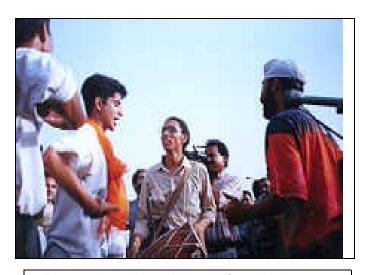
# **PRAVAH ANNUAL REPORT 1998-99**



Resonating to the rhythms of social change -Pravah students lead a march for peace

turn the tide

At Pravah .....walking the thin line

between fun and work
between social responsibility and sacrifice
between creativity and indiscipline
between Hindi and English
between left and right
between black and white
from me to we

Come walk with us

and turn the tide



## Dear Friend,

This has been an exciting year for Pravah. The school program VIDYA was introduced into many new schools - in part because of our demonstrated success over the last few years and in part due to our decision to run the program free of cost in poorly resourced schools. The modification in the delivery of the 'From Me to We' program from a curriculum running weekly through the year to a concentrated 4-6 full day workshops spread across the year, also resulted in an enhancement of the quality of intervention because of the intensive nature of the interaction that this format allowed, between student and facilitators.

One of the high points of the VIDYA program was a FUN camp organised for XI class student of Shriram School. They were taken to Tilonia in Rajasthan and the different culture and lifestyles they were exposed to appeared to have a profound impact on their thinking. This reinforced our mission to work with young people who are the future decision-makers of our country, so that we can enable them to take socially responsible decisions.

The SMILE program has also grown significantly. The large number of students who are motivated through street theatre and workshops to come for regularly monthly meetings is heartening. Even more so, is the commitment of volunteers attached to Delhi NGOs and the quality of projects by students who went for the outstation exposure. The positive feedback we receive from our partner NGOs is also a testimony to the success of the SMILE program.

We are particularly proud of our efforts to raise awareness about two of the many critical issues that are plaguing our country -the very real threat of a nuclear arms race in the Indian subcontinent and the continuing deterioration in the environmental situation. Through the staging of Euripedes' "Trojan Women" a play which highlights the tragedy of war, and our participation in the wide - reaching "Say No to Polybags" campaign (conducted by National foundation of India - NFI), we were able to reach out to large numbers of people. "Trojan Women" also won an award from the Sahitya Kala Parishad for being one of the ten best plays of the year.

Amidst our many successes however, we have several concerns. Our reach in schools and colleges in limited by the resources we have - both in terms of time and money. We are not touching a large section of future decision-makers - young people working in corporate organisations who are the business leaders of tomorrow. We are trying to address these and our other concerns by initiating new programs such as training teacher facilitators and VCan (Vision for Corporates and NGOs.)

We are grateful to the many individuals and organisations that believe the work we are doing is extremely important and support us in a number of ways. In this annual report we have tried to share with all of you how each of our programs is doing. Your faith in us and the changes we see in the young people we work with, encourage us to strive even harder towards our vision.

With warm regards,

yours truly, Meenu Venkateswaran President

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## **OUR VISION**

# To enable youth to become leaders for social change by facilitating their participation in effective decision making by

- inculcating positive values and attitudes
- building ownership for self, group and society
- developing creative problem solving and interpersonal skills
- providing opportunities to exercise social responsibility
- initiating self sustaining and viable socio-economic programs

through use of creative human resource interventions

and the practice of ethical and effective management processes

# SCHOOL PROGRAM VIDYA

Voluntary Initiative for Development of Youth Action

- From Me to We
- Friendship UdaNkhatola (FUN) Camps

# COLLEGE PROGRAM SMILE

Students' Mobilisation Initiative for learning through Exposure

- Promoting student volunteerism
- Student placement in development organisations
- Theatre Club
- Film Club
- Action Research club
- Student newsletter

# ADVOCACY AND SOCIAL ACTION CAMPAIGNS

- BIG SHOUT Festivals
- Resource group for campaigns of other NGOs.
- Campaigns initiated by Pravah to address current social concerns.
- Collaboration with Ashoka, Innovators for the Public to promote volunteerism.

## THE PRAVAH FLOW

## **Problem statement**

Mainstream curricula today neglect social issues, and the development of positive attitudes, creative problem solving skills and social responsibilities. Although over the years, the education system has churned out intelligent students, these children are often unable to influence society in a significant way. It is these very students who have the privilege of studying in schools and colleges, that in the future, will occupy influential positions, and shape national policies that will determine the lives of the majority. Yet these future policy makers are often ill informed and alienated from the problems prevalent at the grassroots. We believe that these students can be moulded into potential change makers, by sensitising them to social issues and developing amongst them a sense of social responsibility and our programs our designed to serve this objective.

# **The Methodology**

The strength of our programs lies in the methodology. State of the art training techniques are integrated into all our programs with the idea of making the interventions thoroughly interactive, participant driven and goal oriented. The emphasis is on learning through fun and learning by doing. The entire program is placed in a contemporary context, and students are encouraged to relate to and apply their experiences to real life situations by participating and taking on leadership roles in social action. A blend of innovative methods contribute to the uniqueness of our programs such as debate and discussions; theatre, music and creative writing; simulation games and behavioural exercises; adventure activities; mass communication media and creative project based work.

## **Program evaluation**

Pravah has always been conscious of the need for a regular evaluation of all our programs, and we have been doing this through informal methods such as post-workshop feedback. However in view of the specific learning inputs that are provided we have been using different strategies to evaluate the effectiveness of our programs.

As a result of our research, two psychological instruments have been selected to enable Pravah to quantitatively assess the effectiveness of the school program. Pre and post evaluation is done on a sample students participating in the program.

# The process

- 1. Self Awareness
- Values clarification
- Building positive attitudes

## 2. Social Skills Development

- Effective interpersonal skills
- Group Dynamics
- Team building
- Leadership for service

## 3. Sensitization to social issues

- Gender equity
- Environment
- Religious tolerance
- Peace
- Disadvantaged groups tribals, minorities, dalits, physically and mentally challenged, urban and rural poor.

# 4. Participation in social action

- Working with voluntary organizations
- Living and learning with marginalised communities
- Personal interventions
- Participating in local and global social campaigns

Other than the quantitative methods, all our programs are evaluated by program personnel through regular feedback taken from students, teachers, professors and principals of participating institutions. After each workshop Pravah personnel critically analyse their own experiences and give feedback to each other to develop ways and means of enhancing effectiveness and reports are prepared for circulation among the participants, resource persons and experienced professionals for their comments and suggestions for improvement.

