

3. Youth Empowerment for Holistic Development in India

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3.1 Introduction:

Youth empowerment is a process that provides various mechanisms and platforms in which youth can truly participate, express their concerns and share their vision, and also involve people; strengthen control through joint decision-making; and create for youth Opportunities to learn, practice and improve skills. Empowerment shows that allowing young people to participate in pro-social, meaningful and community-promoting activities defined and controlled by young people helps young people acquire the important skills, responsibilities and confidence necessary to become productive and healthy adults.

Empowering youth is a holistic approach, based on the inclusive participation of youth in effective and democratic governance; strengthening youth economic empowerment; strengthening youth participation in community resilience; and including youth in the future development agenda through consultation and discussion.

The Youth Empowerment Program aims to establish an environment and an effective platform where young people can truly participate and pursue their visions, dreams, hopes and concerns for development and overall well-being.

When young people can identify the issues they are most concerned about and develop strategies, activities, networks, organizations, or sports to achieve their goals, real empowerment can be achieved.

As young people gain greater skills, confidence, and knowledge, they will also develop the ability to work more independently and stick to their agendas.

3.2 Youth and the Process of Development:

Development is the process of showing human progress and improvement. Social development is a holistic approach, which shows that every element of society must have an equal opportunity to prove its value and ability.

Human development is a natural manifestation of the inherent potential of the human body related to the challenges and support of the physical and social environment.

The best development of youth enables young people and those after adulthood to lead a healthy, satisfying and productive life, because they have gained the ability to earn a living and engage in civic activities. Both genetics and environment affect natural development.

People can actively shape their own development through the choices they make and the interpretation of their experiences.

The youth development approach is rooted in a commitment to enable all young people to flourish.

The emergence of youth development is to offset the focus of the problem prevention and treatment plan, which is to classify youth based on their shortcomings and try to remedy them.

Youth development is a process that prepares young people for the challenges of adolescence and adulthood through a coordinated, gradual series of activities and experiences, which helps them in social, moral, emotional, physical and cognitive. Become competent.

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Active youth development strives to help young people develop the internal resources and skills they need to cope with pressures that can lead to unhealthy and anti-social behaviors.

It is aimed at promotion and prevention, not treatment or remedy. Preventing bad behavior is one of the results of the positive development of young people, but there are other aspects, including cultivating self-reliant, self-confident adults who can become responsible members of society.

Youth symbolizes and represents idealism and hope. Every generation of young people is planning their own path and realizing their life dreams and ambitions.

At the same time, it is the eternal responsibility of the elders to help young people grow up and become familiar with eternal human values.

In addition, they need to be familiar with the different aspects of human pursuits that lead to the generation, creation, dissemination, and evolution of knowledge in order to better understand the forces of nature, the world around us, and the way civilization evolves and advances. They must be prepared to formulate the new life goals they wish to pursue and the contributions they intend to make to society.

Young people will be taught to paint the broad canvas of life with ideas and activities that can help them imagine the future they have created for themselves and their compatriots.

They need to work hard to know what is true and what is untrue. It can also lead them to realize that seeking truth is the ultimate goal, which can only be achieved after understanding the short-lived nature of everything that is constantly changing every moment. Familiar with the history and heritage of India can give them a sense of continuity and encourage them to assume the responsibility of inheritance.

Most importantly, cultural moorings and classics can inspire and instill their sense of ownership of sublime, kindness and beauty, which they need to absorb and internalize.

3.3 The Process and Goals of Youth Development

Development is a process, not a goal. People are constantly evolving throughout their lives. Therefore, promoting youth development is a lasting and primary goal, not an ultimate goal.

John Dewey (1938) captures this quality by pointing out that the purpose of development is to enable a person to continue to develop. Looking at development in this way complicates the determination of goals, rather than formulating concise and measurable behaviors. Development goals determine the need for growth.

Emphasize that positive orientation is closely related to the principle of universality. If all young people need support for their development, then participating in a project is no longer a shame. At one extreme, some people would say that youth development programs can never target specific groups, and they can never involve problem behaviors.

All young people are developing, and the opportunities they get in their homes, schools, and communities may promote or hinder their development. This fact does not mean that all young people need the same things. A young person may need the opportunity to practice leadership skills, while another person's most pressing need may be a safe overnight place

Active youth development is a macro-concept based on strengths that directs the programs and services available in the community to all young people, rather than only those with clear problems or high-risk situations. Services and activities are voluntary. They provide formal and informal opportunities and experiences to support the successful transition of youth to adulthood.

This is very different from the current system of prioritizing and funding problem prevention and crisis intervention services (Robertson, 1997). Active youth development refers to a continuous growth process in which all young people strive to meet their basic needs for safety, caring relationships, and connection with the larger community, while striving to develop academic, professional, personal, and social skills.

