

From the CEO's Desk

It gives me great pleasure to share the first issue of Youth Horizons for 2026–27, covering the activities and initiatives undertaken by Vishwa Yuvak Kendra during April to June 2026.

The quarter was quite active for the VYK team. From programmes on digital literacy and cyber safety, road and tyre safety, mental health and wellbeing, to our work on menstrual health, environmental sustainability and yoga, we have continued to work on issues that have a direct bearing on the lives of young people and communities.

What is particularly encouraging is the diversity of our partnerships and the reach of these initiatives. Our World Environment Day campaign, for instance, brought together 31 partner organisations across 16 States and UTs and reached more than 60,000 participants. Similarly, our road safety programmes and other initiatives have enabled us to take our work beyond the VYK campus and engage directly with young people and communities in different parts of the country.

For me, the real value of these programmes lies not simply in the numbers, but in whether they create greater awareness, encourage responsible behaviour and leave people with something useful that they can carry forward. That is what we should continue to strive for in all our work.

I would like to thank our team members, partners, resource persons and everyone who has contributed to making these programmes possible. I hope you enjoy reading this issue and, more importantly, get a sense of the work being done by the VYK team across different areas.



Uday Shankar Singh
Chief Executive Officer



An interactive workshop was organized to promote digital literacy and cyber safety among adolescents and women. Participants learned about safe internet practices, online fraud prevention, privacy protection, misinformation, and responsible digital behaviour through practical discussions and real-life examples.

Key Takeaway:

Participants gained confidence to use digital platforms safely, protect personal information, and make informed online decisions.

**Guest Speakers**

VYK team and intern

**Programme Coordinator**

Mr. Rakesh Kumar, Programme Officer
VYK



VYK Team interacting with the community



Mr. Anand Kumar, Senior Programme Officer – Digital Initiatives explaining the nuances of the subject.

A one-day seminar on tyre and road safety was organized in collaboration with ITTAC and partner institutions to promote responsible driving behaviour among youth. Expert sessions highlighted tyre maintenance, accident prevention, safe driving habits, and vehicle safety awareness.

Key Takeaway:

Participants developed awareness of road safety practices, tyre maintenance, and responsible driving behaviour for safer communities.

Guest Speakers

Dr. Goldy Gupta, Assistant Professor, Department of Education, Bhagat Phool Singh Mahila Vishwavidyalaya, Mr. Vinay Vijayvargiya, Assistant Director, ITTAC, Mr. Vivek Tiwari, Regional Service Manager, J.K. Tyre & Industries Limited & other dignitaries

**Programme Coordinator**

Mr. Rajat Thomas, Programme Officer, VYK



223 Participants



VYK Team with the students of Bhagat Phool Singh Mahila Vishwavidyalaya, Haryana



Mr. Vinay Vijayvargiya, Assistant Director, ITTAC, addressing participants on Tyre and Road Safety during the programme

In collaboration with IHBAS and ICMR, a mental health intervention programme was organized to strengthen teachers' capacities in identifying emotional distress and supporting student well-being. Sessions focused on early intervention, suicide prevention, emotional health, and gatekeeper training.

Key Takeaway:

Teachers gained practical knowledge to identify early warning signs and support students through empathetic and timely intervention.

Guest Speakers

Mr. Lalit Kumar, Project Research Scientist, IHBAS, Prof. (Dr.) R.K. Dhamija, Director, IHBAS, Dr. Vatsala Aggarwal, Director General Health Services, Dr. B.S. Aggarwal, Deputy Director Education (East) & other dignitaries.

**Programme Coordinator**

Ms. Mukta Bhardwaj, Sr. Programme Officer, VYK



516 Participants



Group photograph of the VYK and IHBAS teams



Participants attending a session during the Samvedna Programme

In collaboration with the Indian Tyre Technical Advisory Committee (ITTAC)& IRDRP Trust, Vishwa Yuvak Kendra organized a road safety seminar to educate students on responsible driving, tyre safety, and preventive vehicle maintenance. Expert-led sessions highlighted defensive driving practices, traffic regulations, and the importance of regular vehicle inspection to reduce road accidents.

Key Takeaway:

Students gained practical knowledge on tyre maintenance, safe driving practices, and road safety, encouraging them to become responsible road users and promote safer mobility within their communities.

Guest Speakers

Dr. U. Irudayasamy, Managing Trustee, IRDRP Trust, Mr. J. Muhammad, Regional Service Manager, JK Tyre & Industries Ltd., Chennai, Mr. S. V. Eswaran, Principal, Government ITI, Vellore, Mr. Kamaraj, Placement Officer, Government ITI, Vellore, Tamil Nadu.

