

HEALTH, WELLBEING & SPORTS: AN AGENDA FOR THE MARGINALISED YOUTH

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BACKGROUND

India's National Health Mission (NHM) and Rashtriya Kishore Swasthya Karyakram (RKSK) programs have made significant achievements in provision of healthcare to adolescents and youth through of school and community-based interventions. However, the increasing pressures on mental health, especially post COVID are debilitating and require a multidisciplinary, multi-stakeholder approach to propel attention towards a more holistic model of care and support.

The Policymakers' forum at Brussels, Belgium held in November 2022 brought a vital attention to youth mental health challenges. 35 % of suicide occurs in the age group of 15-24 years in India. India has witnessed a surge in youth suicides during the last two years during the COVID-19 pandemic. Policy makers discussed how the present structures can be modified to address mental health disorder such as suicide? Given that, while the usual measures of prevention, promotion and early detection can help in mitigating the "imminent pandemic of mental health issues, it was recommended that we must have a constant dialogue between multiple stakeholders to talk about mental health. This will involve the help of medical practitioners, public officials, civil society organizations, pressure groups, media agencies, schools, parents, and even the adolescents themselves." By sharing their lived experiences, the youths can help experts & policymakers to understand gaps, implement changes in existing structures, and revise a strategic country specific youth policy.

Additionally, the promotion of sports fulfils a vital social need of the dynamic youth population, particularly the marginalized. The Ministry of Youth Affairs & Sports (MYAS), Government of India (GOI) efforts to inculcate a culture of sports at the school levels, promoting sports through its inclusive schemes focused on increasing mass participation and advancement of excellence in sports will showcase India vision and leadership of making its Presidential year 2023 G-20 Summit truly inclusive and participatory in nature. The youth centric efforts of the MYAS, GOI are an attempt to show case India's values and policy measures, so that India's leadership in the G-20 summit can stand out among the youth cohorts. Accordingly, the MYAS, GOI invited leading teaching universities, colleges, nonprofit institutions and allied agencies to submit a variety of themes and organize brainstorming Y-20 workshop on them, focused and building upon the suggestions given at the Policy makers forum at Brussels.

AIMS

1. To organize a brain storming workshop with policy makers, multi-disciplinary professionals & stake holders, including youth on the theme HEALTH, WELLBEING & SPORTS: AN AGENDA OF THE MARGINALIZED YOUTH
2. To understand gaps in current systems & think though implementation approaches in the current structures in order to develop youth policy recommendations for the Government, through onwards submissions during India's G-20 Presidency year 2023.



Partners & Collaborators



ACTIVITIES

Bal Umang Drishya Sanstha (BUDS) (www.budsngo.org), a nonprofit organization working to improve access to health care, education, vocational skill development & prevention of violence among marginalized children & youth in three northern states of India, submitted a thematic concept note on "Health, Wellbeing & Sports; an agenda for the marginalized youth" to the Ministry of the Youth and Sports affairs (MYAS), GOI, as a part of Youth-20 summit under G-20 program of the presidential year of GOI.

BUDS concept note was accepted by the MYAS, GOI. BUDS board of trustees and team were invited to conduct the above-mentioned brainstorming workshop. BUDS joined hands with over 17 multidisciplinary organizations working in the field to prevent violence against children and youth.

A full day long brainstorming workshop was organization on March 29, 2023 at the All-India Institute of Medical Sciences (AIIMS) from March 29, 2023, which the most premier medical college of India. A multidisciplinary group of professionals, partner organizations along with a selection of 12 marginalized youth from the urban slum communities of the NCT region of Delhi India were invited. Multidisciplinary professional experts, academia's, multi-stake holders, allied nonprofit and civil society organizations, government officials & policymakers were also invited to attend the brainstorming workshop at the AIIMS.

Hearing the lived experience of marginalized youths, and their voices of hope, resilience, mental, physical, and emotional wellbeing. The aim was to obtain challenges, and opportunities, insights and gaps in physical and mental health care in development of youth policy construct for India and G -20 partner countries.

One by one, the youth expressed their challenges and adversities and how they overcame them. The youth shall also be providing insights and identify gaps in physical and mental health care in development of youth policy construct for India and G -20 partner countries. A quality videography expert covered the entire event. The videos were circulated nationwide. The Government of India you tube channel was extremely important to transmit the workshop live nationwide. A Rapporteur report has been made. A curtain raiser press release of this event happened before and after the event.



STRENGTHS & CHALLENGES

Voices of the Marginalized Youth

- Aasia Parveen** "Education is the basis of life; without it everything is useless"
- Nisha** "It's important to break free from cultural, social and gender norms"
- Monica** "Sports can provide equal opportunities for all children regardless of the background to achieve their full potential"
- Priya** "The importance of life skills education and resilience through BUDS team to withstand the forced school dropout due to poverty and other family adversities"
- Kishan** "Connecting young people voices through print and social media through sports schemes is a critical need of their holistic development"
- Dipali** "Child Sexual Abuse, violence, harassment, school dropout, but still fulfilling her dreams through support from BUDS"
- Priyanshi** "Overcoming chronic health challenges, cultural barriers to obtaining Right to Education"
- Nisha Mewati** "Overcoming Mental health disorders following North East Delhi Violence, communal riots, poverty and the COVID pandemic"
- Vipul** "The importance of spreading community awareness about basic human rights such as right to education and health—now a successful supreme court lawyer"
- Pintu Jha** "Rehabilitation from a deprived state, runaway street and working child into an employed youth with degrees in Master in computer application (MCA)"
- Aarti** "Poverty, illiteracy, child marriage, domestic violence, separation from husband, parenting a 2year old baby daughter and fighting legal battles to obtain human rights, while studying at BUDS PACE centre"

KEY TAKE AWAY POINTS

- The state of marginalised children and youth is a major violation of their human rights and is huge public health problem.
- The voices and success stories of the youth are truly inspirational case examples, which can help revise and develop policies and strengthen the youth welfare systems.
- The importance of understanding the gaps in child protection systems and how to implement new approaches into improving the present systems is extremely important.
- Health, wellbeing, and sports are interlinked with each other. It is our responsibility to push children and youth towards sports and encourage children to be active.

