. Many of them faced extreme difficulties in meeting basic needs and access to medication. As per HelpAge India report “The Elder Story: Ground Reality during Covid-19”, of the 65 percent elders whose incomes had been affected, 67 percent were in the age group of 60-69 years, a glaring 28 percent in the ‘old-old’ category (70-79

years) and five percent in the ‘oldest-old’ age group (80 plus). The elderly not only feared for their lives but also the stigma attached to the infection. The lockdown fanned their fears further, as they faced isolation, uncertainty, and income loss. The biggest challenge for the elders during the pandemic has been accessing healthcare, buying medicines, groceries, and banking. The report also showed that 62 percent of the elderly respondents were found suffering from chronic diseases such as asthma, cancer, hypertension; diabetes, etc. The Lockdown greatly affected the livelihood and income of the rural population, especially the elders who have no savings and no one to take care of them.

Considering these aspects, VYK with the support of BOSCH initiated an elderly care Project, CREDILA (Care for Rural Elders with Dignity Despite their Lower Aspirations) initiative, aimed at providing the food, clothes and medicines to the needy elder people up to 3-months (from July to September, 2021). VYK drew upon its extensive partner network to implement the project in 9 states of the country.



## The key objectives of CREDILA were:

- » To provide support to really needy elderly living in adverse situation.
- » To create awareness and mobilize community members on understanding the importance of elderly needs and concerns, emotional and physical support.
- » Assisting elderly people to be able to live their life and participate in different social groups.
- » To have access to gender-equal good health and social care.
- » Encourage everyone to be treated respectfully and independently emphasizing elderly populations.



## The following activities were carried out under CREDILA project:

- » Identification and selection of real needy elder people living in adverse situation.
- » Providing humanitarian assistance to the real needy people in the form of distributing food, clothes and medicines up to three months.
- » Showing persistent care and concern towards deprived elders with dignity.
- » Periodic visit to needy elder people to stay emotionally connected with them.



Under project CREDILA, food, clothes and medicines were distributed to 10 beneficiaries in 10 project implementation sites (total 100 beneficiaries) as per following details:





S.No.	Name of the Organisation	Implementation Area	State
1	Kanak Jan Kalyan Samiti	Lalitpur, Jhansi	Uttar Pradesh
2	Paramparagat Jadibuti Evam Vaikalpik Chikitsa Vikas Parishad Evam Anusandhan Kendra	Mandla	Madhya Pradesh
3	Milestone	Delhi	Delhi
4	Utkarsh Ek Pahal	Patna	Bihar
5	Muktai Bhauddeshiya Seva Vikas Sanstha	Pune	Maharashtra
6	Shaurya Shakti Foundation	Hapur	Uttar Pradesh
7	Ekohum Foundation	Delhi	Delhi
8	CORD	Kangra	Himachal Pradesh
9	Lakshitha	Hyderabad, Krishna Distt., Vishakhapatnam	Telangana, Andhra Pradesh
10	Sahayog	Khordha	Odisha

## Conclusion

India, the world's second most populous country, has experienced a dramatic demographic transition in the past 50 years, entailing almost a tripling of the population over the age of 60 years (i.e., the elderly) (Government of India, 2011). Older persons in India face social and financial hardship in old age as most of them are not in a position to earn their livelihood. Their savings, if any, are not enough to meet their day to day, particularly the medical expenses. Many a

times their family members and relatives exploit them due to their vulnerability. Many studies and Data collected over period of time shows that in India more than about 65 percent of the aged had to depend on others for their day-to-day maintenance. Many elderlies in rural areas don't even have enough food to eat, clothes to wear and place to live. The target areas of this project are widely covered in rural parts of India. Although all age groups are at risk of contracting COVID-19, older person are more vulnerable and have significantly higher risk to it.



Project

# SAKSHAM

(An Initiative to Engage, Enable and Empower)

## Modules of the Project

Conceptualisation & Regulatory Framework for CSR

CSR Reporting and Compliance

CSR Impact Assessment: Challenges & Opportunities for Corporates, Academia and NPOs

Emerging Avenues of Skill Development: Role of Corporates, Academia and NPOs

Collaboration & Partnership.

Register Now 

# SAKSHAM

It is a significant fact that Corporate Social Responsibility (CSR) today is no longer a peripheral activity, an option to be included within the principle or primary activities of the company, but an integral part of the paradigm of corporate management. It involves the conscious inclusion of public or community interest into corporate decision making, and adherence to the triple bottom line of people, planet, and profit. The inclusion of CSR in the Companies' Act, 2013 was a huge paradigm shift as India is the only country having mandated CSR as compliance.

It is therefore the need of the time that all the involved stakeholders like corporates; Non - Government Organisations (NGOs) and academics' do a macro and micro level analysis of their CSR's capacity, planning, implementation, governance and documentation strategies.

Vishwa Yuvak Kendra and Bosch (a renowned multinational technology and engineering company), jointly initiated a project called "SAKSHAM – an initiative to engage, enable and empower" – a series of five free online training programmes, spread over four months

and focussing knowledge enhancement of corporates, academia and not-profit organizations on the concept of CSR. The objective of the project was to enhance and build capacity of all the stakeholders such as Corporates, Academicians and NPOs in order to build effective partnerships in the field of CSR.

## Module 1

### CSR - Conceptualisation & Its Framework

Dr. O.P.Goel Head – Bosch India Foundation, CSR & Skill Development and Member Steering Committee: Prime Minister's Kaushal Vikas Yojna, initiated the proceedings by addressing the participants. He explained CSR law in detail, its implications, challenges and opportunities.

In a Panel Discussion on CSR Opportunities and Challenges that followed, speakers shared their observations and experiences since the advent of CSR Act and discussed about the challenges and opportunities faced in CSR implementation.

Mr. Vishal Bhardwaj, Group Head-CSR, Dalmia Bharat Ltd. and CEO, DBF emphasised on the role of CSOs and also sensitised on the doctrine of trusteeship postulated by Mahatma Gandhi. Mr. Hiren Panchal, Mahabodhi Consulting and Mr. Bhomik Shah, CEO, CSRBOX also shared their views on the topic. The session was moderated by Mr. Uday Shankar Singh, Chief Controller, Vishwa Yuvak Kendra.

## Module 2

### CSR Rules, amendments and updates

Mrs. Gayatri Subramaniam, Director, International Centre for Socially Responsible Businesses (ICSRB), focussed on the evolution of CSR over the years.

Dr. O.P. Goel spoke on reporting structure and formats. While explaining the reporting format of Bosch India Foundation, Dr. Goel pointed out that as the company had robust systems and procedures, it was not difficult to report on CSR. The participants were impressed by the reporting structure of Bosch.

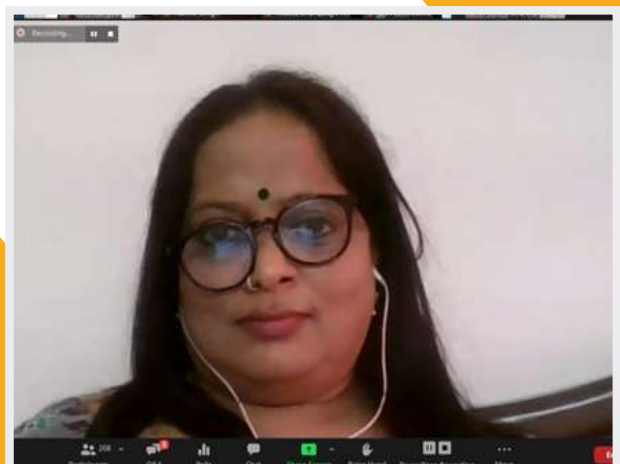
A Panel Discussion on “Compliance and reporting best practices” followed the session. The eminent speakers stressed upon the importance of having a structured reporting practice and the need to follow compliance process after receiving CSR funds. They also reiterated that every NGO should inculcate a robust M&E mechanism in all their projects.



*Mr. Vishal Bhardwaj sharing his views with the attendees.*



*Dr. O.P. Goel addressing the participants.*



*Ms. Gayatri Subramaniam speaking on different aspects of CSR.*

## Module 3

### Impact Assessment

Dr. O.P. Goel initiated the session by giving a brief background of the need for the impact assessment and emphasised on the role of academic institutes to create templates clearly defining Key Performance Indicators (KPIs).

Prof. Kinshuk Saurabh and Prof Ajay Pathak from IIM Nagpur spoke on the Need for Impact Assessment and They stated that impact assessment would enhance the sustainability and efficiency of any project.

In the next topic, Current CSR rules on impact assessment and implications for the companies, Ms. Sushma Ozha, Advisor-CDMC, MICA Consultant- Sustainability, Adani Group, spoke on new legislation of mandating impact assessment.

A Panel discussion on the topic “Developing Competencies of the Impact Assessment Agencies” was organised. Speakers emphasised that the agencies conducting impact assessment should have all the important information and a robust monitoring and evaluation process on a periodical basis should be carried out.

## Module 4

### Skill Development in India: Present Scenario and Future Prospects

Ms. Smita Sahu Bridge Trainer Alpran Software Pvt. Ltd, addressed the participants on Direct Entry to Vocational Training at Early Stage and emphasized the need for

streamlining the underprivileged and less educated people for training and employment.

Speaking on the important topic, Skilling for Youth in Higher Education, Dr. Sudipta Majumdar, Associate Professor ICFAI University, Jharkhand, emphasized on the need for the development of a legislation/national policy and an Institutional mechanism for skill development through higher education.

Dr. Jebamalai Vinanchiarachi Former Principal Adviser to the Director General United Nations Industrial Development Organization (UNIDO), Austria, addressed the participants on Aligning Skill Development in Formal Education System and stressed on the primacy of functional literacy rate. He also elaborated on the role of NPOs in the digital transformative shift.

A Panel discussion on Stakeholder Engagement and Collaborative Approach in Skill Development Projects followed wherein speakers talked about the important role that SSCs could play in the country’s progress. They also highlighted New Education Policy, which focuses on convergence of School education with the vocational education.



*Dr. Jebamalai Vinanchiarachi sharing his views on skill development*

## Module 5

### Partnership & Collaboration for Social Development – Role of Corporates, Academia and NPOs.

Mr. Amodh Kant, Founder, Prayas, Former DGP, Former Chairman, DCPCR & DWSSC initiated the proceedings by explaining the importance of skill development and acknowledged the efforts of National Skill Development Corporation and its states councils.

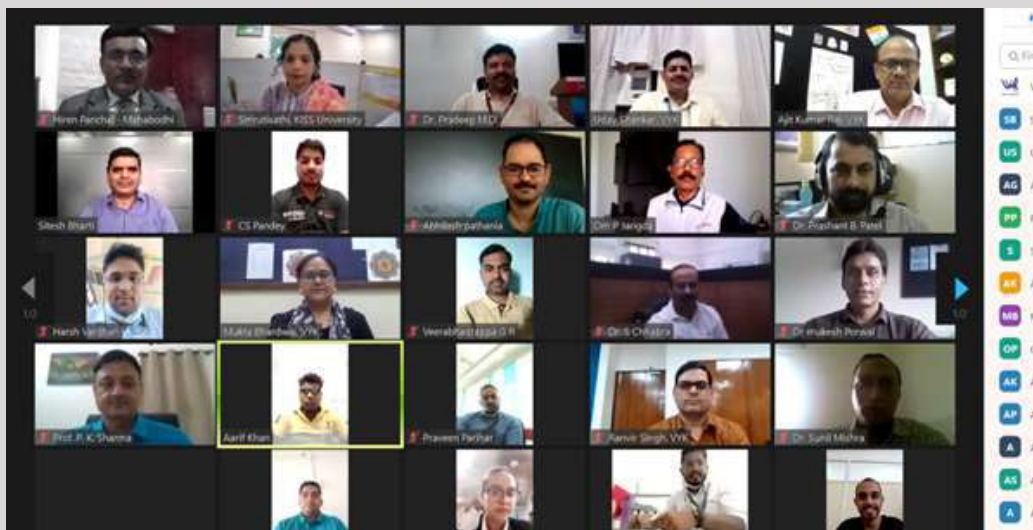
Eminent orator Prof Anand Kumar, Retired Professor, JNU addressed the participants on Partnership and Collaboration: Concepts and Key Components. He stated that cooperation can happen only if we have common interest, common goals and common programs.

Dr. O.P. Goel shared his inputs and insights on the background and relevance of the theme. He explained the role of corporates, academia and NPOs in the development process.

Addressing the participants on Partnership & Collaboration for Social Development: Approaches and Strategies, Dr. P K Sahoo, Co-Founder & Former Chairman CYSD emphasized on the importance of five pillars namely people, planet, prosperity, peace and partnership for holistic development of the society.

In the Panel Discussion on Roles and Responsibilities of Corporates, Academia and NPOs in Networking and Collaboration, the speakers emphasized on the importance of all the three entities working together. Role of corporates in the social development was emphasized.

The set of five workshops was hugely popular among participants, with a total of more than 800 participants attending the same.



*Group photo of participants*

A number of distinguished resource persons also shared their views during the different modules.



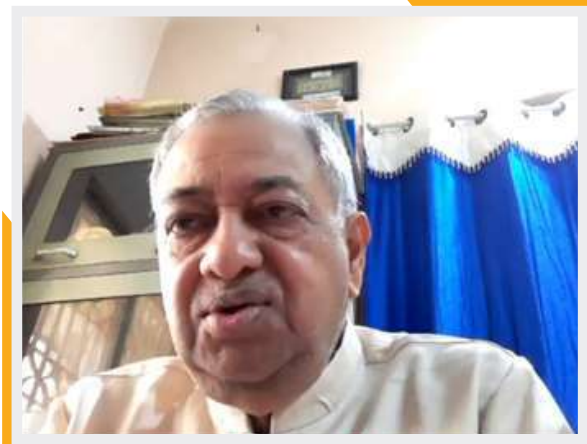
*Dr. Amod Kantb, IPS*



*Col Anil Pokbriyal (Retd.)*



*Mr. Ranjan Choudhury*



*Dr. P.K. Sahoo*



*Mr. Niraj Lal*



*Mr. Rishi Pathania*

**Vishwa Yuvak Kendra and Department of Social Work,  
Aditi Mahavidyalaya, University of Delhi**

Present

Project

**LEAD**

**Leadership through Education  
Action and Determination**

4- month e-certificate course on  
Leadership & Communication

15 Jan, 2022 - 7 May, 2022

# LEAD

## Leadership through Education Action and Determination

Leadership is not just only about titles or posts but is a quality aimed at improving the lives of others. Effective leadership is based upon ideas—both original and borrowed—that are effectively communicated to others in a way that engages them enough to act as the leader wants them to act. Though there are people who are born with traits that help them to become great leaders, many leadership skills can be developed over time.

The key to become a great leader has always been being skilled in communication. Effective communication and effective leadership are closely intertwined. In these times when communication channels are rapidly increasing and the need for connectivity between a leader and their team is in high demand, effective leadership communication is a definitive cornerstone to any work's success.

Many real life examples around us have shown that for an overall development of an individual and society, good leadership skills with influential communication skills are very important. Keeping this in mind, Vishwa Yuvak Kendra, in collaboration with Department of Social Work, Aditi Mahavidyalaya, University of Delhi, launched Project LEAD, a 4-month

online e-certificate programme. The course began on 15 January 2022 and ended on 7 May 2022, with each session running for two hours in the evening every Saturday from 5.00 pm to 7.00 pm. This project was aimed at harnessing the potential in the youth and helping in their personal development. Considering the pandemic situation, it was decided to waive off the course fee completely. Diverse set of faculties, domain experts and resource persons of national and international repute were scheduled to facilitate the sessions along with the experienced in-house faculties of Vishwa Yuvak Kendra and Aditi Mahavidyalaya. A dedicated team from VYK and Aditi Mahavidyalaya was formed to coordinate the course along with providing timely mentoring and coaching support to the participants.

The course was organized targeting students/working professionals and individuals, with a working knowledge of English & Hindi and having minimum 12th Standard Education as prerequisites. It was envisaged to cover aspects of leadership skills, communication skills, team building, conflict management, stress management and personality development through the various sessions. The sessions of the course were as follows:

## Session 1

### Inaugural Session

Date: 15 January 2022

The course began with the inaugural session on 15 January 2022.

