



## Youth Alliance of India

### Vision

Our vision is a world in which each individual acts and leads towards achieving harmony with oneself, others and nature.

### Strategies

We see the breakthrough for this is within each individual. Hence, Youth Alliance aims to intervene there but we don't want to do it in the right and wrong paradigm, because that's just in the head. We wish to take individuals on a journey of rediscovery - to find and speak their own truth, to listen to each other and build a common language. Journeys that engage the faculties of head, heart and hands.

Each journey has following aspects:

1. Explore the Self
2. Exposure to Multiple Realities
3. Experiment in the path of purpose
4. Context of Community

### Mission

To facilitate transformational journeys of un(learning), healing, and enquiry through immersive and collective processes.

### Website

<https://www.youthallianceofindia.org>

### E-mail ID

[info@youthallianceofindia.org](mailto:info@youthallianceofindia.org)

## Asian Environmental Youth Network

### Purpose

As the world develops towards a sustainable future, we need Asians to step up and set the example. That's where we come in.

### Website

<https://www.aeyn.org>

## National Youth Council of India

### Goal

To bring together nationwide spread youth and organizations and movements to foster cooperation, dialogue, network and collaboration for youth empowerment and development.

### Website

<https://youthcouncilofindia.org>

### Strategies

Guiding Principles:

1. Enhancement of Peace and National Unity
2. Equity and Diversity
3. Cultural and spiritual diversity
4. Gender equity and equality
5. Youth Empowerment for sustainable livelihoods
6. Youth participation
7. Youth-driven
8. Youth service
9. Mainstreaming youth issues
10. Prioritizing youth issues
11. Sustainable development
12. Transparency and accessibility

# Indian Youth Climate Network

## Goal

We aim to generate holistic awareness and empower ourselves as a generation of young people to take effective action against climate change, at a local, state, national and international level. We as the future leaders and concerned citizens of the country must contribute to generating awareness and establishing consensus on what role India should play in the global debate, and how it should address domestic issues of climate justice and adaptation.

## Purpose

The purpose of IYCN is to bring the voice of Indian youth on the global platform as South Asia is one of the most vulnerable regions affected by potentially catastrophic climate change and environment issues.

## Website

<https://iycn.in/index.html>

# Restless Development – Powered by Young People

## Purpose

Restless Development India has been working with partners from Government to businesses to support young people and their communities for over 30 years. We currently have a focus on securing brighter futures for young women and girls.

## Website

<https://restlessdevelopment.org/country/india/>

# YuWaah – The Potential of Young People

## Goal

Enabling India's youth by connecting them to aspirational socio-economic opportunities, and engaging them as active changemakers.

## Strategies

Identify high-impact, scalable initiatives and enable roll-out at scale by brokering investments and shared value partnerships. Identify whitespaces and foster breakthrough innovation by co-creating solutions with youth to ensure they are drivers and agents of social change.

## Purpose

In order to enable meaningful participation of young people with its work, YuWaah has set up a special Young People's Action Team (YPAT) which will work closely with the core team to ensure YuWaah's interventions work with and for young people at all levels. The YPAT will have representation within all governance levels within YuWaah, including the Advisory Board.

## Website

<https://www.yuwaah.org>

# Youth Forum- Family Planning Association of India

## Purpose

To advocate for the Youth Rights in the Field of SRHR

## Geographical Reach

22 states



# Young Indians – We Can We Will

## Goal

We believe Today our nation demands Youth to stand for the better future and only Together we can & We will build the New India, The Better India.

## Strategies

Pillars of Young Indians:1. Youth Leadership  
2. Nation Building  
3. Thought Leadership

## Purpose

Youth to converge, lead, co-create and influence India's future. As an integral part of the Confederation of Indian Industry (CII), a nongovernment, not-for-profit, industry led and industry managed organisation playing a proactive role in India's development process.

## Website

<https://www.youngindians.net>

# Yuvsatta – Youth for Peace

## Vision

We envision a world where all people are equally respected, fully protected and universally realized. Included in this vision is a world where all young people – regardless of nationality, ethnicity, religion, class, gender or other differences – are encouraged and empowered to nonviolently claim their own rights and serve as advocates for the rights of others.

## Purpose

Yuvsatta: Now entering 25th years of voluntary services (Since 1990), Yuvsatta-an NGO is working in a variety of areas to steer the young people towards implementing Gandhian ideals of Constructive Programme based on voluntary effort and individual & community action.

