



CELEBRATING YOUTH, VOLUNTEERISM & WELL-BEING

5th December & 12th December

300+ 15

Participants

Speakers

15

Good Health Ambassador

21

YINGH fellows

NATIONAL YOUTH CONCLAVE 2020

Day 1- 5th December

Focused on the narrative of addressing meaningful involvement of youth and people living with #NCDs (PLWNCDS) in looking after their well-being. The 3.5 hours event observed some eminent speakers who work in the area of social work and public health. Our Nada Interns also took this opportunity to present their river of life as a peer educator, peer supporter and spoke about their concerns on #tobacco, #alcohol, #junkfood consumption and #physicalinactivity among adolescents in their community.

Day 2- 12th December

Also observed as the International Universal health care Coverage Day, this day focused on importance and #UHC services like it must leave no one behind, it must ensure equity, quality, affordability along with strong care giver support system and gender inclusivity. It is very important that we as youth should be conscious of our right to health care. The 4.5 hours event also focused on ways to empower the youth volunteers by addressing the challenges they face due to the misinformation provided by the Big marketing industries dealing in the area of food, tobacco, alcohol and physical inactivity, so that they can make healthy choices.



*It is a whole societal approach.....
Everyone must pledge for the well-being of all.*

Our Stakeholders

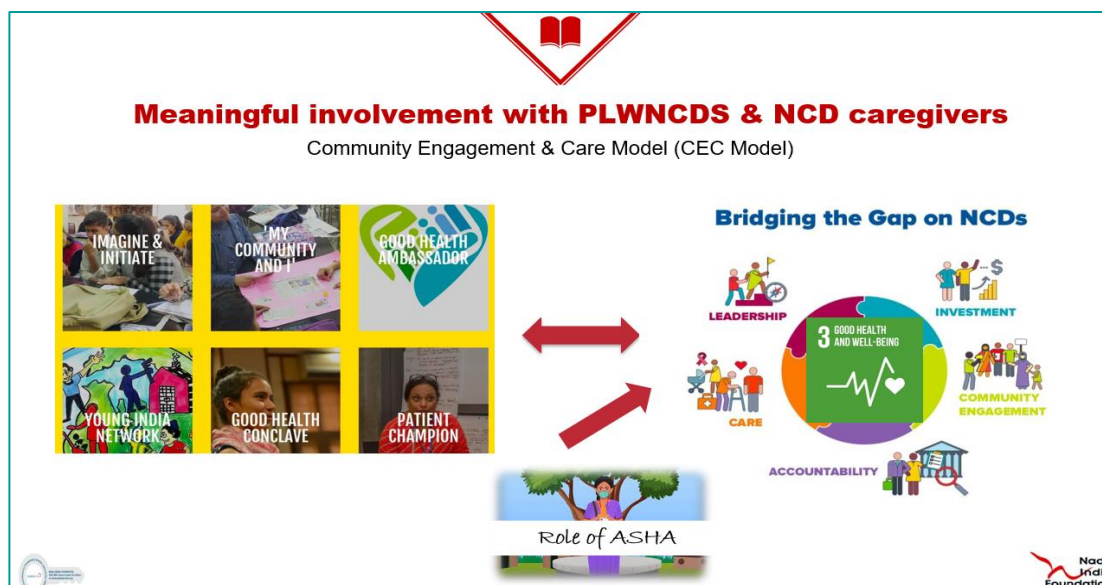


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HIGHLIGHTS:

1. Youth & volunteerism is crucial for the meaningful involvement of youth in building well-being for all.
2. Peer education is an act that's close to nature and important to provide inclusive care and support for all.
3. Peer education and support is born from the correlation between conviction, clarity, communication, confidence and character of an individual.
- adolescents' lack of information and their vulnerabilities.
6. The world has germinated in such a way, where the artificial intelligence has taken over in every aspect and the present system is so much reliant on it. But we have to make sure that we prioritise our environment while habituating to such developments and this responsibility lies with students/youth. "We need to have Green Sense & Green Mind, and we need to feel from within when it



4. Adolescents need to be conscious of their health and not take the unconventional lifestyle practices for granted as they will burden you with life altering diseases like diabetes.
5. Youth face tremendous number of challenges that hinder their meaningful involvement in taking care of their health. One of the key players who support their unconventional lifestyle habits are the #BigFood, #BigAlcohol and #BigTobacco industries. They take advantage of
- comes to have a clean, green environment".
7. One of the highlights of Universal Health Care Coverage is that good nutrition is a basic need, a human right and fundamental to health and well-being. #Health/nutrition must be of good quality, affordable and accessible to all regardless of gender and age. However, the marketing strategies of Big food and beverage companies glamorise the unhealthy options and play with the psycho-social behaviour of children and youth to make unconventional choices.

8. The availability and accessibility of healthcare at times of #Covid-19 is also a major challenge for the people living with NCDs and elderly population.
9. There is widening shortfall in the area of healthcare social workforce. To bridge this gap, social worker education needs to be enhanced so that it covers wider aspects of health and addresses the social determinants of health and promote good health and well-being. Moreover, this gap can also be bridged by training youth and

young adults to be peer educators/supporters and caregivers.

