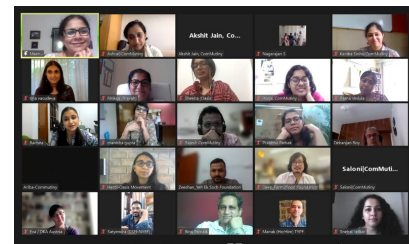




TREAT #5 REPORT

#SAATHNIRBHAR: OUR INSIDE OUT WELLBEING STORY



VARTALEAP TREAT 5

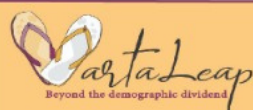
#SAATHNIRBHAR: OUR INSIDE OUT WELLBEING STORY

vartaLeap Treat 2021 was a celebration of solidarity, friendships and the collaborative youth-centric impact that vartaLeap Coalition has nurtured especially over the last year. This confluence of innovative designs and facilitation through 3 half days (2nd, 3rd and 4th September) allowed members to delve deeper into the year that was - all knitted around the theme - **#SaathNirbhar: Our inside-out wellbeing story!** By reflecting on and evaluating vartaLeap's journey together, forward looking strategies were also co-created.

The intergenerational core team of 38 inspiring and passionate designers-facilitators, led by Co-Convenors of the treat; Vijay Bhai, Deep, Kanika, Rajesh and Akshit, demonstrated an outstanding volunteering spirit, making this treat a truly powerful, heartfelt and meaningful experience! It was about connecting - with each other and the common purpose and mission of vartaLeap, with an equal measure of bonding with and learning from and about each other!



The treat began with a special welcome note from Ashraf where she encapsulated our collective achievements, challenges and efforts towards strengthening the mission – Every Youth a Jagrik, Every Space nurturing Jagriks. The icebreaking set us off on this 3 day voyage of Being, Seeing and Doing together!



VARTALEAP TREAT #5 AGENDA

"commutiny"
the youth collective

#1- Sept 2

2:30 - 3:30

OPENING

Ice Breaking and Coming Together
Ashraf, Kanika, Meenu

3:30 - 4:00

SAME PAGING

Highlights and celebrations of VL so far
Kanika, Akshit

4:00 - 4:15

MEMBER SPEAK

Member engagement survey (PlayVerito)
Sheena Gandhi

4:30 - 5:15

NEXT PAGING (PT 1)

Building our strategies for the future
Deep, Ashok, Harsh, Sohini

5:15 - 5:45

OPEN SPACE

Set up and sign ups
Zafreen, Vivek, Sonal, Pooja, Hardi

5:45 - 6:00

NEXT PAGING (PT 2)

Building our strategies for the future
Deep, Ashok, Harsh, Sohini

7:00 - 8:00*

MEHFIL-E- VARTALEAP

SaathNirbhar songs for wellbeing (Performances + Open Mic)
Ritesh, Anurag, Bappa, Niti, Shahid, Reman

* THESE ARE OPT-IN SESSIONS

#2- Sept 3

2:30 - 3:00

SAME PAGING

Broad strategies
Aakash, Manisha

3:00 - 4:00

HALL OF ENERGY

Co-creating our wellbeing story
Rajesh, Pratibha, Zeeshan, Kuldeep, Rachita

4:15 - 5:15

ENERGISING VARTALABS

Joining old and kickstarting new
Kanika, Vijay Bhai

5:15 - 6:00

OPEN SPACE SESSIONS

Member-led co-learning before
Vivek, Zafreen, Sonal, Pooja, Hardi

7:00 - 8:00*

CINDER NIGHT

Date Night
Ariba, Anjani

#3- Sept 4

2:30 - 4:15

TOGETHERNESS TABLE

Bonding like never before
Ishani, Meenu, Akshit, Ariba, Saloni

4:30 - 5:00

PREPARING FOR THE 3RD WAVE

Learnings & celebrations of our response to Covid
Navendu, Souvik, Syag Bhai

5:00 - 6:00

CLOSURE

Until next time
Ashraf, Kanika, Akshit, Deep, Vijay Bhai, Rajesh

SaathNirbhar:
Our wellbeing story inside-out



BEING

vartaLeap's being is an embodiment of the solidarity, collaboration, collectivisation and community building efforts of all its organisational and individual members.