Prof. Rajni Abbi, Chairperson, Aditi Mahavidyalaya discussed about the qualities of a good leader and shed light on the key responsibilities of a leader. Chief Guest for the session Padma Shri Prof. Dinesh Singh, former Vice chancellor, University of Delhi said that if one listened to one's inner voice & acted according to it, one will automatically become a good leader, and at the same time a good communicator as well. Following Dr. Singh's address, Dr. O.P. Goel, Head-CSR, Bosch India Foundation, presented his views on importance of leadership & communication skills at workplace.

Prof. Sunita Behmani, Associate Professor, Aditi Mahavidyalaya highlighted the importance of communication skills in overall development of an individual. While concluding the proceedings, Mr. Uday Shankar Singh, Chief Controller, Vishwa Yuvak Kendra thanked all the dignitaries and participants and focused on the value of leadership and communication skills in one's life.



*Dr. Dinesh Singh addressing the students*

## Session 2

### Leadership: Concept, type & styles

Date: 22 January 2022

**Speaker: Mr. Suneel Keswani**

Mr. Suneel Keswani, Trainer and Co-founder, Leaders Avenue began the session by showing various small videos of leadership and motivation to the participants.

He also explained to the participants the differences between the various types of leadership. A question and answer session followed the resource person's address wherein he answered the queries of participants. Mr. Keswani further shared tips on how to develop one's confidence.

## Session 3

### Traits and qualities of leadership

Date: 29 January 2022

**Speaker: Mr. Govind Mishra**

Mr. Govind Mishra, Co-founder, Leaders Avenue, and a prominent business consultant, success coach, public speaker and a trainer. started his session by sharing his school life experiences. He shared the different traits of leadership with the participants, while giving examples of each type. He also suggested various books and videos for participants to watch.

Following Mr. Mishra's address, many students asked questions relating to the same, which he responded to. The session was concluded with a vote of thanks by Ms. Manisha Pal, Assistant Professor, Aditi Mahavidyalaya



## Session 4

### The spirit of collaborative success & team building

Date: 5 February 2022

**Speaker: Mr. Govind Mishra**

Dr. Manju Goel, Assistant Professor, Dept. of Social Work, Aditi Mahavidyalaya initiated the session by welcoming the resource person for the session, Mr. Govind Mishra.

Through various examples and videos, Mr. Mishra emphasized on the importance of teamwork and trust. He also clarified the difference between group and team. He informed the various qualities of an effective team, such as cohesion, collaboration, commitment, creativity and striving for continuous improvement.

After explaining the concept of team building, Mr. Mishra shed light on collaboration. He informed the participants the various benefits of collaboration and how it resulted in goal alignment. He also answered the various questions of participants relating to the session and gave examples to clarify the answers. Dr. Sunita Bahmani, Teacher In Charge, Department of Social Work, Aditi Mahavidyalaya extended vote of thanks.



*Mr. Suneel Keswani speaking on the topic*

## Session 5

### The power of influence and key to effective leadership

Date: 12 February 2022

**Speaker: Mr. Suneel Keswani**

Mr. Ajit Kumar Rai, Sr. Officer – Sustainability & Development, Vishwa Yuvak Kendra, initiated the session by welcoming the resource person Mr. Suneel Keswani. Mr. Keswani initiated the formal session on the power of influence and key to effective leadership. He also explained about positive aura and negative aura and shared incidents from his life in support of his observations. He explained four points – believe in oneself, positive attitude, sensitivity towards others and absence of bias – to make a difference and have a positive influence in the society.

There was a short Q&A session following the address, where Mr. Keswani took the participants' questions. Dr. Manju Goel from Aditi Mahavidyalaya thanked Mr. Suneel Keswani on the behalf of all team members of Vishwa Yuvak Kendra and Aditi Mahavidyalaya.



*Mr. Govind Mishra sharing his views*

## Session 6

### Communication: Concept, types and importance

Date: 19 February 2022

#### Speaker: Mr. Surinder Narain Ahuja

Mr. Surinder Narain Ahuja, a certified trainer from American TESOL Institute and having 50 years of experience in the field of training, performance development and career counseling, the esteemed resource person for the session began by explaining that learning was a continuous process. He narrated small stories and anecdotes to reflect his views. He also elaborated on the importance of learning. He further said that knowledge enhanced confidence and that ego was obstacle in the learning process.

Mr. Ahuja also shared various definitions of communication and explained in detail about them. The participants actively participated in the question and answer session that followed, where Mr Ahuja answered and clarified all the doubts.

## Session 7

### Non-verbal communication

Date: 26 February 2022

#### Speaker: Mr. Surinder Narain Ahuja

The session commenced with the welcome address by Dr. Manju Goel. Thereafter Mr. Ahuja informed the participants about body language. He shared the history of non-verbal communication and how it was linked to culture. Mr. Ahuja also gave examples of nonverbal communication and explained the definition of effective nonverbal communication. He also informed the participants about the principle/protocol of shaking hand and shared distinction and importance of various body postures.

The participants asked various questions about the session which were all answered by the speaker. Ms. Apurva Gautam, Programme Officer, Vishwa Yuvak Kendra conveyed vote of thanks.



*A glimpse of the participants*

## Session 8

### Communication: Process, techniques, principles and barriers

Date: 5 March 2022

#### **Speaker: Mr. Surinder Narain Ahuja**

After the recap of the session by Mr. Ajit Kumar Rai, Mr. Surinder Narain Ahuja took over the session.

Mr. Ahuja had covered three components of communication i.e., speaking, listening and barriers. He explained about the process, techniques, principles and barriers of communication. Mr. Ahuja also informed about the various types of communication and explained the difference between hearing and listening. He then gave the participants tips related to listening and made the participants aware about the various communication barriers.

Ms. Manisha Pal from Aditi Mahavidyalaya thanked the entire gathering for their enthusiastic involvement.

## Session 9

### How to become an effective communicator

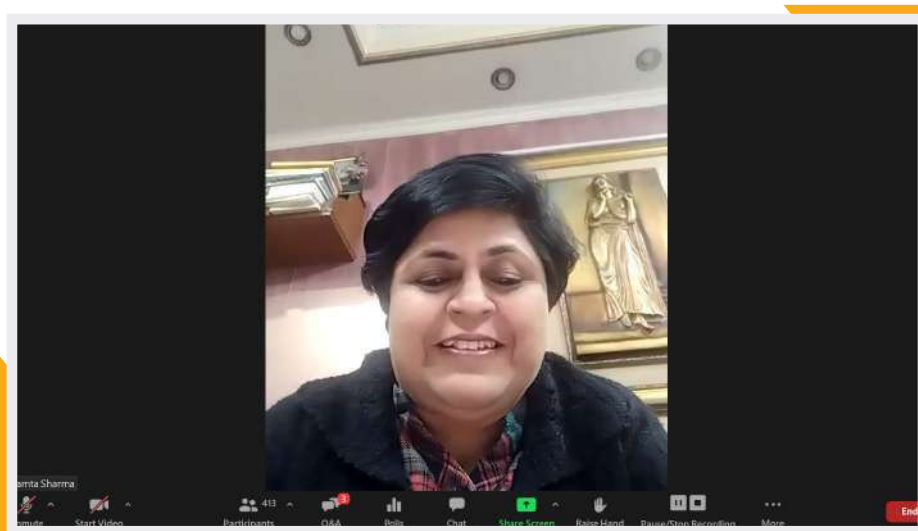
Date: 12 March 2022

#### **Speaker: Mr. Surinder Narain Ahuja**

The proceedings were initiated with welcome address by Ms. Mukta Bhardwaj, Programme Officer, VYK. Thereafter, Mr. Ahuja shared practical tips to improve one's communication skills and to become a good communicator.

He also shared the various principles to be followed while communicating in writing. Mr. Ahuja also explained to the participants the ways and means of writing formal as well as informal letters, wherein he suggested letter structure, appropriate usage of words and languages etc. In the case of verbal communication, Mr. Ahuja said the most important aspect was to be a better listener.

Mr. Rakesh Singh, Programme Associate, VYK conveyed vote of thanks to all the dignitaries present and the participants.



*Dr. Mamta Sharma expressing her views*

## Session 10

### Understanding stress and its causes

Date: 19 March 2022

**Speaker: Dr. Jayanti Dutta**

Dr. Manju Goel began the proceedings by welcoming Dr. Jayanti Dutta, renowned Clinical Psychologist and an academic of global repute to the session.

Dr. Jayanti Dutta explained about stress and said that no one can escape from stress. She then went on to give the clinical definition of stress and helped the participants understand the concept in a clear manner. She also explained about the various types of stress and also the causes of psychological stress. She gave key indicators of stress for participants to understand and observe.

Dr. Dutta advised participants various tips to avoid overthinking. Many questions were asked by participants in the follow-up Q & A session, which were answered by Dr. Dutta. Dr. Manju Goel gave the vote of thanks.

## Session 11

### How to minimize stress and maximize happiness

Date: 26 March 2022

**Speaker: Dr. Jayanti Dutta**

Dr. Jayanti Dutta started her session by talking about how if a person was affected by stress, it also affected the people around them. She opined that peer/family and a professional support was must for a person dealing with stress. She also gave indicators and symptoms of stress, including emotional symptoms, physical symptoms, cognitive symptoms and behavioural symptoms. Dr. Jayanti Dutta further talked about stress management. She explained about various healthy ways to manage stress and on the need to set realistic expectations.

Dr. Dutta then talked about happiness and how it was defined and described. She further talked about two key components of happiness, namely balance of emotion and life satisfaction.

The participants asked questions about the session which were responded to in detail by Dr. Dutta. Mr. Rakesh Chaudhary, Assistant Professor, Aditi Mahavidyalaya conveyed the vote of thanks.



*Dr. Jayanti Dutta sharing her thoughts on mental health*

## Session 12

### Time management: Concept, importance and techniques

Date: 2 April 2022

**Speaker: Mr. Lalit Sharma**

The session was initiated by Dr. Manju Goel, Assistant Professor at Aditi Mahavidyalaya, Delhi University, who welcomed the resource person, Mr. Lalit Sharma, who started the session by talking about how different people assigned different meaning to the concept of time.

He explained the various benefits of time management and explained that when one manages time, one will be able to do things faster than the time given. He also shared the various time management characteristics, but also cautioned the participants that whenever one was planning, one should always be prepared for the unexpected.

Mr. Sharma also stressed on the need to have a record of one's planning and go through it once a day/week, which would help one understand one's plan and make adjustments accordingly.

Ms. Mukta Bhardwaj, Programme Officer VYK conveyed the vote of thanks.

## Session 13

### Personality: Concept & dimensions, attitude and motivation

Date: 9 April 2022

**Speaker: Dr. Jayanti Dutta**

Dr. Jayanti Dutta, Clinical Psychologist, was invited to share her views on conflict management.

Dr. Dutta said that conflict management was a burning topic in these times and began by explaining the meaning of conflict and explained that conflict was not the same as violence. She then explained the possible reasons for conflicts, like miscommunication, different perceptions, different values and difference in preferred outcomes.

Dr. Dutta then went on to explain about conflict management. She highlighted that conflict management, also known as conflict resolution, involved having an environment that precludes conflict and an individual or a set of individuals who could successfully handle and resolve existing issues. She also talked about various conflict resolution strategies.

Ms. Manisha Pal, Assistant Professor, Aditi Mahavidyalaya extended vote of thanks to all.



*Mr. Lalit Sharma speaking on time management*

## Session 14

### How to build personal and professional personality

Date: 16 April 2022

**Speaker: Mr. Surinder Narain Ahuja**

Dr. Manju Goel, Aditi Mahavidyalaya initiated the session by welcoming the resource person, Mr. Surinder Narain Ahuja to take the session forward.

Mr. Surinder Narain Ahuja began by defining the term personality and sharing the various characteristics of the same. He thereafter shed light on the dimensions of personality and went on to explain the different types of personalities and gave examples of each type.

Participants who had questions about the session asked the same in the Q & A session, and Mr. Ahuja clarified their doubts in detail.

Dr. Sunita Bahmani, Associate Professor and Head, Department of Social Work thanked the speaker for sharing his personal and professional insights on the topic.

## Session 15

### How to develop personal and professional personality

Date: 23 April 2022

**Speaker: Mr. Surinder Narain Ahuja**

Mr. Surinder Narain Ahuja began by talking about the basic elements of Personality development, viz. physical, social, mental and personal. He further said that for good personality development in personal and professional settings, one must, among other qualities, have a winning spirit in life, develop good communication skills, become a good conversationalist, develop interpersonal skills, honing one's listening skills and develop negotiation, problem-solving, and decision-making skills with assertiveness.

Mr. Ahuja also talked about one's aura which reflected their personality and vibes. Positive vibes created positive aura and helped everyone grow personally and professionally, he said.

Mr. Anand Kumar, Programme Officer, Vishwa Yuvak Kendra thanked Mr. Surinder Narain Ahuja for sparing his time and for enlightening the participants with his insightful address.



*Mr. Surinder Narain Ahuja motivating the participants*

## Session 16

### Experience sharing and success stories

Date: 30 April 2022

The chief guest for the session Mr. Abhayanand, IPS, former DGP, Bihar Police, shared his experiences with the participants wherein he explained to the participants that struggle in life was very important to achieve one's goals.

Mr. Yogesh Kumar, Founder & CEO- Even Cargo, India's first e-commerce logistics company solely driven by women shared his life journey with the participants and informed the participants of the struggles and challenges faced by him while establishing Even Cargo. Mr. Amit Jain, Co-founder, Mitti Ke Rang, advised the participants to do something new every day and try to learn every day to develop oneself.

Following Mr. Amit Jain, Dr. Apala Baduni addressed the participants and shared her life experience of working with cancer patients. Mr. Vicky Roy, Documentary Photographer, shared his life story of living a struggling life as a rag picker and dish washer, and achieving his wish of becoming a renowned photographer as a result of his hard work and dedication. Mr. Uday Shankar Singh, Chief Controller, Vishwa Yuvak Kendra gave concluding remarks.

## Session 17

### Valedictory session

Date: 7 May 2022

The valedictory session of project was initiated by Dr. Manju Goel, Assistant Professor, Aditi Mahavidyalaya who welcomed the chief guest Padma Shri Dr. J.S. Rajput, Former Director of NCERT, guests of honours Dr. AK Merchant, General Secretary, The Temple of Understanding-India and Mr. Prince Sharma, Chairperson, Governing Body, Aditi Mahavidyalaya.

In his address, Dr. J.S. Rajput said that that one should always have faith in one self. He said that a person who walked on the path of self-confidence became successful. Mr. Prince Sharma congratulated all the participants for completing the course and thanked the team of VYK and Aditi Mahavidyalaya for organizing such a timely programme.

Dr. A.K. Merchant shared his thoughts on leadership with the participants. He said that the concept of leadership must be built within family itself.

Prior to the winding up of the proceedings, the resource persons of the course shared their experiences during the training programme and congratulated both Team VYK and Aditi Mahavidyalaya for organizing such an important training.



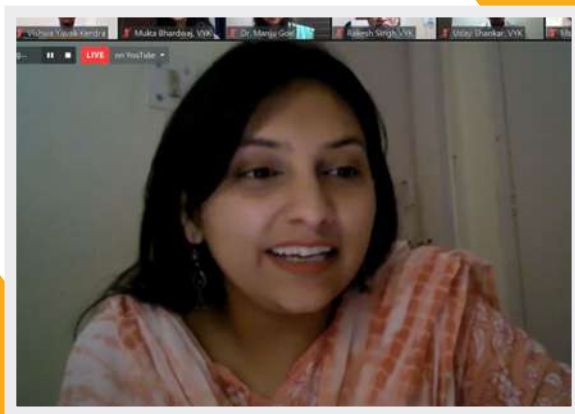
*Session in progress*

Mr. Uday Shankar Singh, Chief Controller, Vishwa Yuvak Kendra began by thanking the chief guest, guests of honour and all the members and participants for their presence in this session and congratulated everyone on the successful completion of the project. He shared his views on the programme and suggested that it was a great model which could be replicated elsewhere as per the need and requirements.

