

राजीव गाँधी राष्ट्रीय युवा विकास संस्थान
RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT
(INSTITUTE OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO. 35/2012)
MINISTRY OF YOUTH AFFAIRS & SPORTS, GOVERNMENT OF INDIA
SRIPERUMBUDUR, TAMIL NADU - 602105, INDIA

A REPORT ON

1st NATIONAL CONFERENCE ON YOUTH AND WELLBEING

28-29 March 2023



Organized by
DEPARTMENT OF SOCIOLOGY

www.rgnyd.gov.in

About the Conference

The Department of Sociology, Rajiv Gandhi national Institute of Youth Development (RGNIYD) organized its first National Conference on Youth and Wellbeing through virtual mode during 28-29 March 2023. The Conference aims to deliberate on the concerns, issues, challenges, and opportunities concerning Youth and Wellbeing covering various sub-themes related to youth and culture, health, media, education, sports, employment, etc. Considering the youth demographic dividend in the context of India, this academic discourse aims to open and further conversations with a focus on youth from a sociological and an interdisciplinary perspective towards greater learning and knowledge exchange for positive youth development. It is envisaged that the rich deliberations of the Conference will enrich academics, practice, and many other policy engagements for youth wellbeing.

The Conference has a special focus on youth considering that young people have always been active participants in the many development processes. While young people continue to be leaders and agents of change in different capacities across communities, it is equally important that existing socio-cultural, political and economic barriers and opportunities which lie ahead are seriously deliberated to provide insights and engagements for bettering youth-led and youth friendly programmes, policies and actions at various levels be it at the local, regional, national and globally in the fields of governance, employment, education, health and wellbeing, innovation, leadership, environment sustainability, and so on. It is a call for collective planning and action acknowledging the many complexities, inter-linkages and possibilities for enabling positive youth development for all categories of youth.

Various sub-themes of the conference:

- Youth and Health
- Youth and Education
- Youth and Media
- Youth, Crime and Delinquency
- Youth, Decent Jobs and Entrepreneurship
- Youth, Sports and Yoga
- Youth, Culture and Social Identity
- Youth Wellbeing: Indian Perspective

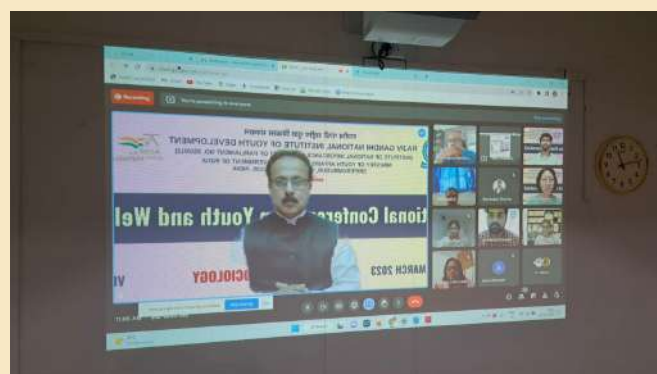
About the Department of Sociology

The Department of Sociology at the Rajiv Gandhi National Institute of Youth Development (RGNIYD) was established in the year 2021 with the prime objective to introduce a dedicated department towards academic excellence, research and training in sociology. Since its inception, the Department offers a two-year Master's degree programme in M.A Sociology. The course is a distinctive and rigorous programme comprising of theoretical and experiential learning through classroom teaching, innovation assignments, case analysis, internship, field work, and dissertation project. Additionally, students are provided a wide exposure to various training programmes, workshops, Conferences to hone their skills and competencies.

Day - 1 (28 June 2023)

Inaugural and Plenary Session

The 1st National Conference on Youth and Well-being was inaugurated by Prof. (Dr.) Sibnath Deb, Director, RGNIYD who congratulated the Department for organizing its first national conference and encouraged the august gathering to make judicious use of the platform for academic deliberations in line with the National Youth Policy, National Education Policy and the conference theme 'Youth and Well-being'. This was followed by the first plenary session. Prof. (Dr.) Sanghamitra Sheel Acharya from the Center for Social Medicine and Community Medicine, Jawaharlal Nehru University, Delhi delivered the presidential address. She expounded on the concept of wellness and wellbeing and reiterated that as we understand wellness sociologically, there is similarly an understanding of health too. She highlighted key points on the potential of children during the youth stage and encouraged them to participate in the development system. She stressed upon the importance of rural school education, provision of adequate education materials, right to education, lack of nutrition, career progression, social development and care of the underprivileged. She also touched upon the demographic dividend and stressed the need for the youth population to be a part of the national and global agenda.