3.4 Youth in India:

India defines youth as an age group between 13-35 years (YA & S 2007). As we all know, since everyone in this age group is unlikely to be a homogeneous group, but a collection of subgroups with different social roles and requirements, this age group can be divided into two broad subgroups namely. 13-19 years old and 20-35 years old (National Youth Policy 2003). The growth pattern of the youth group is very different from that of the general population. The total youth population increased from 168 million in 1971 to 423 million in 2011. The form of this growth was an annual increase of approximately 5.3, 6 and 6.6 million in the 1970s, 1980s and 1990s, respectively. Between 2001 and 2011, there was an increase of 7.4 million. The proportion of young people in the total population has risen from 30.6% in 1971 to 34.8% in 2011. It is estimated that by 2020, the proportion of young Indians in the total population will reach 34.33%. The highest in 2010 was 35.11%. In contrast, China reached the highest level of 38.28% in 1990, and it is estimated that the proportion of youth power will drop to 27.62% by 2020. The situation in Japan has gone through about 2000.

According to observations, India currently has a comparative advantage over other countries in terms of youth population distribution. Compared with other Asian countries, India has obvious advantages in its young population. India is considered to have stayed younger longer than China and Indonesia. These two major countries determine the demographic characteristics of Asia. In 2010, these three countries together accounted for 68% of Asia's population, and Asia itself accounted for approximately 60% of the world's population.

Table 3.1: Youth population (15-24 years) and its prospects in India, 2005-2025.

Year	Total population (Thousand)	Youth population (Thousand)	Youth percentage in population
2005	1,103,371	211,254	19.1
2010	1,183,293	224,657	19.0
2015	1,260,366	231,221	18.3
2020	1,322,032	232,353	17.4
2025	1,395,496	232,579	16.7

(Source: United Nations. UN World Population Prospects)

3.4.1 Youth Development in India

Youth development is a process, through a series of coordinated and gradual activities and experiences, helping young people to become capable people in social, moral, emotional, physical and cognitive aspects, thus preparing for the challenges of adolescence and adulthood. Active youth development strives to help young people develop the internal resources and skills they need to cope with Pressures that can lead to unhealthy and anti-social behaviors.

It is aimed at promotion And Prevention, not treatment or remedy. Preventing bad behavior is a result of the positive development of youth, but there are other results, including the cultivation of self-reliant and confident adults who can become responsible members of society. The following areas are key areas for youth development in India:

A. Education: Providing appropriate education to enable young people to become good citizens of the country should also appropriately influence government actions and public behaviors. It is recognized that the education system needs to instill in the youth a sense of lasting patriotism and values oriented towards national unity and integrity.

It also requires the elimination of all forms of violence, adherence to good ethics and moral values, and protection of India's complex cultural and national heritage. The learning process should minimize the pressure and tension that the system may exert on students, especially in the early years.

The focus of the education system, especially in the early stages, should be on learning, not just qualifying in examinations and memory-based tests. It should also emphasize outdoor learning as an integral part of the educational process, as well as sports, sports, games, and adventure activities.

Academic institutions should be equipped with adequate sports and entertainment facilities. Education above the secondary level should have a high degree of professionalism, so that young people can acquire the necessary skills, thereby increasing their employment channels; need to strengthen technical institutions and increase their number, while paying attention to the rise of our country as a major force in information technology.

B. Youth Employment: At present, the issue of employment is an issue that young Indians are very concerned about, and due to the general unemployment and underemployment of young people, some social problems have been triggered. This further recognizes that the incidence of unemployment in rural areas and urban slums is more pronounced, so appropriate strategies and corresponding efforts need to be adopted to solve this problem.

Advances in technology and communications have exacerbated the occurrence of unemployment. To solve this problem, it is necessary to create opportunities for self-employment. A plan to provide "seed funding" to help young people start viable enterprises needs to be developed. It is necessary to establish a network of youth skill training centers to build the capacity of youth income-generating activities.

To ensure that the government and other stakeholders conduct pre-job and on-the-job training for young people. For proper vocational guidance and career counseling, schools and colleges should pay adequate attention to this aspect as part of their co-curricular activities.

C. Health: After carefully assessing the health needs of young people, a comprehensive approach to mental, physical and mental health needs to be adopted. As far as the health of young people is concerned, the key areas are:

- a. General health:** There is an urgent need to pay more attention to nutrition research for young people, especially young women and adolescents, and to advocate all measures to reduce the difference between their average daily energy and protein intake and the recommended daily intake (RDA). The growth rate of Indian adolescents is measured by body mass index (BMI), ie. India's weight to height ratio is lower than most industrialized countries.
- b. Mental health:** Lack of proper education often leads to mental depression. In an increasingly complex and competitive environment, young people are increasingly likely to suffer from depression. Especially in adolescents who show a higher incidence of suicidal characteristics than before. Adolescence is a period of change, and therefore a period of stress, characterized by the uncertainty of identity and status in the context of peers, society as a whole, and their own responsibilities as adults.
- c. Mental health:** The health of the mind should be combined with the health of the mind. For this reason, yoga and meditation should be widely promoted among young people. Yoga especially should be taught in schools.

