



Youth Horizons

Quarterly
NEWSLETTER

Foreword

During the first quarter of 2023-24, we embarked on a series of transformative workshops, seminars, compelling campaigns, and impactful institutional programs, complemented by state-level thematic initiatives. These endeavors served as catalysts for our progress and have laid the foundation for our collective accomplishments. Moreover, our unwavering commitment to sustainability has yielded significant strides toward a greener and more responsible future.

In this fiscal year, we have embarked on groundbreaking initiatives, including training exclusively tailored for PwDs Candidates. These pioneering events promoted inclusivity and provided a platform for disabled individuals to showcase their talents and potential.

The main highlight of the quarter was to celebrate “World Menstrual Hygiene Week” campaign, from 24th May to 28th May 2023. This was a perfect example of collaboration between diverse NGO partners, focusing on highlighting the importance of menstrual health, and the successful involvement of the community, resulting in a highly successful campaign.

The fiscal year commenced with the enlightening seminar “Heal Your Mind, Heal Your Life”, a transformative event that took place on the 26th of April 2023. This groundbreaking gathering served as a catalyst for cultivating holistic well-being, emphasizing the profound connection between mental and physical health.

As we venture further into the year, I am optimistic and enthusiastic, knowing that our endeavors will continue to foster positive change and create a lasting impact. Together, let us embark on this journey, driven by purpose and propelled by compassion, as we shape a brighter future for all.

Uday Shankar Singh
Chief Executive Officer
Vishwa Yuvak Kendra

Awareness Campaign on “Government Scheme for BPL Families”

20 April 2023

The Government of India has launched an array of schemes aimed at uplifting those living below the poverty line (BPL) and improving their quality of life. These initiatives are dedicated to empowering the marginalized sections of society, ensuring access to essential amenities, and fostering self-sufficiency.

In line with this noble cause, Vishwa Yuvak Kendra organized an awareness campaign on Government Schemes for BPL Families at Vivekanand Camp, New Delhi. The campaign sought to bridge the gap between the government and the people, empowering them with invaluable knowledge to avail themselves of the diverse range of schemes and programs tailored to their benefit. Its purpose was twofold: to educate the participants about the various schemes and policies designed to elevate their standard of living, and to provide crucial information on social security measures such as pensions, insurance, maternity benefits, housing, and more. The campaign aimed to equip individuals with the necessary information to access these facilities and improve their overall well-being.

The campaign witnessed an enthusiastic response with more than 40 enthusiastic participants attending the same. Through the event, they gained insights into various government schemes, including the Sukanya Samriddhi Yojana, Janani Suraksha Yojana, Ladli Yojana, Pradhan Mantri Jan-Dhan Yojana (PMJDY), PM Jeevan Jyoti Bima Yojana, and Pradhan Mantri MUDRA Yojana (PMMY). The campaign ensured that participants were well-informed about the opportunities available to them for their personal and financial betterment.



Glimpses of the event

Seminar on Heal Your Mind, Heal Your Life

26 Apr 2023

Having sound physical and mental health and well-being is essential for a life of dignity. As India continues to face challenges due to the extended Covid-19 pandemic, it is crucial to address the unprecedented impact it has had on the mental health of young individuals, who make up almost 27.5% of the population. The pandemic has also severely affected their learning abilities, behavior, and social skills. Therefore, it is urgent to strengthen our response to the emotional requirements of the youth and make provisions for basic mental health services for them.

Considering these aspects, Vishwa Yuvak Kendra organised a Seminar on Heal Your Mind, Heal Your Life in its campus. The seminar was a timely and valuable resource for anyone seeking to improve their mental well-being. By bringing together experts and individuals from different backgrounds, the event encouraged a holistic approach to mental health and provided attendees with a comprehensive understanding of the topic. The event was inaugurated by Chief Guest Dr. R K Dhamija, Director, IHBAS. Attendees had the opportunity to learn about the importance of maintaining a healthy and balanced mind and explore various ways to achieve it. The seminar brought together diverse experts from different fields, including psychology, mindfulness, and meditation, to share their knowledge and experiences with the participants.

The seminar aimed to help individuals improve their mental health and well-being through various techniques such as yoga, meditation, and mindfulness, besides focusing on building resilience, managing stress, and coping with anxiety and depression. Over 200 participants from more than 20 different organizations attended the seminar, making it a resounding success.



Glimpses of the event

Training for PWDs of Youth on Reverse Osmosis (RO) Water Management -as Entrepreneur in Puducherry

22-27 May 2023

Persons with disabilities (PwDs) face a myriad of challenges, grappling with limited access to education, employment, healthcare, and social inclusion, among other daunting obstacles. In the vast country of India, the number of PWDs approximates a staggering 26.8 million, constituting approximately 2.21% of the nation's population. Alarming enough, the employment rate for PWDs hovers stubbornly below 1%, warranting urgent attention and collective concern.

