YOUTH FOR GOVERNANCE FELLOWSHIP, MYSURU

Orientation & First TrainingWorkshop

12th & 13th May 2023

Satya Hall, SVYM, CA2, KIADB Industrial
Housing Area Ring Road, Hebbal, Mysuru-570 016

Table of Contents

Background

With more than 50% of its people below 25 years of age, India houses one of the youngest populations in the world. By learning active citizenship and social responsibility, this young population with massive potential can help ensure good governance in the country.. Ergo, engaging the youth to help them express themselves democratically, get involved in the social change processes and get involved with governance institutions to achieve inclusive and equitable socio-economic development, becomes pivotal.

Since 2017, in line with the organisation's long-term strategy, Participatory Research in Asia (PRIA)[1] has engaged deliberately, actively, and inclusively with young people across India and beyond as part of its Youth-n-Democracy (YnD) program. The vision was to support and foster our democracy and its democratic institutions, in which aware, active, and engaged citizens make democracy function in their lives, every day.

The first State Youth Policy of Karnataka, launched in the year 2012, reflected the aspirations and needs of youth across the state. The policy was informed by a study conducted by the Karnataka Knowledge Commission. The study titled "Perceptions, Aspirations, Expectations and Attitudes of the youth of Karnataka", pointed out the dichotomy existing between individual autonomy and existing as part of a group identity.

The study indicated two critical facts regarding politics, economics and governance which are:

1) Youth of Karnataka were unhappy with the inability of governments to meet the expectations of common people, and
2) Youth from newly empowered social groups and disadvantaged sections were increasingly frustrated with the injustice that the system meted out to them.

A decade later, Karnataka's second Youth Policy was drafted in 2022, for the 30% of its youth, focusing on Youth Development and Youth for Development. The policy draft estimates that by 2028 the dependent population (aged 0-19 and above 65 years) would be more than the working population. Given this scenario, investment in the youth becomes the need of the hour if large social, economic, and environmental changes have to be brought about. Recognizing this, Karnataka's Youth Policy 2022 envisions to build youths who can bring about constructive societal change and act as agents of change.

Hence, to meet the expectations and aspirations of Karnataka's youth, for them to become agents of change and bring about societal change as envisioned by the policy, it becomes imperative to involve them in governance through building an understanding of the policy making, planning and implementation process across multiple levels and institutions – local, provincial and federal. In this direction PRIA in partnership with Hanns Seidel Foundation (HSF)[2] as part of its Youth-N-Democracy initiative launched a 9-month Youth

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[1] About PRIA: Established in 1982, PRIA (Participatory Research in Asia) is a global centre for participatory research and training based in New Delhi. To know more: www.pria.org

[2] About HSF: The Hanns Seidel Foundation, founded in 1967, is a German political foundation, supporting India's federal-democratic structures, its safety architecture, promoting regional dialogue and improving communal water management system. To know more: www.india.hss.de

for Governance (Y4G) learning program for college students, aged 18 to 25 years to develop a cohort of youth in Karnataka, who develop the willingness to contribute to the participatory functioning of governance institutions in their future life. Along with ensuring the participation of youth in democracy and cultivating an understanding of the administrative functioning and governance, the fellowship through its training sessions aids the fellows in maintaining a healthy mental state, teach them collaboration, teamwork, decision making and communication skills, all of which would contribute towards building future leaders.

The Fellowship is currently in its second year, being offered to youth studying in Higher Education Institutions in the city of Mysuru, in Southern Karnataka in partnership with Grassroots Research and Advocacy Movement (GRAAM)[3] and HSF.

Youth for Governance Fellowship Goal

To promote understanding among youth in Karnataka on the values of federalism, principles and structures of decentralised governance in India, and confidence in Self to promote common goodand contribute to participatory governance.

Youth for Governance Fellowship Outcome

At the end of the learning program, Y4G Fellows are expected to have:
- Recognized their individual and collective strength as agents of change.
- Understood the decentralized governance structure of India (principles of federalism andsubsidiarity).
- Learnt basic community-based tools to hold governance institutions accountable.