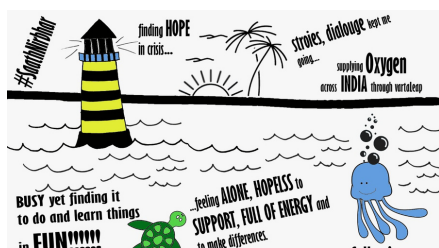
This togetherness was experienced, rejoiced and celebrated throughout the 3 days, with this element woven into the session designs itself. More so during the Hall of Energy session, two extremely energising Mehfiles and the Togetherness Table session that aimed to revisit the collective story that the vartaLeap members are writing together, while understanding deeply, the individual strands that weave this fuller story! They were personal, reflective, powerful and fun.

Letters of Love!

While experiencing the magic of togetherness through the 3 days filled everyone with deep gratitude, hope and warmth, the members wrote beautiful love letters addressing each vartaLeap co-voyager. They felt extremely loved and held, when they received their letters of love! To receive these love letters, [click here!](#)

Hall of Energy was an ocean themed deep dive session where members were invited to be storytellers and find undiscovered hidden treasures in the vartaLeap ocean...the treasure of inside out wellbeing stories! Together members brought out stories of meanings found and given to this space; conversations had, innovations co-created, memories woven, tears shed, peace found, friendships strengthened and selves and organisations nurtured!

6 illustrators also joined the intimate groups of 7-8 members in breakout rooms and created beautiful illustrations representative of the members' shared wellbeing stories!



RAHUL



LAMYA



DEBANGSHU



APOORVA



DEBALEENA



INDRAJEET

Mehfil-e-vartaLeap was a musical night with several members singing and reciting poetry together! A lot of hidden talent was discovered in the ecosystem, so much so that many members offered to continue such musical nights regularly!

Cinder night, the Mehfil on the second day brought together 15+ pairs of vartaLeap members for a date night meant for them to get to know each other one on one. Members shared that they felt loved, more connected and thoroughly enjoyed both the mehfiles!



#SaathNirbhar Song

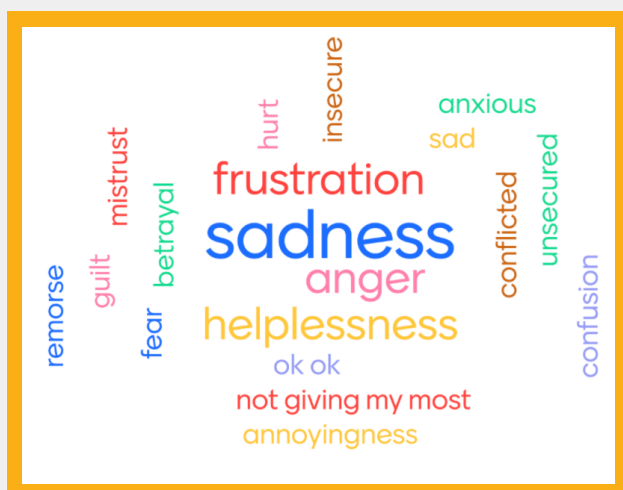
The group that designed the Mehfil-e-vartaLeap, also wrote, composed and recorded a #SaathNirbhar song that is truly representative of vartaLeap's interdependent being!



Togetherness Table became a very intimate but extremely competitive session. It is a unique experience that opens up dialogues in intergenerational groups, a game in the form of 'refl-action' tasks creating an opportunity for deeper conversations. The experience enabled a massive shift in all members from adverse feelings to more positive feelings. The wellbeing edition that they were taken through was developed specially to support the recovery phase of the second wave of COVID-19. The smiles that the groups came back with at the end of their conversations in the breakout rooms was priceless!

HOW ARE YOU FEELING?

BEFORE



AFTER



SEEING

How vartaLeap sees the world is essentially grounded in its shared values, principles and frameworks. The treat was also a space to revisit them and evaluate the collective work that has happened over the last year.