## VIDYA: A LIFE SKILLS EDUCATION PROGRAM FOR ADOLESCENTS

Our intervention in schools is done through two programs, From Me to We & Friendship Udankhatola - FUN Camps. The strength and success of the VIDYA program has been the development of creative methodologies to help students internalise " heavy" issues in a 'learning through fun' mode. We use games, exercises, theatre and music to enable youngsters to imbibe the process of arriving at their own conclusions.

# From ME to WE: An inside out understanding of social reality

In this program, students are taken on a 4-6 day journey from self to society. The curriculum, which has been designed in-house as a basket of creative interventions is adapted to the needs of the specific target group in partnership with the schools.

In 98-99, our emphasis was on conducting the complete module with as many schools as possible. At the beginning of the year, we had taken a decision to conduct the program free of cost wherever the school seems unable to pay even our minimal charges and also as demonstration sessions. We conducted a total of 11 workshops. The entire curriculum was delivered in 2 Kendriya Vidyalayas ( R. K. Puram & Sadig Nagar), Delhi Police Public School, Sawan Public School and Holy Child Auxilium School. We also conducted leadership camps with the prefects of Bhartiya Vidya Bhawan., Ramjas School (R. K. Puram), Apeejay School (Sheikh Sarai) & St. Mary's School. Specially designed 1& 2 day workshops were also conducted at the CRPF School, St. Thomas School & Laxman Public School.

A visit to the Bhatti Mines by students of Sawan Public School as part of the From Me to We

organisations in the area.

# From ME to WE in a nutshell

Phase I: Let's Get Out of our Shells Self development through

- Self Awareness
- Values clarification
- Attitudes
- Perceptions, breaking Stereotypes
- Personal strengths and weaknesses
- Goal setting.

## Phase II: Together We Move:

- Team building,
- Leadership
- Interpersonal skills
- Creative problem solving, Win-Win

### Phase III: We are the World:

Insight into larger societal issues including

- Environmental degradation
- Marginalised peoples and minority communities.
- Peace and Violence

Program culminates in a presentation made by students to the whole school awareness about a chosen issue and suggest and act upon alternatives to make a positive difference.

program to do a street play on health, inspired them to work further in a more lasting way in the village. Subsequently, the same students have started a free medical clinic with the help of local

The program evaluation conducted amongst a sample of students from schools showed that approximately 70% of the students show a significant positive change in values and attitude towards life and humanity, and in social communication skills.

Excerpts from student's feedback after the From Me to We workshop

"I learnt how to interact with others, how to co-operate and communicate effectively and I also got over some of my major problems." - Student of St. Mary's School, Safdarjung Enclave, IX Std.

- "I became aware of the changes that I need to bring in myself by becoming more aware of who I am ... I used to be very shy, but thanks to this workshop, I think I am more confident now. " Student of Ramjas School, RK Puram, IX Std.
- " I thank you for helping me discover my strengths and my weaknesses and to know more about myself. " <u>Binit Kumar, Sawan Public</u> <u>School, Bhatti Mines, IX Std.</u>
- "I learnt how to respect and motivate people by being participative. It was fun learning and playing at the same time." - <u>Bhartiya Vidya</u> Bhavan, XI Std.
- "The workshop was interesting because we had to play different games. It was creative and a lot of fun and though we discussed the facts of life, we did not have any boring lectures." Shinjini Banerjee, Holy Child Auxilium, IX Std.
- "I enjoyed working in pairs and learning about myself and other people." <u>— Smitha</u>
  <u>Manidharan, Holy Child Auxilium, IX Std.</u>
- "This workshop was very memorable. It has helped me understand the essence of group work better, the need to help each other, and we also learned to care for others' feelings and respect their opinions." Deepti Nair, Holy Child Auxilium, IX Std.

The program helped me to know about myself so that I could become a better person in society. Student of Kendriya Vidyalaya, Masjid Moth, Xith Std.

# Friendship Udankhatola (FUN) Camps: A learning retreat.

The Friendship Udhankhatola Camps for school students has been a part of Pravah programmes for urban youth since 1996. Since then nearly 100 students have visited different villages in North India, to unique places, which do not usually feature as regular destinations for school trips. These camps are neither holiday nor study tours, but are designed to be an experiential learning module. Urban school students are taken to a village where a credited NGO has been working towards empowering the community. Students stay with the community, interacting with children from the village and learning about their lives. The



- A unique experiential program for adolescents to develop their personality and unleash their potential for social responsibility through exposure to rural realities.

• EACH ONE REACH ONE: You will be involved in an enriching exercise involving exchange of urban and rural skills, such as weaving, jewellery making, crafts, pottery, science experiments, photography and board games. Actually go to the salt fields and farms and do a hard days work with the villagers. Make salt, make bricks, milk the cow and plough the fields. Learn to skill share.

KHANABADOSH CARAVAN: Explore your environment through adventure, go hiking over the desert dunes in search of an oasis or wander away to the top of the mountain! Become a better team player and develop respect for nature.

• **CARNIVAL:** Every evening you can sit around and chat the night away with your village friends, listen to and tell interesting anecdotes, play and enjoy music that covers pop, jazz, folk and filmy. Explore your potential and express your talent.

• IN SEARCH OF: You go off on a discovery trip to gather information about the village, meet with its people and. Also meet with young persons of your age doing inspiring and creative work, often in a difficult environment. Learn about the hardships and become more sensitive to the social issues. Discuss and debate about your own role in the larger world. Understand the similarities and appreciate the diversity in the rural culture and customs. Break your stereotypes and learn to adapt.

TREASURE HUNT: At the end of the camp you will design and participate in a treasure hunt based on your experiences at camp. Reflect on your experiences and test yourself.

NAUGHTY'NAUTANKI'-WANDERING

MINSTRELS: After learning the basics of theatre and days of practice you will write, direct and act in your own plays which you will perform in the village just the way the wandering minstrels did. Build self-confidence and influence others through your creativity.

Aaj Ki Taja Khabar- Make and circulate your very

programme seeks to break down stereotypes by exposing students to traditions, culture and environment of the community. The aim is to develop a healthy respect for a different lifestyle and a deeper understanding of existing problems.

In June 1998 Pravah took a group of 10 students from NDMC School, Gole Market an organisation working on rural development in Mukteshwar, UP. This camp was in collaboration with Ala Ripu and was partly supported by Pravah. In December 1998, Pravah took a group of 64 students from The Shri Ram School (TSRS), New Delhi, to Tilonia, a village in Rajasthan. Social Work Resource Centre (SWRC), a well known NGO based in Tilonia working towards improving the quality of life of the community through multi-sectoral development projects such as health, community organisation, promotion of traditional handicrafts, education and watershed management.