Prof. Acharya further highlighted the National Education Policy (NEP) besides emphasizing upon the importance and crucial preparatory stage to adulthood and the different realms of wellbeing. She emphasized the need to provide quality education, safe drinking water and proper functioning of toilets as part of basic services. She also highlighted that understanding self-health in the medical context is the need of the day besides the necessity to spread awareness on nutrition and healthy lifestyles. She highlighted the possibilities of knowledge through the digital platform, and the concerns of the relationship between youth and gadgets which is affecting their health and way of life.

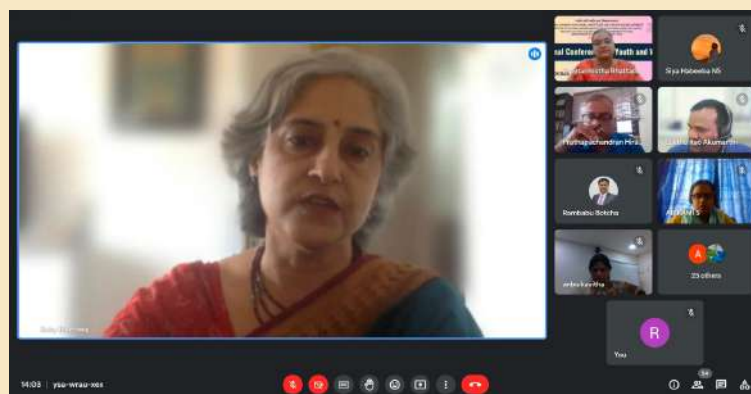


Prof. Abha Chauhan, Professor, Centre for Kashmir Studies, Central University of Himachal Pradesh and President, Indian Sociological Society delivered the key note address during the inaugural programme of the two day National Conference held during 28-29 March 2023. In her address, she highlighted various policies of the Government of India which focusses on the welfare of the youth and adolescents. Prof. Chauhan also highlighted various aspects and dimensions of youth and well-being mainly on the significance of physical, emotional and social wellbeing. The role of socialisation process in the upbringing of contemporary youth was also emphasised. She discussed about the salient features of the National Youth Policy and what it can do for youth. She stressed on the steps to be taken to guide the youth overcome the pressures and stress they undergo in their academics and personal life.

Prof. Abha underlined the educational deprivation faced by the SCs and STs and the need to ensure quality education to the girl children. The lecture also stressed the importance of health and happy wellbeing among young people. Psychological wellbeing is being emphasised today especially after the COVID-19 pandemic which is necessary for the holistic wellbeing of an individual which can be considered as 'social capital'. Prof. Abha also spoke about the importance of understanding the aspects of health and wellbeing in various cultures and how Indian culture gives it a priority in our daily walks of life. The aspirations of the youth to migrate from the rural to the cities or urban areas, or from the eastern part of to the northern part of India for education, employment, better salary, etc, and the relationship of education and employment, unemployment and underemployment of the youth, besides the class, caste and gender issues were also highlighted in her keynote address.

Technical Session - 1

The first technical session on 'Youth and Health' was chaired by Dr. Ruby Bharadwaj, Associate Professor, University of Delhi and had a total of five paper presentations. The papers presented were on Political engagement of Indian youth through social media; Romanticization of mental illness in social media and its impact on youth: a qualitative analysis; A study on food practices among the youth in Chennai; A psychosocial analysis to explore awareness among migrant youth about HIV/AIDS transmission through men having sex with men; and Extent of information on social and health aspects of adolescents and youth in national surveys of India. The presenters provided a detailed discussion on their respective topics. The chairperson added value to the presentations by expressing her expert opinion and shared her experiences on youth and health in the present-day context.