Immersed in meaningful discussions with PwD leaders and representatives, a glaring realization emerged – the dire need to empower these individuals in harnessing their entrepreneurial spirit and transforming their business ideas into tangible realities. Recognizing the crucial nature of uplifting PwDs by extending livelihood opportunities, the Indian Rural Development and Rehabilitation Program (IRDRP) submitted to Vishwa Yuvak Kendra, a compelling proposal on Entrepreneur Training for People with Disabilities in Reverse Osmosis Water Plant Management. Not only did VYK extend resolute financial support to the program, but brought forth its invaluable six decades' worth of experience in working with youth, alongside the necessary resources to sustain this transformative project.

A group of thirty-one exceptional Youth with Disabilities (YwDs) were enrolled in this life-altering initiative. Spanning six intense days, the program unfolded its transformative magic from the 22nd of May to the 27th of May at the prestigious PMSSS training center, conveniently nestled in the heart of MG Road, Laporte St., Puducherry. The training program had such a significant impact that it garnered the attention of the Chief Minister of the state, Shri N. Rangaswamy, and the Legislative Assembly Speaker, Shri R. Selvam. Both of them eagerly engaged with the participants, offering words of encouragement for their future endeavors.



Honorable Shri R. Selvam, the Legislative Assembly Speaker of Puducherry, receiving a shawl from Dr. Irudayasamy, Director of IRDRP, along with the participants.



Participants gathered to meet the Chief Minister of Puducherry, the honorable Shri N. Rangaswamy, in the presence of Dr. Irudayasamy, Director of IRDRP



The Subject Expert is presenting a lecture on the functioning of RO systems



Honorable Shri N. Rangaswamy, the Chief Minister of Puducherry, presenting certificates to the participants

World Menstrual Hygiene Day

24-28 May 2023

Menstruation, a fundamental part of a woman's reproductive system, is a natural and normal fact of life that occurs in the reproductive cycle of females. This transformative process usually begins during puberty and persists until menopause.

World Menstrual Hygiene Day (WMHD) is an annual global advocacy day observed on May 28th, aiming to raise awareness about menstrual hygiene and promote comprehensive education. WMHD plays a crucial role in encouraging open and informed conversations about menstruation, challenging societal taboos, and dispelling myths. Considering the relevance of the topic, Vishwa Yuvak Kendra, in collaboration with Freshwater Action Network South Asia (FANSA) and partner NGOs, organized a diverse range of campaigns from 24th- 28th May 2023 to commemorate World Menstrual Hygiene Day. The partner NGOs, comprising of SHODH, Milestone, Stand Sustainable Foundation, Alamb, Amba Foundation, Voluntary Health Association, Delhi, Samajik Badlav Trust and India is Calling Youth, showcased exemplary dedication not only in mobilization but also in conceptualization, planning, and execution of the campaign.

The program witnessed the enthusiastic participation of nearly 1300 women and girls. The success of the programme was possible because of the coordinated efforts of the partner organisations, who shared a common objective of promoting menstrual hygiene awareness and the active engagement of the community. The program encompassed a series of impactful activities, including an engaging awareness campaign and the distribution of essential Menstrual Hygiene Products.



Glimpses of the event

City-wide Inclusive Sanitation (WASH)

30-31 May 2023

Water sanitation and hygiene are crucial for promoting public health and ensuring access to clean and safe water for all individuals. Water sanitation refers to the process of treating and managing water sources to eliminate contaminants and prevent the spread of waterborne diseases. Hygiene, on the other hand, encompasses practices such as handwashing, proper sanitation facilities, and safe disposal of waste to maintain personal cleanliness and prevent the transmission of diseases. Together, water sanitation and hygiene play a vital role in preventing illness, reducing child mortality rates, and improving the overall quality of life, particularly in areas with limited resources and vulnerable populations.

In order to address the aforementioned concerns, a two-day National Level Capacity Building Workshop for Civil Society Organizations (CSOs) in the field of Water, Sanitation, and Hygiene (WASH) was jointly organized by Vishwa Yuvak Kendra and FANSA India. The workshop took place on May 30-31, 2023, at the Grand Minerva Hotel in Secunderabad. The event witnessed the enthusiastic participation of a significant number of individuals representing various civil society organizations.