Both the camps were very successful and since then both Ala Ripu and TSRS have requested Pravah to conduct this program annually.

## Education with a difference : some experiences at the FUN Camp

"Exposure to life in villages puts our own lives in perspective. It teaches us to appreciate what we have and strive for all that we have lost, such as hospitality, generosity, nature, clear skies, careful

of use with serious affect over including poverty and camps adventure they participants to enhance their developing leadership for horizon in own personality



resources. It puts us in touch social concerns that directly 70% of the country's population issues of health, education, inequality. Not only are these intended to be full of fun and are also expected to enable respect their privileges and sense of responsibility by values of commitment and society as well broadening their terms of understanding theirs and the larger world around

them." Excerpt from the Udankhatola Report.

"Off went the group of the brick kiln. While one bunch started to dig up the earth, others carried it to another spot, where a third group was kneading the mud and putting it into moulds. The hard work was fun, but when students found out that the selling price of one brick was only one rupee, they were in total shock. After all this 'mehnat & paseena bahana', all you get is a single miserable rupee? They asked incredulously"

Raatri Shalla at Tilonia: In one small room the size of an urban kitchen, with one solar lamp for light and thirty kids, the Masterji obviously proud of his children, wants them to answer a few questions for our benefit

Q. : If Sholawata is 10 km from Chota Naraina and it takes Ghisa Ram, 30 minutes per km, how long will be take to get to Chota Naraina".

A.: 5 hours.

That one was easy, even we got that right!

Q. : If it takes 10 minutes to till a buck et of water from one tap, how much time will two taps take to fill two buckets of water.

This was a real twister. Many of us kids form the city answered 20 minutes!. But all the children of the raatri shaala kids got it right! The correct answer of course was 10 minutes! Kudos for rural education! After all building alone do not a school make!.

# What they learnt - in their own words

"I was exposed to villagers and their life styles, really beautiful, humble and welcoming. My friend definitely made a difference to my personality. I know I will be a better friend now." - <u>Pallavi Saran</u>

"Taught me that pure innocence is beautiful and it draws just love." - Shweta

"That being a little hospitable can touch inner zones of one's heart . Simplicity in many ways helps a man to lead a peaceful life" - <u>Divyanshu.</u>

"Learnt about the village life, how different it is from our existence, about how every thing is interlinked and the diverse effect they have on each other. How changes in villages affect the urban lives and vice versa." – Sunila

"How difficult it is for villagers to earn money. I think money shouldn't be treated the way it is after seeing them." – Reshma

"About trust and friendship, how to interact and experience, to adjust and to respect." - Prerna

"That we should not make generalisations instead look at the diversities" - Ishaan Roy.

"Shocked that after fifty years of independence the Government has not been able to provide clean drinking water "-Kshitij.

"I enjoyed the visit to the night school, the teaching methods and the participation" - (Anand Swaroop)

"I liked the quiet clean and unpolluted place. The village with its simplicity and complexity" (Archit).

"The flamingo lake (Sambar lake) made me feel that nature has made her most beautiful, inaccessible. Like the most beautiful parts of civilisation, villages are difficult to reach "(Seema).

# SMILE: A CAMPUS INITIATIVE TO PROMOTE SOCIAL ACTION.

The college intervention program SMILE operates all over the country and is loosely networked together by the Indo German Social Service Society - IGSSS. We have been handling the Delhi chapter since September 1995.

# SMILE at a glance:

PHASE	PROCESS	LEARNINGS	SKILLS ACQUIRED
SAATH MILEN	Campus Events, Monthly Meetings, theatre workshops, Skill - Issue Awareness workshops and finally a three day orientation program to prepare students for rural exposure and voluntary work	<ul> <li>Self Awareness</li> <li>Understanding your learning style</li> <li>Opening the mind - free of biases</li> <li>Social awareness about public service issues</li> </ul>	<ul> <li>Interpersonal skills</li> <li>Creative Problem         Solving and Critical         thinking skills</li> <li>Confidence</li> <li>Effective         Communication</li> <li>Team Work</li> </ul>
SAATH CHALEN'	Students select a voluntary organisation in Delhi or outside according to their interest in terms of specific social issues.  Selected students are supported by a modest grant to travel and stay with the community and the NGO for a period of 3-6 weeks during the holidays	<ul> <li>Macro level - about historical influences, political, social, economic and environment structure, art and architecture and major issues of the community.</li> <li>Micro level - about the development sector, the mentoring NGO/Movement and about yourself as a person</li> </ul>	<ul> <li>Planning and organizing</li> <li>Decision making</li> <li>Observation skills</li> <li>Sensitive communication</li> <li>Adaptation</li> <li>Risk Taking</li> <li>Leadership</li> <li>Problem Solving with limited resources</li> </ul>
SAATH SEEKHEN	Students Return after their exposure to share their experiences with all other who went to different parts of the country through a two day feedback workshops.	<ul> <li>Appreciating diversity and breaking stereotypes and myths about communities/issues</li> <li>Understanding youth perspectives of different issues.</li> <li>How to internalise and apply the learnings from the exposure.</li> </ul>	<ul> <li>Documentation, presentation</li> <li>persuasion</li> <li>questioning</li> <li>developing plans of action for self to influence society.</li> </ul>
BEYOND LEARNING: MAKING A DIFFERENCE	Students commit themselves to work upon their action plans in small groups to support the causes they believe in	Theatre Action Research Film Media advocacy Direct action	<ul> <li>Designing and delivering a social campaign. Public opinion building</li> <li>Creative Communication</li> <li>Making Change</li> </ul>

SMILE addresses undergraduate and postgraduate students to generate awareness on social issues and equip them with problem solving skills to facilitate their participation in development action. The year long intervention comprises of a series of workshops and meetings designed to build competencies of students to become changemakers.

A key component of the program is a 3-6 week exposure for the student with a rural NGO wherein she completes a learning assignment, and in the process gets an opportunity to understand more about the structures and rhythms of the communities that the NGO is working with. While the content of these workshops is much the same as that of the Vidya program, i.e. a journey from self to society, the delivery is adapted to suit the higher maturity levels and informality of the college set-ups as also the need for more intensive orientation to development issues. Students are also expected to regularly volunteer their time to Delhi based NGOs. Typically therefore, the large number of students reached out to through the year long intervention is whittled down to a smaller number who are then taken through an intensive residential orientation program at an NGO site near Delhi. The exposure visit is then followed up with a collective feedback workshop to enable then to share experiences and facilitate peer learning.