More than 400 participants attended the entire series of programmes, making the event a grand success.



*Mr. Uday Shankar Singh*



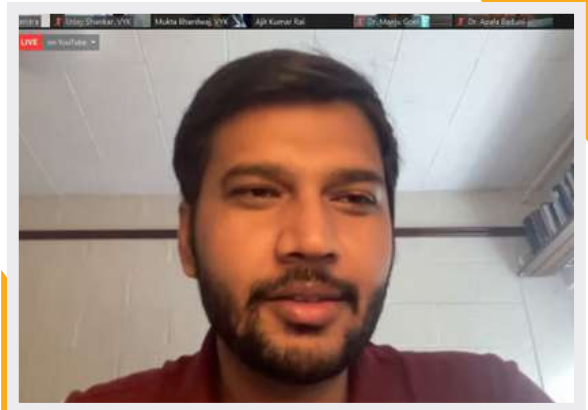
*Dr. Apala Badami*



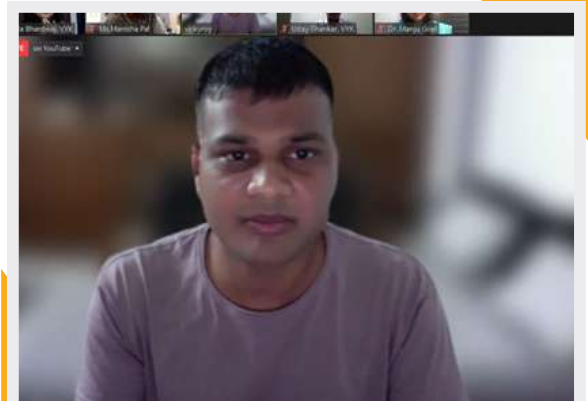
*Mr. Abhayanand, IPS*



*Mr. Amit Jain*



*Mr. Yogesh Kumar*



*Mr. Vicky Roy*



# नन्ही पहल

## Distribution of Dry Ration and Hygiene Kits to PWDs

A small initiative in response to COVID-19

### Nanhi Pahal

The Preamble to the Convention on the Rights of Persons with Disabilities (CRPD) -2006, adopted by the United Nations, describes disability by stating that: "Disability results from the interaction between persons with impairments and attitudinal and environmental barriers that hinder their full and effective participation in society on an equal basis with others."

According to the World Health Organisation, there are more than 1 billion persons with disabilities worldwide, out of which the overwhelming majority, eighty per cent, live in low-income countries. They are more likely to be characterised by disadvantage and exclusion; such as lack of access to public health, education, and other social services. As per the Census 2011, the differently abled population in India is 26.8 million.

The COVID-19 pandemic has engulfed the entire world and has grown into an unprecedented challenge that mankind has ever faced. Its rapid spread has brought distressing effects on almost all aspects of human life. The marginalized sections of our society, particularly PWDs are often

considered the poorest of the poor due to their socio-economic condition and the lack of support. PWDs in both the formal and informal sectors also have to bear the brunt of financial strain, since they are more likely to lose their jobs during lockdowns and pandemic scenarios. The lockdowns necessitated by the pandemic forced the closure of public transport facilities, which seriously affected access to health care services for everyone, particularly Persons with Disability (PWDs), elderly and those with mental health issues. The lockdown during COVID-19 pandemic worsened their income, savings and their economic resilience.

Taking into account the adverse situation that developed as a result of COVID-19, Vishwa Yuvak Kendra thought of doing something for the differently abled people of the society. It was felt that to have a nationwide impact, support of regional partners was essential and therefore it was decided to involve the state partners in this task. Considering the lack of access and transportation facility and difficulty faced during pandemic situations, it was decided to organise an initiative to provide basic essential items to the Person

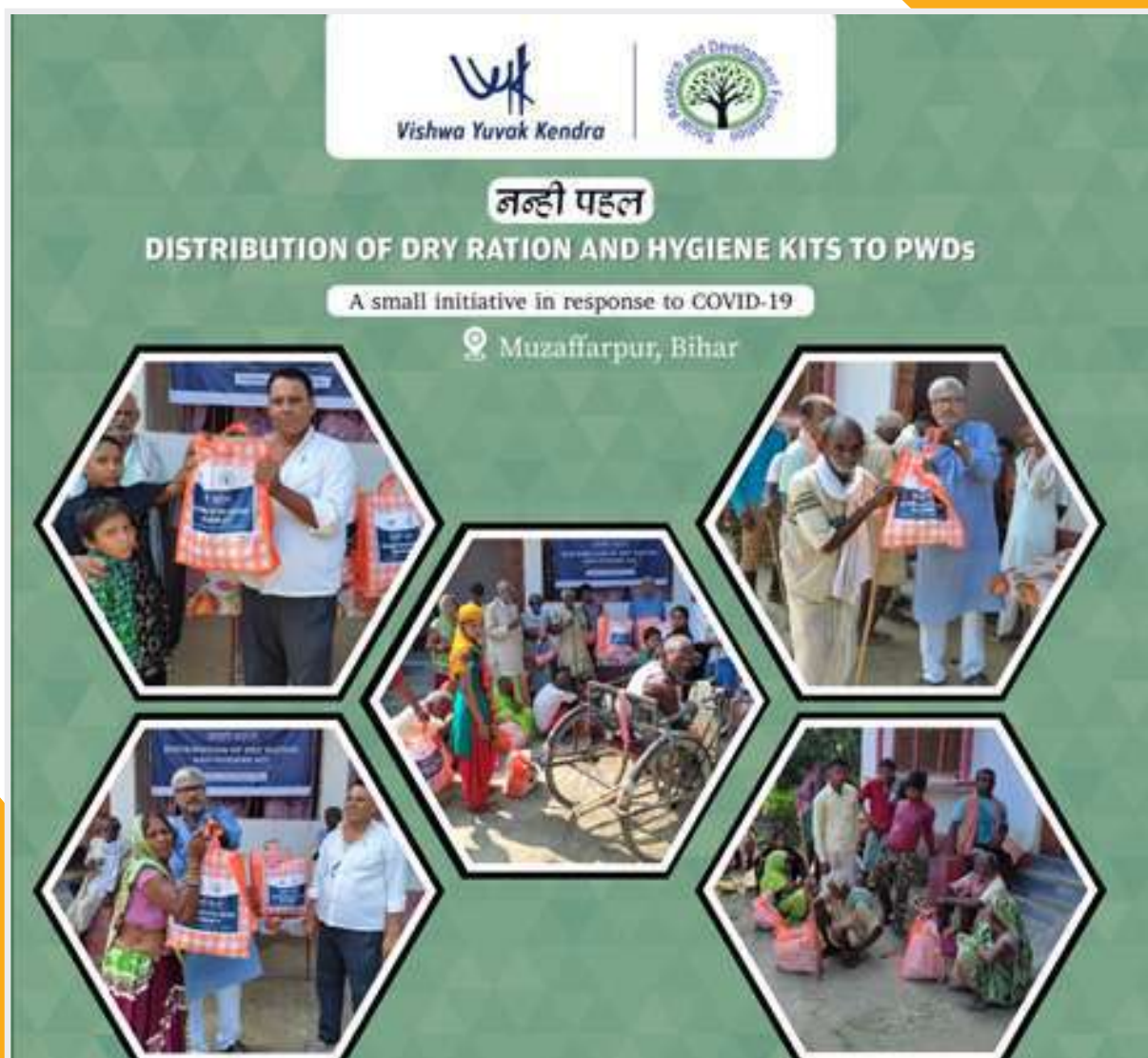
with Disabilities (PWDs). As a result, Nanhi Pahal was born. Dry ration kits and hygiene kits were provided to most vulnerable sections i.e., Persons with Disabilities (PWDs). For the purpose, support and cooperation was sought from regional partners to distribute relief materials to the needy people in various parts of the country as a joint initiative. The salient features of the collaboration were as follows:

- » Each partner organisation was provided with the opportunity to distribute the relief material to selected needy (25 Nos.) of people in their working areas.
- » The distribution of dry ration kits was to be a one-time relief activity (OTRA).

- » Since this project was being executed across the nation with the help partner organisations, the date and duration of each event was finalised based on mutual consent.

During COVID-19 second wave, Vishwa Yuvak Kendra reached out to 375 beneficiaries in 12 states with dry ration and hygiene kits. Under “Nanhi Pahal” initiative, VYK covered rural as well as urban areas with 15 regional partners.

From all over India, 15 state partners were identified for the distribution of the material under the Project Nanhi Pahal.



S. No	Name of the Organizations	Areas of implementation
1	Abhiyan	Nalanda, Bihar
2	Indian Institute of Social Development	Indore, Madhya Pradesh
3	Gramin Vikas Mandal	Charkhi Dadari, Haryana
4	Stand Sustainable Foundation	Aman Vihar, Delhi
5	Ved Mata Gaytri Jan Kalyan Samiti	Shimla, Himachal Pradesh
6	Indian Institute of Youth & Development	Ganjam, Odisha
7	ASSIST	Guntur, Andhra Pradesh
8	Kalyanam	Hardoi, Uttar Pradesh
9	Social Research and Development Foundation	Muzaffarpur, Bihar
10	Manthan Yuva Sansthan	Ranchi, Jharkhand
11	Prem Youth Foundation	Patna, Bihar
12	Vinoba Sewa Ashram	Shahjahanpur, Uttar Pradesh
13	Yuva Vikas Samiti	Basti, Uttar Pradesh
14	Daliyon Ka Dagriya	Pauri Garhwal, Uttarakhand
15	Vikasana Institute for Rural and Urban Development	Mandya, Karnataka



## Conclusion

It has often been observed that differently abled people are at a disadvantage under normal circumstances itself. Worldwide, disasters and emergencies often disproportionately impact the differently abled community, and this pandemic is no exception. During a pandemic, their disadvantage increases – access to healthcare is often affected and so are their income generation abilities. Persons with disabilities generally have more health-care needs than others – both standard needs and needs linked to impairments – and are

therefore more vulnerable to the impact of low quality or inaccessible health-care services than others.

In this adverse times, Vishwa Yuvak Kendra and its state partners came together for the implementation of the project Nanhi Pahal, which was a small gesture to help out the marginalized section in general and Persons with Disabilities (PWDs) in particular, by providing them with Dry Ration Kits and Hygiene Kits.



**नन्ही पहल**  
**DISTRIBUTION OF DRY RATION AND HYGIENE KITS TO PWDS**  
 A small initiative in response to COVID-19  
 Jharkhand

**नन्ही पहल**  
**Distribution of Dry Ration and Hygiene Kit to P**  
 A small initiative in response to COVID-19  
 Hardoi, Uttar Pradesh

**नन्ही पहल**  
**Distribution of Dry Ration and Hygiene Kits**  
 A small initiative in response to COVID-19  
 Raazi, U.P.

For more updates visit our website: [www.vykonline.org](http://www.vykonline.org)

**नन्ही पहल**  
**Distribution of Dry Ration and Hygiene Kit to PwDs**  
 A small initiative in response to COVID-19  
 Ganjam, Odisha



**Vishwa Yuvak Kendra**

**नन्ही पहल**  
**DISTRIBUTION OF DRY RATION AND HYGIENE KITS TO PWDs**  
 A small initiative in response to COVID-19  
 Madhya Pradesh

AND HYGIENE KIT  
 AND HYGIENE KIT

**Vishwa Yuvak Kendra**

**नन्ही पहल**  
**DISTRIBUTION OF DRY RATION AND HYGIENE KITS TO PWDs**  
 A small initiative in response to COVID-19  
 Haryana

चरखी दादरी भास्कर 26-07-2021  
 कोरोनाकाल में आर्थिक संकट झेल रहे 25 दिव्यांगों को विकास परिषद टोना राशन

**Vishwa Yuvak Kendra**

**नन्ही पहल**  
**DISTRIBUTION OF DRY RATION AND HYGIENE KIT TO PWDs**  
 A small initiative in response to COVID-19  
 Delhi

Shree Sustainable Foundation

**Vishwa Yuvak Kendra**

**नन्ही पहल**  
**DISTRIBUTION OF DRY RATION AND HYGIENE KITS TO PWDs**  
 A small initiative in response to COVID-19  
 Andhra Pradesh

## BECOME A CARE GIVER

*Join the certified course from Bosch*



### Eligibility:

- 18-35 years of age
- Preferably 10th pass

### Duration: 3 months

### Mode of Training:

- 1st month: Online Training
- 2nd month: Classroom Training
- 3rd month: On-the-Job Training

## Care Giver

COVID-19 pandemic has put significant stress on our already limited healthcare resource. National Health Mission (NHM) seeks to provide equitable, affordable, and quality health care to the India's population, especially the vulnerable groups. However, the active health workforce size estimated (NSSO 2017–2018) is much lower (3.12 million) with allopathic doctors and nurses/midwives estimated as 0.80 million and 1.40 million, respectively. A substantial proportion of active health workers were found not adequately qualified on the one hand and on the other more than 20% of qualified health professionals are not active in labour markets.

While healthcare resource could be required by anyone, the large percentage of people needing support of healthcare resource/professional belongs to the senior citizen category. Things are even more complicated in today's nuclear families, where both spouses are working and there is hardly anyone to even look after ailing children, leave aside sick parents/ in-laws. Although the demand for professional caregiving is very high in India, we lack in providing families professional care-givers. Considering this, Bosch devised

a training course for care-givers, which was supported by VYK to train the country's next set of trained and professional caregivers.

The caregiver training program was designed and conceptualised by Bosch in a very meticulous way keeping in mind the requirements of a health care program. It is a three-month short-term training program under which students will undergo two months of classroom training and one month of "On-the-Job Training (OJT)" at various hospitals. The program aimed to fulfil the rural/urban skilling needs of the needy youth and at the same time fulfils healthcare needs of the country. The objective of the course was to:

Having a strong partnership base in the country, Vishwa Yuvak Kendra sought the support of its member organisations, partners organisations and network associations from the across the nation regarding the identification and selection of aspirant candidates for the training and mobilised around 3000 candidates from all over India with the support of its regional partners (119 partners from all parts of the country). The success of the project can be gauged from the fact that more than 95% of the trainees have been placed after completion of the course.

# Life Line Oxygen Bank

## Oxygen Bank

Medical oxygen is the single most important intervention for moderate and severe cases of COVID-19. The distribution of medical oxygen is a complex matter. Large hospitals are usually supplied directly by manufacturers who use tankers to transport oxygen. Meanwhile, medium-sized and small hospitals as well as nursing homes rely mainly on intermediaries.

During the first wave of the pandemic, shortage of medical oxygen was observed in many states and hospitals. However, the shortage was extremely drastic during the second phase of the pandemic, particularly in April and May 2021. This entire supply chain has been severely disrupted at multiple levels due to the sharp and sudden surge in demand across the country — from 3,842 MT per day on April 12, 2021 to 8,400 MT per day by April 25 and further up to 11,000 MT per day by early May. News reports of people dying without access to oxygen added to the extreme panic and increased people worries.

Realising the paramount importance of medical oxygen in saving people's lives during the pandemic, Vishwa Yuvak Kendra, along with Prem Youth Foundation, Patna, established "Life Line Oxygen Bank" to provide access to medical oxygen for the needy. "Oxygen Soldiers," dedicated volunteers who helped carry the oxygen cylinders to far flung regions of the city helped VYK to take the cylinders and oxygen concentrators to the critical patients. While Prof. Prem Kumar, Founder, Prem Youth Foundation played a pivotal role in coordinating the different aspects of the project, ASP Mr. Manish Kumar, IPS, provided support of the government machinery in allaying logistical problems. As a result of this unique initiative, the VYK and Prem Youth Foundation team was able to save scores of lives. The efforts of both organisations were lauded by the government officials and common masses.





*Oxygen Soldiers with a fresh batch of cylinders*



*Felicitation of Oxygen Soldiers and COVID Warriors*





● Programmes



# JSDP

## Joint Staff Development Programme

Date: 18-21 September, 2021

The Konrad-Adenauer-Stiftung partner network Joint Staff Development Programme (JSDP) held its 37th Annual Meeting from 18 to 21 September 2021 at Hotel Fateh Garh, Udaipur, Rajasthan. The focus of the discussion was “Corona Pandemic and Sustainable Development Goals: Impact, Responses & Prospects”.