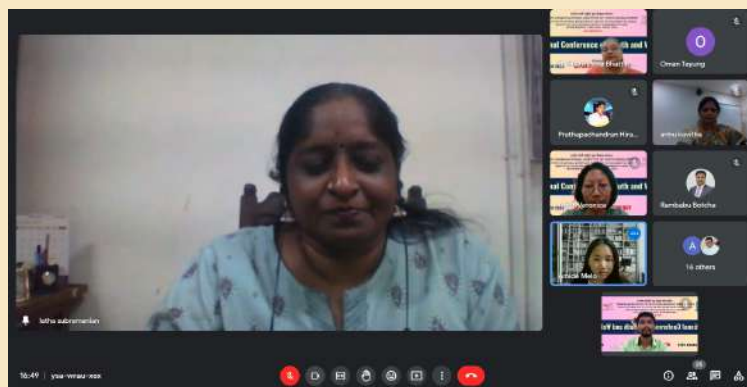
Technical Session - 2

The second technical session on 'Youth and Education' was chaired by Dr. C. Venkatachalam, Mentor Professor, Department of Sociology and Population Studies, Bharathiyar University. A total of five papers were presented in the session. The paper presentations were on, Reliability validity and factor structure in the Indian context of a new scale developed by Field and Bischof; Factors influencing dropout rate among the youth in school education in Tamil Nadu: A sociological study with special reference to Dharmapuri District; Education and Muslim marginalisation: A study of West Bengal; Inclusive education in engineering and technology for students in India; and Learning disabilities and linguistic parochialism and tribal students in elementary schooling at Neelagiri. All the deliberations were well appreciated by the Chair and drew attention among the participants.



Technical Session - 3

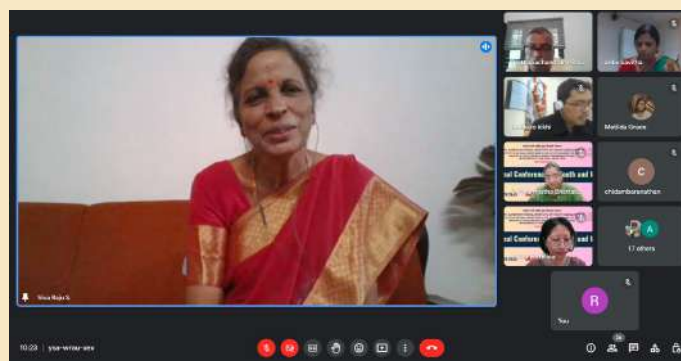
The third technical session was on 'Youth, Crime and Delinquency' which had a total of five paper presentations. The session was chaired by Dr. Latha, Assistant Professor, Department of Criminology, University of Madras. The papers presented were, Tobacco and alcohol use among youth in Nagaland: An overview; Indigenous knowledge and substance dependence: Perspective and evidences from Arunachal Pradesh; and Opium cultivation in Arunachal Pradesh: In pursuit of alternatives. The Chair appreciated the paper presenters and shared cases from Tamil Nadu on the session theme.



Day - 2 (29 June 2023)

Plenary Session

The second day of the National Conference started with a plenary session which was enriched by experts from various fields. Prof. Sandhya Rani, Chairperson, Center for Population Health and Development Studies, Tata Institute of Social Sciences spoke on 'Adolescent Girls: Health and Wellbeing in India'. She narrated the plight of adolescent girls in the country and how traditional customs and practices hinder the holistic development of adolescent girls. She elaborated the cultural contexts in which adolescent girls in many societies directly are forced to shift their roles as daughters in their parents' homes to the domestic roles as wives in their husbands' homes. Early marriage and child-bearing, which are rooted in tradition deny adolescent girls a healthy and positive transition to adulthood was underlined.



Prof. Sandhya pointed out that adolescents and young people are faced without the opportunities, information, skills, health services and support they need to go through sexual development, delay sex until they are physically, emotionally and socially mature and are able to make well-informed, responsible decisions. The speaker concluded by highlighting that economic independence of women is essential to help them take independent decisions in their personal and family matters. When women achieve a measure of financial independence, their vulnerability to pressures regarding aspects of marriage, and sexual and reproductive health will be greatly reduced for which initiation of different programmes related to income generation are necessary was stated.

The second speaker of the plenary session was Prof. (Dr.) Kedilezo Kikhi, Professor, Department of Sociology & Dr. B. R. Ambedkar Chair Professor, Tezpur University who delivered a lecture on 'Tribal Youth of North-east India: Problems and Issues.'