## Mission

Yuvsatta volunteers believe there are capable young leaders in every global community, who can become catalyst or 'Agents of Change'. Preparing & motivating such young leaders to 'Inspire Change for a Violence free Humane World' is the mission of Yuvsatta's various projects, the international exchange programs and an annual 'Global Youth Peace Fest'.

## Website

<https://volunteeratyusatta.in/>

## E-mail ID

[info@volunteeratyusatta.in](mailto:info@volunteeratyusatta.in)

# Teach for India

## Mission

At Teach For India, we believe leadership for education is the solution. We are building a movement of leaders who will eliminate educational inequity in India.

## Geographical Reach

Teach For India Fellows teach in Ahmedabad, Bengaluru, Chennai, Delhi, Hyderabad, Kolkata, Mumbai and Pune.

## Contact Details

<https://indiancc.nic.in/contactus/>

## Strategies

To build a growing movement of leaders, Teach For India runs a two year Fellowship and supports an unstoppable Alumni movement.

## Website

[www.teachforindia.org](http://www.teachforindia.org)



# National Cadet Corps

## Vision

The NCC aims at developing character, comradeship, discipline, a secular outlook, the spirit of adventure and ideals of selfless service amongst young citizens. Further, it aims at creating a pool of organized, trained and motivated youth with leadership qualities in all walks of life, who will serve the Nation regardless of which career they choose. Needless to say, the NCC also provides an environment conducive to motivating young Indians to join the armed forces.

## Purpose

The National Cadet Corps (NCC) is a youth development movement. It has enormous potential for nation building. The NCC provides opportunities to the youth of the country for their all-round development with a sense of Duty, Commitment, Dedication, Discipline and Moral Values so that they become able leaders and useful citizens. The NCC provides exposure to the cadets in a wide range of activities, with a distinct emphasis on Social Services, Discipline and Adventure Training. The NCC is open to all regular students of schools and colleges on a voluntary basis. The students have no liability for active military service.

## Vision

Unity and Discipline is the motto of NCC

## Strategies

Institutional Training and Camping under service divisions of Army, Navy and Airforce for both boys and girls. Three levels of training (Level A, B & C)

## Geographical Reach

Pan India through NCC Directorates

## Website

[www.indiancc.nic.in](http://www.indiancc.nic.in)

## E-mail ID

Joint Director Publicity and PR, Office: 011-26194436

## Contact Details

<https://indiancc.nic.in/contactus/>

# SEK Foundation

## Vision

Learn Unlearn Relearn

## Goal

SEK Foundation (TSR/ TC/ 378/ 2021) is a non-governmental organization (NGO) working to bring Comprehensive Sexuality Education to the people of Kerala.

## Geographical Reach

Kerala

## Website

[instagram.com/sexeducation.kerala](https://www.instagram.com/sexeducation.kerala)

## Mission

CSE for All

## Purpose

Our Purpose (Aim) is to bring modernized, evidence-based, science-backed Comprehensive Sexuality Education as an age-appropriate curriculum to the people of Kerala, through both offline and online means.

## E-mail ID

[sexfoundation.official@gmail.com](mailto:sexfoundation.official@gmail.com)

## Contact Details

8281595556 Edwin/ 8590089363 Niha



# National Service Scheme

## Vision

The Motto of NSS "Not Me But You", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students development & appreciation to other person's point of view and also show consideration towards other living beings.

## Purpose

Involving students in the task of National service.

## Strategies

Community service rendered by university and +2 level students has covered several aspects like adoption of villages & Urban slums for intensive development work, carrying out the medico-social surveys, setting up of medical centres, programmes of mass immunization, sanitation drives, adult education programmes for the weaker sections of the community, blood donation, helping patients in hospitals, helping inmates of orphanages and the physically handicapped etc. NSS volunteers rendered commendable relief work during natural calamities/emergencies such as cyclones, floods, famine, earthquake, tsunamis etc from time to time all over the country. The NSS students have also done useful work in organising campaigns for eradication of social evils, and popularization of the nationally accepted objectives like nationalism, democracy, secularism, social harmony and development of scientific temper.

## Mission

The cardinal principle of the programme is that it is organised by the students themselves and both students and teachers through their combined participation in social service, get a sense of involvement in the tasks of national development. Besides, the students, particularly, obtain work experience which might help them to find avenues of selfemployment or employment in any organisation at the end of their university career.