F

Feelings must be honored

L

Leading together with adults

O

Ownership of self and society

W

Willingness to take risks

I

Inclusion for all

N

Now is as important as the future

G

Grounded in refl-action

THE FLOWING PRINCIPLES

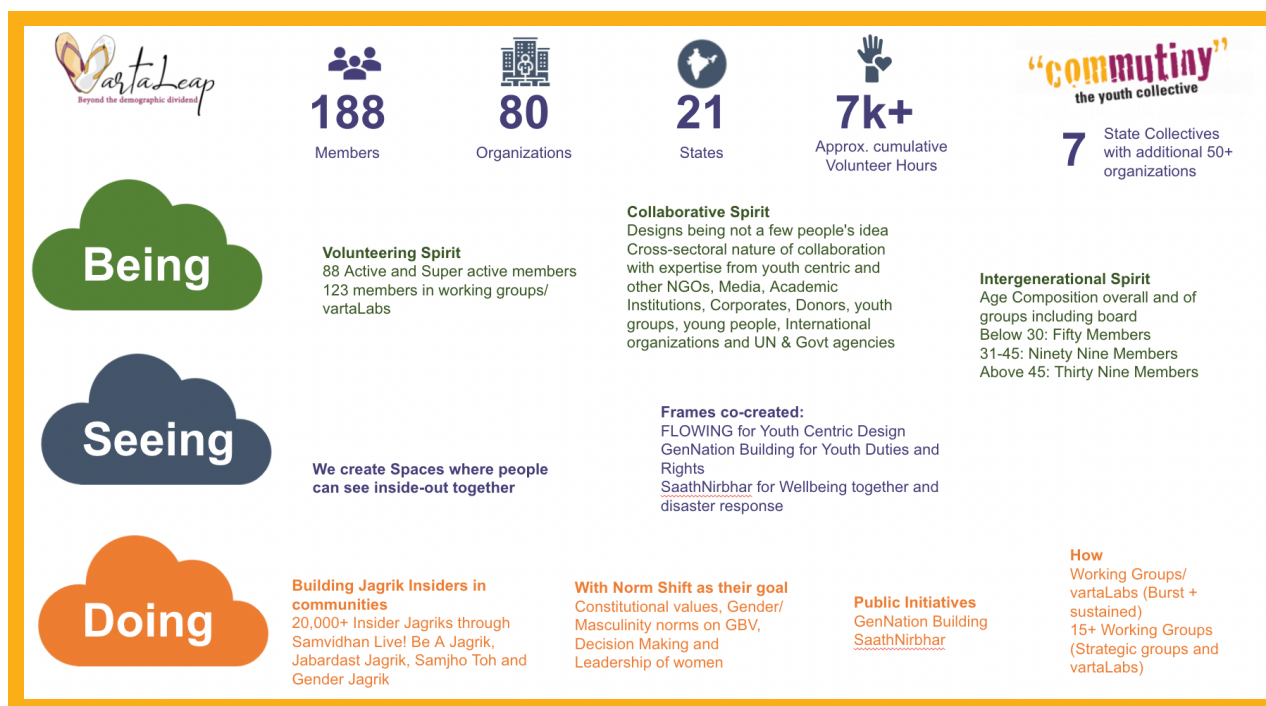
The FLOWING Principles are the foundation for all vartaLeap spaces and innovations. We revisited the principles together through an 'image association' game, as part of the icebreaker. Members chose pictures they resonated with, which had secret questions related to the principles. This process eventually led to the group coming up with key ground rules for the three treat days.

Summed up ground rules that came out of this session:

- F** : be sensitive, respectful and create a trusting space
- L** : make sure everyone gets a chance to participate and encourage engagement (especially intergenerational)
- O** : being on time and fully there also supporting new members to get comfortable
- W** : willingness to take a risk by talking to new people and opting for new spaces you haven't tried in the coalition
- I** : ensure language doesn't become a barrier by helping in translations
- N** : be in the now by having fun and making this space fun and by trusting the process and jumping in
- G** : bring personal experiences and reflections to enrich the dialogue

Same Paging

Being able to see [the big picture of the coalition](#) was exciting – a coalition that is young at heart and intergenerational by experience! The vartaLeap ecosystem has become a family of 188 members from 80 organisations in addition to 7 state collectives (50+ orgs) that are a part of the ComMutiny community of practice. VartaLeap is now present in 21+ states. Over 20000 Jagriks are now insiders in their communities, leading youth centric norm shifts in their own contexts, addressing issues like gender, child rights and constitutional literacy.