The KAS, in collaboration with the Indian Society for Community Education (ICSE) and Yuvak Vikas Trust (YVT), organized the 37th meeting of the KAS with its partners – the Joint Staff Development Programme (JSDP).

Fourteen well-known NGOs and their grass root level workers spread all over the regions of the country participated in the present JSDP.

The programme welcome address was given by Mr. Mayank Upadhyay, Secretary and Trustee, Indian Society for Community Education. Mr Introductory remarks were given by Mr. Peter

Rimmele, Resident Representative to India, KAS. The Chief Guest of the Programme was Dr Anil Gupta, Recipient of Padmashri, Founder of Honeybee Network & Prof at IIM, Ahmedabad (Retd). The Vote of Thanks was given by Dr Mandaben Parikh, Managing Trustee, Yuvak Vikas Trust.

There were some sessions on Corona Pandemic and Sustainable Development Goals: Impact, Responses & Prospects. In this various points were discussed so as to build a framework on how we can create a better mechanism to fight the Covid-19 pandemic and the after effects of it.

Vishwa Yuvak Kendra would like to thank The Konrad-Adenauer-Stiftung (KAS) , the Indian Society for Community Education (ICSE) and Yuvak Vikas Trust (YVT), for the successful organization of the programme and the knowledge we have gained in the programme.



# Seminar on Women Safety & Security

Date: 14 December, 2021

Vishwa Yuvak Kendra and Prem Youth Foundation jointly organized a one daylong seminar on Women Safety and Security on 14th December, 2021 at Fathua High School Campus in Patna, Bihar. The chief guest of the programme, DSP, Shri Rajesh Kumar Manjhi motivated the young girls about the importance of being legally aware and contributing to the betterment of the society

Prof. Prem Kumar, Founder- Prem Youth Foundation said that women would get equal opportunity to participate in the Legislative Assembly and lead high government posts to make young girls self-dependent.

Mr. Uday Shankar Singh, Chief Controller of Vishwa Yuvak Kendra put light on the importance of eradicating social evils from the society which will help young girls learn and grow.

Ms. Nasifa Fathima, Principal of the School thanked the distinguished dignitaries for their gracious presence and motivating the girl students to be self-motivated and also thanked the organisers for conducting a useful and timely awareness event.



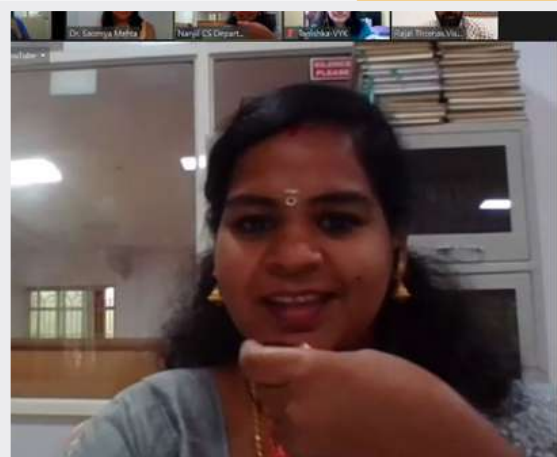
# COVID-19 Vaccination Drive: Role of Youth and CSO's for Social Awareness and Mass Mobilisation

The outbreak of Coronavirus has devastated economies across the world and put tremendous stress on healthcare systems. India rolled out the largest vaccination drives in the world on 16 January 2021 by providing COVID-19 vaccines. Since no definitive cure has been found till date, it is only through vaccination that we can arrest the spread of the virus. Vishwa Yuvak Kendra organised two webinars on “COVID-19 Vaccination Drive: Role of Youth and CSO's for Social Awareness and Mass Mobilisation” with the support of partner institutions. While the first webinar was organised on 9 April 2021 with the support of Nanjil Catholic College of Arts and Science, Kaliyakkavilai, Tamil Nadu, the second was organised on 16 April 2021 with the support of Holly Cross College, Nagercoil, Tamil Nadu. The objective of the webinars were to raise awareness about the vaccination drive being carried out in the country and to dispel rumours and misconceptions about the same.

The speakers shed light on the various types of vaccines available and also gave information

about accessibility of the same. They also talked about how youth can support in the process and ensure maximum participation by the public. They also discussed about the various myths and misconceptions prevailing regarding the vaccination. Participants were encouraged to become influencers and engage at various levels of development. They were also advised to propagate the importance of maintaining hygiene, particularly hand hygiene as a method of prevention of spreading of the virus.

While Dr. Saomya Mehta, a Resident Doctor, GIMS and Clinical Research consultant at National COVID-19 Registry (ICMR) and Dr. M. Athura Das, MBBS, MD, a specialist in Accident and Emergency Medicine, PGDFM, CMC Vellore, FICM and FACEE were the resource persons during the first webinar, Dr. Utsav Raj, AIIMS Raipur and Dr. Apala Baduni, General Secretary, Ekohum Foundation addressed the participants during the second webinar. Each webinar was attended by more than 400 students.



*Dr. Saomya Mehta sensitising the participants*



*Dr. Athura Das speaking on COVID-19 immunisation drive*

# Webinars on Stress Management

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. Stress is a natural feeling of not being able to cope with specific demands and events. However, stress can become a chronic condition if a person does not take steps to manage it.

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. In these trying times, particularly after the onset of the pandemic, stress management has become highly relevant, since COVID-19 has sabotaged the mental and emotional peace of many.

The outbreak of coronavirus has devastated physical and social lives of people. Of all the heart-breaking effects of COVID-19, its impact on young people has resulted to be the most damaging. A report by UNICEF has indicated that 27% of the young people experienced anxiety, 15% experienced depression and 46% has reported less motivation.

These desperate times call for collective efforts and strategies. Psychologists, motivational speakers and others are helping people to cope with the stress and tension. Vishwa Yuvak Kendra made an effort to reach out to people via webinars and assist in this process. Two webinars were organized on stress management and to discuss about techniques and exercises that can help ease effects of stress on an individual.



*Mr. Surinder Narain Abuja*



*Mr. Vikas Vaibhav, IPS*



*Mr. Suneel Keswani*



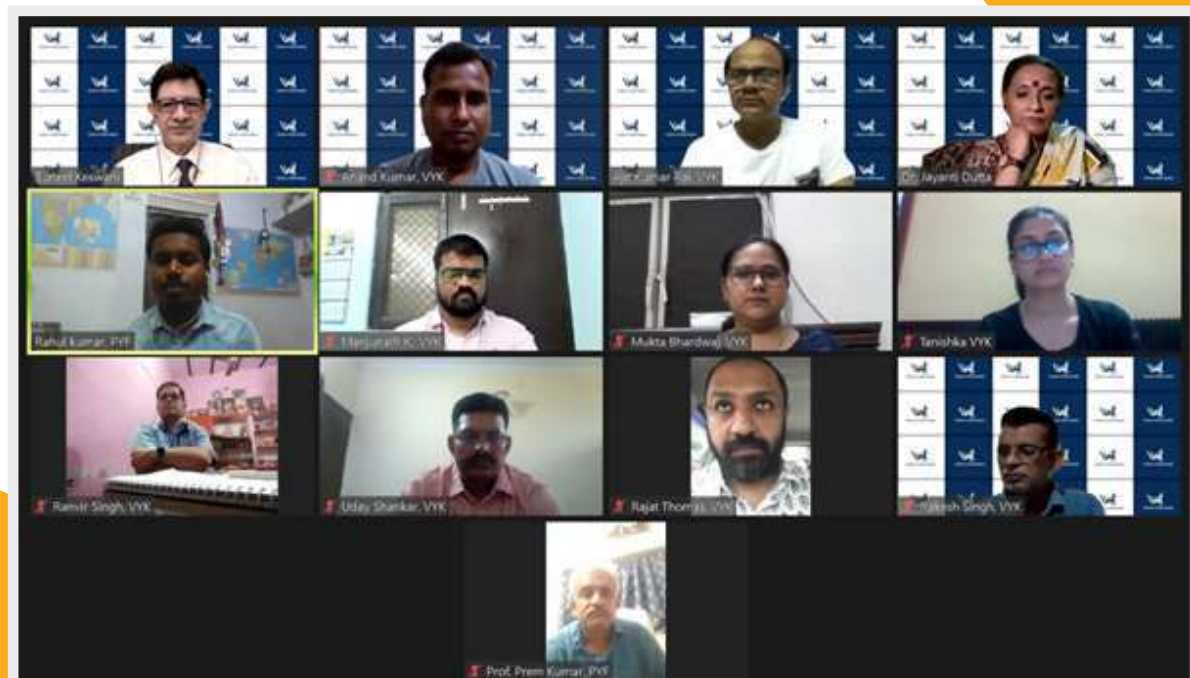
*Dr. Jayanti Dutta*

The summary of the events organized during the year are being presented in the following table

S No.	Name of the event	Date	Partner	Resource Persons
1	Stress Management for Healthy and Pleasant Life	26 June 2021	Prem Youth Foundation, Bihar	Chief Guest: Dr. Vikas Vaibhav, IPS Special Secretary Home Department, Government of Bihar  Dr. Jayanti Dutta, Clinical Psychologist  Mr. Suneel Keswani, Motivational Speaker
2	Stress Management: An art of life	22 December 2021	Suresh Gyan Vihar University	Mr. Surinder Narain Ahuja, Motivational Speaker  Mr. Sanjay Anand, Co-founder & Partner Shanvi Infotech

The eminent speakers provided practical tips on building mental health. They also emphasized on the importance of Yoga as a tool to overcome stressful situations. Information around the physiological and psychological challenges the body undergoes while under depression and anxiety were also discussed in detail. Techniques to overcome stress like exercising daily, engaging on-self into activities they like, setting short term goals and taking short breaks for recreation were shared with the participants.

Speakers also suggested easy and do-able exercises to cope up with stress and encouraged the participants to be aware of their own stress meter and know when to step back and cool down. More than 200 participants attended the webinars.



# Webinar on Digital Citizenship and Civic Participation for Gender Equality

Vishwa Yuvak Kendra, in collaboration with Centre for Social Research and Sri Akhilandeswari Women's College, organized a webinar on Digital Citizenship and Civic Participation for Gender Equality on 8 October 2021. The objective of the webinar was to inform the participants about the issues of online harassment, bullying, trolling, parental concerns and negative online experiences, which limited women's willingness and their ability to express themselves online. The workshop also aimed to encourage young people to embrace the online platforms with positivity, responsibility and use digital technologies and tools for opportunities and growth.

LN B. Munirathunam, Founder and Chairman, Sri Akhilandeswari Women's College appreciated the efforts of Vishwa Yuvak Kendra and Centre for Social Research and congratulated the management of both institutions for organizing webinar on such an important theme.

While talking to the young participants, Dr Ranjana Kumari, Director, Centre for Social Research advised them to realise the potential of the digital space, but at the same time to keep oneself protected. Since internet gives us global access, it was our responsibility to be a digital citizen, and to be mindful of the digital space to protect, respect and manage time, she said. Dr. Ranjana Kumari also said that a responsible digital citizen must stand up against cybercrimes, bullying, hate, and support one another.

Mr. Uday Shankar Singh, Chief Controller, Vishwa Yuvak Kendra, in his address congratulated the students for participating

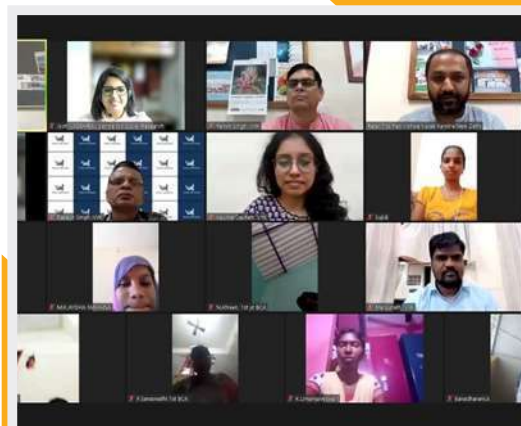
in such an important webinar. He advised them to be aware of the potential dangers in the digital space and always take safety precautions while using internet.

In her vote of thanks, Dr. S. Rukmani, Principal, Sri Akhilandeswari Women's College thanked the VYK and CSR team for the efficient management of the webinar and also expressed gratitude to the students for their enthusiastic participation.

Nearly 800 young students enthusiastically participated in the webinar.



*Dr. Ranjana Kumari talking on the subject*



*Group photo of participants*



# National Youth Day Celebrations

“Arise, awake and stop not till the goal is reached”, the lines popularized by Swami Vivekananda serves as an inspiration to every Indian, particularly the youth of today, to build a new India through motivation, education and dedication. The time has never been more opportune than now for India to realize its true potential, by unleashing the energies of the youth, who constitute about 65 per cent of its population. India is already one of the leading economies in the world and the youth in India has the potential to make it a global superpower.

Every year National Youth Day is observed to honour the ideals and thoughts of Swami Vivekananda who recognized the immense potential inherent in the country’s youth. So sure was Swami Vivekananda of the potential of Indian youth that he once told a group of journalists at the University of Michigan, “This is your century right now, but the 21st century is India’s century.” Swami ji believed that the revival of India depended on the youth of the country. He had tremendous faith in Indian youth. He used to say that a thousand dedicated youth can revolutionize this country. He pointed out that the youth should have the spirit of philanthropy, service and feelings for the fellow countrymen. The aim of celebrating National Youth Day is to imbibe the youth especially students with Vivekananda’s philosophy and ideals. The day is also observed to promote rational thinking among the youth.

On the occasion of National Youth Day, Vishwa Yuvak Kendra organized a webinar to celebrate the greatness of Swami Vivekananda and to give a message to the youth about the relevance of Swami Vivekananda’s principles in today’s time. The theme of the webinar was Relevance of Swami Vivekananda’s principles in the present context.

Mr. Ajit Kumar Rai, Sr. Officer Sustainability and development, VYK initiated the

program by reflecting upon the life of Swami Vivekananda, his principles and values. He then welcomed all the dignitaries and participants. He introduced Swami Nityadipananda from Ramakrishna Mission, New Delhi and asked him to share his thoughts on the topic “how relevant are the teachings of Swami Vivekananda on faith and religion for the youth today”.



*Swami Nityadipananda enlightening the participants*

Swami Nityadipananda, shared the real definitions of faith and religion as explained by Swami Vivekananda. He reflected upon Swami Vivekananda’s saying that “He, who thinks himself as weak, will become weak.” He gave different examples from the experiences of Swami Vivekananda’s life. He highlighted that for Swami Vivekananda, service of man was equal to the service of God. He also recited many shlokas from Vedas to explain the importance of religion and faith for individual development.

Prof. Anand Kumar, retired professor, JNU shared his views on “Swami Vivekananda’s views on different issues of society and its development” with the participants. He shared Swami Vivekananda’s great thoughts on building up the nation and his thoughts on connecting science and society. He added that Swami Vivekananda was more of a global thinker than merely a religious reformer.

He discussed about Swami Vivekananda's thoughts on the question of untouchability and caste system, on relationship between two main religions of India, Hindus and Muslims, on relation between classes and masses and on the status of women in India.

Following Prof. Anand Kumar's address, Prof. Pamela Singla, Head of Department, Department of Social Work, University of Delhi shared her views on the topic "Swami Vivekananda's teachings on youth empowerment." Prof. Pamela Singla, discussed the life experiences of Swami Vivekananda and his teachings on youth empowerment. She discussed the things mentioned by Swami Vivekananda in his teachings for the young people to achieve their life goals. She also discussed the importance of principles and teachings of Swami Vivekananda in the profession of social work.

Thereafter Prof. Dinesh Singh, Former Vice Chancellor of University of Delhi shared his views on the topic- "how relevant are the teachings of Swami Vivekananda in the contemporary times". He reflected upon Swami Vivekananda's teachings on individual development and how his teachings were important in present context. He also shared excerpts from Bhagavad Gita which Swamiji used to follow in his own life.