Our success in running the SMILE program, prompted YouthReach (an NGO set up specifically to

facilitate urban youth to participate in social action for Delhi) to collaborate with us to run a modified version of the SMILE program in 3 colleges viz. St. Stephens, Lady Shri Ram College & Desh Bandhu. The Youth Reach variant encourages students to participate more actively in the activities of Delhi based NGO's. On the specific request of students from these colleges, they are also facilitated to get involved with NGOs outside Delhi as part of the SMILE exposure program. We were invited by NSS to organise a one day workshop with over 160 students from all over India as part of their National Integration camp at Delhi.

In 1998-99, we worked with students from Delhi University, Jamia Milia Islamia, JNU and IIT. More specifically, workshops were conducted in Aurobindo College, Jesus & Mary college, Miranda Venkateswara House,, Ambedkar College, Delhi School of Social Work and Faculty of Arts, in addition to St. Stephens, Lady Shri Ram and Desh Bandhu Colleges. Specific issues addressed included Delhi & its Heritage, Nuclear Armament & Peace. Environment and Polybags, Communalism and Factionalism, Scientific Temperament and

# **Voluntary Organisations and Peoples Movements** who Partnered Pravah

- Samarthan Sarguja, MP
- Nehru Yuvak Kendra, Agra, UP.
- Manavlok, Maharashtra
- RUCHI, Solan, H.P.
- Sutra, Solan, H.P.
- Aarohi, Mukteshwar, UP
- Bal Rashmi, Jaipur, Rajasthan
- Narmada Bachao Andolan Maheswar, MP
- Salaam Balak Trust, Delhi
- Srishti, Delhi
- Deepalaya, Delhi
- Missionaries of Charity , Delhi
- Karm Marg , Faridabad, Haryana
- Blind Relief Association Delhi
- Jeevan Jyoti, Delhi
- Spastics Society of Northern India, Delhi
- Cheshire Home, Delhi
- Snehi, Delhi
- Butterflies.Delhi
- NAPM , Delhi
- Udann, Delhi
- Sangwari, Delhi
- Youth for Nuclear disarmament(YND), Delhi
- Naz Foundation, Delhi
- Childline, Delhi

Rational Thinking. A total of 23 students went on outstation exposure visits. Of these, 14 went on individual exposures and 9 on a group exposure. 73 students volunteered their time to work with Delhi NGOs.

So as to provide an active forum for social action, last year three SMILE clubs were formed. The Theatre Group has been involved in the production and showing of one stage production (Trojan Women) and 4-5 street plays. In fact, this group has spun off an independent group called Spectrum which is being called upon by various Development organisations to perform street theater on various social issues. These assignments have enabled the group of volunteers to raise resources necessary to sustain their innovative activities from time to time.

The Action Research Group has assisted a student to study the effect of communalism on the status of women and has initiated a study on traditional beliefs leading people to religious centres for treatment. The group however did not complete this project. The film group has been screening documentary films for students on peace, social action, environment issues and on marginalised communities. The objective of the film group has been to provide access to students to alternative media and through that expose them to lesser known issues. This has also been facilitated effectively with the help of film and development professionals as well as Other Media.

#### 900 800 X 800 - Campus Events 700 Number of students 600 **X** 600 Intensive training 500 X 500 Rural Exposure & 400 voluntary work 300 200 < 200 100 <<del>100</del> □ 30 0 -100 96-97 97-98 98-99 Years

SMILE - Growth over the years

## The SMILE Batch of 1997 - Some experiences

While we reach out to a larger number of students, every year nearly 500 students become directly associated with the SMILE program. Of this group over 100 students go through an intensive learning process as part of their placement with voluntary organisations and 50 are sponsored to go for a rural exposure of 2-6 weeks. Excerpts from some students' reports are presented.

"I got to learn about the vast difference between India and Bharat. It was saddening to see that the precious qualities that are present in Bharat of simplicity, trust, faith, honesty and helpfulness are not often seen in India".- Sonal Kukretti, JNU at Jan Jagran Vikas Samiti, Udaipur.

"It was a real grassroots experience. What was heartening to see that the people running the organizations were weavers themselves." - <u>Sunando</u>, <u>Urmul</u>, <u>JNU</u>

"We enjoyed ourselves during the Shramdan. It was a good feeling since for a change we were using our hands instead of our heads. We also came back with something valuable, a few good friends, and a cultural exchange so vast, with not only youth from different parts of India but also from other countries like Belgium, Germany, Finland and Denmark." - Surbhi, Kamala Nehru College, Pawan Nagarwal, Deshbandhu, Bhupesh Tiwari, Correspondence at the Karwar International Youth camp.

"During the course of my work with NBA, I did an analysis of flood related damage caused by the dam. It was quite an opportunity to interact with both pro and anti dam activists" - <u>Sunita Menon</u>, JNU, at NBA.

"I took a few documentary films from Badwani to Sulgaon which documented the conditions of the villagers whose houses had been submerged. At Mardan we showed the films to the villagers and generated a discussion on the Narbada issue and role of women in social movements" - Farhatulla Baig, Jamia Millia Islamia at NBA, Sulgaon.

"Rich experiences and richer memories... most important a feeling of ground level realities marked our summer exposure... enriching, inspiring and imbibing us with a confidence, a sprit to take up for the challenges towards the first step to make a difference to someone, somewhere. Our main area of learning was about Panchayati Raj and the 73rd Amendment, its impact on the village." - Manjula Singh and Bhawna Luthra, DSSW at Samarthan, Sarquja, MP

"Working in villages in India was a new experience as it differed totally from our experience in Delhi. Besides in Germany we do not have such an urban and rural divide. It was sad to see that thousands of tribals who live close to nature are being thrown into a totally alien environment, and even more surprising and embarrassing for us to know that two German companies were supporting the program, inspite of the fact that we do not have any such project in Germany. - Juliette and Tanya Schubert, Undergraduate, Social Science students from Germany, NBA

"Throughout the Manavlok experience I kept realising and noticing with more force than ever that my life and upbringing are terribly privileged .. The extreme poverty in the villages at Manavsvani was unnerving, I can't say I enjoyed my experience, as there is nothing enjoyable about listening to horrible tales of rape, burning and torture or seeing vast acres of field lying barren because people are too poor to buy seeds, but I did learn a lot. I also think I contributed in my own way, as I designed a brochure for them since no one there was fluent in English." - Niikita Sud, St Stephen's College, at Manavlok, Maharashtra

"I encountered the great hospitality of the villagers while doing my project on studying about primary education in the area. The exposure was not just fun but also helped me change my understanding about many things." - <u>Vimalendu Jha, St Stephen's College, at RUCHI, HP</u>