This year the Orientation and first face to face workshop was scheduled on the 12th and 13th of May 2023. The report covers in detail the sessions and activities that took place over the course of the two days.

Day-1

Welcome and Inauguration

The program began with the lighting of diyas by the Chief Guest- Anil Kumar Dixit from Dixit Arogya Dhaama[4], Mysuru, Dr. Basavaraju R. Shreshta, Executive Director GRAAM and Nikita Rakhyani, Lead, Youth Engagement at PRIA. Mr. Anil Dixit stepped up to the podium to speak about his childhood experiences that taught him governance at a young age. He believes governance starts at home and is learnt at home. *"The governance in the state is the replica of governance at home",* he stated. Talking about social consciousness, social

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[3] About GRAAM: GRAAM is a development research and policy engagement initiative in India. To know more: www.graam.org.in/

[4] About DAD :- The Dixit Arogya Dhaaama is an ayurvedic clinic in Vijayanagar, Mysuru.To know more: https://www.ayurvedamysore.com/

responsibility, being street smart, maintaining public relationships, he said one must look beyond personnel ambitions to ensure well-being not only at one's own home but also of the entire neighbourhood. He emphasized on the need for active participation in the proper functioning of our community.

Dr. Basavaraju in his keynote address to the fellows underlined the importance of youth participation in democracy and responsibility that lies in the hands of the youth to protect it. *"If we don't take care of democracy, democracy would not take care of us, it is our responsibility to take care of democracy"* and valuing democracy, believing in its ethos, having faith in its ideals is even more important because *"A government without Democracy is a society without morality,"* he mentioned.

Reminiscing India's rich cultural and political heritage he said, *"We didn't learn democracy from the west, it was innate in Indian ethos and culture, when people could not even think about democracy, Indian had its first republic".*

Three dimensions of people's government which are limits to the power of the ruler, accountability of the ruler, people' direct or indirect participation in the governance or their right to self-governance were also highlighted by him in his speech.

Our Youth Engagement Lead, Nikita then took the floor to introduce the fellowship to the fellows through the video created by PRIA.

Session 1: Introduction of the Fellows

A fun introduction activity followed where fellows were divided into groups of three and were given a piece of paper. Everyone had to write their name on the sheet and any element from nature they associate themselves with along with the reason. They had to share their sheet with their group members and each member had to introduce the others and not themselves. They were urged to form groups with people they were not familiar with.

Y4G Fellows introducing each other's in groups.

What the Fellows associate themselves with....

I associate myself with flower because flowers are regarded as smooth and smoothness is interpreted as weakness but if flowers were weak, grass wouldn't grow.

I associate myself with ocean because I can adapt anywhere, I am placed. I am salty in my sarcasm and calm and unpredictable in my ways.

I associate myself with fire because it is sued as positive and negative and even I have both these sides based on how people behave

I associate myself with birds because I want to live my life like free birds, without any restrictions

I associate myself with water because I go with the flow.

I associate myself with air because like air I am important to my family, my parents and society

I associate myself with moon because I am a night person and i enjoy the peace at night, I enjoy night walks, night rides as it gives me a lot of peace

I associate myself with Penguins because with their tiny feet they survive the most adverse situations, they are loveable and smart

I associate myself with Rabbits because it symbolises longevity, auspiciousness, cautiousness, cleverness, self-protection.
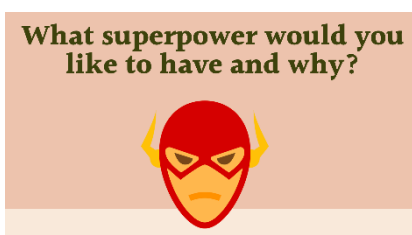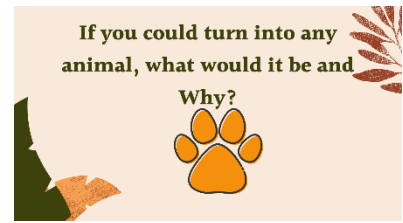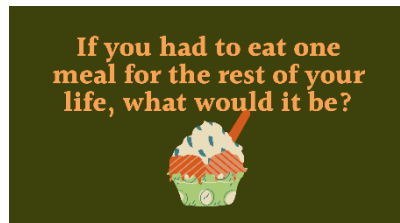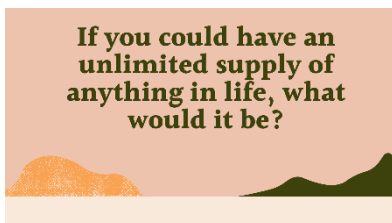
Post this activity, participants were given a quick overview of PRIA and GRAAM's works and areas of intervention along with a discussion on the genesis of PRIA's youth intervention.