## Website

[www.nss.gov.in](http://www.nss.gov.in)

## E-mail ID

E-mail:[jdpubhq-ncc\[at\]nic\[dot\]in](mailto:jdpubhq-ncc[at]nic[dot]in)

## Contact Details

<https://nss.gov.in/contact-us>

## I - Lab

### Vision

To transform 250 million lives tomorrow in the coastal community by reforming children through education

### Goal

A youth-led, youth-run non-profit organization aiming to empower the coastal communities of Kerala through a sustainable education model and innovative strategies

### Geographical Reach

Kozhikode

### Website

[ilabindia.org](http://ilabindia.org)

### Mission

To build a community of young leaders who can act as the catalyst for social changes

### Purpose

The coastal community as a whole is disregarded by other communities with contempt and low esteem.

Based on the study conducted by iLAB in support of Indian Institute of Management Kozhikode, we had identified a remarkable dropout rate. Students haven't acquired primary education in minimum standards and are unable to even write their name in their mother tongue

### E-mail ID

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### Contact Details

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# The Red Cycle

## Vision

Our vision is a world with a spirit of inquiry where the last menstruating person is guaranteed dignity and is not subjugated by majoritarian beliefs and profiteering.

## Purpose

In recent years, many state interventions that specifically focus on the menstrual health of adolescents are being made available in schools of Kerala. This includes the National Adolescent Health Programme (RKSK), Adolescent Health Care Programme implemented through Souhrida Clubs by Department of Higher Secondary Education, Kerala, and the She Pad Project run by the Kerala State Women Development Corporation. Menstrual health services are also being provided by multiple agencies from different nongovernmental and private sectors. Young menstruating children in Kerala's schools believe that they should be introduced to lessons on menstrual health before the onset of their menarche. They want such platforms to include the non-menstruating children in schools as well. It has been observed that the teachers, who can be a source of consistent help and correct information, often lack the capacity. The absence of safe spaces and less conversation around menstruation in Kerala's schools is destined to propagate misinformation, unscientific beliefs and menstrual stigma often compounded by shame and embarrassment surrounding the human body and bodily processes.

The magnitude of effect of early menarche on school enrolment is sizable. Evidence from the Indian Human Development Survey 2014 shows that the mean age at menarche among Indian women was 13.76 years in 2005. It declined by three months from 13.83 years among women born prior to 1955–1964, to nearly 13.62 years among women born during late 1985–1989. The reduction of nearly one month per decade, suggests a secular decline in age at menarche among Indian women. However, it is to be noted that these aggregate national figures mask extensive spatial heterogeneity. The study highlights that the menarcheal age is significantly associated with the area of residence, geographic region, linguistic groups, educational attainment, wealth status, caste and religious affiliations among Indian women. Restrictive social norms around menstruation undermine gains from improved health indicators and become another driver of gender gaps in human development. The absence of contextual data to measure the experiences of menstruating students in Kerala's schools indicate the necessity of addressing gendered deprivations through innovative policy interventions.

## Geographical Reach

Kerala

## Website

[instagram.com/theredcycle.in](https://www.instagram.com/theredcycle.in)

## E-mail ID

[redcycleorg@gmail.com](mailto:redcycleorg@gmail.com)

## Goal

The Red Cycle is a grassroots movement that addresses various issues around menstruation and menstrual health through knowledge sharing and evidence-based action.

## Mission

Our mission is to co-develop a vanguard people's movement to achieve menstrual equity and rights through need-based actions, multi-stakeholder engagements, community interventions and policy advocacy.

## Strategies

Through our intervention we aim to co-create safe and participatory spaces in schools for the menstruating individuals, before or along the onset of their menarche. Our solution proposes five strategic components (i) Evidence Collection (ii) Consultations (iii) Curriculum Development (iv) Publications (v) Innovation Evidence is critical in measuring how various needs and material circumstances influence one's menstrual experience. Wayanad is the only district from Kerala selected under the Aspirational Districts Programme (ADP), launched by NITI Aayog, Government of India. Wayanad has historically been a melting pot of diverse cultures, ethnicities, languages and communities. We have chosen schools in Wayanad for our pilot data collection. The periodical multi-stakeholder consultations aims to generate contextually rich insights on menstrual health related needs of Kerala. These insights would illustrate the investment needed to ensure that menstruation related information and services are available to pre-adolescents and adolescents in the state from time to time. The consultations would aim to (i) Understand the status of menstrual health related awareness and services for preadolescents and adolescents in the state (ii) Identify best practices and critical gaps in the ongoing efforts and initiatives of both government and civil society stakeholders towards menstrual health (iii) Chart out a way forward for advancing menstrual health related information and services in the state through multi-stakeholder collaborations and meaningful youth engagement.