Mr. Ajit Kumar Rai thanked Prof. Dinesh Singh for his insightful speech and encouraging words for the youth and initiated the question and answers round. The attendees enthusiastically participated in the session and asked various questions, which were answered by the eminent speakers.

While winding up the proceedings, Mr. Uday Shankar Singh, Chief Controller, VYK summarized the whole webinar and also reflected upon the teachings of Swami Vivekananda for the overall development of the society. He then delivered the vote of thanks, thanking all the dignified speakers, participants and the whole team of VYK. Nearly 400 participants attended the webinar and enriched themselves.



*Dr. Dinesh Singh*



*Dr. Pamela Singla*



*Prof. Anand Kumar*

# NGO Meet on Sashaktikaran: Women Warriors in COVID-19

The COVID-19 pandemic has put great strain on people all around the world and many of us have required help during these hard times. Numerous women working as healthcare professionals, frontline workers, caregivers, community organizers and SHG workers in India took it upon themselves to lend a helping hand to ease the situation in their country during the pandemic. There have been thousands of stories of the faceless wonder women fighting on the forefront of the war against the ongoing pandemic. It is essential to highlight the contribution of such women in the fight against the dreaded pandemic.

Keeping this in mind, Vishwa Yuvak Kendra and Ekta society of Department of Social Work, Aditi Mahavidyalaya jointly organised an NGO meet 'Sashaktikaran – Women warriors in COVID-19' on 28 January 2022. In this meeting, women warriors who dealt with several odds to fight against the pandemic and rose up as a role model for the society were invited to share their stories.

The programme was initiated by students of Aditi Mahavidyalaya prayer, followed by welcoming of guests. Dr. Sunita Bahmani, Teacher in Charge, Department of Social Work, Aditi Mahavidyalaya talked about empowerment of women in different fields and also spoke of the instrumental roles played by women warriors during Covid-19.

In his address, Mr. Uday Shankar Singh, Chief Controller, Vishwa Yuvak Kendra emphasized on the importance of transparency and accountability for any organization and stressed on the concept of "learning, unlearning and re-learning," calling it the real mantra of success.

Ms. Apurva Gautam, Programme Officer, Vishwa Yuvak Kendra introduced all the

panel speakers to the participants. She then welcomed panel speaker Dr. Renuka Baloda, MD paediatrics, to share her experiences, working as a doctor during COVID-19 pandemic. Dr. Renuka Baloda shared the challenges that she faced during all the three waves of COVID-19 pandemic. She also discussed about her own experiences in giving counselling to the parents and families of the deceased.



*Dr. Ruchi Sinha sharing her views*

Dr. Ruchi Sinha, Assistant Professor, TISS Mumbai, spoke about the role of professional social workers during COVID pandemic. She discussed about all the major challenges that social workers faced during the pandemic. She also shared her personal experiences as a social worker as well as an educator.

Mrs. Ritu Sharma, Programme Officer, Alliance India addressed the participants on the challenges that she faced as a professional social worker working with HIV patients. She discussed how challenging it was to provide proper care to HIV patients during lockdowns, as they needed proper care and attention.

Ms. Shaheen Praveen, marriage counselor, SPUWAC shared her experiences of dealing with cases of domestic violence, broken marriages and family problems during

the pandemic. She added that during the lockdowns it was very hard to connect with the people and provide them counselling.

A general interactive session followed the talks by experts, wherein participants asked questions from the panel speakers, who answered them.

Prof. Reena Reji, Aditi Mahavidyalaya concluded the session by presenting a vote of thanks to all the dignitaries, participants and whole team of Aditi Mahavidyalaya and Vishwa Yuvak Kendra. More than 160 students attended the webinar and benefited from it.



*Cultural performance*



*Dr. Renuka Baloda*



*Ms. Shabin Parveen*



*Group photo of participants*

# Webinar on Agro Entrepreneurship Development

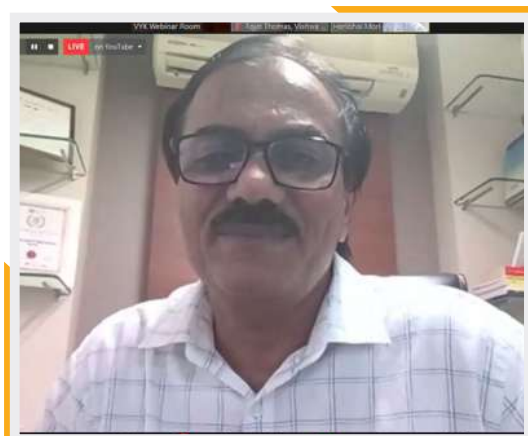
The global population is projected to reach 9.7 billion in 2050 and could peak at nearly 11 billion around 2100. At the same time, the world's youth population is expected to reach 1.4 billion by 2065. Compounded by the challenges we are currently facing such as the COVID-19 outbreak and climate change, concerted global action, and the meaningful engagement and participation of young people is required. The involvement of young people will unlock the next generation of innovators, entrepreneurs, change agents, and leaders.

Initiatives related to youth in agriculture and rural development highlight the ample potential to provide income-generating opportunities. Despite the opportunities in agriculture and agribusiness, there are also challenges explicitly related to youth participation in this sector and options for overcoming them. With climate change and increased climate variability, farmers need to adopt climate-smart technologies that will improve yields, create more drought-resilient crops and livestock, resulting in higher incomes, and improved food security. With increased technological advancement in the agriculture sector, there is a need to identify and create opportunities for the youth by bringing them into the formal agribusiness economy.

Stimulating youth start-ups is increasingly accepted as an important means and a valuable additional strategy to create jobs and improve livelihoods and economic independence of young people. There is need. Young people who are studying agriculture programmes such as agronomy, animal husbandry etc should also be taught business principles. Youth should be encouraged to develop business plans and investment models and small ticket investments should be given them.

With a view to create a culture of entrepreneurship within agriculture universities and teaching business principles to young students pursuing such educational programmes, Vishwa Yuvak Kendra, in collaboration with G.T.N. Arts College, Tamil Nadu, organized a Webinar on Agro Entrepreneurship Development on 2 February 2022 (Wednesday)

Mr. Rajat Thomas, Programme Officer, Vishwa Yuvak Kendra, initiated the proceedings by welcoming and presenting an introduction on VYK. He also highlighted the significance of Agro Entrepreneurship in the present context.



*Mr. Haribhai Mori sharing his thoughts*



*Dr. J. Diraviam addressing the participants*

Dr. P. Balagurusamy, Principal, G.T.N. Arts College briefed on G.T.N. Group of Institutions with special emphasis on the group's agriculture college, Pushkaram College of Agricultural Sciences.

Dr. J. Diraviam, Senior Scientist and Head ICAR, Krishi Vigyan Kendra (KVK), Karur delivered a lecture on "An Overview and Scope on Agro Entrepreneurship". He focused on Activity wise Agriventures. He stressed learning skills, teamwork and core values to be followed by the young Agripreneurs and also elaborated on the financial supporting agencies such as NABARD, KVK, RSETI, IDBI, WCP and SHGs. He also shared case studies with the participants.

Dr. K. Divya, Associate Professor, TNACI, Coimbatore gave a talk on "Integration of Traditional Process, Modern Technology and Innovation in Agro Entrepreneurship". She touched upon the scope for Agri-Entrepreneurship in India and also mentioned about the growing demand for organic products in the local and international markets. During the course of the lecture, she cited examples of Artificial Intelligence enabled Self Driving Tractors, Smart Sensors, Vertical Farming, Land Saving Concept of Vertical Farming and their significance in improving oxygen level in apartments.

Mr. HariBhai Mori, President, CSR, Bajaj Group, addressed the participants on "Strategies for Business Support and Market Linkage". He highlighted the importance of empowering farmers not only as farmers but also as traders. He inspired the participants by narrating the example of a farmer generating an income of 40 lakhs from his four acres land.

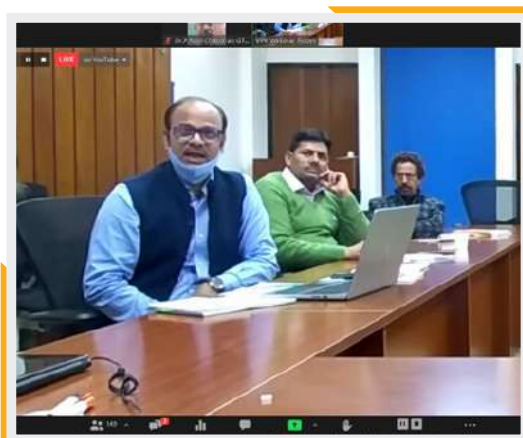
Mr. C.M. Vishnu, Founder, Dheeran Live World spoke about "Success Story on Agro – Entrepreneurship". He motivated the participants to start beekeeping, an agri-based business and also pointed out the profit and scope of the business.

A Q & A session followed the address of the resource persons, which was facilitated by Mr. Ajit Kumar Rai, Senior Officer, Sustainability and Development, Vishwa Yuvak Kendra. The participants interacted with the resource persons and got their doubts clarified.

Dr. M. Muthumar, IQAC Co-ordinator, G.T.N. Arts College, Dindigul presented the vote of thanks. Around 400 participants took part in the seminar and got benefited.



*Dr. Balaguruswamy putting his views forward*



*Session in progress*

# Webinar on Resource Mobilisation: Challenges and Opportunities for NPOs

Resource mobilisation, which refers to all activities undertaken by an organisation to secure new and additional financial, human and material resources to advance its mission, is an inherent component in any organisation's drive for organisational sustainability and development of the society.

With an objective of making NPO representatives aware about various techniques and methods of resource mobilisation and with a view to identify, discuss and deliberate upon the challenges and opportunities in the resource mobilisation process, Vishwa Yuvak Kendra organised a webinar on "Resource Mobilisation: Challenges and Opportunities for NPOs" on 17 February 2022.

Mr. Uday Shankar Singh, Chief Controller of Vishwa Yuvak Kendra started the webinar by welcoming all the dignitaries, coordination team and NGO representatives and invited Mr. Ajit Kumar Rai, Senior Officer – Sustainability & Development, Vishwa Yuvak Kendra to facilitate the proceedings.

Mr. Rai welcomed the first speaker of the day, Dr. Harish Vasishth, Executive Director, Credibility Alliance and invited him to speak on the topic "Current Context of Funds, Fund Raising & Emerging Challenges"

Dr. Vasishth spoke of the issues faced by NGOs in raising funds, particularly those relating to foreign contribution. He discussed about new challenges in front of NGOs, since many big CSR organisations started setting up their own foundations for programme implementation. He suggested to work on "PPP" (Preparedness of the organisation,

Planning process and proposal) and to make their presence on different e-platforms to get better reach among the people. He explained PPPs in details and its functions.

Mr. Ajit Kr. Rai then invited Mr. Dola Mohapatra, Executive Director - Rise Against Hunger India to share his views on "Key strategies to avail funding opportunities in changing scenario." Mr. Mohapatra pointed out about various fund raising channels, available in the market, broadly categorised



*Dr. Harish Vasishth talking on resource mobilisation*



*Mr. Pankaj Anand speaking on fund raising*

into individual partnership, CSR and institutional partnership, digital marketing and events and campaigns.

Following Mr. Dola Mohapatra, Mr. Pankaj Anand, Director of Programme & Advocacy-Oxfam India joined the webinar and shared his views on “Current context of Funds, Fund Raising & Emerging Challenges.” He started his speech by emphasizing on why fund raising was necessary. He added that size of funders / donors must be increased as per the passage of time. He suggested that both programme and fund raising squads must work together to make fund raising activity easy. Techniques of fund raising always changes according to the time and situation. Mr. Anand suggested applying donor scoping where pursuing organisations need to search CSR funders’ website and find investing sectors or areas where CSR companies are concerned to invest.

A question answer session followed the resource persons’ address, which was facilitated by Mr. Ranvir Singh, Officer – Sustainability and Development, Vishwa Yuvak Kendra.

The proceedings were winded up with vote of thanks which was presented by Mr. Ajit Kumar Rai. More than 150 participants from all parts of the country attended the webinar and benefited from it.



*Mr. Dola Mohapatra expressing his views*



*Mr. Ajit Kumar Rai delivering the vote of thanks*





# Webinar on Youth as Changemakers

The power of youth is the common wealth for the entire world. The youth have the ideas, the creativity and great energy to shape a better world. Young people are problem solvers and have a great potential to generate a positive social change in the community. The young changemakers focus on solving a social problem for the greater good. What sets a changemaker apart is focusing on tackling a “social problem.”

While anyone can be a changemaker – at any age or point in their career – it is essential to understand how we can all work together to create deep and lasting impact. With a view to training youth and sensitize them to become next-generation leaders and to mobilize the strengths of a group to meet their potential, Vishwa Yuvak Kendra in collaboration with VMV Commerce, JMT Arts & JJP Science College, Nagpur organised a national webinar on ‘Youth as Changemakers’ on 25 February 2022 in which students, research scholars, professors and the representatives of not-for-profit organisation actively took part in the webinar.

Dr. Sonu Jeswani, Associate Professor- VMV Arts, JMT Commerce and JJP Science shared the objectives and background of the webinar before the participants. In her talk, she expressed that how youth of today can be the changemakers of the society tomorrow. While addressing the participants, Dr. M.G. Chandekar, Principal - VMV College mentioned the importance of National Education Policy and stressed upon the importance of ‘spirituality in education’.

The keynote address was delivered by Prof. Anand Kumar, retired professor, JNU. Prof. Kumar said no segment in the society can match with the power, idealism, enthusiasm, and courage of the young people. Young people are neither problems to be solved nor merely just part of the solution. As changemakers,

they can influence outcomes and achieve real change, he said. Prof. Kumar enthralled the participants by saying that the young people were capable of identifying what was wrong in their communities and leading the change they needed.

Padma Shri Dr. Kshama Metre addressed the participants on ‘Youth as Changemakers for Community Development’. Dr. Metre said that the insight displayed, the enthusiasm harnessed, and creativity invested by the youth leaders as they identify issues of conflict, collectively agreeing on the kind of interventions they would like to carry out and the communities they want to engage, gives hope that the society can be better. She also shared success stories of self-reliant women



*Padma Shri Dr. Kshama Metre motivating the students*



*Prof. Anand Kumar sharing his views on the topic*

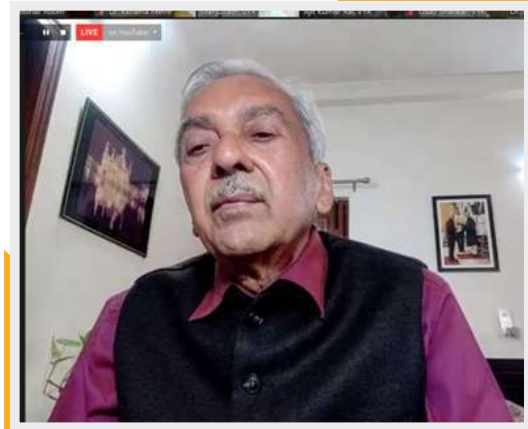
from rural background and said that the participation of young people was vital to the long-term success of community development efforts.

Prof J.S. Rajput, former Director, NCERT stressed on the importance of educating every youth so as to enable them to contribute to the socio-economic development of the country. His speech covered the four main points of education stage, namely 'study, reflect, ponder and experiment'. In his address, he also mentioned the important and positive changes brought about by the great social reformers like Ramkrishna Paramhansa, Mahatma Gandhi, Rabindranath Tagore and many others.