"There was so much to learn, see, work and feel. The experience was tiring but also enriching. I still wonder whether I have understood what the Andolan is all about. There were times when I even felt worthless and cried. But in hindsight, I feel proud that unlike many others I have at least the urge and determination to explore our faulty system and search for answers." - Nidhi Pant, St Stephen's College at NBA

"There were many questions, I realised that social change involves a lot of sweat and toil as it directly concerns people and there are many complex situations. A whole new world has opened up to me." - Bhawna Luthra, LSR at SUTRA, HP

"At first I was very sceptical about the place, people and their customs. But once stereotypes were broken it was easy to mix with the community. There is much more to life than just going to college and studying. I have a great urge to go back and work directly with the people. " - Gayatri Raghavan, at Aarohi, UP

"I don't think I will be able to forget the expression on the girl's face when she asked me 'do you like holidays' and I nodded saying it gave me a chance to go home. She replied - 'how can we enjoy,

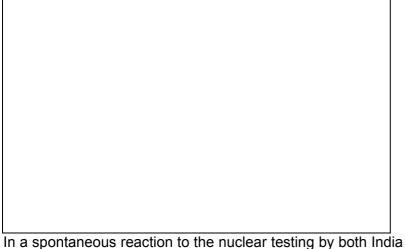
there is no home to go to?' When I left all the children living in the home came to say goodbye. I felt sad and will miss them very much." - <u>Sakshi LSR</u>, <u>Bal Rashmi</u>, <u>Jaipur</u>

"Other than learning about traditional medicine and the faith people have in the Gunis a few other things about Rajasthan struck us, such as "Nata" the traditional system of buying another man's wife. It was very unusual and difficult to accept such customs in this modern age." - <u>Prajan Ojha, Delhi College of Engineering at Jan Jagran Vikas Samiti, Udaipur</u>

## ADVOCACY AND SOCIAL ACTION CAMPAIGNS

A key component in all our programs is social action. In the VIDYA program, for example, we encourage students to take up a small social action initiatives in their immediate environment, and in the SMILE program the Delhi and outstation exposures as well as other local voluntary action initiatives are integral to the program. We also believe that as an organisation, it is important that we take up issues so that we play our roles as changemakers and at the same time provide a forum for our students to do the same.

'Jashn-e- Aman' - A public opinion building campaign in celebration of peace



In a spontaneous reaction to the nuclear testing by both India and Pakistan, Pravah organised a campaign in celebration of peace, through the staging of the Urdu translation of Euripedes' anti-war tragedy, "Trojan Women". It brought together a cast of SMILE students and other like minded organisations and groups i.e. People Tree, Youth Reach, Academy of Fine Arts, National Foundation of India( NFI)

## Some reviews of Trojan Women

"Jaya's direction was simply superb. ...
Pravah's presentation as directed by
Jaya lyer who had her training with E
Alkazi's Living theater, successfully
underlines the dramatist's
characteristics of realism and brings
home to us the dangers that lie ahead
of mankind because of belligerent
actions like the recent American
bombing in Sudan and Afghanistan and
war mongering of some nations."
Romesh Chander – The Hindu, August
98

" It brought to life the brutality of war as a gruesome reality which is a threat even today to the very existence of the human race." Kavita Nagpal —The Hindu, Aug 98

and Indian Ocean to partner in the campaign. It was directed by Jaya Iyer, a senior team member of Pravah. A street poster exhibition informing the public about the nuclear issue was designed by People Tree and students of different colleges in Delhi. Nine shows of the play 'Trojan Women' were performed in the first phase in August and September in Shri Ram Centre, India Habitat Centre and Academy of Fine Arts and Crafts. In January 99, the play was recognised by the Sahitya Kala Parishad by being awarded as one of the ten best plays in Delhi in the year. Following this award, three more shows were performed at BC Pal Auditorium. The play ran to packed shows on almost all days and reached out to over 1500 people directly besides receiving very creditable media coverage in all the leading newspapers. It was a unique opportunity to have SMILE students and professionals working together for a social advocacy campaign. The script was also adapted to suit the context, and the response of the audience was tremendous. The message of peace was driven home.

<u>Program On Creative Resourcing Of Volunteers For Non Profit</u> (In Collaboration With Ashoka Innovators For The Public) Ashoka Foundation had conducted a survey in 1997 among the Ashoka fellows to gauge their training needs and expertise in innovative resource mobilisation strategies. In response to the expressed need of fellows to develop effective volunteer mobilisation and management strategies, a workshop was designed in collaboration with Ashoka Fellows.

In view of Pravah's experience in the area of youth volunteerism as well as expertise in human resource development and creative training methodologies we were also invited to develop a draft handbook on volunteerism on a pro bono basis. This was a great opportunity for Pravah members, Ashraf and Vinitika, to research into and study about various kinds of volunteer programs in the country and abroad. We also did extensive homework on dynamics of volunteerism, including motivations of volunteers and organisational design for effective volunteer involvement. Following the work by Pravah on the handbook, a series of workshops were conducted with Ashoka Fellows in collaboration with Adventurers, Pragati Foundation and Chetna. The first workshop was held at Chetna office, Ahemadabad in July 98 and the workshop at the Adventurers camp site in Honnemadu, off Bangalore in February 99.

The first workshops were designed to develop a framework to help participants understand the conceptual foundation of volunteerism and collectively purge a wide range of problems that social organisations typically encounter in building volunteer energy in their activities. Among the aspects taken up in the 3 day intensive workshops were:

- Perspectives on volunteerism
- Problems and concerns in volunteerism
- Understanding expectations, needs motivations and profile of volunteers
- Mapping organisational need for volunteers
- Volunteer mobilisation strategies
- Volunteer training and orientation
- Managing and sustaining volunteers
- Measuring effectiveness of volunteer programs
- Profile of an effective volunteer Manager
- Ethics of volunteerism

A follow up workshop was organised on the same issues in February 99. During this workshop one of the key areas of discussion were fellowship building and critiquing the handbook prepared in the first phase. Both the workshops were quite successful as the feedback received has been encouraging. As a result of these workshops, Pravah is now collaborating with Adventurers and Ashoka to further work on volunteerism by developing in depth case studies of volunteer programs in India.

We have been managing a large number of volunteers in the Ratnagiri district of Maharashtra, but never once viewed it with such managerial finesse. "These three days have given me a very comprehensive insight for building volunteerism around a cause" -Vasant Gangavane, Gokul Prakalp Pratishthan, Ratnagiri.

