SUCCESS STORIES
OF
DEPARTMENT OF YOUTH EMPOWERMENT AND SPORTS
Government of Karnataka

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YOUTH TRAINING PROGRAMME

Yuva Chethana, Yuva Samvahana, Yuva Prerana – 7 day residential training modules on personality development, communication skills and self employment basics respectively. While most government programmes address knowledge or skill base of youth very rarely does a programme address the attitude or inner perceptions of youth. Started way back in 1992, the programme components address issues related to self confidence, communication, leadership qualities, as well as qualities needed in a person for self employment along with the procedures, preparation of project reports and information on how to approach financial institutions for assistance.

Most youth beneficiaries of this programme have given verbal and written feedback on how the programme transformed their lives. Some beneficiaries have become rural social animators, mobilizing youth and creating opportunities for more youth to explore their personality. Others have started their own enterprises and become self employed demonstrating economic independence and improvement in their quality of life. Over one lakh youth have been beneficiaries of this programme. To scale this unique programme up and cover more than one lakh youth in a single year, training of trainers is being undertaken.
Success stories usually involve quantitative milestones while qualitative aspects do not get recognition due to their abstract nature. As part of implementation of youth policy programmes, a pilot Life skills Training of Trainers (ToT) was organized where 38 potential life skills facilitators were trained in basics of applied psychology, group dynamics, behavior science and unconscious/conscious human processes. So while quantitatively this pilot may be small effort, qualitatively, this is a pioneering effort where cutting edge global trends in psychology are being used as the foundational theory / concept base on which the life skills for Youth will be based to enable a greater focus on the transformational attitude part of the life skills along with the knowledge and skills.

NCRB crime and suicide statistics show that percentage of youth involved in crimes is staggering 54% and the percentage of convicts is 65%. Another alarming statistic is Karnataka stands 6th nationally in total number of suicides committed, Bangalore, being the suicide capital. The number of youth involved in suicides is staggering 35%. This rising crime rate in youth, alcohol and substance abuse, addictions in youth coupled with unemployment demands a plan to help youth become aware of their attitude and inherent skills and help address the self confidence, interpersonal relations, knowledge, space-boundary-time management issues, emotional and social wellbeing issues plaguing youth today and prepare them to face the challenges of life head on.

**Life Skills Training of Trainers (TOT) Pilot**

Morning Session: Yoga and Meditation

Working in small Groups
Leading researches and reports such as that of Team Lease have revealed the necessity of addressing inner qualities of youth being as important as addressing vocational skills. This life skills programme provides a transformational opportunity for the youth of Karnataka by arming themselves with self awareness, critical and creative thinking, negotiation, prioritization, necessary for better life style choices, employability and through that a better quality of life.

Training of Trainers is a crucial step to decentralize and scale up the programme, ensuring its reach at the grassroots. The life skills programme is based on behavioral science, applied psychology and human processes. This pilot was the first successful step towards this.
Karnataka has a youth population of 1.86 Crores (34.6% of total population, age 15-30). By 2020, a majority of the working population of Karnataka will be the Youth of today and tomorrow. To leverage this demographic dividend, to empower the youth to be creators of opportunities for themselves and others, and to have a direct representation of this diverse group we call “youth” with myriad segments in it, the government decided to evolve the youth policy based on responses of youth and society.

Youth policy was evolved by gathering responses through public Survey questionnaire (Kannada and English), consultation meetings with various stakeholders such as organizations working with youth student wings of political parties, senior Sports persons and Youth Awardees, Vice Chancellors of Universities, District Administration, Panchayat Raj Institutions and MLAs and MLCs. Website and social media platforms were also used to gather responses from youth.

We have received over 10000 responses from youth from all over Karnataka. The responses were collated and analyzed. The committees formed to create the youth policy used this as a base document to evolve and draft the youth policy.

The government of Karnataka has allocated Rs.6.76 Crores for the year 2013-14 to support the implementation of programmes envisioned in the youth policy. Scheme guidelines for effective implementation of all the youth policy schemes and programs have been framed and Govt has accorded approval on 26.11.2013.
General Thimayya National Academy of Adventure established by the Government of Karnataka under the Department of Youth Empowerment and Sports has been instrumental in pioneering the popularization of Adventure Sports in South India. In view of the importance played by the Adventure Sports in inculcating a sense of Adventure among Youth along with team spirit, development of Self Confidence, improving nature awareness etc. the budgetary allocation for the academy has been enhanced significantly in recent years. In the year 2012-13, 24000 Youth of Karnataka have participated in Adventure Camps of three to five days duration in which Adventure Sports like River Rafting, Rock Climbing, Rappelling and Parasailing etc. are conducted. The Adventure Sports Camps organized by the Academy have gained a formidable reputation with special camps conducted on request for Indian Air Force, Karnataka Coast Guard, Nehru Yuva Kendra Sanghatan, Sarva Shiksha Abhiyan etc.
OUR SERVICES

- **Terrestrial Activities**:
  Rock Climbing, Trekking with emphasis on forest exploration, navigation on ground by day and night, map reading, crossing of rivers and rapids, nature awareness camps and scientific explorations, sports climbing etc.