Prof. Kedilezo opened his lecture by highlighting the demography of tribal youth in India, and the empirical status of tribal youth in the North-East (NE) and the historical aspect in terms of their numbers/ population. Prof. Kikhi also problematized how the category of youth on the principle of age (National Youth Policy 15-29 years; UN 15-24 years) is less appropriate to the NE context since age is not the principle basis for defining youth particularly in the tribal societies but rather follows the generational principle which has a socio-cultural dimension to it where youth are considered as social actors rather than just age categories. Further, Prof. Kikhi raised several issues pertaining to the youth of the northeast and some of which concerned:

1) Unemployment: High rate of educated unemployed among the youth; though has a lot of opportunities but problems of nepotism, corruption, largely interested for a government job and not much into farming or entrepreneurship, etc, which leads to many other related problems like drug abuse, alcoholism, etc, and he also lauded the presence of many upcoming scholars in the region;

2) Issues of parenting and youth: the speaker also highlighted how there is an environment of over protective parents on one hand and a total neglect by parents on the other hand which in either ways hinder the individual growth of young people. Besides, it also gives rise to a number of problems such as social problems, juvenile delinquency, broken families, family problems, etc;

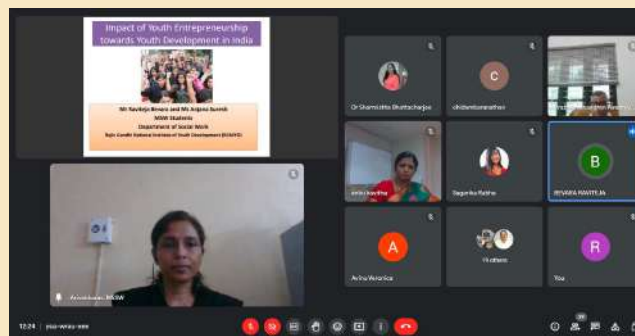
3) Socializing institutions: Youth dormitories/ Morungs which served as traditional socialization institutions for the tribal youth in terms of imparting life skills, social values, preparing young people' future roles as adults/ leaders, training for sports and games, farming, carpentry, cultural transmission of beliefs and practices, folklore, etc, have disappeared and replaced by modern institutions such as education, religious organizations, youth clubs and so on. With their disintegration and loss of such socio-cultural institutions in the process of social change, questions on whether our modern institutions are able to socialise the youth in a proper manner, and that children and youth do need education of their own society were raised.

4) Politics of Identity: there are a number of tribal movements in the North-East for self-determination and identity movements, resistance against colonialism and against modern systems, etc, where in modern forms of economic and political institutions have introduced a culture of individualism, colonial system of politics, capitalist ideals which were alien to the tribal culture, and a continuous climate of political disturbance affects the social aspirations of the youth and creates spaces for political intolerance.

5) Migration of North-Eastern students: a large number of students from the North-East migrate to other parts of the country to pursue higher education due to several reasons such as lack of quality education, corruption, political disturbance, etc. Such internal country migration on one hand also results in huge loss of revenue and human capital by the sender states, and the rate of internal migration of students from the NE to other parts of India is much higher as compared to the number of students from India studying abroad. Prof. Kikhi concluded his lecture by underlining that amidst the many problems, we have to take into confidence the fact that there is a huge potential of youth in the NE region and the youth have to stand up to the challenges and opportunities ahead.

Technical Session - 4

The fourth technical session was on 'Youth, Decent Jobs and Entrepreneurship' in which a total of four papers were presented in the session. The session was chaired by Dr. N.A. Arivukkarasi, Assistant Professor, Department of Entrepreneurship, MSSW, Chennai. The paper presentations were on, Can entrepreneurship education be a part of conventional syllabus in Indian context: myth or a reality; Impacts of welfare measures on job satisfaction of the employees; Impact of youth entrepreneurship towards youth development in India; and Impact of business incubation in nurturing youth as entrepreneurs in India. The presenters provided an intense discussion on the topics and concluded with the expert comments by the Chairperson.



