



# YOUTH horizons

VOLUME 37 ISSUE 3



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## Thought for Food

Security comes when one is not afraid of losing something or being deprived of it. Food, being one of the most essentials for living, has become one of the most important concerns for the world, as more and more people are living hungry.

According to the World Resources Institute, global per capita food production has been increasing substantially for the past several decades. In 2006, MSNBC reported that globally, the number of people who are overweight has surpassed the number who are undernourished. The world has more than one billion people who were overweight, and an estimated 800 million who were undernourished. According to a 2004 article from the BBC, China, the world's most populous country, is suffering from an obesity epidemic. In India, the second-most populous country in the world, 30 million people have been added to the ranks of the hungry since the mid-1990s and 46% of children are underweight.

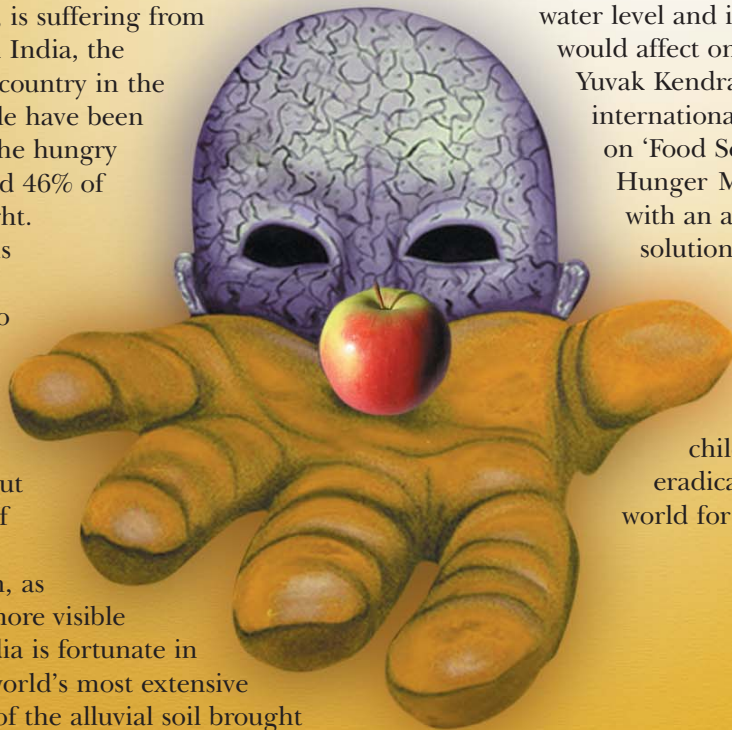
While addressing this important issue it is essential that we go into the depth of the problem. Food scarcity is not only the reason for hunger and malnutrition in India but also an apparent lack of efficient storage and distribution mechanism, as well as the need for a more visible monitoring system. India is fortunate in possessing one of the world's most extensive fertile lands, made up of the alluvial soil brought down in the form of fine silt by the mighty rivers. It is important to protect this land from any climatic or man-made damage. While

development is necessary, it must not be at the cost of such fertile land which produces food for our survival. Rapid urbanisations must take care of not encroaching into the fertile land.

It is important to mobilise youth towards food production, preservation and other areas of food security through agriculture-based entrepreneurship development. The scientists and researchers must ensure that benefits of science, technology and research must reach the farmers. While ensuring food security is a joint mission of individual, group, institution, organisation, civil society and government, it is equally important to have people's consciousness regarding food wastage.

Changing weather, slowly reducing water level and insecurity of food would affect one and all. Vishwa Yuvak Kendra is organising the international conference on 'Food Security and Hunger Management' with an aim to find out solutions to this

important aspect of life so that the picture of hungry, malnourished children could be eradicated from the world for ever.



**Suresh Ambekar**  
Director

# Mind On

## Setting Social Standards

A nation with high morale is almost invincible. Even if various factors such as educational standards, social equations and so on play a vital role in maintaining the moral standard of a society, the highest role is played by the moral values of individuals. Therefore, there is a strong need to rebuild the entire system that must be based on a

### The highest role is played by moral values of individuals



true and reliable foundation, namely individual honesty. Thus, it is high time to focus on the individual and especially the young ones.

