



## CRITERION VII INSTITUTIONAL VALUES AND BEST PRACTICES

### BEST PRACTICES

**1. Title of the Practice:** Youth Leadership and Mental Health (Holistic Development of Youth)

#### **2. The context that required the initiation of the practice**

The World Economic Forum Report, 2020 alarms us about the impact of mental illness among the youth on a range of developmental skills including social engagement, educational attainment, employment prospects, romantic and intimate relationships, housing security, family connectedness, self-confidence and self-efficacy, mental capital and mortality. Suicide is the second most common cause of death globally for young people aged 15–29 and of the estimated 800,000 people who die by suicide annually, the majority are young.

The National Youth Policy 2021 articulates a ten-year vision for youth development that India seeks to achieve by 2030. It is aligned with the Sustainable Development Goals and serves to ‘unlock the potential of the youth to advance India’. Keeping with the vision and intent of the National Youth Policy (NYP) 2021 to ‘unlock the potential of the youth to advance India’, the Government of India (GOI) recognizes the importance of understanding this dynamic segment and nurturing it to shape the future. In recent years, many programmes and schemes by government and non-government organizations have been initiated to support youth holistically.

Young people are the future leaders of society, and investing in their leadership development can help to ensure that future leaders are equipped with the skills, knowledge, and attitudes necessary to effectively govern and make positive changes in the world. **Youth leadership** is the practice of youth exercising authority over themselves or others. As an outcome of youth leadership, young people gain skills and knowledge necessary to lead civic engagement, education reform and community organizing activities. Youth leadership supports youth in “developing the ability to analyze their strengths and weaknesses, set personal and professional goals, and have the self-esteem, confidence, motivation, and abilities to carry them out.” Providing leadership training prepares youth to manage time, work in a team setting, set goals, and start conversations; all of which are positive life skills that they will carry into adulthood.

Leadership is a demanding role that requires a delicate balance between achieving business objectives and fostering a supportive work environment.

Volunteering is a crucial pathway to developing leadership in youth and building essential 21st-century skills. It is a noble endeavour that contributes to their personal development and instils a sense of service. Volunteering allows young people to make a positive change in society and can even dismantle stereotypes and prejudices. Several volunteering schemes are run by the different ministries of the central government which include, the National Service Scheme (NSS) and Nehru Yuva Kendra Sangathan (NYKS) under the Ministry of Youth Affairs and Sports (MoYAS), the National Cadet Corps (NCC) under Ministry of Defense, Apda Mitra under the National Disaster Management Authority, etc.

Through its Field Action Project, Anubhav Youth Development Center (AYDC) started in 1997, with the objectives of mobilizing youth and raising their social consciousness in order to equip them with skills of social responsibilities and self-awareness. It aspires to build a cadre of youth leaders. Anubhav conducts training programmes, exposure visits, camps and exchange programmes to meet its objectives and make youth responsible citizens. Through Anubhav Youth Development Center (AYDC), the College of Social Work at the Extension Center has initiated various interventions grounded on international strategic principles for youth empowerment. The promotion of mental well-being and youth engagement has been a two-pronged strategy of the AYDC Perspective Plan for the academic year 2023-2024.

