

# Empowering Youth for a More Just Society

## November 2015 to June 2016

Seva Mandir has been working with over 400 young people in rural Rajasthan to provide life training.

### **Gender and reproductive sexual health training:**

Two 3 day training sessions were held in January and February. The trainings were separate for girls and boys. The main objectives were

- To help the youth understand about the physical and psychological changes they undergo
- To provide knowledge about different diseases, precautions to be taken, and give medical advice
- To understand gender differences
- To provide awareness about HIV/Aids
- To discuss menstruation cycle and hormonal changes for girls



Some 48 boys and, 41 girls in the age range 14 to 25 attended the training.

To begin with, the youths understandably appeared hesitant and shy to ask questions a key focus was to clear their doubts as this was their first training of its kind. By the end of the training, participants acknowledged that they had gained valuable information regarding human psychology, mind and body.

The facilitators decided that they would hold regular follow up meetings at their centers. The facilitators were specifically informed to seek guidance in case they were unable to answer any query. After the training, with the help of participant youth, facilitators conducted sessions on this theme. In the reporting period, 29 follow-up sessions with around 400 youth were held at 9 centers.

Some youths said that having such information in their school curriculum would enable more of them to gain knowledge and have better understanding about human psyche, body and life.

### **Creative Skills (including vocational skills):**

Four workshops were organized attended by 102 youths. A need based survey was conducted in which three main themes came up: Theatre, Computer Literacy, and Beautician skills. Hence, three workshops on these skills were organized for the different target groups. Following these, a workshop for facilitators was organized to understand the effect of the skills training.

**Theatre Training:** A 4 day theatre workshop with 30 participants was held at an Udaipur based training center under the supervision of Mr Vilas Janve, a well-known Mime Artist. The main objectives of the workshop were:

- To help the participants develop self-confidence and presentation skills
- To create space for youth to speak and present their issues
- To learn a creative way of explaining problems and finding solutions



During the workshop, many techniques like optimally using the stage, dealing with audience phobia, postures and positions on the stage, were taught to the participants. The activities also included physical exercises, body flexibility techniques, finding personal strength, expressions and voice modulation. For example, expressing Hindi alphabets with facial expressions was a wonderful technique to learn the basics of mime – an art of expressions and movements.

Later, the participants were divided into two groups and were asked to prepare separate plays on the message of 'Save Water'. All participants prepared excellent plays and ensured usage of the techniques learned during the workshop. During the preparation of the play, they learned more about water conservation. They will now be able to spread this message of conservation through the Youth Resource Center in all the nearby areas to educate as many people as they can.

**Computers** - A 3 day workshop on effective use of computers was organized in May with the help of 16 facilitators.

Most of the Youth Resource Centers are computer equipped, but due to lack of proper knowledge, both the facilitators and youth are not able to use them effectively. Another issue is the frequent breakdown of computers due to mishandling and power fluctuations. Even to make minor repairs, the computers are being sent to the city which involves a lot of time and energy. Hence, they wanted to have basic hardware knowledge to repair the broken computers on their own and they also wanted to learn basic operations and software like Microsoft office.



To cater to the demands and need of youth, a 3 day training workshop was organized. In the hardware sessions, information was given on different parts of a computer and their functions. Techniques of keeping the computer functioning were shared and how to resolve simple hardware issues. In software, they were taught about operating system and Microsoft Word. After the theoretical session, facilitators were required to practice at the computer lab. Facilitators found this training very useful and now they are ready to teach regular computer sessions at the centers.



### **Workshop on preparing Beauticians**

This was a one month long programme in which 40 girls participated. During the training, theoretical and practical sessions on threading, facial, pedicure, bridal henna tattoo were conducted. A professional beautician from Udaipur was commissioned to improve the training.

The girls are confident of having good opportunities of a career as a beautician.



The training also helped bring girls of different caste and religion together. The togetherness of one month gave them an opportunity to break societal stereotypes and know each other as humans.

In future, assistance and guidance shall be provided to girls who are willing to have their own beauty parlor or wish to work somewhere as a beautician. Refresher training is proposed in the coming months to brush up the acquired skills.

## Sports Events:

Two sports events were organized with 85 youth. The first was a Football Camp for 19 girls.



None had ever played football before. All the girls are studying in the Government School in secondary classes. The camp was organized in the School ground and a well-known physical trainer was appointed to support. The training was held for 10 days continuously for 3 hours early each morning. Spike shoes, suitable for playing football were provided. The camp was set out with the motive of introducing the sport to the girls, starting with exercises, followed by the coach teaching skills such as how to pass the ball. The Trainer was instrumental in building rapport with the participants. He made sure that he gave attention to improving their style of playing and he gave constructive feedback. The girls were given a certificate of participation. Their sports spirit came out during the workshop and the participants have continued their practice under the supervision of the coach twice weekly.

The second sports event was a cricket tournament with 6 teams and 66 players participating.



A major problem in organizing the tournament was availability of a sports ground. The youth approached the elders of the village for use of an unused wasteland. After much negotiation, they got the land and worked hard to prepare it for cricket.

They also worked to gather community contribution for the event. They received contributions for refreshment and prizes for the winners and runner up. The event was a great success and the youth have decided to organize such activity at least once a year.

### **Career Counseling Camp:**



Three career Counseling fairs were organised in the months of May and June with participation of 145 youths. Students participated with great enthusiasm. Career mentors from different organizations helped in spreading the information of available training and job oriented courses. Students found the workshop very helpful. We registered their details with these organizations for future placement opportunities.

The fairs were divided in two main sessions. In the first, career mentors explained the present market situation, providing information on jobs in various industries and the education standard required. Youths asked questions regarding what they can do after class 12 and also discussed their financial constraints. The objective was to identify the young people's strengths and interests, advising them on future options.



In the second session, one-to-one discussions helped understand training needs. The youths completed forms with specific personal details and the kind of vocational training they were interested in. The counselors use this information to match them with appropriate training. The young people greatly appreciated this camp and identified a need for more such events.