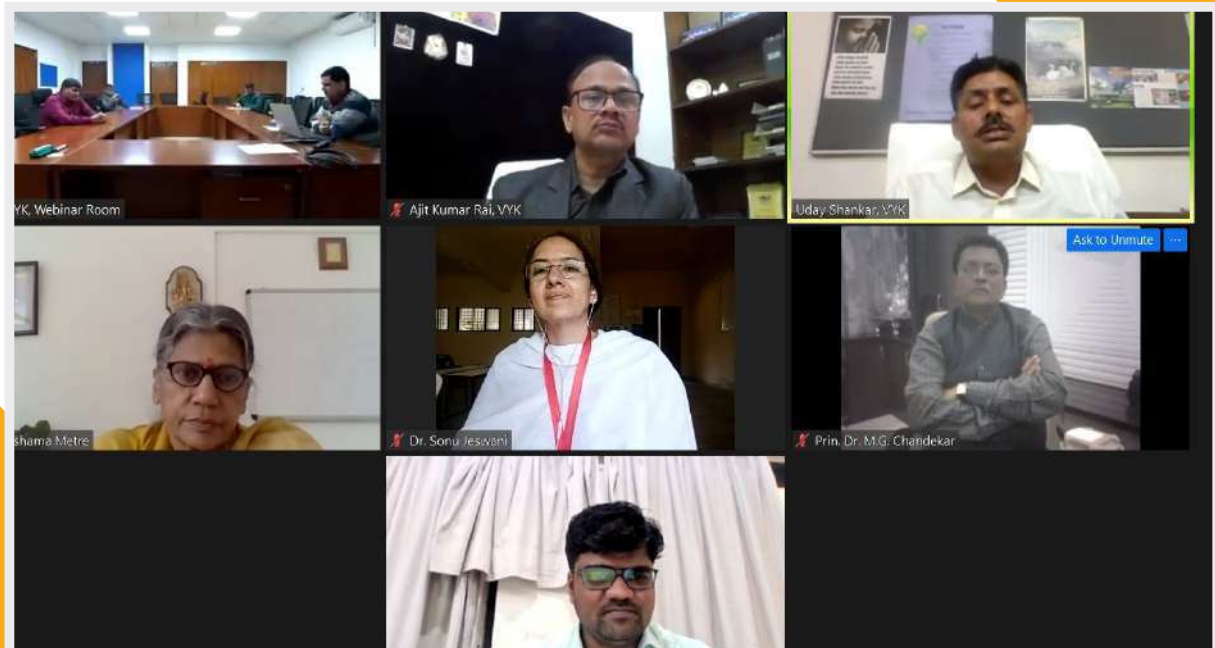
After the conclusion of the technical sessions, Dr. Jeswani from VMV college, Nagpur facilitated a Q & A session in which selected questions asked by the participants were addressed by resource persons.

While winding up the proceedings, Mr. Uday Shankar Singh, Chief Controller, VYK addressed the participants and motivated them. He expressed hope that Kendra could

go for organising these type of events in physical mode once the situation normalized. A total of 221 students, research scholars, professors and representatives of non-profit organizations from across the country participated in the event. Mr. Manjunath, Programme Officer, VYK coordinated the event.



*Padma Shri Dr. J.S. Rajput addressing the gathering*



*Glimpse of the webinar*



# Workshop on Panchayati Raj Institutions

06 March, 2022

## Ranchi, Jharkhand

A one day workshop on Panchayati Raj Institution was organized by Vardan Foundation in collaboration with Vishwa Yuvak Kendra and India Panchayat Foundation on 06 March, 2022. The main objective of the workshop was to create awareness about different components and tiers of Panchayati Raj, its functioning as well as to build the capacities of PRI Members to develop their area as model panchayats.

In the programme contents like role of panchayat in village development, role and responsibilities of PRIs, media and government for the better implementation of the schemes, Jharkhand Panchayati Raj Act and PESA Act were discussed in detail.

The sessions were facilitated by Shri Chandra Shekhar Pran, Founder, VARDAN and also the representative of PRIs. While discussing, Mr. Pran motivated all the representatives to make aware the villagers so that they can elect responsible persons who can work for the betterment of people.

During the programme Shri Saket Kumar, Padma Shree Mukund Nair, Shri Sidharth Tripathi, Shri Shuru Munda, Shri Vasavraj Patil, Shri D. P. Sharma, Shri Praveen Gokhale, Shri Bhim Bhai, Shri Kishor Jagtap, Shri Govind Desai, Shri Balraj Singhj, Shri J. P. Malik, Shri Ramesh Chandra Sharma shared the perspective of different state with the participants.

In all around 50 participants from various NGOs and PRIs attended the programme.

Celebrating

International Women's Day

8 March, 2022

“Gender Equality Today for  
a Sustainable Tomorrow”

## International Women's Day 2022

The Indian Constitution enshrines the proposition of gender parity in its Directive Principles, Fundamental Duties, the Preamble, and Fundamental Rights. However, in spite of constitutional guarantee, discrimination against women and girls is a pervasive and long-running phenomenon that characterises Indian society at every level. A culturally ingrained parental preference for sons, emanating from their importance as caregivers for parents in old age, is linked to poorer consequences for daughters.

For the Indian economy to reach its potential, we need to create conditions in which all women can reach their potential. India will not fully develop unless both girls and boys are equally supported to reach their full potential. While increasing representation of women in the public spheres is important and can potentially be attained through some form of affirmative action, an attitudinal shift is essential for women to be considered as equal

within their homes and in broader society. Educating Indian children from an early age about the importance of gender equality could be a meaningful start in that direction.

Vishwa Yuvak Kendra organised various programmes to celebrate International Women's Day 2022. A number of field-level interventions were organized in collaboration with partner organisations throughout the country. Events like rallies, poster/painting competitions, awareness generation programmes, documentary screenings, street play/puppet shows etc. were organized by state partners in their respective areas of implementation to highlight the theme. At the same time, to celebrate the acts of courage and determination by ordinary women who played extra ordinary roles, VYK organised a webinar on 8th March 2022 on the theme “Gender equality today for a sustainable tomorrow.”

Ms. Apurva Gautam, Programme Officer, VYK welcomed the distinguished speaker Dr. Ranjana Kumari, Director, Centre for Social Research, to share her views with the participants.

Dr. Ranjana Kumari discussed about the social discrimination faced by women and the

violence against women. She focused on main elements of women empowerment like skill development training for women, connecting women with technology, educating women and linking women to the markets and credit.

Mr. Rajat Thomas, Programme Officer, VYK and Mr. Manjunath, Programme Officer, VYK, presented glimpses of various activities organized by VYK with the support of partner organisations all across India on the event of International Women's Day 2022.

Dr. Kshama Metre, National Director, CORD discussed about the importance of ensuring equal representation and participation of women in political and economic decision making. She also added conscious efforts and

deliberate attempts were required to overcome the stereotypes and break the power dynamics.

Chief Guest of the event Dr. Kiran Bedi, Former Lieutenant Governor of Puducherry discussed about the importance of celebrating women's day. She emphasised on giving skill development training to women to make them more self-reliant. She also added that the main reason for poverty in India was less participation of women in the workforce. She also highlighted the role of teachers and NGOs in building up a gender neutral society.

Mrs. Chetna Sinha, Founder Chairperson, Mann Deshi Bank & Mann Deshi Foundation addressed the participants with her views on women empowerment. Mrs. Sinha shared her



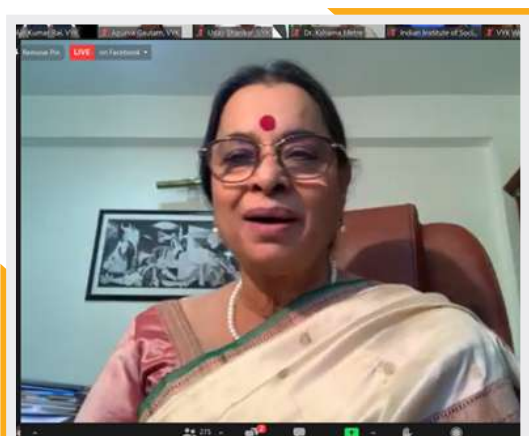
*Dr. Kiran Bedi, IPS*



*Padma Sribi Kshama Metre*



*Ms. Chetna Sinha*



*Dr. Ranjana Kumari*

life experiences and the experiences of working with less educated women in Maharashtra and running a successful banking enterprise with their support.

Mr. Anand Kumar, Programme Officer, VYK shared the activities organised by VYK in different urban slums of Delhi. While winding up, Mr. Uday Shankar Singh, Chief Controller, VYK highlighted the importance of collaboration in the present era and thanked all the partner organisations and participants.

More than 200 participants attended the online event. Apart from the webinar, the following field initiatives were carried out to commemorate IWD 2022.



*Cultural performance in progress*



*Session in progress*

**International Women's Day-2022  
List of Programme Implementing Agencies (Field Activities)**

S. No.	Name Of Organisations	State	No. Of Participants
1	Shaurya Shakti Foundation	Uttar Pradesh	650
2	Janhit Chhattisgarh Vikas Samiti	Chhattisgarh	234
3	Sahayog	Odisha	202
4	Sabala	Karnataka	412
5	Manthan Yuva Sansthan	Jharkhand	320
6	Indian Institute of Youth & Development	Odisha	340
7	Chinmaya Organisation For Rural Development	Himachal Pradesh	240
8	Yuva Vikas Samiti	Uttar Pradesh	1012
9	Gramin Vikas Mandal	Haryana	170
10	Abhiyan	Bihar	105
11	Daaliyon Ka Dagariya	Uttarakhand	120
12	Antyodaya Chetna Mandal	Bihar	110
13	Indian Institute of Social Development	Madhya Pradesh	150
14	Northeast Centre For Equity Action on Integrated Development	Assam	255
15	Vikasana Institute For Rural & Urban Development	Karnataka	230
16	Sri Akilandeswari Women's College	Tamil Nadu	825
17	Ved Mata Gayatri Jan Kalyan Samiti	Himachal Pradesh	295
18	Samarth Seva Sansthan	Rajasthan	275
19	Prem Youth Foundation	Bihar	1530
20	OISCA International South India Chapter	Kerala	615
	<b>Total</b>		<b>8090</b>



*Glimpses of various International Women's Day activities*

**Vishwa Yuvak Kendra, India  
&  
OISCA International, Japan**

Jointly organize

**International Webinar on Balancing Environment and  
Development - Conflicts, Concerns, Conservation &  
Commitments for a Better Future in the Era of Climate Change**

 **11.00 am to 01.00 pm (IST)**  **26 March 2022**

# International Webinar on Balancing Environment and Development

Due to the pressures of overconsumption, population growth and technology, the biophysical environment is being degraded, sometimes permanently. This has been recognized, and governments have begun placing restraints on activities that cause environmental degradation and extinction of many species of flora and fauna.

While the pandemic placed great pressure on worldwide finance and caused heavy strain on medical systems across the world, there have been positive impacts on environment. The lockdown has decreased the electricity demand substantially. Additionally, the expenditure of the fuel supply has been decreased, particularly the consumption of fossil fuels like coal. The water quality, in several polluted areas has also been remarkably enhanced. Overall, while the COVID-19 pandemic has shrunk the global economy, the pandemic has also clearly benefited to other sectors, which must be considered as the spotlight for the permanent revival of the global ecosystem.

The Earth seems to be healing and the biggest challenge presently is to ensure that post the pandemic, we continue to respect the environment. Sustainability is no longer about doing less harm. It is about doing better. Youth and CSOs have a big role in environmental protection, and sustainable development. They can sensitize, create awareness in people on environmental issues and assist in maintaining ecosystems, create awareness on alternate energy and promote environmental awareness. Keeping this in mind VYK and OISCA International South India Chapter organized an International Webinar on 26 March 2022 to deliberate on this subject for better clarity of roles and muster energies for larger conservation gains.

The purpose of the webinar was to foster regional cooperation and policy dialogue for sustainable development and environment sustainability through capacity building, knowledge sharing and increased collaboration.



Mr. Nagaishi Yasuaki Secretary General, OISCA International and OISCA Japan Board member initiated the proceedings by talking about eco-system based solutions to business based solutions. He stressed that we should try to overcome the load that we place on our environment by practicing ecofriendly food production methods. People have to increase the bio-diversity and enhance water storage capacity, he further said.

Ms. Gayatri Raghwa, Environmental Education Consultant, United Nations Environment Program India laid out statistics showing the impact of the pandemic on global economy and talked about the consequences of current economic development patterns. She also gave examples of Ms. Sneha Shahi, popularly known as Crocodile Girl, Ms. Mansi Thakar, known as Turtle Girl and Ms. Rushali Khilrani, three individuals, who with sheer grit and determination influenced their friends, relatives and society, to think about environment conservation.

Mr. Yuki Yoshida, Environmental Attaché Embassy of Japan New Delhi addressed the participants by sharing his views on the webinar theme. He further said that everyone should play a part in environmental conservation and water conservation. Mr. Alok Sinha, Vice President OISCA International stated that NGOs and individuals and society as a whole should spread the message of peace.

After the talks by the special invitees, a technical session followed, wherein representatives

from various countries spoke about their respective countries' perspectives on balancing environment and development, particularly focussing on the three R's – reduce, reuse and recycle.

Mr. Neel Krishna Tamrakar, Chairman, MMIST College Kathmandu, Nepal stated that balancing environment and development was highly essential and that environment was



*Ms. Gayatri Raghwa*



*Mr. Fumio Kitsuki*



*Mr. Alok Sinha*



*Mr. Yuki Yoshida*

the source of existence of life.

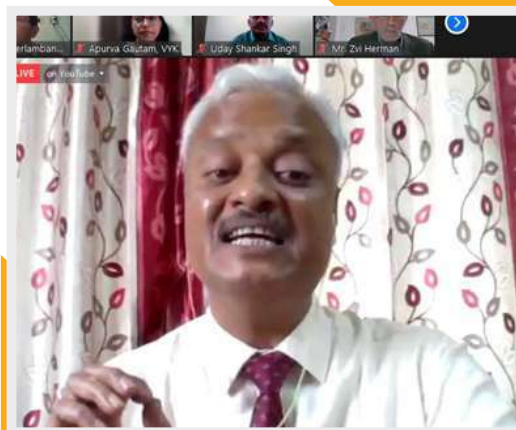
Mr. Mulyonon Herlambang Awardee of Satya Lencana Pembangunan (Presidential Award in Indonesia) Indonesia shared his views on techniques of agriculture which should be followed for maintaining balancing environment and keeping production of food



*Mr. Mulyonon Herlambang*



*Mr. Zvi Herman*



*Gp. Capt. R Srinivasan*

in high rate. He also said that we should pay attention to socio-care and enlightenment of the environment, keeping special focus on youth since they were the backbone of any society.

Dr. Khaleel Chovva, Executive Director, State Council for Open and Lifelong Education Kerala, India shared relevant statics related to forestry. He also shared information about various government initiatives aimed at promoting sustainability and plastic alternatives. Mr. Zvi Herman, Founder & Secretary General, OISCA, Israel and Prof. (Dr.) Ricki Levi Assistant Professor & Assistant Dean (International Collaborations) Jindal School of Environment and Sustainability, Israel made a presentation together. They mentioned it was a mammoth task to protect our world from environmental crisis and all efforts must be made to involve youth in the process.

Gp. Capt. R Srinivasan, VSM, (Retd.) Founder Director, Pragha Centre for Research, Tamilnadu, India moderated the session. He asked the youngsters from different countries attending the programme to concentrate their efforts to promote ideas and strategies for environment conservation.

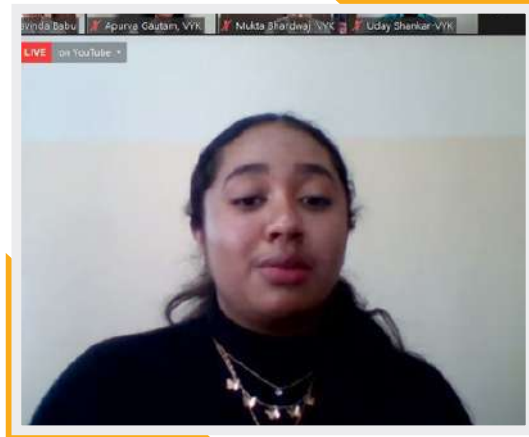
The webinar was attended by more than 1000 people from India, Nepal, Indonesia, Israel, Philippines and Japan, while nearly 2000 more people accessed it through YouTube and Facebook additionally.



