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 makers.

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.

Come walk with us.....
...Be a SMILEY!

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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 our capabilities of taking effective and responsible action.

Pravah’s Youth Interventions are the 5th space that make the other four count for you.

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 is SENSITIVE to your FEELINGS and not just the volunteering work you do

It ENCOURAGES TRUST in a fun, joyful, and transformative way
GET INVOLVED!

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.

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**INWARD BOUND**

*Me-Self* Inventories

- **Catalysts:** Action Research & Volunteering
- **Learners:** Workshops on Self
- **Alchemists:** Youth Clubs
- **Advocates:** Campus Events

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**OUTWARD BOUND**

**Orientation**

Intern for a month with an organisation in rural India. Join in their work and interact with communities. Learn with your mentor 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.

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**Social Action Experiments**

Feedback

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**Youth Events**

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

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**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.

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**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.

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**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.

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**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? Decide with the team at Pravah!

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**Get Real - Deep Self Awareness**

Join this workshop to learn and explore who 'I am', who 'WE' are, and understand the deep intersection between the two.
Where? In Delhi.
Duration: 2 days.

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**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.

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**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 DJ.
Duration: 4-6 hours.

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**Youth Influencers**

Many young people have traversed the path of the hour glass fired by the idea of self discovery. Wherever they are, they have 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.