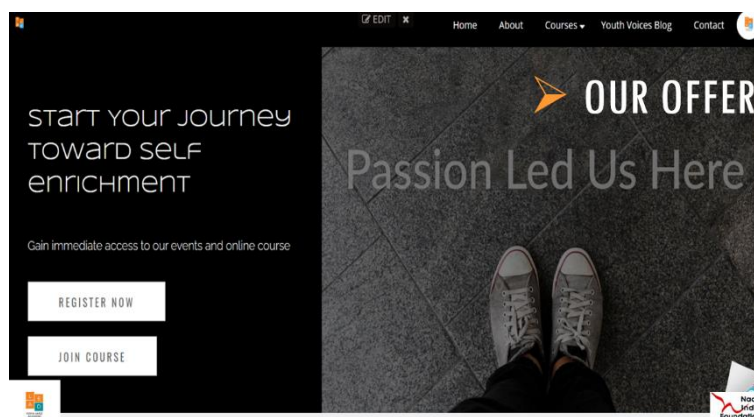
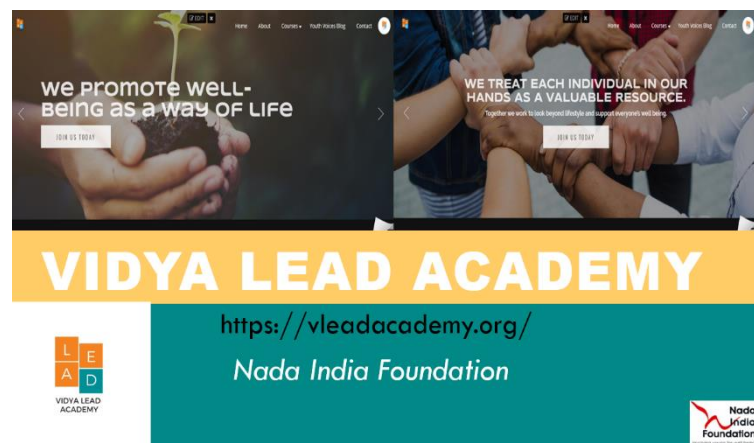
10. Some action plans to follow The My Healthy Campus environment are understanding the root causes of unhealthy eating habits through routine surveys, organising workshops and other innovative engagement activities, health education and Nutritional Literacy campaigns, effective campus ambassadors and also ensuring campuses cafeterias had variety of healthy/home cooked meal options to choose from.

VLEAD ACADEMY

It is the online learning academy of Nada India Foundation that will focus on transfer of ownership of knowledge, *Learning, Enrichment, Action and Distinction of youth and young Adults.*

Through its courses it aims to promote the narrative from 'My Community to Our Community' and foster a network of socially aware youth and young adults who can take charge of their own health and that of their community's.

It will majorly offer you a platform to grow your skills that will help you to enhance your #employability with a lot of practical field work experiences and personal mentorship. It has no age limit and has the flexibility to attend from anywhere, at your own pace.



CALL-TO-ACTION:

Nada Young India Network for Good Health 2021

Strong Voice, Youth Engagement, Accountability

1

Health Advocates to target the issue of marketing, advertising and sale of unhealthy foods, beverages and tobacco around their campuses; by developing, designing and implementing an online/on ground campaign.

2

Our projects to get more aligned with global, regional and national developments on NCDs, Universal Health Coverage and relevant Sustainable Development Goals (#SDGs).

3

Be a part of the Network's country level plans/activities around important national and international meetings throughout the year like representation in "Walk the Talk" and 'Healthy India Alliance' in which Nada India is Founding board member and other youth networks of the UN.

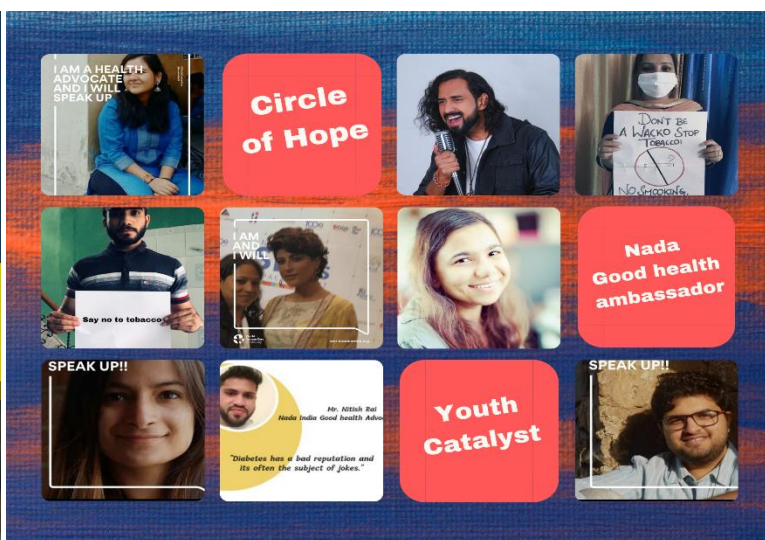


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Looking for Volunteers & Youth Catalyst

Invest, Initiate & Inspire

Make a difference In Good health promotion by joining 'My Community & I' Internship
Call 9810594544 nadaindia@gmail.com



I AM A HEALTH ADVOCATE AND I WILL SPEAK UP

Circle of Hope

Don't be a WACKO STOP TOBACCO

Nada Good health ambassador

YOUTH Catalyst

SPEAK UP!!

Mr. Atish Rai
Nada India Good Health Advocate

"Diabetes has a bad reputation and its often the subject of jokes."

SPEAK UP!!

Join the Nada Young India Network for Good Health

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