**Programme Coordinator**

Mr. Rajat Thomas, Programme Officer, VYK



297 Participants



Glimpses from the Tyre and Road Safety Programme held in Vellore

Organized in collaboration with ITTAC and IRDRP Trust, the seminar focused on strengthening road safety awareness among students through technical sessions on tyre care, vehicle maintenance, traffic discipline, and defensive driving. Participants also took a Road Safety Pledge, reaffirming their commitment to promoting responsible road behaviour.

Key Takeaway:

The programme empowered students with essential road safety knowledge and inspired them to serve as Road Safety Ambassadors by adopting and advocating safe driving practices.

Guest Speakers

Dr. U. Irudayasamy, Managing Trustee, IRDRP Trust, Mr. N. Ajithkumar, Senior Executive, Bridgestone India Pvt. Ltd., Dr. S. Gurulingam, Principal, Achariya College of Engineering Technology, Mr. M. Velazhagan, NSS Programme Officer, Achariya College of Engineering Technology & other dignitaries.

**Programme Coordinator**

Mr. Rajat Thomas, Programme Officer, VYK



313 Participants



Glimpses from the Tyre and Road Safety Programme held in Puducherry

In collaboration with Yuva Vikash Kendra, ITTAC, and Techno India University, Tripura, Vishwa Yuvak Kendra organized a multi-stakeholder road safety seminar bringing together students, industry experts, academicians, and law enforcement officials. The sessions covered tyre technology, traffic management, responsible driving, and accident prevention through expert-led discussions.

Key Takeaway:

Participants enhanced their understanding of road safety, preventive vehicle maintenance, and traffic discipline, while recognizing the shared responsibility of creating safer roads through informed and responsible actions.

Guest Speakers

Shri Debashis Majumder, President, Yuva Vikash Kendra, Prof. (Dr.) Ratan Kumar Saha, Vice-Chancellor, Techno India University, Tripura, Shri Bikash Debbarma, Hon'ble Minister, Department of Tribal Welfare, Handloom, Handicrafts & Sericulture, and Statistics, Government of Tripura, Er. Tapan Lodh, Chairman, Yuva Vikash Kendra & Other dignitaries.

**Programme Coordinator**

Mr. Rajat Thomas, Programme Officer, VYK



315 Participants



Shri Bikash Debbarma, Hon'ble Minister, Department of Tribal Welfare, Handloom, Handicrafts & Sericulture, and Statistics, Government of Tripura, addressing participants during the programme



Participants attending the session and posing for a group photograph during the programme

The inaugural National Seminar witnessed the participation of **168 participants**, bringing together policymakers, environmental experts, academicians, development practitioners, and youth leaders to deliberate on practical strategies for addressing climate change and promoting environmental stewardship. The discussions provided a platform for sharing knowledge, experiences, and innovative approaches to strengthen climate resilience and encourage collective climate action. The seminar also emphasised the importance of youth engagement, community participation, and multi-stakeholder collaboration in advancing sustainable environmental practices.

Key Takeaway:

Participants gained valuable insights into climate action, environmental conservation, and sustainable living practices, empowering them to adopt eco-friendly behaviours, contribute to community-led environmental initiatives, and inspire collective action towards building a climate-resilient and sustainable future.

As part of the month-long **World Environment Day Campaign 2026 (5 June–5 July 2026)**, Vishwa Yuvak Kendra organized a National Seminar on **5 June 2026** at Vishwa Yuvak Kendra, New Delhi, under the global theme “**Climate Action – #NowForClimate.**” The seminar marked the launch of the nationwide campaign, conducted in collaboration with **31 partner organizations** across **16 States and Union Territories**. Through seminars, awareness programmes, plantation drives, cleanliness campaigns, rallies, workshops, and community outreach activities, the campaign promoted climate action, environmental conservation, and sustainable lifestyles. Collectively, the campaign reached **60,024 participants** and facilitated the plantation of **40,955 trees and saplings**, demonstrating a strong commitment towards environmental sustainability and collective climate action.

Guest Speakers



Dr. Debolina Kundu, Director, National Institute of Urban Affairs, Guest of Honour, Prof. Neera Agnimitra, Delhi School of Social Work, Chief Guest, Padma Shri Umashankar Pandey, Dr. Heera Lal Patel, IAS, Secretary, National Integration Department, Government of Uttar Pradesh & other dignitaries.