*Prof. (Dr.) Ricki Levi*



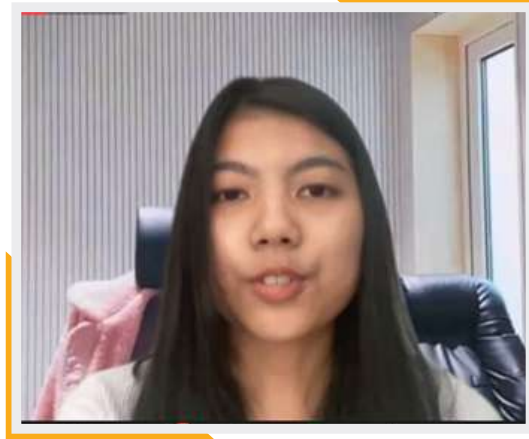
*Mr. Nagaishi Yasuaki*



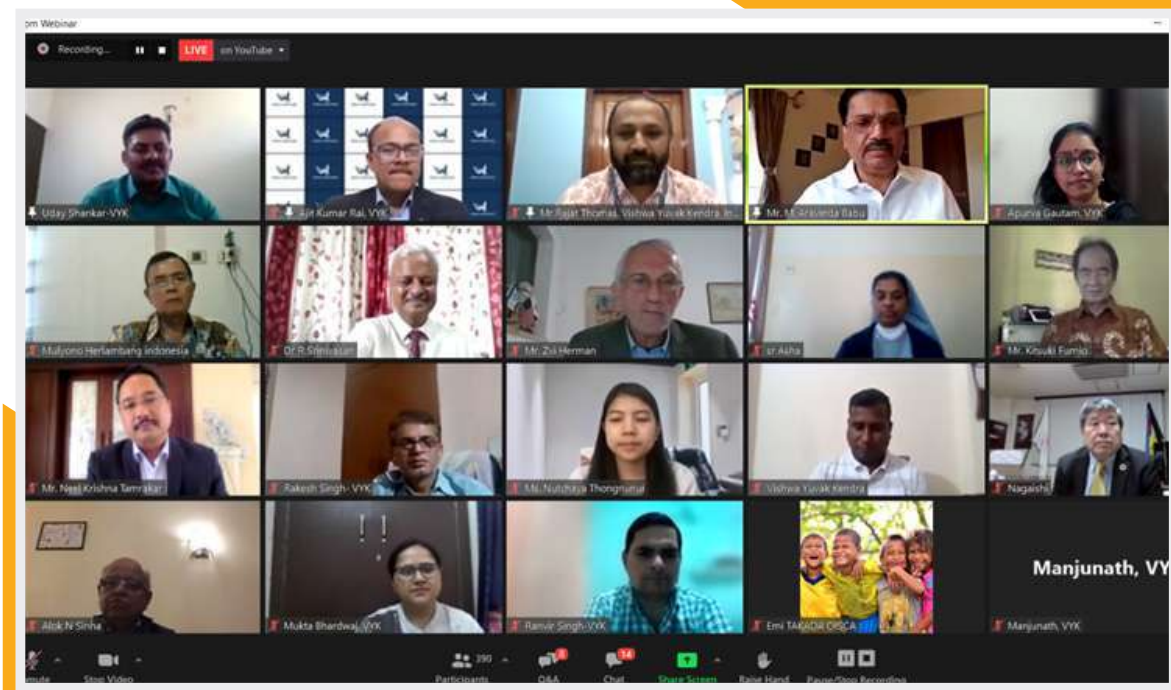
*Ms. Anisha Abubacker*



*Mr. Neel Krishna Tamrakar*



*Ms. Nutchaya Thongnunui*





## FANSA India National Meet

FANSA is an international network of NGOs active across the world, primarily striving to achieve international targets on water and sanitation.

As part of its annual planning process, FANSA India organized a webinar on “Expanding the Collaborations – Sector Partners’ Meeting”, involving key WASH sector players and FANSA India collaborating partners, on 31 March 2022. The objective of organising the webinar was to learn from advocacy action during the pandemic period and to update all concerned on the SACOSAN process in the region.

FANSA also organized a National Steering Committee Meeting on 31st March and 1st April 2022. The event was attended by FANSA India network members, to deliberate upon the progress made by the network during the pandemic period and to discuss strategies for strengthening the network in the region. The partners and WASH practitioners shared details of activities carried out in their respective regions.

The partner organizations shared their views on the WASH scenario in their respective regions, spoke about best practices and shared their suggestions to improve the water and sanitation situation in our country.



*Session in progress*



Integrated  
Community  
Development  
Programme

# Integrated Community Development Programme

Vishwa Yuvak Kendra made efforts to reach to each and every person of a community. The ideology of 'Leave No One Behind' was followed by the Kendra. Children, women, elderly, migrant population, and many other individuals were severely affected by the outbreak of coronavirus. The unavailability and inaccessibility of resources led to the exclusion of vulnerable communities. From losing livelihood to losing lives, people every day fought the battle from the pandemic. Understanding about the severe conditions and consequences of the pandemic, Vishwa Yuvak

Kendra reached out to the most vulnerable and marginalised communities. Awareness about the disease and vaccine was spread in some areas and food was distributed in some. Medicines were given to some communities and dry ration was given to some.

S.No.	Date	Topic	Place	No. of Participants
1	12-11-2021	Menstrual Health and Hygiene	Hanuman Mazdoor Camp	80
2	17-12-2021	Low Cost Nutrition and Balanced Diet	Vivekananda Camp	35
3	30-12-2021	Menstrual Health and Hygiene	JJ Colony, Savada Camp	90
4	18-02-2022	Swachh Bharat Abhiyan	Vivekanand Camp	80
5	02-03-2022	Awareness on Gender Equality	Vivekananda Camp	110
6	02-03-2022	Awareness on Gender Equality	Shankar Camp	65
7	03-03-2022	Awareness on Gender Equality	Bhaiya Ram Camp	250
8	16-03-2022	Water Sanitation & Hygiene	Vivekananda Camp	45
9	30-03-2022	Personal Hygiene	Shankar Camp	55
Total Participants				730

# Menstrual Hygiene Management

Menstruation is a natural biological process that is important in maintaining the reproductive health of women. Menstruation and menstrual practices still face many social, cultural and religious restrictions, posing a great barrier in the path of menstrual hygiene management. It is often observed that when it comes to subject of Menstrual Hygiene, uncomfortable silence is the norm in our society. This silence is the reason why so many young girls and women in India are unaware of what their bodies undergo at menarche. In many parts of the country, particularly in rural areas, girls are not prepared and aware about menstruation as a result of which so they face many difficulties and challenges at home, schools, and work places. Inaccurate and often incomplete knowledge about menstruation is a great hindrance in the path of personal and menstrual hygiene management.

Fifty-two percent of female population is of reproductive age at any time. In India, only 1 out of 2 girls have knowledge about menstruation before their first period. 88% of the Indian women do not use even the most basic forms of menstrual protection available in the market. As a result, they rely mostly on reusable cloth pads which they wash and use again. Despite major developments in the area of water and sanitation, needs and requirements of the adolescent girls and women are often ignored. Women manage menstruation differently when they are at home or outside; at homes, they dispose of menstrual products in domestic wastes, while in public places, they often flush them in the toilets without realising that the sewer drains may choke. There should be a need to educate and make them aware about the environmental pollution and health hazards associated with improper disposal of sanitary waste.

Awareness should be created to emphasize the use of reusable sanitary products or natural sanitary products made from materials like banana fibre, bamboo fibre, sea sponges, water hyacinth, and so on.

Vishwa Yuvak Kendra, along with Stand Sustainable Foundation organized an awareness camp on Menstrual Health Management on 12 November, 2021 at Hanuman Mazdoor Camp, R. K. Puram, Delhi. The purpose of the programme was to break the stigma and taboo which is faced by the menstruators. FANSA India Network and SWA Network supported in organising this event. The key objectives of the campaign were:

1. To sensitize the community on the importance of Menstrual Health.
2. To ensure the active participation of the community adolescents
3. To break the silence, raise awareness and change negative social norms around menstrual hygiene management.

During the programme, the facilitators Ms. Poonam Batra, Stand Sustainable Foundation, Ms. Mukta Bhardwaj, VYK and Mr. Rakesh Singh, VYK made the participating adolescent girls and women aware about the issues and challenges faced by the menstruators and also distributed reusable sanitary pads to them, in the presence of the Pradhan and Anganwadi Worker of the community.

The participants were made aware that ignorance, misconceptions, unsafe practices, and illiteracy of the mother and child regarding menstruation were the root causes of many problems. The participants were further informed that as a result of disposal of sanitary pads in open spaces, water could become contaminated and it may result in water borne diseases.

The participants also informed the facilitators about their lack of education and awareness about hygiene practices. The gathering was sensitized as to how they could dispose the

sanitary pads properly without having any adverse effect on their health. The facilitators demonstrated and shared the benefits of reusable sanitary pads and further added that the pads should be hygienically washed and dried in sunlight. It was concluded that there was a great need to encourage adolescents at school level and women at community level to practice safe and hygienic behaviour. Nearly 80 participants attended the programme and menstruation hygiene kits were distributed among them.

A similar awareness programme was organised at JJ Colony, Savada, New Delhi, on 30 December 2021, to help women and girls practice safe and hygienic menstrual practices with dignity. The event was organised by Vishwa Yuvak Kendra in collaboration with Milestone India, Stand Sustainable Foundation and FANSA India. About 90 women and girls joined the camp. The members from VYK and Milestone interacted with them and explained them about menstruation and safe practices of menstrual hygiene. The discussion included pictorial presentation explaining the concepts of reproductive system, menstrual cycle and importance of sanitary napkins to all the participants.

The following points were covered during the awareness programme:

- » Use sanitary napkins, tampons or menstrual cups. Even if you use clothes, wash them properly and sun dry.
- » A good wash is must, take regular bath.
- » Keep the genital area clean but don't use soap or vaginal hygiene products.
- » Change the sanitary napkins or tampons within every 4-6 hours.
- » Use clean undergarments and clothes.

- » Eat well.
- » Ensure safe disposal of sanitary napkins in environment friendly manner. Dispose them in paper and mark a red cross on it so that the rag pickers do not catch infections.

It was made sure that all the girls and women speak about various health issues related to menstruation without any second thought. The members interacted well with them. The group of girls present there were very keen and curious. They asked several questions related to widespread misconceptions on menstruation. At the end there was a Q&A session where all their queries were discussed and answered. Reusable sanitary napkins were distributed among all the participants.

## Conclusion

Menstrual hygiene should be promoted by implementing a course on menstruation and menstrual hygiene management. Teachers should be educated and trained to impart knowledge about menstruation and menstrual hygiene management among students. Social and electronic media also play an important role to make the girls and women aware about the latest menstrual products, different manufacturers, government policies, and so forth. Subsidies should be given on menstrual products so that every girl/women can afford them easily. Non-government organizations should come forward to educate rural people about menstruation, menstrual hygiene management, importance of toilets at homes, hand washing, diseases related to reproductive tract due to poor hygiene, and so forth. Emphasis should be given on the use of reusable sanitary or cloth pads to overcome the problem of disposal. Girls and women should be aware of the consequences of disposing used menstrual products in open or flushing them in toilets. Dustbins with proper lids should be placed in the toilets. If possible, incinerators should be installed



at homes, schools, and community levels. There is a big need to encourage adolescents at school levels to practice safe and hygienic behaviours. Discussions on menstrual hygiene are important for adolescent girls to clarify existing myths and misconceptions around menstruation. Improving menstrual hygiene is not only important for personal comfort and mobility but it also helps in maintaining school attendance among girls. 97% of infections can be reduced in women by providing proper menstrual solutions like sanitary pads, napkins, tampons, cleanliness of the genital area, regular water supply and access to toilets in homes and *schools*.



*Demonstration in process*



*Distribution of hygiene kit*



*Awareness on MHM*



# Awareness Programme on Low Cost Nutrition and Balance Diet

Good nutrition is essential for good health. The most important and obvious consequence of poor nutrition is poor health, and the extreme consequence is death. This holds true both for under nutrition and for over nutrition. But poor nutrition has more subtle consequences for human development. Children who are poorly nourished not only grow physically less well, but also develop cognitively less well. Poorer cognition is associated with lower educational achievement, and hence lower productivity in work, and ultimately results in lower national income. Poor nutrition can impair our daily health and wellbeing and reduce our ability to lead an enjoyable and active life. Poor diets contribute to one in five adult deaths, through both insufficient intake of healthy foods and excess intake of unhealthy items. According to Global burden of disease injuries & risk factors study (GBD), globally, in 2017, dietary risks were responsible for 11 million deaths. According to the State of the World's Children 2019: Children, food and nutrition finds that at least 1 in 3 children under five – or over 200 million – is either undernourished or overweight. Almost 2 in 3 children between six months and two years of age are not fed food that supports their rapidly growing bodies and brains. This puts them at risk of poor brain development, weak learning, low immunity, increased infections and, in many cases, death.

People in almost every region of the world could benefit from rebalancing their diets to eat optimal amounts of various foods and nutrients. There is an expectation that

effectively promoting healthy diets and physical activity can help reduce the economic burden associated with chronic diseases. Diverse types of food are needed to sustain a healthy and active life, and food prices differ across countries in systematic ways that might contribute to poor diet quality and malnutrition around the world. There is urgent need for coordinated efforts to improve diet, through collaboration with various sections of the food system and policies that drive balanced diets.

## Initiative by Vishwa Yuvak Kendra

Women are the change makers in the family in respect of cooking and serving food, keeping their family health safe, etc. If we make women aware, they can take care of their family with food and other things. Considering this fact, VYK organized an awareness generation activity on Low Cost Nutrition and Balance Diet on 17 December 2021 among the women of Vivekananda Camp, Chanakyapuri New Delhi. The awareness camp was organized with the following objectives in mind:

1. Increase public awareness & education on the Low cost Nutrition and balance diet.
2. To ensure the active participation of the community adolescent girl & women.
3. Spreading the awareness among the women of the community on low cost nutrition and balance diet and avoiding junk food.
4. To consider optimized solutions to mix of food items in daily diets.

Nutrition expert Mr. Satya Prakash shared his ideas and knowledge about gaining low cost nutrition and balance diet with community women. He highlighted the importance of nutrition for everyone.

During the talk, women from the community shared their on-going practices connected with preparing food for family. Apart from the session, there was also an open discussion

between resource person and community women related to the subject. Women who attended the programme appreciated the resource person for making them aware of availability and consumption of low cost nutritious food. 35 women from the community benefited from attending the programme.

## Conclusion

The importance of a balanced diet can't be emphasized enough for a healthy lifestyle. A healthy lifestyle can be attained by maintaining a balanced diet and keeping into consideration to meet all the essential nutrients required by the body. A proper meal plan helps to attain ideal body weight and reduce the risk of chronic diseases like diabetes, cardiovascular and other types of cancer. A balanced diet typically contains 50 to 60 percent carbohydrates, 12 to 20 percent protein, and 30 percent fat. All the organs and tissues need proper nutrition to work effectively by consuming the right amount of nutrients and calories to maintain an ideal weight.

The overall health and well-being of a person are dependent on good nutrition, physical exercise, and healthy body weight. But community participation plays a very important role in strengthening the status of nutrition in any community. The programme by Vishwa Yuvak Kendra aimed to strengthen the health and nutrition status of the community as a whole with special focus on women and children. The approach was not to impose solutions; it was to understand problems and alleviate them from the ground by introducing the concept of low cost balanced diet.



*Participants being made aware of low cost nutritional diet options*

# Swachh Bharat Abhiyan

Cleanliness is most important for physical well-being and a healthy environment. It has bearing on public and personal hygiene. Gandhiji made cleanliness and sanitation an integral part of the Gandhian way of living. It is essential for everyone to learn about cleanliness, hygiene, sanitation and the various diseases that are caused due to poor hygienic conditions. Mahatma Gandhi believed that cleanliness was next to godliness and had realized early in his life that the prevalent poor state of sanitation and cleanliness in India, particularly the lack of adequate toilets in the then largely rural India needed as much attention as was being devoted towards attainment of Swaraj.

## Swachh Bharat Abhiyan

Swachh Bharat Abhiyan is a targeted mission, launched on 2nd October, 2014, to build a clean, hygienic, and healthy India with adequate sanitation facilities, which makes more dignity for all Indians. The premise of Swachh Bharat Abhiyan is to give the necessary sanitation facilities like toilets, solid and liquid waste disposal systems, village cleanliness, and safe and adequate drinking water supply to every person. It is also called Clean India Mission or Clean India Drive or Swachh Bharat Campaign. It is a national level campaign run by the Indian Government covering 4041 statutory towns to make them clean. It involves the construction of toilets and promoting sanitation programs in rural areas.