With this objective in mind, Vishwa Yuvak Kendra organised a one-day workshop on **19 April 2011** for 90 students of Postal and Telegraph School and Bhartiya Vidya Bhawan, New Delhi. The programme started with a one-hour session on yoga and meditation by Sanjay Anand from the Art of Living. It was followed by a two-hour session on motivational aspects for students with special reference to the importance of values in life. The session was conducted by Suneel Keswani. Both the sessions were very interactive.

Teachers from both the schools very much appreciated Vishwa Yuvak Kendra's initiative in helping to develop the students' health, both of the body and the mind. Suresh Ambekar, Director, VYK, informed the teachers and students that if the schools desire, further such programmes could be arranged in the school as per the convenience of the teachers and students.

# Scaling Education

## National Seminar

It is seen that today's youth need to have a diversity of knowledge, academic as well as entrepreneurial, with value-added sensitisation in order to be a productive member of the society. Considering the threshold at which the youth stand today and the pervading ethos, VYK organised a two-day national seminar on Education in the Era of Globalisation as a part of the Golden Jubilee Celebration of Vishwa Yuvak Kendra.

While education definitely needs to keep pace with the technological advancements that are taking place the world over, we can only ignore the core values that need to be imbibed by students at our own peril. With eroding values in our society, it has become imperative to restore values in our education system.



**With eroding values in our society, it has become imperative to restore values in our education system**

The seminar was organised on 5-6 May 2011 with top national level speakers sharing their thoughts and views. The first day's topic was based on education system; the second day was on value education. All together 17 scholars shared their



# OF GLOBALIZATION

5 - 6 May, 2011



specialisation with about 80 people. The seminar was coordinated by Vikas Kumar and Bani Bora.

The programme was inaugurated by Prof. Dinesh Kumar, Swami Atmapriyanandji, Dr. Avdhesh Kumar, Rajat Narayan and Suresh Ambekar, Director, Vishwa Yuvak Kendra. The inaugural speech was delivered by Suresh Ambekar and the keynote address by Prof. Dinesh Kumar, Vice Chancellor, Delhi University. Director, VYK, welcomed the resource persons as well as the participants. He briefed about Kendra's history, activities and about the objective of organising this two-day national seminar on Education in the Era of Globalisation.

There were six sessions in the seminar. Eminent resource persons such as Prof. N.K. Chaddha, Delhi University, Prof. Michael Barnes, Dean, Jindal Global Business School, Dr. Avdhesh Kumar Singh, Convener, Academics Initiatives, Knowledge Consortium of Gujarat, Jeroninio Almieda, Organising Founder and Chief Volunteer, iCongo, Dr. Shyama Chona,

**The seminar had top national level speakers sharing their thoughts and views. The first day's topic was based on education system; the second day was on value education**

Former Principal, DPS, R.K. Puram, Prof. C. Raj Kumar, Prof. and Vice Chancellor, O.P. Jindal Global University, H.H. Acharya Lokesh Muniji, Chief Functionary, Ahimsa

Vishwa Bharati, Swami Atmapriyanandji, Vice Chancellor, R.K. Mission Vivekananda University, Father Binny Issac, Principal, Don Bosco School, Organising Editor, Sultan Shahin, New Age Islam, Prof. S.V. Eswaran, St. Stephens College, Delhi University, Organising Founder, Sabyasachi Dutta, Resurgent India, Divyajeevan Foundation, Dr. Zeenat, Chairperson, Society for Promotion of Youth and Masses (SPYM), Dr. A.K. Merchant, Secretary and Head, Baha'i Foundation of India.

Shishir Bajaj, Managing Trustee, Vishwa Yuvak Kendra, also shared his views and experience on the topic. The entire programme and issues were conceptualised by the Director, Suresh Ambekar and a vote of thanks was given by Rajat Narayan, Chairman of the Kendra.