Programme Coordinator

Ranvir Singh, Officer – Sustainability & Development, VYK & Ms. Shikha Singh, Programme Associate, VYK



168 Participants (Seminar)

Campaign Snapshot



60,024 Participants



40,955 Trees & Saplings Planted



31 Partner Organisations



131 Activities



16 States & UTs



Padma Shri Umashankar Pandey addressing participants on environmental conservation and water conservation



Prof. Neera Agnimitra, Delhi School of Social Work, addressing participants on environmental safety during the programme



Participants listening to the session during the programme



Glimpses of the community celebrating World Environment Day

Yuva Vikash Kendra (YVK), in collaboration with Vishwa Yuvak Kendra, New Delhi, and the Tripura State Pollution Control Board (TSPCB), organized a Mega Awareness and Cultural Programme to commemorate World Environment Day 2026 under the global theme, **“Inspired by Nature. For Climate. For Our Future.”** The programme brought together youth, students, educational institutions, civil society organizations, environmental enthusiasts, and cultural groups to promote environmental awareness, climate resilience, biodiversity conservation, and collective action.

The event featured an insightful awareness session and vibrant cultural performances by participants from nearly 33 organizations, using songs, dances, dramas, and creative presentations to convey messages on environmental protection and sustainable living.

Key Takeaway:

The programme highlighted the importance of collective responsibility, community participation, and youth leadership in addressing climate challenges and promoting environmental stewardship for a greener, cleaner, and climate-resilient future.

Guest Speakers



Shri Animesh Debbarma, Hon'ble Cabinet Minister, Forest, Science & Technology and Environment Department, Government of Tripura; Prof. (Dr.) Ratan Kumar Saha, Vice-Chancellor, Techno India University, Tripura; Dr. Bishu Karmakar, Member Secretary, Tripura State Pollution Control Board; Shri Anjan Sengupta, Joint Director, Department of Biotechnology & other dignitaries.



Programme Coordinator

Ms. Mukta Bhardwaj, Sr. Programme Officer, Vishwa Yuvak Kendra



410 Participants



Glimpses from the World Environment Day Seminar held in Tripura

As part of the 15-day World Menstrual Health Management Campaign (**27 May–12 June 2026**), Vishwa Yuvak Kendra, in collaboration with FANSA and 13 partner organizations, conducted awareness programmes across Delhi/NCR to promote menstrual health, hygiene, and dignity. The campaign directly reached **2,185 adolescent girls and women** through interactive sessions, practical demonstrations, myth-busting discussions, and menstrual product distribution.

The concluding awareness programme, held on **12 June 2026**, engaged **63 participants** and focused on menstrual health literacy, hygienic practices, nutrition, and creating a supportive environment for open discussions on menstruation.

Key Takeaway:

Participants gained practical knowledge on menstrual hygiene management and healthy menstrual practices, empowering them to make informed choices, challenge social stigma, and promote menstrual dignity within their families and communities.

Guest Speakers



Mr. Manish Sharma, Founder & President, Milestone NGO, Ms. Sudha Jhijaria, Head of BHB (PAN India) CSR, Apollo Hospital Enterprises Ltd., Ms. Affrina Sattar, Senior Dietician, AIIMS Hospital, Ms. Nishu Arora, Yoga Trainer & other dignitaries.



Programme Coordinator

Mr. Rakesh Kumar, Programme Officer, VYK



63 Participants



Ms. Sudha Jhijaria, Head – BHB CSR, Apollo Hospitals Enterprises Ltd., addressing participants on maintaining hygiene during menstruation



Glimpses from the Menstrual Hygiene Management Seminar and Campaign

Vishwa Yuvak Kendra, in collaboration with Prem Youth Foundation, organized a national webinar to promote environmental sustainability and inspire climate-conscious action. The webinar featured expert addresses on environmental conservation, sustainable lifestyles, climate resilience, and the importance of collective action, while also showcasing VYK's World Environment Day Campaign to encourage wider public participation in environmental initiatives.

Key Takeaway:

Participants gained valuable insights into sustainable living, environmental stewardship, and the role of individual and collective action in addressing climate challenges, motivating them to adopt environmentally responsible practices and contribute towards a greener future.