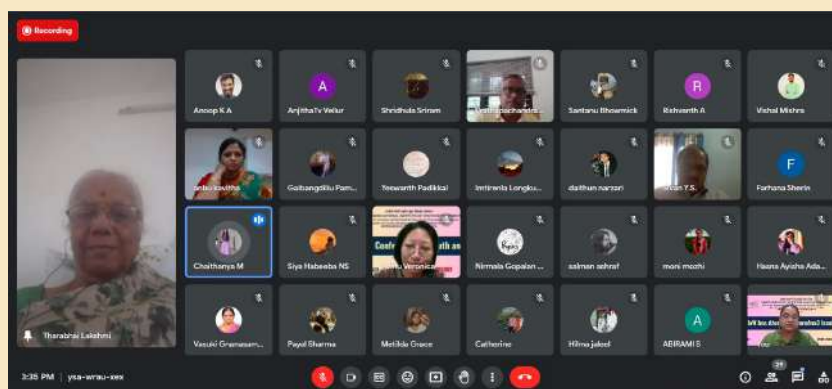
Technical Session - 5

The fifth technical session on 'Youth, Culture and Social Identity' was chaired by Dr. Intirenia Longkumer, Assistant Professor, Department of Sociology, Pondicherry University. The session witnessed paper presentations on various ways of approaching youth, culture and social identity with varied case examples highlighting youth in crisis management, youth volunteerism, culture of 'Youth Volunteerism' in public policymaking process, harmony of cultural diversity, etc. The Chair concluded the session by appreciating the diverse academic and experiential inputs of all the paper presenters and expert comments.



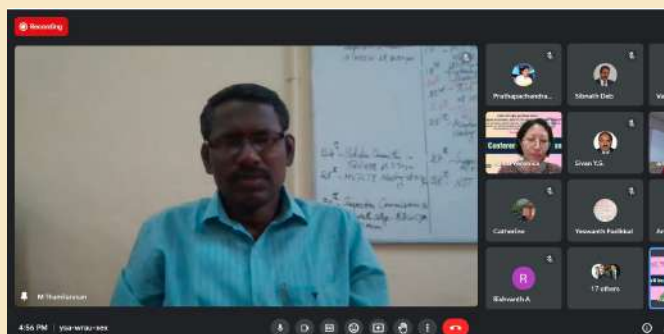
Technical Session - 6

The sixth and last technical session of the national conference was on 'Youth Wellbeing: Indian Perspective' which was chaired by Prof. Tharabhai, Former Head, Department of Sociology, Madurai Kamaraj University, Tamil Nadu. The Chair elaborated on 'Youth and Wellbeing' and opined that exploring an individual's wellbeing through the lens of socio-demographic and cultural determinants, many reports and survey reported that the socio-demographic factors such as age and gender have been under-researched with regard to young people's wellbeing. There were three papers presented in this session which highlighted the need and importance of structural changes for youth and wellbeing.



Valedictory Session

The two-day National Conference on Youth and Well-being successfully concluded with the valedictory session which was held on 29 March 2023. The programme was chaired by Prof. (Dr.) Sibnath Deb, Director, RGNIYD and Prof. (Dr.) Thamilarasan, Professor & Head, Department of Sociology, University of Madras delivered the special address wherein he provided a detailed account on the status of youth in India and the important role of the youth in nation building. The conference concluded with the vote of thanks proposed by Dr. Sharmistha Bhattacharjee, Head, Department of Sociology.



E-book of Abstracts

As an outcome of the Conference, the Department brought out an E-book which contains the abstracts of all the papers submitted on various thematic areas related to Youth and Well-being. It was released by the Director, Prof. Sibnath Deb during the Inaugural programme on 28th March 2023. Overall, twenty five papers were presented in the two-day national conference on 'Youth and Wellbeing'.



Way Forward

The Department will continue to organize many more academic discussion, knowledge exchange and learning in various thematic domains through seminars, conferences, workshops, training programmes, etc for the benefit of students, scholars, faculty, practitioners in the field of Sociology.

Program Schedule

Day – 1: March 28, 2023 (Tuesday)		
Time	Session	Resource Persons
11:00am–11:10am	Inaugural Programme	
11:10am–11:20am	Welcome and about the National Conference	Dr. Sharmistha Bhattacharjee Associate Professor & Head Department of Sociology, RGNIYD
11:20 am–11:50am	Special Address	Prof. (Dr) Sibnath Deb Director, RGNIYD
11:50 am–12:25pm	Presidential Address	Prof. Sanghmitra Sheel Acharya Professor & Chairperson Centre for Social Medicine and Community Health, School of Social Sciences JNU, New Delhi
12:25 pm–12:55pm	Keynote Address	Prof. Abha Chauhan Department of Sociology University of Jammu, President, Indian Sociological Society
12:55pm–01:00pm	Vote of Thanks	Dr. Hiranniya Kalesh Assistant Professor Department of Sociology, RGNIYD
	Rapporteurs	Siya Habeeba, Yeswanth M.A Sociology, II Year, RGNIYD
01:00pm–02:00pm	Lunch Break	
02:00pm–05:00pm	Technical Sessions	Chairperson/ Moderator
	Youth and Health	Chairperson: Dr Ruby Bharadwaj Rapporteur: Monimozhi, M.A Sociology, II Year, RGNIYD
	Political Engagement of Indian Youth Through	1. Aijaz Ahmad Mir