Activity: Know Your Buddy

Objective: Icebreaking

Following the overview, fellows got a chance to know each other through an entertaining and stimulating exercise called **"Know your buddy**". Music played while the participants moved around the room and each time the music stopped, they had to form groups of four and discuss the question displayed on the screen. They were encouraged to form groups with different people everytime. The opportunity to connect with a variety of people, as opposed to just one group, through a single activity made the activity enjoyable for the participants.

Light and amusing questions like- *What superpower would you like to have, a meal that you could eat for the rest of your lives* and the like allowed them to learn things about each other within half an hour that would have otherwise taken the entire duration of the fellowship. All the running around and adrenaline induced from stopping abruptly with the music took many of them back to their childhood as they fondly mentioned during the feedback. Since the fellows would be spending quite some time together working in group and conducting action research, activities like these were a great ice breakers and energizers.

If you could have an unlimited supply of anything in life, what would it be?

If you had to eat one meal for the rest of your life, what would it be?

If you could turn into any animal, what would it be and Why?

KNOW YOUR BUDDY!

Youth for Governance Fellowship, Mysuru
Participatory Research in Asia, New Delhi

What superpower would you like to have and why?

What is your educational background?

Why have you joined the Y4G fellowship program?

In order to create a safe space where one can express views, opinions, and experiences without the fear of being judged or being a target of criticism- certain norms, dos and don'ts, that the fellows would be required to adhere to for the coming nine months, were laid out and discussed before breaking for lunch. These norms related to absence, consent while taking photos and uploading on social media, respecting community members, zero tolerance for sexual harassment or making jokes about people, etcetera.

Session 2: Making the best of Resources.

Objective: A team building activity to help the fellows understand how group functions, learn to work in and with a group, collaborate on a common goal, learn group dynamics, resolve team conflicts, share skills and build connections.

Participants were divided into groups of five and asked to build something that is long and durable using the materials kept at their table. They could not borrow stuff, take additional resources or assistance. The materials that were provided to them were- rope, pencil, sketch pens, balloons, leaves, sticks, chart paper, sand.

The outcome:

Through the **"Save Tree, Save Life"** concept, Group 1 illustrated the state of a smoker's heart on one side and a healthy heart on the other. The main message of the model, "Stop Smoking," and "Plant Trees," was fairly evident from their demonstration.

Group-2 developed the model of Organic **Soil** and talked about its benefits.

A model encouraging green and clean environment was developed by Group 3, a sustainable filter that would help purify the toxic gases emitted by factories.

Group 4 made a bird house using the materials.

And the winners were...

Group 3 with their "Windmill model" that would, sitting at the top of Chamundi hills, harness the wind to supply energy to run a factory.

The fellows found the activity -interesting, constructive, thought provoking and a great creative outlet.

Post their presentation they were asked about their experience of working in the group, how they arrived at a consensus? Was there anyone in the group that was leading? Did any sort of conflict arise in their group? What to do to ensure everyone participates equally in the group?

The purpose of the activity and these questions was to inform them about group dynamics and how group functions. Values of democratic leadership i.e., forming consensus before arriving at a decision, listening to each other, encouraging others to participate, speak and share their ideas, not ignoring the minority voices in the group but respecting diversity, solving conflicts within the group, mapping out solutions and working together were highlighted in the discussion.

Sticking to these values and principles of decision making, democratic leadership, conflict resolution, forward while working in the groups was emphasized by the facilitator.

Day-2

Session 3: Rivers of My Life

Objective: Part of the self-module, this activity is the first step for the fellows to know about themselves, reflect and introspect.