- **Aqua Sports Activities**:
  Rowing, Sailing, Kayaking, wind surfing, short sea-faring forays in fisherman's boats and sailing expeditions, rafting, water skiing, jet skiing etc.

- **Aero Sports Activities**:
  Para sailing etc.
Department of Youth Empowerment and Sports has established 30 Sports Schools and Hostels across the State of Karnataka with a vision to mentor and nurture budding sporting talents at a young age starting from 11 years. More than 1,500 inmates of these Sports Schools and Hostels are provided scientific sports coaching in selected disciplines along with free boarding, lodging, sports kits, tuition, insurance cover etc. The young inmates of Sports Schools and Hostels have been consistently showing improving performances over the years at National and International level. In the year 2012-13, Sports School and Hostel inmates of the Youth Empowerment and Sports Department have recorded 10 International participations in individual and team categories including 05 International Medals, 78 National Medals and 340 State Level Medals in recognized tournaments conducted by respective recognized Sports Federations and Associations.

**Synthetic Tracks and Turfs**

The first step to empowering youth through sports is by creating world-class sports infrastructure all across the state and ensuring access to them. Karnataka has the proud privilege of having one of the highest numbers of synthetic tracks and hockey turfs.
Rajiv Gandhi University of Health Sciences, (RGUHS) is successful in implementing the ambitious Project of Addressing Malnutrition problem in Karnataka – through NSS Units of RGUHS.

Rajiv Gandhi University of Health Sciences is a University having all faculties of Health Sciences, like Medical, Dental, Ayurveda, Pharmacy, Nursing, Physiotherapy, Allied Health Sciences etc with 675 Health Sciences Institutions affiliated to this university.

Rajiv Gandhi University of Health Sciences, in Karnataka is the only university which covers all the 30 districts of Karnataka State which clearly indicates the wide spread coverage of NSS.

Today RGUHS NSS has 17,000 volunteers under regular and 8,500 volunteers under special campaigning programme and 170 NSS units as per required norms.
Creating Ambassadors to Community
“-Realising Mahatma’s Vision” is the slogan of RGUHS for NSS activities.

Rajiv Gandhi University of Health Sciences, Karnataka was awarded the Prestigious Indira Gandhi NSS Award (IGNSS Award) 2012 for the outstanding contribution to the community through School Health Programme in which 1,36,379 primary school children were benefited through 550 School Health Programmes. 54,930 people benefited from 849 Health Checkup camps and 33,385 people benefited from 73 Health education camps.

Rajiv Gandhi University of Health Sciences, Karnataka is the first university in India awarded the Indira Gandhi NSS Award (IGNSS Award) 2012 by the president of India on 19th November 2012 at Dhabar Hall, Rastrapathi Bhavan. The programme co-ordinator NSS also awarded Indira Gandhi NSS Award (IGNSS Award) 2012 by the president of India.
Approach of RGUHS in the Public Health Initiative through NSS – Focus on Malnutrition in 2013

Inspite of several attempts by various stake holders, malnutrition has provided a great challenge. It is documented that there are more than 69000 children with third degree malnutrition in our state. In order to inspire young health professional students and faculty to contribute to the society, theme of “malnutrition” has been chosen for 2012-2013 through NSS units of RGUHS.

· Both NSS Volunteers and students who are not part of NSS are part of this initiative.
· The Health Sciences institutions are encouraged to focus on work towards malnutrition in addition to activities in which they are already engaged in.

With respect to the malnutrition work, following activities are conducted.
1. Assessment of Malnutrition – Diet survey, Ecological review, Anthropometry, Health Examination, etc in Schools / AWW / Communities.
2. Training of Health workers, teachers, ASHA, AWW
3. Health education to the community
4. Counselling and interventions for children with third degree malnutrition in particular
5. Supporting Health check up

NSS Units of RGUHS have identified and adopted an urban / rural school and anganvadies in the respective areas of their institutions. They have built rapport with ICDS, Health, Education and local administration and focused their work for the next 5 years in the area.