Guest Speakers

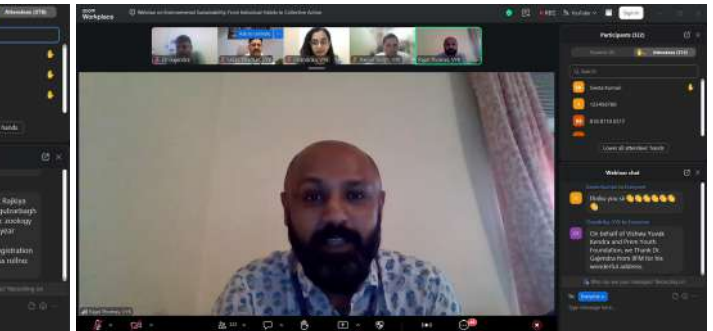
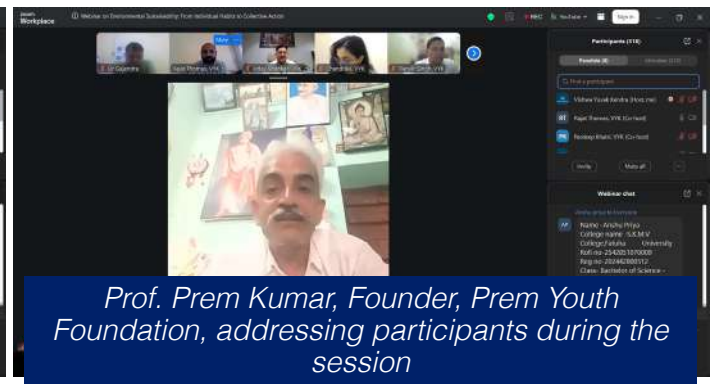
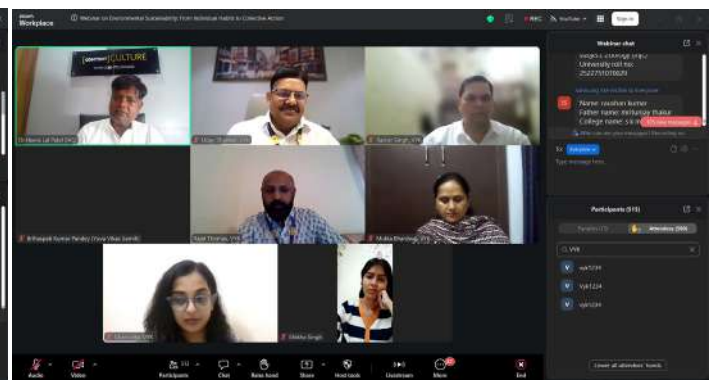

Prof. Prem Kumar, Founder, Prem Youth Foundation, Dr. Heera Lal, IAS, Secretary, National Integration, Govt of UP, India, Dr. Gajendra Singh Vishwakarma, Assistant Professor, Indian Institute of Forest Management (IIFM), Bhopal, Mr. Gopi Kumar, Secretary, Prem Youth Foundation & other dignitaries.


Programme Coordinator

Mr. Rajat Thomas, Programme Officer, VYK



500+ Participants on Zoom & 1,000+ Viewers on YouTube



In collaboration with the Central Medical Services Society (CMSS), Vishwa Yuvak Kendra celebrated the International Day of Yoga 2026 under the global theme “Yoga for One Earth, One Health.” The programme featured expert-led sessions on yoga philosophy, guided yoga practice, Surya Namaskar, pranayama, meditation, sound healing, and a Yoga Awareness Rally, promoting holistic health, preventive healthcare, and workplace wellness.

Key Takeaway:

Participants experienced the physical, mental, and emotional benefits of yoga while gaining practical knowledge on integrating yoga into their daily lives, encouraging them to adopt healthier lifestyles and promote wellness within their workplaces and communities.

Guest Speakers



Shri Vijay Dhingra , General Manager (LSC), CMSS , Ms. Kajal Chaudhary ,Yoga & Wellness Expert , Shri Vishesh Kumar, Yoga & Wellness Expert , Ms. Anu Sharma, Healing & Sound Therapy Expert & other dignitaries.



Programme Coordinator

Mr. Abhishek Choudhary, Manager Finance, VYK



150 Participants



VYK and CMSS teams celebrating International Yoga Day together



Group photograph of the VYK and CMSS teams during the event

📅 29–30 June 2026 📍 Bala Vikasa People Development Training Centre, Telangana 👥 74 Participants

Vishwa Yuvak Kendra, in collaboration with Bala Vikasa People Development Training Centre (PDTTC), organized a two-day national-level training programme to strengthen awareness of mental health, stress management, digital wellness, leadership, and drug addiction prevention. The programme featured expert-led sessions, interactive discussions, and practical activities that equipped participants with knowledge and life skills to promote emotional resilience and healthier lifestyles.

Key Takeaway:

Participants enhanced their understanding of mental well-being, stress management, responsible digital behaviour, and addiction prevention, empowering them to foster healthier, more resilient, and addiction-free communities.

Guest Speakers

Mr. B.K. Dheeraj, Wellness facilitator, Ms. B.K. Hima Varsha, Wellness facilitator, Ms. B.K. Sri Latha, Administrative coordinator, Ms. B.K. Kalpana, Wellness Facilitator & other dignitaries.



Programme Coordinator

Mr. Manjunath K., Programme Officer, VYK



74 Participants



Glimpses from the programme, jointly coordinated by Vishwa Yuvak Kendra (VYK) and Bala Vikasa People Development Training Centre.