D. Population Education: Population growth is a serious national problem, and it negates many of our achievements in the field of development. Youth can play an important role in this field, and community projects can be used to raise awareness in this area.

E. Youth Participation: Youth is an important force. The social, economic, cultural and political development of a country requires the active participation of youth. The transformation of state functions and the rise and development of non-governmental organizations have provided greater space for youth social participation.

The participation of young people in contemporary social life and decision-making is mainly concentrated on participating in political life, economic construction, managing the community services of state agencies, and public interest affairs.

The participation of young people strongly believes that young people have the right and obligation to participate in environmental-related issues, because they will be the ones facing consequences in the future. Some people think that today's youth are not regarded as a responsible part of society, but this concept is wrong, and it is often because they do not have the space or opportunity to act. Meeting the actual needs of each youth community is critical to the effectiveness of the plan-these needs may vary from region to region, preventing large-scale replication of national plans. It is very important to support and establish creative and decentralized youth service programs led by the community.

Young people have many needs-economy, education, society and health. Projects sometimes tend to satisfy one need and exclude other related needs, leading to ineffective results. In a country like India, where the complexities of poverty, unemployment, environmental degradation and lack of opportunities are combined with scarcity of resources, projects must understand the comprehensive nature of the needs of young people.

F. Environment: Young people are particularly vulnerable to the adverse effects of environmental degradation. Unplanned industrialization will lead to pollution and degradation of rivers, forests and land, adversely affecting young people who are vital to a healthy environment.

Considering the importance of community participation in protecting the environment, young people are playing an increasingly important role in mobilizing the general public to participate in this national effort, inspiring people to respect nature and live a lifestyle with less resource consumption and more Resource conservationists. Therefore, more attention should be paid to environmental education in school curricula, and training programs should be arranged to let teachers understand environmental issues so that they can guide young people appropriately.

G. Sports and Leisure: Recognize the overall goal of the overall development of adolescents' personality, and notice that sports, adventure, entertainment and related activities may often be overlooked. These activities are important areas of human resource development. No education system can be considered successful unless it addresses the impulse and desire of young people to be creative and appreciate the many aspects of nature and social life.

H. Art and Culture: Activities related to art and culture provide entertainment for individuals, increase their sensitivity, and provide a vehicle for instilling ideal ideals and values. The importance of art and culture in the overall approach to youth development.

Youth need to be sensitive to our country's great heritage and provide opportunities to understand and follow multicultural forms. Therefore, young people should better absorb India's rich traditions and culture and be aware of the need to protect and enrich this extraordinary heritage.

3.4.2 Youth Participation in India:

Youth participation and development focuses on cultivating youth's strengths and abilities, strengthening their current learning and connection with the community, and encouraging youth to actively participate in shaping their future. It is suitable for all young people, using a common process suitable for different groups.

Youth development focuses on the community's investment in youth well-being and personal development, as well as the youth's own future well-being and personal development. The proportion of young people participating in sports activities and volunteer activities is the highest, and the attendance rate of cultural activities is the highest. Youth participation leads to better decisions and results. Participation can promote the well-being and development of young people. It is through asking questions; expressing their opinions and taking their opinions seriously, so that young people can develop skills, cultivate abilities, gain confidence and form ambitions. This is a virtuous circle. The more opportunities a young person has for meaningful participation, the more experienced and capable he or she will be.

India continues to attach great importance to youth affairs, with particular emphasis on recognizing the contributions that young people can and do as responsible citizens. These bring together young people and government agencies, provide a basis for discussion and understanding of youth issues, and actively portray young people's contributions to the community. Youth is an important force. The social, economic, cultural and political development of a country requires the active participation of youth.

The transformation of state functions and the rise and development of non-governmental organizations have provided greater space for youth social participation. Indian youth's participation in contemporary social life and decision-making is mainly concentrated in political life, economic construction, management of community services of state agencies, and public interest affairs. Some important government programs to promote youth participation are as follows:

A. National Service Plan (NSS): NSS was launched on the centenary of Mahatma Gandhi's birth in 1969. As a student youth service program, NSS aims to awaken the social consciousness of youth through a two-year community service with the overall goal of cultivating students' personality development.

It is guided by the motto "Not me, but you". NSS seeks to create meaningful connections between campus and community (university and village), knowledge and action. The plan includes special camps (10 days) and community work (120 hours a year).

B. National Service Volunteer Program (NSVS): The goal of the program is to provide opportunities for graduates who have completed their graduation to give them the opportunity to participate in nation-building activities full-time during a specific period (one or two years). Every volunteer gets a monthly allowance.