Second day of the workshop began with an activity where the participants had to share something interesting that they did during Covid, something that made them happy or a hobby that they picked up and would recommend others to try their hands at. After everyone shared an interesting hobby or activity that they picked up during Covid, the session on Rivers of My life began.

Taking river as the metaphor, participants were asked to close their eyes and think about the shape their river would take. Just as a river has an origin and a destination, never flowing smoothly, they face highs and lows, twists and turns and bumps on the way. They encounter rocks, mountains, trees that give them shade. The journey of life is similar, they were told. They had to think about a starting and an ending point of their life, where they imagined their life would end. The challenges and hurdles like mountains they faced, people who were their support system, gave them shade like a tree. Important incidents that had an impact on their life, that shaped them as individuals, values, and qualities about themselves they would like to take forward,

relationships they would like to improve, keep or mend that would help them in achieving their goals.

Y4G Fellows mapping the river of their life.

After this introspective activity, participants felt calm, at peace, relaxed, relieved, some felt proud of themselves, a few got nostalgic. One participant was left confused.

Fellows who wanted to share their journey were encouraged to do so. They could take the papers with them, contemplate, reflect, write things on it, remove it, it was their life's journey, they could do whatever they wanted to do with it.

The facilitator concluded the session by pointing that every life has ups and downs but one should know their strengths, their weakness, people in their life who are demotivating and encouraging. It is only once we have a thorough understanding of who we are that we are will we be able to navigate the conditions and circumstances of our lives.

By establishing a ground rule that whatever was spoken in the room would stay in the room, the activity ended.

Session 4: Mapping Mysuru's Civic Issues

Objective: Finding out important civic issues that concern the fellows while also learning to work in a team.
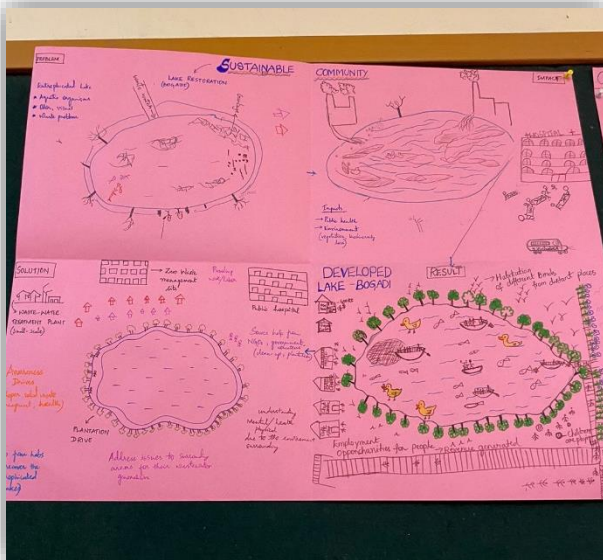
In this session participants were required to choose a civic issue that they felt needed to be addressed right away, construct a storyboard for it, and present it to the group. They were explained what a storyboard is.

Before creating a video, a storyboard is used to visualize how scenes would look shot by shot through illustrations. Participants had to draw four scenes in the storyboard. The first picture should describe the current condition, the second should illustrate how they envision the situation to be, and the third should demonstrate what must be done to realize the vision and the objective. A theme for the board should be decided after a consensus within the group.

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Five groups were made, and each group identified a particular problem and came up with ideas for solving the problem. Long drawn discussion among the participants on each storyboard followed the presentations and feedback on their presentation was provided.