## Sessions

- Existing Scenario and Futuristic Perspective
- Technology Enabled Education and Employability
- Policies and Schemes: Public Private Partnership
- Eroding Values in Education System
- Core Values and Character Building
- Strengthening Value Education: Role of Parents and Teachers

# Budding Youth

## First Youth Forum

It is seen that today's youth need to have a diversity of knowledge, entrepreneurial competencies and sensitivity towards present social issues in order to be a productive member of the society. In this context Vishwa Yuvak Kendra thought of creating a forum for different youth-related developmental issues. This forum will give youth a platform to voice their issues of concern, leading to decisions for related activities and programmes.

The first preliminary meet was held on **24 June 2011**. Suresh Ambekar, Director, Vishwa Yuvak Kendra, talked about the objectives,

**This forum will give youth a platform to voice their issues of concern, leading to decisions for related programmes**

need and process of the Youth Forum. The meet was followed by a brainstorming session in five different groups. All groups presented their issues in detail. The meet was coordinated by Vikas Kumar, Programme Officer, VYK and facilitated by Ajit Rai, Programme Officer, VYK.



## Upshots

### Group 1

- Create awareness on social issues through art and craft; debate; health mela and through feedback forms
- Implementation of projects in the need-based area

### Group 2

- Provide education for differently abled children in government schools
- Girls' leadership
- Save environment (save trees and tigers)
- Reduce the differences between the rich and the poor in terms of poverty
- Work in the needy rural areas on water and electricity
- Drug addiction
- Work towards removal of negativity in the media

### Group 3

- Create awareness about youth
- Sensitise youth on education, gender, politics and religion
- Activities on leadership and confidence building through discussion, youth camp, video shows, exposure visits

### Group 4

- Eradication of urban poverty
- Helping migrated people
- Relaxation sessions for youth and stress management
- Youth awareness and material development
- Creating sense of integration for nation building
- Space for writing current affairs, poems, articles and so on
- Volunteer work for beggars



# Self-Enhancement

## Personality Development Programme

To make the youth of the community aware of their skills as well as to sensitise them towards their role in society, the Vishwa Yuvak Kendra organised a programme on Personality Development for the youth on **1 July 2011** in collaboration with Mobile Crèches, an NGO working for the under-privileged youth. The programme was organised for the members of youth clubs formed by Mobile Crèches. As we know that the sum total of a person's character, visible and non-visible, combines together to form the personality of a person. Appearance forms the outer part of one's personality, which counts for a small part of the total. The most important part is the inner or invisible part of a person's personality, which influences others. It is this inner dimension that is the most important part of our personality. The above programme was organised to create a pleasing, dynamic or attractive personality.

The programme commenced with the introduction of Vishwa Yuvak Kendra by Ajit Kumar Rai, Programme Officer, VYK. He also shared the content of the programme with the participants. Lalit Sharma of Life Cradle, an NGO engaged mainly in Personality Development Programme, facilitated the proceedings.

During the session he explained that a positive attitude towards various events in one's life makes one a wonderful person. We do not have control on many events in life, but how we look at those events and how we react to them, how we perceive them, makes a lot of difference in our life. When we start looking at things from various angles, our life changes.

**The sum total of a person's character, visible and non-visible, combines together to form the personality of a person**

He also said that our worth in our own eyes determines how we are going to perform in life. It is one of the most important fundamentals of personality development. Self-esteem is the foundation stone of our success, happiness, relationships and job satisfaction. If we have low self-esteem then it can be cultivated by nurturing for improvement. When we do things we like and then achieve results, in turn we create self-esteem.

To succeed one has to learn to be persistent and keep on working till one achieves the goal. Setting and achieving goals is one of the most important aspects of a personality. Goals must be written on paper and should be read many times a day. When a goal is set it must have a deadline. A goal without a deadline will remain a goal and the likelihood of its achievement will be less. While pursuing goals one will sometimes face failure. Failure is a step towards success. We should learn from failure. Every failure has a lesson for us.

Self-respect is the core of our behaviour towards others. If we do not have self-respect for what we are, we cannot exhibit positive behavioural pattern. When we respect ourselves we learn to respect others. It is the foundation stone of our progress in life.