Program Schedule

Social Media: A Survey Study	2. Dr. A. Nageshwara Rao
Romanticization of Mental Illness in Social Media and Its Impact on Youth: A Qualitative Analysis	Ameen Ashraf
A study about Food Style and Practices among the Youths in Chennai	Dr. C Chidambaranathan
An explanatory research: A Study on the Prevalence of Diabetes at Itanagar Capital Complex, Arunachal Pradesh	Hura Choi
A Psychosocial analysis to explore the awareness among Migrant Youth about the transmission of HIV/AIDS through men having sex with men	Metilda Grace
Extent of information on social and health aspects of adolescents and youth in national surveys in India	Sivan Y.S.
Regularity of Episodic acute Academic stress among master students of RGU, Arunachal Pradesh; A Quantitative study to contribute for the region	Sofai Tayang
A study on the prevalence of HIV/AIDS among the youth in Arunachal Pradesh	Yijum Dabi
Study on Mental Health of LGBT among Youth	Chahu Khoiyang
Study on Suicide among Youths in India	Litnyan Dada
Youth and Education	Chairperson: Dr. C. Venkatachalam , Mentor Professor, Department of Sociology & Population Studies, Bharathiyar University Rapporteur: Anjana, M.A Sociology, II Year, RGNIYD
Reliability, validity and factor structure in Indian context of a new scale of creativity developed by Field and Bischoff	1. Abirami Swaminathan 2. Dr. Maya Rathnasabapathy
Factors influencing dropout rate among the youth from school education in Tamil Nadu – a	Dr. Anbu Kavitha

Program Schedule

	Sociological study with special reference to Dharmapuri District	
	Education and Muslim Marginalisation: A study of West Bengal	1. Md Iftekhar Hussain 2. Dr. Md. Khurshid Alam
	Re-evaluating India's education system for the 21 st century: a focus on secondary education	Rochelle Prakash
	Inclusive education in engineering and technology for students with learning Disabilities	Mrs S. Asha
	Linguistic parochialism and tribal students In elementary schooling at Nilgiris, India	1. Dr. Hiranniya Kalesh 2. Ms. Rajasree MR
	Youth, Crime and Delinquency	Chairperson: Dr. Latha, Assistant Professor, Department of Criminology, University of Madras. Rapporteur: Rishvanth M.A Sociology, I Year, RGNIYD
	Relationship between Self-Esteem and Substance Use Among Students of Delhi and Bangalore	1. Diya Thomas 2. Dr. Ngaitlang Mary Tiarang
	Crimes Against Women: A Social Work Interventional Study at Naharlagun, Arunachal Pradesh	Marter Bagra
	Opium cultivation in Arunachal Pradesh : In pursuit of alternatives	1. Ms. Amide Melo 2. Dr. Ravi Ranjan Kumar
	Indigenous Knowledge And Substance Dependence: Perspective and Evidences from Arunachal Pradesh	1. Oman Tayung 2. Dr. Ravi Ranjan Kumar
	Tobacco and Alcohol use among Youth in Nagaland: An Overview	Ms Avinu Veronica Richa
Day – 2: March 29, 2023 (Wednesday)		
10:00am– 01:00pm	Plenary Session	Details/ Speakers
	Welcome Address	Avinu Veronica Richa Assistant Professor