"The workshop was very creatively designed, and the fact that much work has gone into it showed" - Anuradha Kapor, Swayam, Calcutta

## 'Say No to Polybags' - A campaign in 100 Delhi Schools

Pravah was involved in an intensive campaign to raise awareness about the harmful effects of polybags and to generate ideas on alternatives. This campaign was organised by the **National Foundation of India (NFI)**, and was targeted at school children, through them their parents and the general public. Pravah, as part of this initiative developed a play in a street theatre format

"Chaupat Raja Ki Nautanki" - which was performed in over 100 schools and busy market places of Delhi reaching out to nearly 100,000 people between July and October approximately. Jaya lyer directed the play. The team of performers included students, professionals and children from Salam Balak Trust (an NGO working with street and working children), and was coordinated by I P Singh, a SMILE student.

In an independent evaluation study conducted for NFI by Ms Arti Malhotra it was found that among all the other strategies used for building awareness among the public, the street play done by Pravah was the most successful as nearly 65% of the total audience reached out to was through the Nautanki.

## "Help Delhi Breathe" - A tree planting drive in colleges

The campaign was organised by Youth Reach as part of their environmental initiative. Pravah was the core collaborator and was responsible for mobilising students for tree plantation and performing street plays on environment at college campuses. Tree plantation drives were conducted mainly in Desh Bandhu College, JNU and Venkateshwara College. Nearly 5000 trees were planted as part of this drive and students were involved in committing to care for them.

# 'Pani Ki Kahani' - Creating Awareness on water resources

As part of the **National Environment Awareness Campaign** of the **Ministry of Environment**, Pravah prepared 6 street plays to create awareness on environmental issues. As the name suggests, the theme of the play was water, and drew attention to how our water resources, especially the Yamuna river were getting increasingly polluted and unhealthy, and suggested alternatives regarding what we, as the general public could do to improve the situation. The performances were also accompanied by a signature campaign seeking participation of people to commit themselves to preserving our water resources. The campaign reached out to over 2000 people and was coordinated by Rajneesh Saran with 20 SMILE students. The same play was also performed for Dastkar at the Man and Nature Bazar, held at Dilli Haat.

## 'Students for communal harmony' - A spontaneous campaign on a train

Smile students set yet another example by initiating a unique campaign in February 1999. While travelling on the Mangla Express from Delhi to Karwar on their way to attend the International Youth Camp, students got off at the Bhopal Station only to read in the newspapers about the gruesome murder of Graham Staines in Orissa. Shocked and disturbed, not knowing quite what to do, they were inspired by a suggestion from the Pravah team to discuss with the people in the train about violence against minorities and try to sensitise their co-passengers. A signature campaign comprising a letter to the President demanding immediate action against the persons and groups responsible for the crime, was conducted with 450 passengers. Many passengers of course refused to sign and students then engaged them in a dialogue to understand the reasons for their views. While travelling on the train the students also performed plays and sang songs on the issue of communal harmony. Subsequent to this campaign a number of SMILE students also participated in a campaign organised by Delhi University students to protest against the killings of Christian Missionaries.

# Women against violence - Workshop for women of Bandha, Uttar Pradesh

This 7 day workshop was done in collaboration with Nirantar and Mahila Samakhya in December 1998. After involving field workers and village women in a discussion on violence they face in their lives and how to address it, a street theater was prepared and performed in Delhi, Bandha and villages nearby where Mahila Samakhya and Nirantar were doing seminal work with women to create awareness on the issue and engage the watching public in debate and discussion as well as to get their participation to alleviate the situation.

## Life Skills Workshop - With street and working children

A 10 day workshop was organised in collaboration with Salam Balak Trust and Youth Reach in the night shelter at Paharganj in June 1999. It has been found by SBT that when they facilitate better job placement for the children, they are often unable to cope with regular working conditions in view of their prolonged exposure to stark and non congenial realities of their world. This workshops was organised to enable these young people understand and develop skills for mainstream work for a better future. A few of the participants joined the street theater group after this workshop.

# International Understanding and Exposure

Ashraf was nominated by Indian Center for Philanthropy and supported by the Japan foundation on a visit to Japan as part of a contingent representing Philanthropy leaders in India. During the course of her visit she had an opportunity to learn about social issues in Japan and develop a network with organisations working on youth and related issues.

As a result of this visit, Pravah collaborated with International Development Center of Japan to provide an opportunity for 8 SMILE and 20 Japanese students to interact with each other on issues related to youth and social development. In March 98, Pravah organised a two day workshop in collaboration with Karm Marg. During this workshop students shared their likes, dislikes and aspirations as well as their perspectives on social issues. They also played and worked together for a day with children at Karm Marg doing creative activites and culminated in a cultural evening at the Japan Foundation. This exposure was very enlightening for both groups, since they were placed in a unique situation as ambassadors of their two countires.

# Networking with other youth programs -National SMILE meet

A national workshop was held in Pune to share experiences among SMILE centres all over India to share countrywide experiences on youth mobilisation for social change. This was accompanied by a three day training program conducted by Abhivyakti on effective communication skills. Radhika and Jaya represented Pravah in the program. A plan for working together on national issues was mooted in this meeting and it was decided that a collective event on youth for democracy, secularism and peace would be organised by Pravah in collaboration with other centres and sub centres of SMILE.

# **AUDITED FINANCIAL STATEMENTS FOR 98-99**

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED  $31^{\rm st}$  MARCH, 1999.

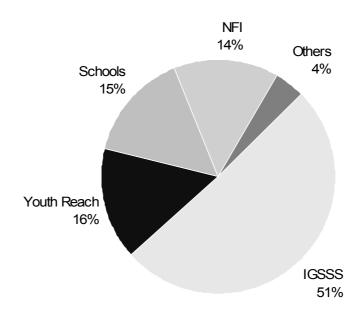
<u>Income</u> 1. Grants	<u>98-99 (Rs)</u>	<u>97-98 (Rs)</u>		
<ul> <li>Indo German Social Service Society</li> </ul>	650000	454999		
<ul><li>Youth Reach</li><li>National Foundation of India</li></ul>	150000 185000	50000		
2. Others	211332	345162.5		
(Including Private Donations and income from school programs)		(Including sponsorship for Big Shout Festival)		
Total	1196332	858413		
<u>Expenses</u>				
<ul><li>Workshops and Seminars</li></ul>	493101	342680		
• Fellowships	113500	250020		
<ul><li>Personnel Related Expenses</li></ul>	319503	259030		
<ul> <li>Program and General Administration expenses</li> </ul>	235845	132206		
<ul> <li>Audit Fee, Accounting Charges</li> </ul>	13000	9000		
Total	1174949	742916		
Excess of income over 21382 115497 expenditure (surplus)				
BALANCE SHEET AS AT 31 <sup>ST</sup> MARCH, 1999				
<ul><li>1.Sources of Funds</li><li>Capital Fund</li><li>2. Application of Funds</li></ul>	<b>98-99 ( Rs)</b> 285122	<b>97-98( Rs )</b> 263740		
<ul> <li>Fixed Assets</li> </ul>	182676	142622		
<ul> <li>Net Current Assets</li> </ul>	102447	121119		