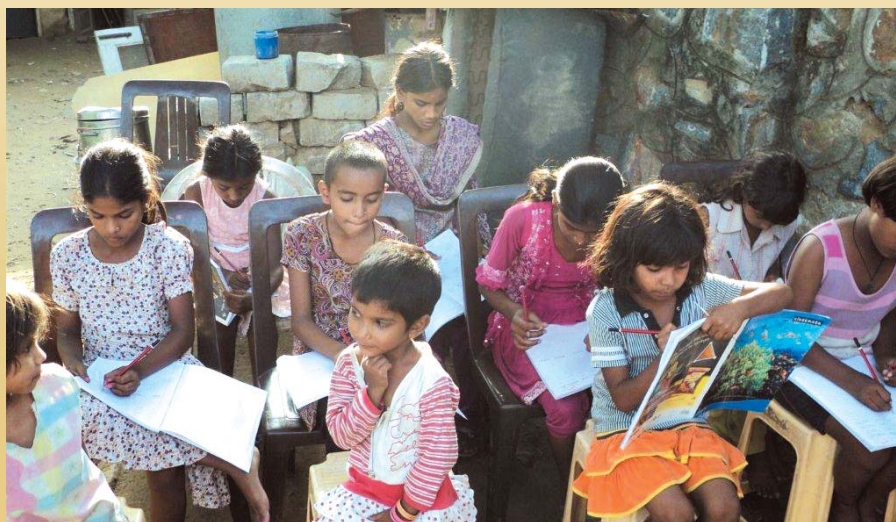
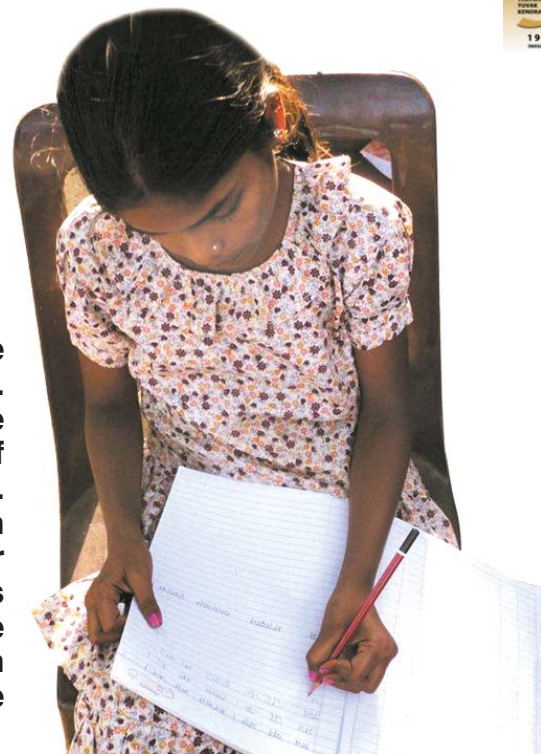
# Educating Rajni

In the VYK community development programme at Harijan Basti, Vasant Kunj, 25 children were given education. Among them 18 children are school-going and the remaining seven are dropouts. These seven have discontinued education due to family problems and hence, they joined the VYK education programme. VYK provides necessary study material to the students.

Rajni, aged 11 years, belongs to a Scheduled Tribe community from a village called Neembry of Madhya Pradesh. She was forcibly sent by her father, discontinuing her studies, to look after her pregnant sister in Delhi. She was about to start her Class IV semester in her native village, but in vain. Her present job involves fetching water from far, attending to her sister's kids, washing clothes, preparing meals and so on.

Rajni came to know about the VYK programme from its Cluster Coordinator, Promod Tiwari and joined the education programme. She is continuing her education at VYK centre in addition to her

**Now Rajni is able to read and write. Circumstances made her change herself in a better way. She has been successful in her text examinations conducted by the VYK education programme**



aforesaid activities. Now she is able to read and write. Circumstances made her change herself in a better way. She has been successful in her text examinations conducted by the VYK education programme. Recently she was taken along with other slum children to the National Science Centre for an exposure visit. When the outcome of her visit to the centre was analysed, she responded well. She is to be admitted in a government school in Class V to continue her education. Efforts are being made for this.