Swachh Bharat Mission covers all the rural and urban areas. The programme includes elimination of open defecation, conversion of unsanitary toilets to pour flush toilets, eradication of manual scavenging, municipal solid waste management and bringing about

a behavioural change in people regarding healthy sanitation practices. According to the World Bank, more than 520 million in India were defecating in the open – the highest number in the world. This figure had reduced significantly after the introduction of SBM.

## VYK's initiative towards Clean India

Keeping in mind, the importance of health & sanitation, VYK organized a poster making competition among the children of Shankar Camp, Moti Bagh New Delhi on the theme of Swachh Bharat, Swastha Bharat' on 10 February 2022. Because of the alarming situation of Covid-19 in Delhi, the members of VYK distributed drawing sheets among the slum children 2 days before. Around 60 children participated in this. The children were asked to present their ideas on their posters.

The program began with a hygiene awareness camp in which the members of VYK team explained the importance of hygiene & sanitation in and around homes and also explained the importance of hand hygiene. The team members also taught the community residents the 6 steps of washing hands. After this, the children were asked to present their posters and the idea behind their posters. They were also asked to say few lines on Swachh Bharat and sanitation. Senior VYK Team member, Mr. Ajit Kumar Rai (Senior Officer – Sustainability & Development) was also present on the occasion.

## Conclusion

The Swachh Bharat Abhiyan is one of the biggest cleanliness movements across the world and has proven to be India's one of the biggest milestones ever. It has helped us as a nation both in the rural and urban landscape, starting from clean streets and roads to developing infrastructure and striving to make India open defecation free. This movement is truly historic and VYK would continue to organise many such programmes to promote the concept of Swachh Bharat Abhiyan across its target beneficiaries.



*Students paintings on display*



*Students displaying their creativity*



# Awareness Generation Programme on Water Sanitation and Hygiene

Safe drinking-water, sanitation and hygiene are crucial to human health and well-being. Safe WASH is not only a prerequisite to health, but contributes to livelihoods, school attendance and dignity and helps to create communities living in healthy environments. Drinking unsafe water impairs health through illnesses such as diarrhoea, and untreated excreta contaminates groundwater's and surface waters used for drinking water, irrigation, bathing and household purposes.

The benefits of having access to an improved drinking water source can only be fully realized when there is also access to improved sanitation and adherence to good hygiene practices. Beyond the immediate, obvious advantages of people are being hydrated and healthier, access to water, sanitation and hygiene known collectively as WASH- has profound wider socio-economic impacts, particularly for women and girls.

Considering the importance of the subject, Vishwa Yuvak Kendra organized an awareness program on Water Sanitation and Hygiene on 16 March 2022 at Vivekanand Camp, Chanakyapuri, New Delhi. The programme was organised with an objective to:

- » Make the community people of Vivekananda Camp aware about Water Sanitation and Hygiene.
- » Make them realize the importance of clean drinking water.

- » Make them learn about the different ways of keeping the water clean.
- » Make them aware about the ill-effects of drinking unclean water.

Mr. Rakesh Singh, Programme Associate, VYK gave an introduction about WASH to the attendees. Student interns Emmanuel Remruotmawi, Pratha Sharma and Bhavya Singh sensitized the group on WASH and also gave presentation about the topic. Queries of the residents were replied by the group. 45 residents of the community benefited from the programme.

## Conclusion

The main purpose of this awareness program was to encourage the people of the community and make them aware on ways to reduce the risk of contamination from the water and how they could keep their drinking water clean. Low-cost solutions for having safe drinking water were also promoted.



*Awareness on WASH*



*Participants listening intently*



*Enthusiastic participation of students*



# Awareness Generation Programme on Personal Hygiene

Good personal hygiene involves keeping all parts of the external body clean and healthy. It is important for maintaining both physical and mental health. In people with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection. On a social level, people may avoid a person with poor personal hygiene, which may result in isolation and loneliness.

Factors like poverty and lack of access to clean water can both have a detrimental effect on a person's personal hygiene. A person's mental health can also affect how they take care of themselves. People who are living with certain conditions, such as a psychotic disorder, severe depression, or drug or alcohol use disorder, may find it very difficult to keep up a personal hygiene routine. Poor personal hygiene may also have an effect on the workplace.

Considering the importance of the theme, Vishwa Yuvak Kendra organised a program on the topic of Personal Hygiene on 30 March 2022 at Shankar Camp, New Delhi. The main focus of the VYK was to make the community people aware about Personal Hygiene and to spread awareness among the people about the importance of maintaining proper personal hygiene. 55 residents attended the programme.

After gathering the residents, a short skit on 'Healthy Family and Unhealthy Family' was performed by the community children. The skit depicted that healthy family relationships and safe and supportive home environment

was central for development of children, whereas an unhealthy family included impaired communication, a lack of closeness, excessive criticism, lack of empathy, power struggles, and excessive expectations.

After the skit, VYK team showed the seven steps of washing hands, which was considered as a best WASH practice. The community residents were also informed on maintaining proper personal hygiene which also included brushing teeth properly.

## Conclusion

Keeping the body clean has positive effects on a person's social life and their physical and mental health. Personal hygiene is simply looking after the body and keeping it clean and healthy. Developing and maintaining a personal hygiene routine is key to having a healthy body and mind.



*Skit in progress*





*Children glued to the performance*



*Awareness on personal hygiene*



# Awareness Programmes on Gender Equality

The Indian Constitution enshrines the proposition of gender parity in its Directive Principles, Fundamental Duties, the Preamble, and Fundamental Rights. Not just does the Indian Constitution guarantee women equal rights, but it also authorizes the Centre to take effective inequity actions in support of women. However, in spite of constitutional guarantee, discrimination against women and girls is a pervasive and long-running phenomenon that characterises Indian society at every level. Cultural institutions in India, particularly those of patrilineality and patrilocality, play a central role in perpetuating gender inequality and ideas about gender-appropriate behaviour. A culturally ingrained parental preference for sons, emanating from their importance as caregivers for parents in old age, is linked to poorer consequences for daughters.

So, gender inequality does not only have social consequences but economic consequences as well. Gender equality is more than a moral issue; it is a vital economic issue. For the Indian economy to reach its potential, we need to create conditions in which all women can reach their potential. India will not fully develop unless both girls and boys are equally supported to reach their full potential. While increasing representation of women in the public spheres is important and can potentially be attained through some form of affirmative action, an attitudinal shift is essential for women to be considered as equal within their homes and in broader society. Educating Indian children from an early age about the importance of gender equality could be a meaningful start in that direction.

Keeping this in mind, Vishwa Yuvak Kendra started an initiative to create public awareness on gender equality through street plays & puppet shows in different communities of Delhi. Public shows like street plays & puppet shows are a powerful medium to spread public awareness on social issues. The primary goal of these shows was to take a social message to a large group of people. VYK organised a puppet show in Vivekananda Camp, Chanakyapuri and a magic show in Shankar Camp, Moti Bagh on 2nd March 2022 on the theme of gender equality. A street play was organised on 3rd March in Bhaiyya Ram Camp, Race Course on the same theme. All these programs were to commemorate the International Women's Day and were organised under the supervision of Mr. Rakesh Singh, Programme Associate, Vishwa Yuvak Kendra. Student interns ably assisted the programme team in organising the events.

More than 400 community residents benefited from the three events. It was concluded that encouraging gender equality was fundamental to accelerating sustainable development. It was also felt that gender equality cannot be achieved only by educating or employing women, but rather by educating children from an early age about the importance of gender equality.



*Awareness on gender equality*



*Glimpses of gender equality awareness programme*



# Infrastructural Facilities

Ensnconced in the highly secure diplomatic enclave of New Delhi, Vishwa Yuvak Kendra is a full-fledged campus within itself and comprises of accommodation facilities, conference/ seminar facilities, cafeteria, library, lush lawns etc. The Kendra provides all the necessary support services like Wi-Fi, satellite TV, photocopy, sound system and other audiovisual equipment, backed by professionally qualified and experienced support staff. The campus also has space for showcasing artwork/craft exhibits.

## 1. Accommodation

In keeping with its mandate, Vishwa Yuvak Kendra extends capacious accommodation amenities with modern conveniences to the trainees, students and NGO partners from within and outside the country. The centrally located Kendra hostel has 38 well-furnished rooms with basic modern amenities.

The Annexe building has 115 dormitory beds (5-6 beds in a room) which are mostly availed by youth groups/young students, NGOs etc. The dormitory accommodation provides a viable, inexpensive accommodation option for NGO representatives and youth workers who are often on a limited budget. Complimentary breakfast is served to all the trainees/members staying in the campus. Being located in the safest neighborhood in the capital region and having excellent commuting facilities to all transport hubs (airport, railway station, bus terminal) makes VYK one of the favorite staying options of the youth from across the country and from outside India.

The VYK campus serves as a nucleus for the promotion of national harmony and international understanding in an ambience of warmth and friendship.





## 2. Dining Hall

A Dining Hall serves modestly priced food to trainees and members attending conferences / seminars and training courses. Like all its other facilities, the Dining Hall can be used only by individual / institutional members of Vishwa Yuvak Kendra.



### 3. Auditorium and Conference Halls

Vishwa Yuvak Kendra's campus has state-of-the-art (fully air-conditioned) training halls and a large auditorium. These halls and auditorium are used to conduct activities of in-house programme for grassroots level NGOs on various issues related to social development. No training fees are charged from the participants, except for a very nominal registration fee from the sponsoring NGOs. VYK has venues ideally suited for all

kinds of requirements, be it a small board meeting or training workshop, or be it a large gathering with up to 500 persons.

All the facilities, be it accommodation, conference hall or dining hall, are used for our training activities. When not in use for Kendra programmes, these are provided to like-minded member NGOs / individuals at highly subsidized and very nominal tariff.



## 4. Library

Vishwa Yuvak Kendra Library is equipped to cater to the changing needs of individuals / organizations/ institutions and is being developed as a specialized resource centre on youth. It has an impressive collection of more than 12,000 books in English and 1000 books in Hindi on various aspects of youth

and social work. The same is being updated with new books of relevance from time to time. Besides, subscribing to 48 important journals / magazines on relevant issues, it also receives over 100 complimentary publications e.g. newsletter, annual reports and conference proceedings of various ministries, NGOs and international organizations.



## 5. Art Gallery

As a part of its endeavour to promote art and culture, VYK has launched the VYK Art Gallery at its campus. The gallery is provided to artists including upcoming artists to showcase their work.







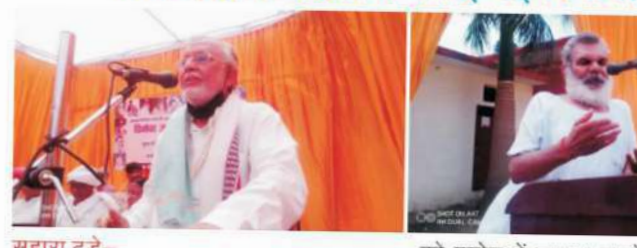
फतुहा (एनएनबी)। फतुहा हाईस्कूल परियोजना के अंतर्गत प्रथम वर्ष के विद्यार्थियों के बीच 'महिला सुरक्षा व संरक्षा' विषय पर अंतर्गत कार्यक्रम आयोजित किया गया। यह कार्यक्रम राष्ट्रीय स्तर पर प्रारंभिक शिक्षा के विषय पर एक कार्यक्रम के अंतर्गत है। कार्यक्रम में अतिथि मंत्री श्री प्रेम कुमार सिंह ने छात्रों को संबोधित करते हुए कहा कि कोरोना के महामारी को खत्म करने के लिए हमें एक साथ मिलकर काम करना होगा।



महिला सुरक्षा व संरक्षा विषय पर आयोजित सेमिनार में कोले डीएनबी

छात्राओं को दी गई वाला अधिकांशों की जानकारी

## विनोबा का वरदान पीढ़ियां याद रखेंगे विनोबा सेवा आश्रम में मनाई गई विनोबा



विनोबा सेवा आश्रम में मनाई गई विनोबा

## कोरोना योद्धा शिशुपाल हुए सम्मानित



कोरोना योद्धा शिशुपाल हुए सम्मानित

## अंतरराष्ट्रीय महिला दिवस सप्ताह समारोह न बेटा को बेचे न दूल्हा खरीदे

राष्ट्रीय सागर संवाददाता  
फतुहा : विश्व युवक केन्द्र दिल्ली एवं प्रेम युवा फाउंडेशन के संयुक्त तत्वावधान में अंतरराष्ट्रीय महिला दिवस सप्ताह समारोह के अंतर्गत फतुहा के डीपीओएस पब्लिक स्कूल में पोस्टर प्रतियोगिता एवं जागरूकता शिबीर का आयोजन किया गया। मौके पर उपस्थित फाउंडेशन के संस्थापक गोपीबन्धु प्रेम जी ने कहा कि स्वतंत्रता प्रथि के शाश्वत मारन में महिलाओं की सुरक्षा और संरक्षा निरंतर एक अविरोधनीय मुद्दा और चर्चा का विषय रहा है। इदमें कोई भी दे गन नहीं है कि इस दौरान, भारतीय नदी शक्ति ने शैक्षणिक, राजनीतिक, सामाजिक, आर्थिक, धार्मिक, प्रशासनिक, खेलकूद आदि विविध क्षेत्रों में उपलब्धियों के नए आयाम त्प करने हैं। आज की

योग में लाया। उन्हें आपना की। यह रचना खिल भारतीय संघात्मक तरीके से निराना था। आश्रम ने कहा कि विनोबा जय जगत। उन्होंने पर चलने का संश्रम में ईश प्रार्थना जेत हुआ। मुख्य अतिथि ने विधारित प्रदर्शनी का नन्ही पहल के तालीम शाह, सुध अमरपाल, सुदीप न, इरफान, रहीश दयाराम, सविता सिंह व खुशीराम सम्मानित किया। कार्यक्रम

## रोहड़ में नन्ही पहल परियोजना का शुभारंभ एसडीएम ने दिखाई हरी झंडी, विकलांगों को वितरित किए खाद्यान्न एवं हाईजीन किटें



रोहड़ में नन्ही पहल परियोजना का शुभारंभ

## दिव्यांग व असहाय लोगों के बीच पौष्टिक किट का वितरण



दिव्यांग व असहाय लोगों के बीच पौष्टिक किट का वितरण

नवबिहार दूत  
सिंह एवं अनुमंडल पुलिस पदाधिकारी विजय इन सभी लोगों के हाथों पटना के सचिव शिशुपाल कुमार को व माला पहनाकर सम्मानित किया। गांधीवादी प्रेम कुमार समाजसेवी का चंदन पटेल, गोपी कुमार दिलीप कु

पुरुष

कूलि

विश्व

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## राष्ट्रदूत महिला दिवस पर सेमिनार



## कोरोना काल में बेहतर कार्य करने के लिए पत्रकार चंदन पटेल को किया गया सम्मानित

नवबिहार दूत संवाददाता  
फतुहा। फतुहा पत्रकार को पटना में किया गया सम्मानित। विश्व युवा केंद्र की ओर से कोरोना काल में बेहतर सेवा करने के लिए पत्रकार चंदन कुमार पटेल को विज्ञान केंद्र पटना में फुलवारी ए एस पी मनीष कुमार सिन्हा, विश्व युवा केंद्र चीफ कंट्रोलर उदय शंकर, कुम्हार विधानसभा के विधायक अरुण कुमार सिंह, एम एल सी रनवीर नंदन, प्रेम कुमार के साथ अन्य गणमान्य लोगों में प्रशस्ति पत्र एवं शील्ड देकर सम्मानित किया तथा मुख्य अतिथि मनीष कुमार सिन्हा ने ऐसे ही होसले के साथ आगे आने वाले आपदाओं को लेकर बात बताई तथा उन्होंने कहा इसान को ही इसान की मददगार बनना चाहिए जिससे हम सभी मिलकर आने वाले आपदाओं का सामना कर सके।









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