The workshop comprised a series of technical sessions aimed at addressing key issues and challenges related to urban sanitation in India. These sessions covered topics such as the Comprehensive WASH Implementation Strategy (CWIS) framework and its principles, the importance of CWIS in achieving inclusive and equitable sanitation progress in India, and the sharing of experiences from organizations such as SWPSV, ITC, Navajeevan, CFAR, and others, focusing on improving access to sanitation in urban areas. The workshop also included discussions on community-centered approaches to claiming WASH rights and entitlements. More than 80 NGO representative attended this event.



Glimpses of the event

World Environment Day 2023

5 June 2023

Every year on June 5th, World Environment Day is observed to promote awareness about environmental issues and inspire action to safeguard our planet. Conceptualised by United Nations General Assembly in 1972, this day has garnered participation from 150 nations in various activities aimed at commemorating the occasion.

Vishwa Yuvak Kendra (VYK) has been actively raising awareness about environmental concerns and working towards conserving our planet. Through collaborative programs involving corporations, academia, and NGOs, VYK has been instrumental in fostering environmental consciousness at both institutional and community levels. The event commenced with the inaugural session by Chief Guest, Prof. Moni Madaswamy, Prof. Emeritus and Chairman, CAIRS and other distinguished invitees and speakers.

Understanding the significance of addressing environmental challenges and contributing to global initiatives, VYK organized a seminar on June 5, 2023, focused on the theme of “Solutions to Plastic Pollution” in observance of World Environment Day. The event took place at the VYK campus in Chanakyapuri, New Delhi. The seminar witnessed the enthusiastic participation of approximately 150 individuals representing civil society organizations and educational institutions. Its primary objective was to emphasize the importance of collective efforts involving various stakeholders in combating environmental issues. The seminar comprised technical sessions and discussions led by distinguished experts in the field.

Complementing the seminar, the nationwide field campaign which was organized with a view to reach a wider audience, engaged approximately **50,000 individuals** through many activities, including **seminars, workshops, conferences, rallies, and tree plantation drives**. Collaborating with **27 esteemed NGO partners** across **14 states**, this campaign reached diverse locations and communities, inspiring individuals from all walks of life to embrace sustainable practices and become environmental stewards.

Together, these initiatives have demonstrated the power of collective action and collaboration in addressing environmental issues. By bringing together corporations, educational institutions, NGOs, community-based organizations, and other stakeholders, we have created a strong network committed to protecting and preserving our precious planet.



Some Glimpses of the Field Activity Campaign



Environment Awareness Programme

15 & 22 June 2023

Environmental awareness has become increasingly important due to the growing concerns about climate change and the depletion of natural resources. Environmental awareness helps people understand the consequences of their choices, such as excessive consumption, waste generation, and pollution, and encourages them to make more sustainable decisions.

Environmental preservation is crucial for the well-being and survival of both present and future generations. Environmental preservation is of paramount importance as it safeguards biodiversity, maintains ecological balance, regulates climate, and ensures the availability of natural resources. By recognizing and acting upon the importance of environmental preservation, we can create a sustainable and harmonious coexistence with the planet.

Vishwa Yuvak Kendra organized one-day awareness camps on environmental consciousness at the Shankar Camp and Ravidas Camp on 15th June and 22nd June 2023 respectively. The programmes, sought to enlighten the young minds residing in the colony about the utmost significance of environmental conservation and the adoption of sustainable practices.

The camp embarked on an enchanting note, igniting the atmosphere with delightful ice-breaking activities like “Missing the word,” “Chinese whisper,” etc., aimed at getting the participants opened. The participants were introduced to fundamental concepts surrounding the environment and pollution. Subsequently, they were enlightened about sustainable practices that contribute to the conservation of our surroundings.

Following the informative sessions, VYK interns engaged the community youth in Bottle Plant Drive and Live Art Painting, inspiring creativity and reinforcing the importance of our ecological well-being. While the Shankar Camp program was attended by 70 spirited adolescent girls and women, Ravidas Camp activity was attended by 67 adolescents.



Glimpses of the event

Training on Agro Entrepreneurship Development

20-22 June 2023

In light of the challenges posed by climate change, the agricultural sector faces various obstacles in achieving consistent and high crop yields across different climatic conditions. However, several measures can be undertaken to mitigate these difficulties and ensure sustainable agriculture.

Besides focusing on increasing yield through sustainable means, one should also address aspects like preservation and storage of agricultural products. Establishing proper storage facilities and preserving methods is essential to prevent post-harvest losses and maintain the quality of produce. By implementing effective storage techniques, such as cold storage or controlled atmosphere storage, farmers can extend the shelf life of their yields and reduce waste.

Vishwa Yuvak Kendra, in collaboration with Vaigai Trust, Gramium, and Stella Maris Institute of Development Studies, took a proactive stance in addressing the aforementioned challenges by organizing a comprehensive three-day training program on Agro Entrepreneurship development. This impactful initiative was held from 20th to 22nd June 2023 at Kanyakumari, Tamil Nadu.