NSVS provides intensive induction training, focusing on basic capsules of personality development, public speaking, positive thinking, and event management so that participants can organize small events and awareness programs.

C. Bharat Scouts and Guides: Long before independence, Bharat Scouts and Guides provided young boys and girls with an opportunity to shape their personalities and instill in them the spirit of patriotism, social service and community harmony. It also promotes their all-round development efforts and enables them to become responsible citizens of the country. It is one of the largest voluntary organizations in India with nearly 3.2 million members.

D. Nehru Yuva Kendra Sanghatana (NYKS): The 25th anniversary of India's independence in 1972 provided the impetus for the launch of Nehru Yuva Kendra Sanghatana. The program provides rural non-student youth with the opportunity to participate in the process of community and social development, as well as the opportunities that urban and student youth have already obtained through NSS and NSVS. NYKS is an autonomous agency of the Ministry of Youth Affairs and Sports. NYKS has offices in 500 regions of the country.

E. Rashtriya Sadbhavana Yojana: The plan went into effect on April 1, 2005 and replaced the earlier National Reconstruction Plan.

According to the plan, 10 to 20 volunteers selected from rural sports clubs, youth development centers and Mahila Mandals will be deployed in each of the country's 500 regions for one to two years, with a monthly remuneration of 1,000 rupees.

F. National Integration Plan: This provides more communication and understanding for young people belonging to different states and federal territories of the country. Provide assistance to youth programs and inculcate the spirit of ethnic integration and community harmony among the younger generation. According to the plan to promote national integration, assistance is provided to non-governmental organizations to enable them to participate in the process of nation and community building.

3.4.3 Youth and Economic Interdependence in India:

Youth is a decisive period in everyone's life, because this is a period of tremendous changes in the body, mind, economy, and society. It is at this stage of life that the long-term aspects of personal development occur and may determine the success or failure of later life.

It was during this period that young people generally achieved economic independence and assumed family, civil, and political responsibilities. For most young people, the transition to adulthood is consistent with the transition into the world of work.

Unemployment and underemployment in young people's early life often damage their work and life prospects in adulthood. If children and young people are working instead of in school, their chances of getting decent work will be reduced when they grow up. In turn, this will affect their future life and work strategies, including decisions on issues such as establishing a family, children's education, and consumption or employment patterns. This pattern of transformation also affects other key transformations in life.

Girls and boys who have received high-quality education since childhood may have better opportunities to enter the labor market easily and effectively, obtain high-quality employment and secure income in adulthood, and obtain adequate social protection in old age. They need it most. In today's world, these changes are not necessarily one-way or one-off. More and more people enter and exit education and training, enter and exit the labor market, enter and exit fertility roles at different stages of their lives. This requires policies to promote these changes, while laying the foundation for today's intergenerational solidarity and the prosperity of future generations. Therefore, gaining a foothold in the labor market is not only essential for job "success", but also has a multiplier effect in the personal lives of individuals, families, and nations. Investing in youth employment is investing in the future of our society. The ensuing benefits can be measured from the perspective of economic, social and personal benefits.

3.5 Suggestions:

A comprehensive and multidimensional approach to youth development and participation in broader policy interventions should be given a broad and specific form, as youth find employment policies and opportunities embedded in the broader promotion of growth. Job creation is the main strategy for poverty eradication and is promoted through macroeconomic policies, sectoral policies and individual programs. As young people find that there are fewer ways to prove themselves and their ability to work for social development and welfare, some measures should be taken in this regard to gain their confidence:

- Create career opportunities;
- More pressure on vocational courses
- Improve the labor absorptive capacity of the economic system.
- Improve skill base and enter higher value-added industries.
- Improve the operation of the labor market.
- Strengthen the industrial sector.

- Improve education and training.
- Improve social security.
- Solve crime problems.
- Solve employment issues (more attention to youth).

3.6 Conclusion:

Young people are an asset that no country can squander. They possess the energy, skills and ambition that are essential to the development and prosperity of our society. Therefore, it is vital to create economic and social conditions to help youth empower and develop efforts and enable them to realize their productive potential and contribute as change agents. Youth is a decisive period in everyone's life, because this is a period of tremendous changes in the body, mind, economy, and society. It is at this stage of life that the long-term aspects of personal development occur and may determine the success or failure of later life. It was during this period that young people generally achieved economic independence and assumed family, civil and political responsibilities. Participate in promoting the well-being and development of young people, strengthen their commitment and understanding of human rights and democracy, and provide them with a kind of protection; it also allows them to participate in the decision-making process. Youth participation is an important strategy to ensure the best development of youth and achieve broader social development goals. When young people can identify the issues they care about most and develop strategies, activities, networks, organizations, or campaigns to achieve their goals, true empowerment is achieved.

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