What the groups presented:

Group 1 highlighted the issue of polluted lakes and showcased their approach to recover lakes.
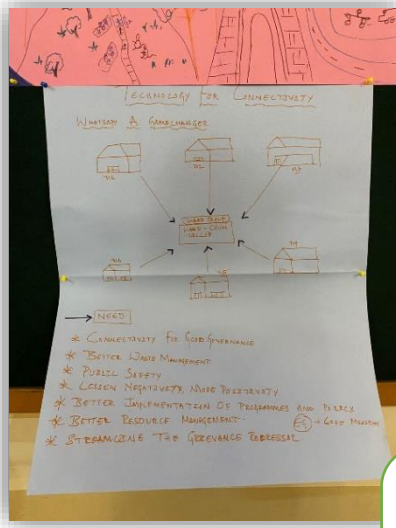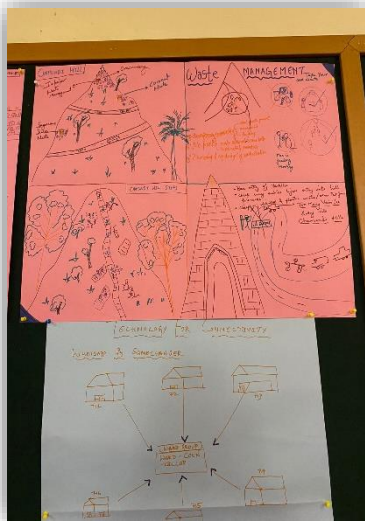

Group 2 found out ways to increase afforestation and livelihood generation.

Group 3 worked out a plan for the proper management and disposal of waste in certain pockets of Mysuru.

Group 4 sought solutions for waste management at Chamundi hills.

Group 5 identified the problem of alcohol abuse among the youth and sought to solve it through education.

Discussion on the Structure and Timeline[5]

In the last leg of the two-day orientation and workshop, Y4G Fellows were provided with details about what to expect in the coming days of the fellowship. The modules along with the schedule for each session were shared with the fellows. Based on participant's convenience, it was decided that they would be meeting weekly on Sundays from 10 a.m. to 12 p.m. and face to face on certain dates. Additionally they would have to complete an assignment or quiz post every session.

For the feedback a google form was circulated.

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[5] Page 16-18

Feedback from the Fellows:

- The group activities were very encouraging as it allowed us to come up with ideas and work as a team to finish the task in the stipulated time.
- The river of life was particularly interesting, it took me down a memory lane through my life. It was very emotional to look back the difficult times at the same time being proud about my achievements.
- The activity of know your buddy was a real icebreaker as it allowed us to talk to the other fellows and get to know them.
- I think the fellows should have been given an opportunity to introduce their profession and what they are trying to achieve after completing their studies and how this Y4G fellowship can help them to achieve their goals.

Annexures

1: Structure of the Fellowship

Module 1 Understanding Self	Module 2 Understanding Identities	Module 3 Understanding Governance	Module 4 Understanding Participation and Citizenship	Module 5 Understanding Society	Module 6 Understanding Social Accountability	Research With the People
Session 1: Physical Self	Session 4: Introducing Identity	Session 7: Participatory Governance: Understanding Principles of Federalism Subsidiarity and Constitutional Rights	Session 10: What is Participation?	Session 12: Power, Inequality and Society	Session 15: Relations between Government and Citizens: Types of Accountability; Benefits of Social Accountability; Diagonal Accountability; Rights Associated with Social Accountability	Session 18: Group research on social accountability and participatory governance in Mysuru: Selection of research topics, areas, tools, etc,
Session 2: Diversity of Self	Session 5: Gender, Sexuality and Identity	Session 8: Governance of the People, By the People, For the People: 73rd and 74th Constitutional Amendments Acts	Session 11: Who is an Active Citizen?: Concepts and Principles of Horizontal Citizenship	Session 13: Stakeholder Analysis	Session 16: Delivering Inclusive Services: How can citizens, organisations, and governments (across all levels) ensure the voices of the poor are being heard	Session 19: Presentation of draft finding
Session 3: Mental Self	Session 6: Navigating Identities	Session 9: Role of Panchayats and Municipalities in Delivering Governance		Session 14: Introduction to Community Based Participatory Research	Session 17: Social Accountability Tools ▢ Public Expenditure Tracking Surveys ▢ Social Audit ▢ Participatory Budgeting	

The training program is divided into:

6 modules

Short research/survey by Fellows related to social accountability and governance. (For example, through community-based research on availability of water in the informal settlements of Mysuru, Fellows will understand how achieving equitable access to water in a city is influenced by policy and program decision making and implementation across local, provincial, and federal levels.)

