## **PRAVAH** Building youth leadership for social change

We are an organisation based in New Delhi. Since 1993, we have been working for youth development and active citizenship because we believe that young people need greater opportunities to play active roles in building a just and peaceful society.

Through design and delivery of innovative programmes, we take diverse groups of young people and those who work with young people on learning journeys. We support them to understand themselves, develop leadership and relationship skills, engage with social issues and explore their potential as change

We incubate new youth organisations and facilitate youth-led change initiatives to grow through providing organisation development support. Simultaneously, we build partnerships with organisations as well as individuals to create collectives that can advocate for youth development and active citizenship.



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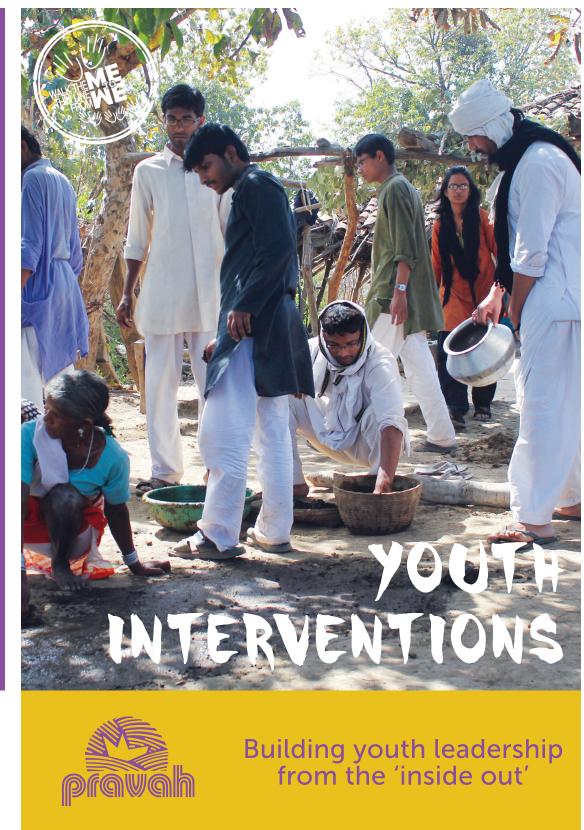
# The Journey from Self to Society

How do you spend your time? Family, friends, leisure, career - these four spaces seem to occupy a young person's entire universe. And yet don't we all need another space to:

- Understand and develop yourself?
- Deal with conflicts in your life?
- Take action that is beneficial to you and your surroundings?

We at Pravah call this the 5th Space. It is this space that makes the other four count by nourishing and enriching our capabilities of taking effective and responsible action.







# **WHAT IS** THE 5TH SPACE?

A 'hang out' zone where you MAKE FRIENDS with people from diverse backgrounds

This is YOUR SPACE!



It develops LEADERSHIP

through real-life experiences



It ENCOURAGES TRUST in a fun, joyful, and transformatory way.

# GET INVOLVED!

Write to

smile@younginfluencers.com

TO CHECK US OUT:





At Pravah, the SMILE (Students' Mobilisation Initiative for Learning through **Exposure)** journey from 'self to society' is yours to explore. If you are interested in any of our programmes or have any other ideas, get in touch with us! This could be an opportunity of mutual learning!

The 'hour-glass' on this page elaborates on our approach and methodology of these programmes. Even though it represents a flow chart of the process, you can choose to join in at any point according to what interests YOU!

But remember this is a journey, not an event; it takes time for the world to transform us even as we act to change it.

### INWARD **BOUND**

Walk into our interactive tent to get to know yourself better; a chance to explore your own personality, engage with your values and choices and walk away with a greater awareness of yourself.

Where? You can take the initiative to organise this on your college campus! Duration: 4-8 hours

### COMMUNITY ACTION **VOLUNTEERING**

Engage with society as you volunteer in Delhi - experience communities and urban issues under the mentorship of a Pravah facilitator. Step beyond your comfort zone and challenge your existing notions as you make a difference in society.

Where? In Delhi When? When YOU have the time! Duration: 80 hours in a year minimum

### YOUTH **CLUBS**

You have an idea that you want to experiment with, come to us! Design and co-create your 'action project' with fellow volunteers and friends to expand your learning! Remember: This is YOUR space!

When & Where? You decide with the team at Pravah!

### RURAL EXPOSURE

Travel to a grassroots organisation with other volunteers away from Delhi. Experience another lifestyle and culture while learning more about yourself and life, and differentiate fact from fiction.

Where? In a rural / semi-urban setup across the country When? During college breaks Duration: 7-10 days

### SMILE 'IN-TURN-SHIP'

Intern for a month with an organisation in rural India. Join in their work and interact with communities. Learn with your mentor even as you explore other realities, discover new things about your own self and the world around you.

Where? In a rural / semi-urban setup across the country When? During term breaks Duration: 4-6 weeks

### GLOBAL XCHANGE

Be one of 20 young people to be selected for this international volunteering programme. You get to travel, see alternate realities, develop mutual respect and understanding, and grow as an active citizen while volunteering in an increasingly global world.

Where? UK and India Duration: 6 months

### YOUTH ADDA

1. Catalysts: Action Research & Volunteering

2. Learners: Workshops on Self

3. Alchemists: Youth Clubs

4. Advocates: Campus Events

Orientation

**INTERNSHIPS:** With Hinterland National & International

NGOs / **Movements** 

Feedback

**SOCIAL ACTION EXPERIMENTS** 

'REFL-ACTION' WORKSHOPS

FACILITATORS FOR 5<sup>TH</sup> SPACE

### GET REAL - **DEEP SELF AWARENESS**

Join this workshop to learn and explore who 'I' am, who 'WE' are, and understand the deep interconnection between the two.

Where? In Delhi Duration: 2 days

### **CONFLICT POSITIVE**

In this workshop, learn to resolve social and personal conflicts. Use this as an opportunity to recognise different dimensions of conflict in personal and social spheres.

Where? In Delhi Duration: 3 days

### **CAMPUS ACTIVITIES**

Join discussions on theatre, film, books, music, art etc. Take part in field trips, simulation exercises and other activities - all geared to make you think, feel and learn about life and its many facets.

Where? In colleges or the Youth Resource Centre at DU Duration: 4-6 hours

### YOUTH **EVENTS**

Build your leadership skills by organising open events like 'Music For Harmony' with your fellow volunteers and friends. Invite your parents, friends, educators, NGOs, educational institutions and everyone else to join in as active citizens.

### SOCIAL ACTION **EXPERIMENTS**

Every year there are some college students who are inspired through this experience to create their own action projects. These could be events, community based projects or any idea they would like to take forward.

### REFL-ACTION **WORKSHOPS**

In all of Pravah programmes in the 5th Space, Refl-Action is a key process. Reflection and Action are part of every stage in the SMILE learning journey.

### 5<sup>™</sup> SPACE **FACILITATORS**

Many young people have traversed the path of the hour glass fired by the idea of self discovery. Wherever they are, they have then facilitated other young people to create their own 5th spaces. It is through your involvement and commitment that the idea of the 5th space is being made sustainable.