### **Objectives of the Project**

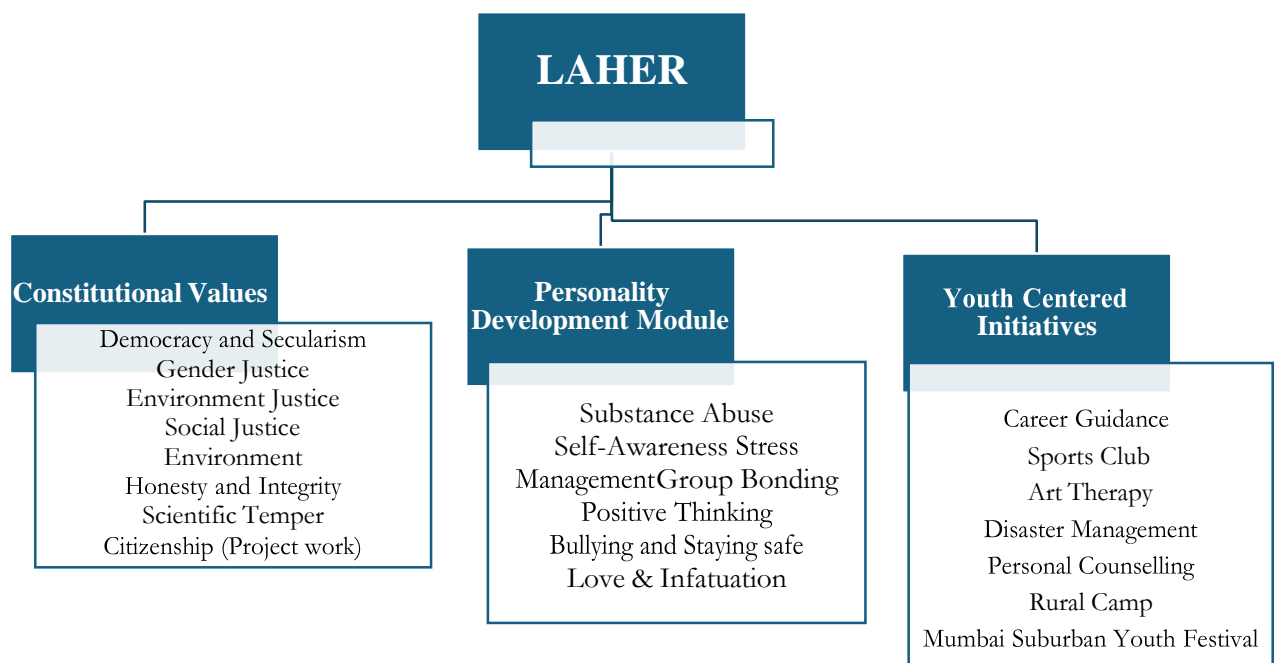
- To create leadership & capacity building of youth.
- To instill constitutional values among youth.
- To enable youth to identify themselves.
- To enable youth to think critically, analyze and respond to prevailing personal issues and social situations.
- To transform youth into responsible citizens with developed mental and civic sense.

### **The Practice**

The FAP, Anubhav Youth Development Centre, collaborates with different suburban colleges from Matunga to Dahisar and adolescent and youth in communities: Santosh Nagar and Bhaghat Singh

Nagar for working with you. Five specific areas of work have been the major thrust areas of the strategy: **Youth Motivation/ Youth Community Engagement** (disaster mitigation efforts, participation in citizenship and governance, grassroots mobilization and sensitization); **Leadership and Capacity Building** (through the training module *Laber* with focus on experiential learning; recognition for prior learning creative interventions through theatre; modules on personality development, Foundation Course in Social Work, Career Guidance workshops); **youth-centred spaces for dialogue and action/youth forum building** (one-stop centre providing youth-centred services through extension services, courses promoting lifelong learning, digital advocacy); and **Advocacy and Networking with stakeholders and need-based interventions**. The interventions focus is on enabling youth to discover themselves and contribute positively to the personal development and development of society as concerned and responsible citizens. A total of 15 sessions (One session for 90 minutes) are conducted for each College. Before every session pre and post-tests are conducted.

Different modules covered through *Laber* include:



The project completed 55 sessions on the above modules in ten colleges and two communities in Mumbai. These include the Shailendra Degree College, Dahisar; Shailendra Junior College, Dahisar; KES College, Kandivali; DTSS College, Malad; Nagindas Khandwala College, Malad; J. M. Patel College, Goregaon; Ghanshyamdas College, Goregaon; Rizvi College, Bandra; College of Home Science, Churchgate; College of Social Work, Nirmala Niketan, Churchgate; Santosh Nagar, Goregaon East and Bhagat Singh Nagar, Goregaon West. The project reached out to One Thousand One Hundred

and Twelve youth in Mumbai through its *Laber* programme. The first draft of the *Laber* module was released during the Mumbai Suburban Youth Festival on 24<sup>th</sup> February 2024.

**Activities 2023-2024**

<b>Sr. No.</b>	<b>Head</b>	<b>Details</b>	<b>No. of Beneficiaries</b>
1.	Youth Leadership & Capacity Building	Module Laher (Constitutional Values) - 7 colleges like KES College, N. K. College, Shailendra Degree & Jr. College, DTSS College, J. M. Patel College, Nirmala Niketan Home Science & Santosh Nagar community	540
		Foundation Course in Social Work – 2 Trainings in Somaiya College	40
		Street Play Workshops in DTSS College & Clara’s College	80
		Different Sessions in NSS Camps (DTSS College, Shailendra College, Shetty College, Clara’s College, Rizvi College) : (5 camps)	250
		Session on Bullying in the Santosh Nagar community	30
		Disaster Management Training, at Cary Road	32
		Sports Competitions at St. Pius Centre, youths participated from different colleges and communities	420
		Session on Love & Affection at N. K. College	52
		Mumbai Suburban Youth Festival - Different competitions like Essay, Poem, Poster, Street Play, Photography, Short Film and Rangoli has conducted & one day award distribution and appreciation programme has been organised on 24 <sup>th</sup> February 2024.	450
2.	Youth Centered Spaces for Dialogue and Action / Youth Forum Building	One-stop Center providing Youth Centered Services at the Goregaon Centre:	
		Sports Club (Every Sunday Youth gather at the center to play different sports)	65
		Career Counseling and Personal Counseling	70
		Sharing of ideas through different talks & discussions & understanding the needs of the society and youth	100
		Art Therapy Workshop	14
		Do Gubbare Movie Screening on 25 <sup>th</sup> October 2023 in collaboration with YashwantRao Chavan Centre	15