The training program aimed to equip participants with the necessary knowledge and skills to navigate the complex landscape of modern agriculture and foster the entrepreneurial spirit in the agricultural sector. By bringing together experts, professionals, and enthusiasts from various fields, this event served as a platform for exchanging innovative ideas and strategies to overcome the obstacles posed by climate change.

Participants had the opportunity to engage in interactive sessions, workshops, and practical demonstrations that provided them with valuable insights into climate-responsive farming techniques, effective water management, and sustainable storage and preservation methods. Renowned experts and industry leaders shared their expertise, ensuring that the attendees received cutting-edge information and best practices in agro entrepreneurship. 30 participants attended the programme and gained useful insights into the theme.



Glimpses of the event



Role of Youth in WASH

23 June 2023

Despite the heightened awareness of significance of hand hygiene in preventing the spread of diseases during the COVID-19 pandemic, billions of people worldwide, including numerous school-going children, lack access to handwashing facilities equipped with soap. Individuals residing in rural areas, urban slums, disaster-prone regions, and low-income countries face the greatest vulnerability and bear the brunt of this issue.

The repercussions of inadequate water, sanitation, and hygiene (WASH) on children can be fatal. Due to the absence of appropriate WASH services, more than 700 children under the age of 5 succumb to diarrheal diseases on a daily basis. In areas affected by conflict, children are nearly 20 times more likely to die from diarrheal diseases than from the conflict itself. The absence of clean water negatively impacts children's health, nutrition, education, and learning abilities, thus affecting various aspects of their lives. Sufficient sanitation plays a crucial role in the survival and development of children, enhancing their education, boosting productivity, and fostering resilience in the face of diseases and disasters. To tackle the aforementioned challenges head-on, Vishwa Yuvak Kendra, in collaboration with Vaigai Trust, Gramium, FANSA India, SMIDS, and Rohini College of Engineering and Technology (RCET), organized a seminar titled "Role of Youth in WASH." The seminar, held at the Grand Arena Auditorium, RCET, witnessed an impressive turnout with the participation of 540 enthusiastic students on the 23rd of June, 2023. The event was inaugurated by Chief Guest Dr. Lakshmiopathy, Chairman IRCS, Puducherry

During this insightful seminar, renowned experts and speakers from various fields shared their knowledge and experiences, shedding light on the critical role that youth can play in addressing WASH-related challenges. The event provided a platform for meaningful discussions, engaging presentations, and interactive sessions, allowing the attendees to deepen their understanding of the issues at hand and explore innovative solutions.

The seminar highlighted the pressing need for collaborative efforts to improve access to clean water, sanitation facilities, and proper hygiene practices, particularly in underserved communities and marginalized areas. It emphasized the potential of the youth in driving positive change, inspiring them to become ambassadors of WASH initiatives and advocates for a healthier and more sustainable future.



Glimpses of the event

Workshop on Agro Entrepreneurship Development: Possibilities, Challenges, and Opportunities

24-25 June 2023

Agriculture plays a crucial role in the economy of India, providing food security, and employment opportunities, and contributing to overall development. However, the sector often faces numerous challenges such as climate change, resource scarcity, market volatility, and limited access to finance and technology. Recognizing the significance of entrepreneurship in driving agricultural development, Vishwa Yuvak Kendra, in partnership with CORD and Stars Forum, organized a two day state-level program in CORD campus. The program sought to explore the potential of agro-entrepreneurship as a catalyst for transforming the agricultural landscape, creating employment opportunities, improving productivity, and ensuring the sustainable growth of the sector. The event commenced with an inauguration by the esteemed Chief Guest, Dr. Rajeshwar Singh Chandel, Vice Chancellor of Dr. Y S Parmar University of Horticulture & Forestry, Solan. The occasion was graced by the notable presence of Padma Shri Farmer Nek Ram Sharma, Padma Shri Dr. Kshama Metre, National Director of CORD. The program aimed to highlight the possibilities that agro-entrepreneurship offers in terms of diversifying agricultural practices, adopting modern technologies, and exploring new market opportunities. It showcased successful case studies and inspirational stories of agro-entrepreneurs who demonstrated innovation, resilience, and profitability in their ventures. Additionally, the program shed light on the challenges faced by agro-entrepreneurs and the agricultural sector as a whole. By understanding and addressing these challenges, participants were better equipped to develop strategies, policies, and initiatives that could foster a supportive ecosystem for agro-entrepreneurship. 90 NGOs representatives from 6 states participated in the event.



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