Two public events, led by the Y4G Fellows; and a few *college-level events*.

Mode of Delivery: A blended experiential learning approach will be used to deliver the training sessions. The approach will use combined methodologies of physical and virtual training, along with some on-field experience.

2. Timeline

Modules	Dates	Dates	Meeting Format
Orientation Workshop	1st Training Workshop	12th – 13th May	Face-to-face
Delivery of Training	Session 1: Democracy in Everyday Life	21st May	Virtual
	Session 1: Physical Self	28th May	Virtual
	Session 2: Gender, Sexuality, and Identity	31st May	Face-to-face
	Session 3: Mental Self	11th June	Virtual
	Session 4: Diversity of Self	18th June	
	Session 5: National Youth Policy	22nd June	Face-to-face
	Session 6: Introducing Identity	25th June	Virtual
	Session 7: Participatory Governance: Understanding Principles of Federalism, Subsidiarity and Constitutional Rights	7th – 9th July	Face-to-face
	Session 8: Governance of the People, By the People, For the People: 73rd and 74th Constitutional Amendments Acts		

	Session 9: Role of Panchayats and Municipalities in Delivering Governance		
	Session 10: Identifying Research Topics and Submitting Proposals Preparations for International Youth Day	15th July & 22nd July	Virtual/Face-to-face
2nd Face-to-face training workshop	Session 11: Navigating Identities	8th – 10th August	Face-to-face
	Session 12: What is Participation?		
	Session 13: Power, Inequality and Society		
	Session 14: Stakeholder Analysis		
	Session 15: Introduction to Community Based Participatory Research		
	Session 16: Visit to Mysuru City Corporation		
	Preparation for International Youth Day	11th August	
Delivery of Training	Session 17: Relations between Government and Citizens: Types of Accountability; Benefits of Social Accountability; Diagonal Accountability; Rights Associated with Social Accountability	26th August	Virtual
	Session 18: Delivering Inclusive Services: How can citizens, organisations, and governments (across all levels) ensure the voices of the poor are being heard?	27th August	Virtual
	Session 19: Social Accountability Tools – Public Expenditure Tracking Surveys – Social Audit – Participatory Budgeting	3rd September	Virtual
Research With the People	Session 19: Group research on social accountability and participatory governance in Mysuru	August – October	Physical (Research to be conducted by fellows with support from GRAAM & PRIA Team)

3. 12th & 13th May Session Design:

Time	Activity
Day 1 Friday 12th May 2023	
10.00 am - 11.00 am	Inaugural Address - Keynote Address by Dr.Basavaraju R Shreshta , Anil Dixit and Nikita Rakhyani on Youth and Democracy
11.00 am - 11.40 am	Fellow Introductions - Ice Breaker (Association)
11.40 am - 12.00 am	Tea Break
11.00 am - 11.45 am	Introduction to Youth for Governance Fellowship (Overview of the PRIA, GRAAM, Fellowship program (objectives, timelines, methodology), setting the expectations, sharing the impact)
11.45 am - 12.30 pm	Know your Buddy Ice Breaking Activity
12.30 pm - 01.00 pm	Group Activity - 'Making the best of the Resources'
01.00 pm - 02.00 pm	Lunch Break and Networking
02.00 pm – 03:30 pm	Group Activity - 'Making the best of the Resources'
03.30 pm - 03.45 pm	Tea Break
03:45 pm- 04:30 pm	Group Activity - 'Making the best of the Resources'- Presentation and Discussion
Day 2 Saturday 13th May 2023	
10.00 am - 11.00 am	River of My Life
11.00 am - 11.15 am	Tea Break
11.15 am - 01.00 pm	Mapping civic issues of Mysuru and Presentations by the fellows
01.00 pm - 02.00 pm	Lunch Break and Networking

2:00pm-2:30pm	Energizer
02.00 pm - 03.30 pm	Mapping civic issues of Mysuru and Presentations by the fellows
03:30 pm-03:45 pm	Tea Break
03:45 pm-04:15 pm	Mapping civic issues of Mysuru and Presentations by the fellows
04:15 pm-05:00 pm	Sharing and Discussion of the timeline and schedule