Program Schedule

		Department of Sociology, RGNIYD
	Plenary Session	Prof. Joy Sen Professor, Department of Architecture, & Chairperson, Centre for Excellence in Indian Knowledge Systems, IIT, Kharagpur Prof. Abhijit Das Gupta Professor (retd.), Delhi School of Economics Prof. Sandhya Rani Chairperson, Centre for Population, Health and Development, School of Development Studies, TISS, Mumbai Campus Prof. Kedilezo Kikhi Professor, Department of Sociology & Chair Professor, Dr. B.R. Ambedkar Chair, Tezpur University
	Vote of Thanks	Dr. Anbu Kavitha Assistant Professor Department of Sociology, RGNIYD
	Rapporteurs	Chandni, Rishvanth M.A Sociology, I Year, RGNIYD
12.00-1.00PM	Technical Sessions	Chairperson/ Moderator
	Youth, Decent Jobs and Entrepreneurship	Chairperson: Dr. N.A. Arivukkarasi, Assistant Professor, Department of Entrepreneurship, MSSW, Chennai. Rapporteur: Sagarika, M.A Sociology, II Year, RGNIYD
	Can Entrepreneurship Education be a part of Conventional Syllabus in Indian Context: Myth or a Reality	Dr Sharmistha Bhattacharjee
	Impacts of welfare measures on job satisfaction of the employees	Mr. Mayukh Sen Gupta
	Impact of Youth Entrepreneurship towards Youth Development in India	1. Mr. Raviteja Bevara 2. Ms. Anjana Suresh
	Impact of Business Incubation in Nurturing Youth as Entrepreneurs in India	Shaik Salman Asharaf
	Youth unemployment: A Case Study of Nyishi Tribe at Itanagar Complex Arunachal Pradesh	Namthanduan Gonmei
02.00PM-03.00PM	Lunch Break 01.00PM- 02.00PM	
		Chairperson: Dr. Imtirenla Longkumer,

Program Schedule

03.00PM-04.00PM	Youth Culture and Social Identity	Assistant Professor, Department of Sociology, Pondicherry University. Rapporteur: Anjitha , M.A Sociology, I Year, RGNIYD
	Team Kerala- Crisis management and Youth volunteerism	1. Anoop K A 2. Dr. Sandhya R S
	Youth culture and social identity	1. Shridhula Sriram 2. N. Nirmala
	Culture of „Youth Volunteerism“ in Public Policymaking process_ A paradox for „Social Identity „at grassroots _ A conceptual sight from rural India with special reference to local governance	Santanu Bhowmick
	Studying the harmony of cultural diversity in Arunachal prades “Anthropology: Cultural Diversities”	Geeta Chikro
	A Study on Influence of Pop Culture Among Youngsters	1. Dr I Jenitta Mary 2. Mr Krishna Bharathi S A
	Youth Wellbeing: Indian Perspective	Chairperson: Prof Tarabhai , Former Head Department of Sociology, Madurai Kamraj University Rapporteur: Chaitanya , M.A Sociology, I Year, RGNIYD
	The Case Study of Child Marriage Custom Among Nyishi Tribe In Papumpare District	Nisso Mekap
	Socio-Economic Of Rag Pickers In Waste Management at seppa Block, Eastkameng District	Rani Gyadi
	Mapping the Vulnerability of Homeless Women and Children: A Social Work Exploratory Study of Itanagar Capital Complex	Mary Hiba
	Need and Importance of Structural Changes for Youth Wellbeing-A Case Study from Chennai Metropolitan City	1. Dr Rambabu Botcha 2. Mr Vishal Mishra

Program Schedule

	Psychological and physical experience of breakup of romantic relationship among the late adolescents	Hasna Ayisha Adam
04:00pm	Valedictory Programme	
	Welcome Address	Dr. Anbu Kavitha Assistant Professor Department of Sociology, RGNIYD
	Valedictory Address	Prof. (Dr) Sibnath Deb Director, RGNIYD
	Special Address	Prof. M. Thamilarasan Professor & Head Department of Sociology, Madras University
	Conference Report	Dr. Hiranniya Kalesh Assistant Professor Department of Sociology, RGNIYD
	Vote of Thanks	Dr. Sharmistha Bhattacharjee Associate Professor & Head Department of Sociology, RGNIYD
	Rapporteurs	Megha, Catherine M.A Sociology, I Year, RGNIYD

About RGNIYD

The Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975. The RGNIYD functions as a vital resource centre with its multi-faceted functions of offering academic programmes at Post Graduate level encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programmes for state agencies and the officials of youth organisation, besides the Extension and Outreach initiatives across the country.

The Institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national level, it works in close cooperation with the NSS, NYKS and other youth organizations in the implementation of training programmes. The Institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas. The RGNIYD serves as a youth observatory and depositary in the country thereby embarking on youth surveillance on youth-related issues. It has a wide network with various organizations working for the welfare and development of young people and serves as a mentor.



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