Partner Secretary President (Suresh Goel) (Kamini Prakash) (Meenu Venkateswaran)

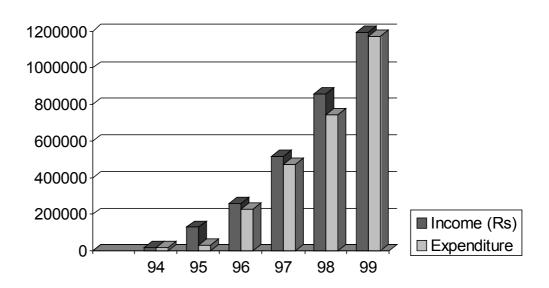
For Suresh Shriram Associate( Auditors)

For Pravah

# Sources of Income 1998-1999



# **Growth in Financials 1994-1999**



## **NOTES TO FINANCIALS**

- 1. The grants from IGSSS and Youth Reach were for the SMILE program. However, we have been permitted to use part of the funds for the administrative expenses of the VIDYA program including staff salaries and rent.
- 2. The grant from the National Foundation of India was specifically for the campaign "Say No to Polybags".

- 3. Income from school workshops include payment by participating schools for expenses of the FUN camps, as well as a nominal contribution for the From Me to We program, from those who could afford to, and were willing to pay.
- 4. Workshop related expenses include all direct expenses related to workshops such as workshop material, venue hire, resource persons' honorarium, conveyance etc.
- 5. Three out of four Pravah staff members are directly involved in programs, and a true indicator of workshop related expenses should include a major component of their salaries. However, for purposes of convenience, their entire salary is shown under the head "Personnel Related Expenses".
- 6. The capital fund includes contributions to the corpus through donations, and transfers of surpluses from the Income Expenditure account.
- 7. For purposes of comparison, previous year figures have been regrouped where necessary.

# **Legal Status**

- 1. Pravah is a non profit society registered under the Societies' Registration Act, Registration Number S 1375 on 8<sup>th</sup> September 1993. I
- 2. Donations exempted from income tax under Section 80G. Income Tax exemption under Section 80 G Vide Regn no. DIT (Exempt) P-425/94/95-96/35 dated 1-4-96 to 31-3-98. Renewal of registration applied for effective 26 -3-98.
- 3. Foreign contributions permissible under FCRA Registration No. 231650876 dated 27-1-98.
- 4. Income Tax IT GIR no. 361 P/ trust circle I



Our core founding group and managing committee consists of resource persons with a background in social work and management. The core group is supplemented by a host of other resource persons who pitch in in an advisory as well as support faculty role. These persons are professionals in as varied fields as academics, management, psychology, mass communication, fine arts and social sciences. Given below is a brief profile of the Pravah core team.

# **Managing Committee:**

Ashraf Patel, Chief Co-ordinator - PGDPMIR, XLRI, Jamshedpur. Has over five years experience in the corporate sector. Pror to starting Pravah was Head - Human Resource at Escorts Finance. In recognition of the concept and implementation of the school program, Ashraf was awarded the Ashoka Fellowship in January 1995. Ashoka Innovators for the Public gives fellowships to public service entrepreneurs all over the world for innovative projects that serve the public cause.

**Meenu Venkateswaran, Honorary President and Founder Member** - MA (Eco), D.S.E; PGDM, IIM Bangalore. Has over twelve years experience in the corporate and development sectors. Currently an entrepreneur and consultant to development organisations, prior to which she was head of the Resource Generation function at CRY, Child Relief and You.

Dr Kamini Prakash -Honorary Secretary , MA in German , JNU; PhD in German Literature US, MA in development Studies, LSE. Was Chief In charge of the SMILE program in 1996. Currently Program Coordinator , CARE India.

**Gouran Lal, Founder Member** - PGD Hotel management, Oberoi School of Hotel Management. After two years in the hotel industry, she worked in the field of education with children for over seven years. She is currently a self employed professional.

**Arjun Shekhar, Founder Member** - MA Eco, D.S.E; PGDPMIR, XLRI, Jamshedpur. Has over 9 years experience in the corporate sector. Currently is a human resource development consultant to corporate sector and non-profit organisations.

## **Executive Personnel:**

**Jaimala lyer, Project Partner** - Diploma in Advanced Theatre Direction under Ebrahim Alkazi . Has over 8 years experience in theater in education . Founder member of a non profit organisation KLOD\_B ( Knowing Loving Delhi Better). Joined Pravah in '96 and has played a leading role in using theater to promote social responsibility, and conducting Udankhatola FUN camps for adolescents.

**Vinitika Lal, Project Manager** -. MA (Psychology), Delhi University with specialisation in social psychology. Joined Pravah in '96 in the school program and has done considerable work in evaluating adolescent programs using psychometric techniques

**Radhika Menon, Project Manager** -, BA Eco, PG course in Disability, SSNI. Has over three years experience in the field of disability and joined Pravah in '97 in the SMILE program. Also the founder and active member of a youth Theatre group which performs street plays on development issues.

**Rajneesh Saran**, **Program Fellow** - After having completed his BA (hons) in Political Science from Delhi University, was working with an event management firm and joined as trainee in '98 and is responsible for student mobilisation and administration. He is one of the key members of the theater group, Spectrum started by SMILE students.

## Other Founder Members:

**Shivani Bhardwaj** - MSW, DSSW. Has over 13 years experience in the development sector. Was heading SMILE (Delhi), when it was being run by IGSSS directly. Currently Personnel Manager at Save the Children Fund.

**Adeesh Mehra** - CA. Started his career as Assistant Manger with A.. F. Fergusson and Co. Subsequently, for the past 9 years has been running his own practice. Is a member of the ICAI committee on better accounting practices in Urban Municipal Corporations.

**Renuka Motihar** - Postgraduate in Human Development and Family Studies (Child Development), Delhi University. Currently an independent consultant on issues of adolescent girls, women and reproductive health with various development agencies including the McArthur Foundation, PCI and CEDPA.