The Red Cycle aims to co-develop an age-appropriate, comprehensive module around menstrual health for students from classes 5th to 9th in Kerala's government, government aided and unaided schools which follow the syllabus prescribed by the State Council for Educational Research and Training (SCERT). Informing public opinion is crucial in policy interventions that are intended to influence social attitudes. Changes or additions in school curriculum would attract wide scrutiny and criticisms from the society. Hence, it is important to initiate and sustain a larger discourse on menstruation and related aspects. Through this component The Red Cycle will be soliciting articles from subject experts and stakeholders in the sector to publish their views and findings on media platforms. We are hopeful that this will encourage opinions from across the political spectrum to pave the way for progressive changes and informed decision making. With a view of delivering scientific information and developing critical thinking among school children, we further propose to make a Malayalam Comic Book as an auxiliary to the other components of this project. We have identified committed artists who would work on this component following the development of the education module.

## Contact Details

7012919362 – Arjun

# The Period Fellowship (Uninhibited – Org)

## Vision

Our vision is to enable uninhibited dialogue to access menstrual health and normalise menstruation through access to safe spaces for people to overcome stigma around menstrual health & sexual reproductive health to start seeking information, products, healthcare and advocate for their needs and rights

## Purpose

200+ million menstruators in India resort to unsafe menstrual hygiene practises and 93% of adolescent menstruators miss 1-2 days of school while menstruating. Through our holistic approach to behaviour change and India's only MH/ SRH free telemedicine helpline – Hello Saathi, we believe in de-stigmatising menstrual, sexual and reproductive health starting with an individual, household and eventually community to enable marginalised menstruators to seek healthcare, advocate for their needs and participate equitably in school, workplaces and society, eventually leading to reduced gender inequity and better health and wellbeing.

## Website

<https://uninhibited.org.in>

## E-mail ID

[info@uninhibited.org.in](mailto:info@uninhibited.org.in)

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## Contact Details

Dilip Pattubala – 9886781989 (CEO/ Co-Founder)

Pragna Shekar – 9538056220 (Fundraising Manager)

## Geographical Reach

Currently working in:

1. Maharashtra- Palghar district
2. Madhya Pradesh- Jhabua district
3. Bihar- Jamui district
4. Urban- Bangalore & Pune (Hello Saathi with FSWs)

## Goal

Uninhibited builds safe spaces to destigmatise menstrual health in marginalised communities across India

## Mission

Our mission is enable equitable participation of menstruators in school, workforce and societies during menstruation for better learning and earning.

## Strategies

We aim to reach out to 1.5 million menstruators in the next 5 years by creating safe spaces to de-stigmatise menstruation at an individual, household and community level in marginalised communities through the following programmes:

1. Hyperlocal Social Behaviour Change Campaigns – we learnt that mobilising community members to openly discuss the stigmatised topic of MH & SRH was extremely challenging in many marginalised contexts. Hence, we begin by running interactive community campaigns for one month for generating mass awareness around menstrual health through well targeted communication and media plan through hyper local media channels.
2. PeriodShala (Safe Space & Education) – by identifying and training local change agents within these communities we create intimate groups of 10-15 menstruators and take them through 4 sessions on a weekly basis to normalise the process of menstruation and enable them to think critically about oppressive social norms, make informed choices, eventually overcoming the stigma and shame to advocate for their needs and right by creating safe spaces.
3. Hello Saathi (Free Telemedicine Helpline) – initially built as a pandemic response, Hello Saathi is India's only free Menstrual Health helpline that provides 12/7 remote access to critical menstrual health information through IVRS subscription, counsel from trained helpline agents, tele-medical consultations via accredited gynaecologists/ GPs and provide real time updates on existing social entitlements/ schemes around MH & SRH . It provides anonymous, private safe space ensuring menstruators are able to actively prioritise their menstrual health at scale and sustain health seeking behaviour driven through Periodshala. Since July 2020 the helpline has has over 120,000+ engagements.
4. The Period Fellowship (Scaling via Change Agents) – The Period Fellowship recruits passionate dynamic individuals over a 2 year curated leadership programme by building their capacity as menstrual health leaders to implement the above 3 initiatives at scale in the selected regions whilst strengthening the Menstrual health ecosystem in India. Through our direct implementation of the above programmes we are destigmatising Menstrual health at individual, Household and community level to generate demand for MH & SRH information, rights, products and infrastructure enabling menstruators to advocate for their needs and rights while making informed choices.