# Encouraging Innovation

A group of 30 children along with a volunteer from the Harijan Basti, Vasant Kunj and two staff members of Vishwa Yuvak Kendra visited the National Science Centre on **28 June 2011**. It was a mixed group of regular students and dropout children. The main objective of the visit was to create awareness of science among the children and to encourage them to inculcate innovative ideas. The children entered the centre at 11.30am; it took almost four hours to visit all the galleries such as the science and technology, heritage, human biology, pre-historic life, fun science, information revolution and emerging technology. The children enjoyed the visit since it was both, informative and fun. The display of progress and achievements in various fields of science and technology was presented nicely. ‘Learning To Do’, ‘Learn Through Fun’ were the chosen modes of learning that attracted the children the most.

# Block Placement

Sri Ramkrishna Mission Vidyalaya College of Arts and Science, Coimbatore, Tamil Nadu, nominated four students—G. Arulmurugan, G. Jegadeesan, R. Ravindran and Ramesh Kannan—for block placement at Vishwa Yuvak Kendra. They joined on **13 May 2011** and were here till **10 June 2011**. During the placement they were assigned to work with the community at Harijan Basti, Vasant Kunj, where the Kendra renders its services for the development of the people. The students organised literacy classes in the morning for the dropout children and also helped in organising Health Camps on every Saturday. Apart from the community development programme, they also prepared project proposals and worked on the regular library assignments.

## Students’ Visit

The following groups of students from the Colleges of Social Work in various parts of Karnataka visited Vishwa Yuvak Kendra as a part of an educational tour during **April–May 2011**.

Suresh Ambekar, Director, Vishwa Yuvak Kendra, welcomed the students and briefed them about the vision and objectives of the Kendra. He also explained in detail

its activities. Later Tapan Choudhury, Senior Programme Officer, answered the different queries that the students raised about Vishwa Yuvak Kendra and its activities. They were also explained the procedure of block placement at Vishwa Yuvak Kendra for the students pursuing the Master of Social Work course.

Date of visit	Name of institution	No. of students
11 April 2011	Inamdar College of Social Work, Gulbarga, Karnataka	41
26 April 2011	National Institute of Human Sciences, Bellary, Karnataka	26
27 April 2011	Vivekananda College of Social Work, Raichur, Karnataka	25
29 April 2011	Rural & Urban Development Society’s M.S.W. College, Raichur, Karnataka	31
13 May 2011	Sewa M.S.W. College, Raichur, Karnataka	28

# National Food Security Bill



An Act to ensure public provisioning of food and related measures to enable assured economic and social access to adequate food, for all persons in the country, at all times, in pursuance of their fundamental right to live with dignity

## CHAPTER III

### RIGHT TO FOOD SECURITY

#### Right to access of food security

4. Every person shall have physical, economic and social access, at all times, either directly or by means of financial purchases, to quantitatively and qualitatively adequate, sufficient and safe food, which ensures an active and healthy life.

#### Life-cycle approach

5. Food security and the obligations created under this Act of appropriate governments, shall be based on access to adequate and appropriate food throughout the life cycle of a human being from pregnancy to old age so as to ensure a healthy body and mind.

#### Entitlements of pregnant and nursing women

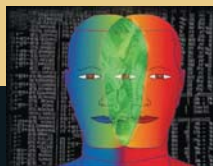
6. On and from the date of enactment of the Act, the State Government shall provide all pregnant and nursing women the following:
  - (a) Take-home rations or nutritious and freshly cooked meals, free of charge, during pregnancy and six months thereafter through the local anganwadi so as to meet the nutrition standards specified in Schedule 1;
  - (b) Maternity benefits of Rs. 1,000 per month, for a period of six months, sufficient to provide them with the nutritional requirements mentioned in Schedule 1: Provided the sum of Rs. 1,000 per month shall be revised every year based on an appropriate price index as determined by the Central Government;