<b>Sr. No.</b>	<b>Head</b>	<b>Details</b>	<b>No. of Beneficiaries</b>
3.	Need Based Interventions	Career Guidance	70
		Self-Awareness Sessions (Understanding Emotions)	500
		Sessions on Stress Management	250
		Sharing of opportunities, courses, fellowship programmes and sponsorships available in the market.	360

### **Evidence of Success:**

#### *For Youth and Adolescents:*

Qualitative Feedback from participants: Based on the Qualitative Feedback of Participants, the project has observed that the interventions promoted safe spaces to understand, reflect, dialogue and conscientise youth and adolescents on the importance of integrating Constitutional Values in day to day practice; Self-awareness and Self-Acceptance; Self Care nurturing physical, mental, and spiritual health as essential for personal, social and political development. Rural camps given the exposure of rural socio-economic situation. Sports Club helped to teach life skills such as teamwork, leadership, accountability, patience, self-confidence; provided refreshment from daily challenges and helped to form a support group.

#### *For the nation*

The NYP 2021 seeks to catalyse widespread action on youth development across five priority areas: including education; employment and entrepreneurship; youth leadership and development; health, fitness and sports; and social justice. Each priority area is underpinned by the principle of social inclusion — enabling equitable progress by including the most marginalised sections in the design, planning and implementation of all schemes and programmes. Anubhav Youth Development Center plans its intervention and proposed outcomes based on the values envisaged by the Policy.

#### *For the Institution*

The project is being acknowledged and appreciated for its contribution in Youth Empowerment. Invitations across Mumbai colleges for collaboration and interventions: Sessions on Laher module, training in street play and community interventions has been increasing over the years. The project has documented its Laher module for wider outreach across organizations in India.

*Creating of a Volunteer Group:*

A significant outcome of the AYDC has been the creation of an action oriented group for the Project: **Sanghamitra**. The Sanghamitra group is a vibrant group of members who have been associated with AYDC post their graduation and work as professionals in various fields. The Sanghamitra group contributes to the outreach of AYDC interventions, supports and facilitates resource mobilization and provides their expertise for the AYDC programmes. The Sanghamitra group is actively involved in the Disaster Management interventions of the College, coordination of the Sports Club initiative started by the project and the organization of the Annual Youth Mumbai Suburban Festival. Regular monthly meetings on the second Sunday are held at the Extension Centre. The contribution of members of the Sanghamitra group:

<b>Sr. No.</b>	<b>Monthly Activity</b>	<b>Date/ Month</b>	<b>Resource Person</b>	<b>No. of Participants</b>
1	Session on 'Constitution'	April 16 2023	Adv. Nilesh Khanvilkar	9
2	Session on Financial Management'	May 21 2023	Mr. Sachin Shetye	10
3	Workshop on 'Constitution'	June 18 2023	Adv. Nilesh Khanvilkar Mr. Suresh Sawant	46
4	Rally on the topic 'Environment'	July 16 2023	In collaboration with Ekta Manch and Sanghamitra.	20
5	Picnic to Wangani	August 2023	Sanghamitra Team	27
6	Planning Meeting	October 15 2023	Core Committee Members	7
7	Planning for the celebration of the Diwali festival and the planning meeting.	November 19 2023	Core Committee Members	17
8	Session on MSDLSA	December 17 2023	Ms. Simran Chandani	22
9	Session on Cyber Crime	January 7 2024	Mr. Nivrutti Bavaskar (PSI, Cyber Crime, North Division, Mumbai)	33

*For social work students*

Being a Field Action Project Anubhav Youth Development Center, has contributed immensely to the training and mentoring of social work students placed for internship. Social Work students get an opportunity for the Application of theoretical knowledge in the field, Reflective Practice and Ethical Practice, Research and Evaluation, Personal and Professional Growth.

### **Problems encountered and resources required**

One of the major challenges of Anubhav Youth Development has been resource mobilization for the initiatives, appointment of staff to cater to the magnitude of services needed, and the complex issues and concerns facing the youth an adolescent group within the current socio-political and economic environment