**Gagan Adlakha** - PGDPMIR, XLRI, Jamshedpur. Has over 9 years experience in the Human Resource Function at NIIT.

**SMILE Fellows**: Pravah has a fellowship program to support creative individuals working towards mobilising youth for social change and SMILE like activities for a period of one to two years with a modest personal grant.

**Inder Pal Singh** - Better known as IP began his association with Pravah as a SMILE student. He is currently pursuing his graduation in Commerce and has completed a course in fashion design. IP is an artist and is one of the key members of the theater group, Spectrum and has also helped start the SMILE film group with which he made the film on the ban on smoking.

**Dev -** Is one of the key functionaries of an organisation Karm Marg.

Majeendran - Working with the fish workers forum

# PRAVAH MILESTONES:

# Genesis and evolution of Pravah - A timeline of significant events

	Ist	IInd	IIIrd	IVth
1 9 9 3	<ul> <li>Campaign against communalism with Resident's association of Siddartha Extension</li> <li>VIDYA (school) program launched with three day workshop with Ramjas (details of this program are given in a separate section)</li> </ul>	Kheda Kalan	- PRAVAH registered as a society	- Workshops with IGSSS's SMILE program
1 9 9 4		- Ashraf leaves Corporate sector and joins as full time CEO of PRAVAH - Pravah receives first general support fellowship	- Decision taken to support other NGO through our training strengths - Collaboration with Habitat Polytech (a HUDCO initiative) to develop and deliver a 5 day program for NGO.s on facilitating Saving Group formation. Program delivered successfully across two years in more than fifteen cities across the country	at Sarai Kale Khan (free space provided by Habitat Polytech)
1 9 9 5	<ul> <li>ASHOKA fellowship (given to select Public Service Entrepreuners by this US based org.) awarded to ASHRAF for design and development of VIDYA program</li> <li>VIDYA curriculum and learning materials developed</li> </ul>	extended to Blue Bells school	handed over to PRAVAH on a trial basis	- From Me to We curriculum's learning guide for schools developed
	- Presentation to National	- 4 schools tied up for collaboration on	- Curriculum for SMILE (college)	
1 9 9	Progressive School conference - IGSSS formally hands over SMILE program to PRAVAH along	the VIDYA program - Annual curriculum begun at these schools	students developed - Learning guide developed for SMILE students	

6	with its entire annual budget			
	Ist	IInd	Illrd	IVth
1 9 9 7	- Independent office set up at Guatam Nagar - VIDYA program presented at NPSC - Started a school social worker's forum - Program on Development Education conducted for a delegation of South Indian school Principals, leading to many invitations to conduct the VIDYA program in their schools - Evaluation study for VIDYA program completed	and hopes about Delhi's environment	evaluation introduced for the aVIDYA program e- SMILE targets of rural hexposure successfully met and relationship with IGSSS	- FUN camp held at Aarohi, Mukteshwar - VIDYA's yearly program successfully completed at all four schools - Training as facilitators for internal PRAVAH team
1 9 9 8	- Collaboration and funding of an extension of the college program by Youth Reach - PRAVAH grows to six full time people - Intensive program for Youth Reach developed with year long association with college students culminating in the rural NGO exposure - Theater, Film and Action Research groups formed as part of SMILE - Launch of intensive program in LSR and - Internal vision building meeting for Pravah	- Workshop on 'life skills' with street children associated with Sallam Balak Trust - Design of resource material and delivery of a three day workshop on volunteerism for Ashoka fellows	- Nine shows of Trojan women a stage play on peace produced by SMILE students and Pravah personnel. This was a culmination of the actions against the nuclear blast at Pokharan - Campaign on 'Say no to Polybags' in collaboration with NFI where Pravah-SMILE theater troupe performed over 100 street theater shows reaching out to more than 1.2 lac individuals across Delhi - SMILE students took part in 'Help Delhi breathe' campaign for campus greening.	- FUN camp with Shriram school's seventy children at Tilonia - Ashraf Patel was invited to tour Japanese NGO.s as a part of a senior delegation of NGO chiefs
1 9	- Trojan women is performed for three more shows on popular demand	- First Government funding (a small project grant and another small research grant) for Me to We school		

9	- Participated in National	program	
9		- Presentation made to Rockfeller	
	`	Foundation about PRAVAH. One	
	Corporates in Action with NGO.s), a	member agrees in principle to give a	
	program supported by NFI, is	small grant to support our work	
	initiated - concept prepared in	-Trojan Woman wins Sahitya Kala	
	consultation with Corporate CEO.s	Award	
	•		

"For long hours I would sit under a tree and delve deeper into myself. A severe conflict between my mind and heart. While my mind had a materialistic base, my heart found ultimate solace in the Himalayas and its people. I would need more such experiences to really find the answers I am looking for." - Aparna Purohit, LSR, at Aarohi, UP

"We began the day with morning assembly, after that we were invited to join a village wedding - not having any gift to give - we all got together an made a greeting card . Attending the village wedding was a unique experiece - it was simple and the people were very hospitable" – Laxmi

"We had a memorable meeting with Baba Amte who enriched us with many folk tales about the origins of Narmada and its romance with the Arabian Sea ... A rally was held in Nandinbar, where 15000 dam affected people had collected. Medha didi asked me and Hafsa to share our views and to my surprise I found myself addressing this huge gathering. It was a feeling I cannot express ... a state where I, the ego ceased to exist, there was no individual, but only a voice coming from within which I followed with all my might." – Aparna Joshi, JMC, at Anandvan

"Today after the assembly we started on an 18-km trek. During the trek we learnt about bio diversity, the many trees and insects. We also did a very interesting exercises in comparing and bringing ourselves close to nature and understanding our role in preserving nature" - Soni

"The exposure was an eye opener for me about the problems of rural society and sustainable development. I feel it has brought about a change in my mental state of being and helped me be more positive. The message I have from my experience with SMILE is 'Coming together is beginning; Staying together is progress; Growing together is success' "- Yogesh Dobriyal, Maharaj Agrasen College at SWRC, Tilonia

"It was a wonderful experience to be here. I have never attended a workshop like this where there were no lectures but only learning from experience." — Anupam, Apeejay School, Sheikh Sarai

"The 19 days I spent in rural Bengal have surely been the most consequential days of my life because it was such a learning. My journey turned out to be very disturbing, yet inspiring because it prodded me to think and work on situations apparently far removed from my life. It introduced me to people living in rural areas and to many of the social issues still haunting us like youth unemployment, poverty and lack of basic amenities. It was the first time I have travelled to places unknown all by myself. It did wonders for my confidence." - Atanu De DelhiCollege of Arts and Commerce at Jan Sanghati Kendra, West Bengal

## **PRAVAH**

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