Provided further that all pregnant women regularly employed with government/public sector undertakings/state public sector undertakings or those who are in receipt of similar benefits under any law for the time being in force, shall not be entitled to the benefit of Section 6 clause (a) and clause (b) under this Act;

- (c) Support for practising exclusive breastfeeding for six months through assistance at birth, skilled breastfeeding counselling, and related assistance consistent with the provisions of the Infant Milk Substitutes, Feeding Bottles and Infant Foods (Regulation of Production, Supply and Distribution) Act, 1992 (41 of 1992);
- (d) Counselling on optimal Infant and Young Child Feeding to promote appropriate complementary feeding.

#### Entitlements of children at the age group of 0–6 years

7. On and from the date of coming into force of the Act, the State Government shall provide:
  - (a) Nutritious take-home rations and/or local and freshly cooked meals throughout the year through the local anganwadi, which meet the nutritional standards in Schedule 1 to all children in the age group of 0–3 years;
  - (b) Local and freshly cooked meals in the local anganwadi, for at least 300 days in a year, which meet the nutritional standards in Schedule 1, to all children in the age group of 3–6 years;
  - (c) Services including but not limited to supplementary nutrition, immunisation, health check-ups, referral services, growth monitoring and promotion and pre-school education as may be prescribed, to all children in the age group of 0–6 years;



### Midday meal to children

8. (1) On and from the date of enactment of this Act, the State Government shall provide all children of the age group 6–14 years, at least one freshly cooked nutritious midday meal in all schools run by local bodies, government and government-aided schools up to Class 8 or beyond, as may be specified by the Central and State Governments from time to time, every day of the year, except school holidays, of equal or greater amount, as per norms specified in Schedule I;
- (2) Every school shall have appropriate facilities for the purpose of hygienic cooking and clean drinking water as may be prescribed;
- (3) The food provided through the midday meal shall be locally appropriate and nutritious.

### No denial to any child

9. Any child below the age of 14, including those that are out-of-school, may approach any feeding facility such as anganwadi centre, school midday meals, destitute feeding centres, etc., as defined under this Act, for a freshly cooked nutritious meal; no such institution may deny a freshly cooked nutritious meal to such a child on any grounds whatsoever by modalities that will be notified in the Rules.

### Prevention and treatment of child malnutrition

10. (1) On and from the date of enactment of this Act, the State Government shall identify children who suffer from all or any grades of malnutrition, as well as those experiencing growth faltering or nutritional deterioration;
- (2) Parents or guardians of every malnourished child shall be provided support through nutrition counselling for appropriate therapeutic food, health check-ups and referral services, free of charge;
- (3) All severely underweight, undernourished or sick malnourished children shall be entitled, free of charge, to appropriate therapeutic food, as may be specified by notification, and special care at a



Nutrition Rehabilitation Centre or in the community in which they are normally resident, as appropriate, in accordance with the scheme to be specified under this Act.

## CHAPTER IV

### ENTITLEMENTS OF SPECIAL GROUPS

#### Entitlement of destitute persons

11. The State Government shall provide all destitute persons at least one freshly cooked meal every day, free of charge, according to the nutrition standards specified in Schedule 1, at a location close to their home, or if they are homeless, close to the place they are ordinarily to be found in, in accordance with appropriate schemes to be piloted and specified under this Act.

#### Entitlement of homeless persons

12. The State Government shall ensure urban homeless, and such other needy persons as deemed appropriate, have access to affordable meals by appropriate scheme to be piloted, through a scheme of Community Kitchens run by any agency identified by the appropriate government, or any other method.

#### Entitlement of migrants

13. Migrants and their families shall be able to claim all entitlements as specified under Section 4 to Section 12 of this Act, at whatever location in the country is their current place of residence.

#### Emergency and disaster-affected persons

14. (1) Upon a declaration that an emergency or disaster situation exists by the State Government, provide to all persons affected by the emergency or disaster situation, subsidised food grains at priority quantities and rates specified in Section 24, immediately thereafter, for a period of one year;
- (2) All destitute persons, senior citizens, pregnant and nursing women and children, affected by the emergency or disaster, shall be provided two freshly cooked meals every day, free of charge, for a period of three months after the disaster;
- (3) All households shall be assured at least 200 days of wage employment for one year at minimum wages or equivalent income in case wage employment is not available or family members are not capable of working for wages.