# Hidden Pockets Collective

## Goal

To create a safe space for young people to access \affordable, good quality and non judgemental sexual and reproductive healthcare in India.

## Mission

Young people to access affordable, good quality and non judgemental sexual and reproductive healthcare in India.

## Website

[www.hiddenpocketscollective.org](http://www.hiddenpocketscollective.org)

## E-mail ID

[aadhira@hidden-pockets.com](mailto:aadhira@hidden-pockets.com) &  
[hiddenpocketsinfo@gmail.com](mailto:hiddenpocketsinfo@gmail.com)

## Contact Details

Athira: 7559982702

## Purpose

Works around CSE, Safe Abortion, Alternative Justice, SRHR awareness.

## Vision

A future free of sexual shame

## Geographical Reach

Pan India

# Kites Foundation

## Vision

Fashioning India into an abode of peace, prosperity and sustainability through youth led development.

## Geographical Reach

pan kerala

## Website

<https://kitesfoundation.org>

## Mission

To incubate and celebrate transformative individual ideas through collective effort to build leaders of tomorrow, capable of responding to the new challenges. To identify and resolve community-based problems with desirable solutions by joining hands with the Government machinery. To engage in quality knowledge generation through research to facilitate informed actions. To explore the potential of youth networking within and outside the nation.

## E-mail ID

[info@kitesfoundation.org](mailto:info@kitesfoundation.org)

## Contact Details

Ajmal +91 97453 77786





# Muse Foundation

## Vision

To create an ideal society free of any form of issues.

## Purpose

The Education System. The system was meant to solve all the societal problems with an expectation that it would give out a rational and sound population that will not indulge itself in crimes or be a reason for any of the issues. Has it worked? Even after years of education, we continue to deal with not one but many problems in the society, that goes to prove that the current education system has failed to address the root cause and subsequently the issues. And we firmly believe to bring back humanity, make the people reason, self sufficient and to empower them, we must wake them up to their greatest capability - to think.

## Mission

We aim to make our population think rationally and make them the agents of change by various programmes, initiatives, thus, facilitating creation of a society that is free from any form of issue.

## E-mail ID

musemovies13@gmail.com

## Contact Details

Helpline: +91 99874 71018

## Geographical Reach

Office based in Thane

# Beyond Blood

## Goal

Here at Beyond Blood, we are driven by a single goal; to enable high quality, comprehensive, evidence based health information on disorders that particularly affect menstruators.

## Strategies

Menstruation is often relegated as an issue to be managed as opposed to a biological life cycle. Keeping this in mind, BeyondBlood employs a life cycle approach to menstruation, which is acknowledging the biological reality of menstrual cycle as well as acknowledging the life cycle of menstruation from menarche to menopause.

## Website

<https://www.beyondblood.org/>

## Mission

To engage in Menstrual Activism and encourage body literacy and menstrual health seeking behavior through a lifecycle Menstruation Approach. To raise awareness and participate in patient advocacy on various Menstrual, Premenstrual, Reproductive and Endocrine Disorders with a particular focus on PMDD. To facilitate research on Menstruation with an intersectional and interdisciplinary approach and influence the academic engagement of Indian researchers.

## E-mail ID

contact@beyondblood.org

## Contact Details

70223 58650 Anuhya



# WISH (Women's Initiative for Success and Happiness)

## Vision

To raise the standard of living of women and children

## E-mail ID

wishfoundation@gmail.com

## Contact Details

Sumayya- 9446441801, Suhanah- 9895442333

## Geographical Reach

Malabar (Kasaragod-Malappuram)

## Mission

To work for women and child empowerment. To render services such as treatment for behavioural disorder of psychological origin. To establish and run psychological counseling centres, geriatric care and child guidance. To raise awareness and conduct campaigns, conferences and sessions.