## CHAPTER V

### RIGHT OF PERSONS LIVING IN STARVATION

#### Right of persons living in starvation

15. The State Government shall make all reasonable efforts to ensure that all persons, households, groups or communities living in starvation or conditions akin to starvation are provided appropriate food to restore them with immediate effect to a condition of good health of the body and mind and for that purpose such persons shall be entitled to the benefits mentioned in Section 16 hereto.

#### Immediate relief from starvation

16. All persons, households, groups or communities living in starvation or conditions akin to starvation shall with immediate effect be provided with the following:
- Freshly cooked meals, at least two times a day, free of charge, to pregnant and nursing women, children, and destitute persons;
  - Rs. 2,000 as maternity benefits to the pregnant and nursing women;
  - Subsidised food grains of twice the amount specified for priority households as specified in Schedule 4, free of charge for a period of six months;
  - All households shall be assured at least 200 days of wage employment for two years at minimum wages or equivalent income in case wage employment is not available or family members are not capable of working for wages;
  - Any other relief deemed necessary by the State Government to ensure that they do not under any circumstances lapse back into starvation.

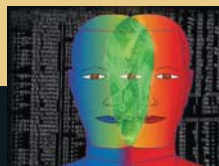


## CHAPTER XVII

### PROGRESSIVE REALISATION OF FOOD SECURITY

#### Progressive realisation of food security

109. For further advancing food and nutritional security, Central, State and local Governments shall progressively endeavour to:
- Make efforts to revitalise agriculture and promote agrarian reform, through measures such as securing the interests of small and marginal farmers through remunerative prices, credit, irrigation, crop insurance and technical assistance, and focus on dry land regions;
  - Prohibit unnecessary and unwarranted diversion of land and water from food production; and promote decentralised food production, procurement and distribution systems;
  - Pay particular attention to small farmers and women and youth farmers who constitute the majority of the farming population;
  - Progressively increase investments in agriculture, research and development, extension, micro and minor irrigation and rural power supply;
  - Diversify commodities available under the Public Distribution System (PDS), to include, over time, pulses, oil and cooking fuel;
  - Provide universal access to safe and adequate drinking water and sanitation;
  - Progressively realise universal health care coverage;
  - Progressively realise universal access to crèche facilities;
  - Further the commitments enshrined in Article 47 of the Constitution of India that obliges the State to raise the level of nutrition and the standard of living and to improve public health, the





- Governments shall progressively realise universal access to vitamin A, iodine and iron supplementation;
- (j) Provide residential schools for all children in need of care and protection who are deprived of responsible adult protection.
  - (k) Progressively realise universal nutritional, health and educational support to all adolescent girls;
  - (l) Provide for just and humane conditions of work and maternity relief;
  - (m) Provide for universal access to adequate pensions for aged, disabled and single women, at rates which are not less than the prevailing statutory minimum wages for unskilled workers;
  - (n) Provide special nutrition support for persons with stigmatised and debilitating ailments such as HIV/AIDS, leprosy and TB.



## BEST MEDICINE

### Aided hearing

An elderly patient gets hearing aids from a **doctor**. After a short time, he meets the doctor again.

Doctor, "Your hearing is perfect.

Your **family** must be really pleased."

Patient, "Oh, I am in a **funny** situation now. I haven't told my family yet. I just sit and listen to their **conversations**. In a month, I've changed my will three times!"



*Love is misunderstood to be an emotion; actually, it is a state of awareness, a way of being in the world, a way of seeing oneself and others*

David R. Hawkins



## 12TH PLAN

The Planning Commission has set up a Working Group for Adolescent & Youth Development for the formulation of the 12th Five Year Plan (2012-2017). Suresh Ambekar, Director, Vishwa Yuvak Kendra, has been appointed a member of the Working Group.