The FLOWING principles were lived, GenNation Building happened through Youth Duties and Rights and the COVID Response by the members reached lakhs of people across the country, Samjho Toh scaled up and Gender Jagrik pilot was initiated at 4 locations. #SaathNirbhar was also recognised by the World Economic Forum's COVID Response Alliance for Social Entrepreneurs as one of [India's Top 50 #COVID19 Last Mile responders](#).

This was all made possible through the efforts of members who have volunteered for over 7k hours in the last 9 months, creating joy, achievement and learning, through their collaborative spirit. For the group specific presentations [visit here](#).

“Excellent, Excellent, Excellent, Such a beautiful learning journey. I have never felt new to the system because of all of you. Everyone in the membership works so hard, they try to personalize how to bring people into the ecosystem, it makes for a wonderful experience. Coalition for me is a two-way process – not just vartaLeap's responsibility, we too need to be proactive regarding being a part of the coalition. The benefit of working in the coalition is for us. We can become better human beings; the coalition gives us that opportunity and that is why I have enjoyed working in the coalition.”

– Sheeba, OASIS Movement

BOARD STRATEGIES

Manisha and Aakash facilitated a crisp, beautiful learning space on the purpose, role and structure of the vartaKarta group. The session started with a fun quiz on how much members really knew about vartaKarta which led to the introduction of how they served as the board of the coalition.

Their role as strategic doers was highlighted and that they act as a radar that picks ideas and converges them according to group priorities.

STRATEGIC PRIORITY : MEMBER ENGAGEMENT

WellBeing

- Responding to the unforeseen
- initiating collaborations
- Building resilience
- Spaces for nurturing personal relationships

Innovations

- Through the Vartalabs building new ideas that can be scaled around gender, citizenship, rights & duties
- Multiplying impact with larger youth communities

ACTIONS TO TAKE

Some actions that were suggested for members to support the vartaKarta strategies:

- Find spaces to talk about vartaLeap missions and create platforms for that. Becoming advocates.
- Media engagement with Jagrik youth as influencers. Protagonists of storytelling will be youth Jagriks.

Members were then invited to share ideas and recommendations for vartaKarta.

[Here are the inputs.](#)

BRAND & NARRATIVE BUILDING

Business

- Fortune 500 companies to include Jagrik Quotient as a Hiring Metric
- What is your Jagrik Quotient? Corporate India sees active citizenship as a key employability skill

Government

- Vartaleap - A coalition that ran the perfect relay race to win at grassroots
- Jagrik quotient being used by the government as part of the school curriculum

Youth Organisations

- Design standard of youth centric development becomes the norm
- New-age architecture towards coalition building

NEXT PAGING

Once, all the members were on the same page about where vartaLeap is presently, reflected on the highlights, the challenges and things that could have been better; Deep, Sohini, Harsh and Ashok facilitated the Next paging session! They facilitated the co-creation of vartaLeap's future directions, both internal and external; using a super fun snowball process. The members then voted for the directions that they felt were most crucial. The outcomes of the voting led to the identification of two final internal and external outcomes as shown in the picture below.

TREAT #5

NEXT PAGING

CO-CREATING FORWARD STRATEGIES ►►►

As we co-created our future internal and external directions during the Treat using the snowball consensus building process, here are the top outcomes as voted by all of us and our action forward on each of them.

OUTCOME

INTERNAL

Map our collective strength to prepare for the external World

INTERNAL

Prioritise the collaborative within each member Organisation & Create better sense of identity and belonging among new and old members of the collaborative

EXTERNAL

Create a Youth centric economic well being inviting more investment (resources) in this space, introducing more skill and livelihood

EXTERNAL

Showcase vartaLeap to the external world and tell the story well

BEING TAKEN UP BY

Bonding & Learning group through a repository/ directory project

Narratives vartaLab and vartaKarta

Livelihoods & Entrepreneurship vartaLab

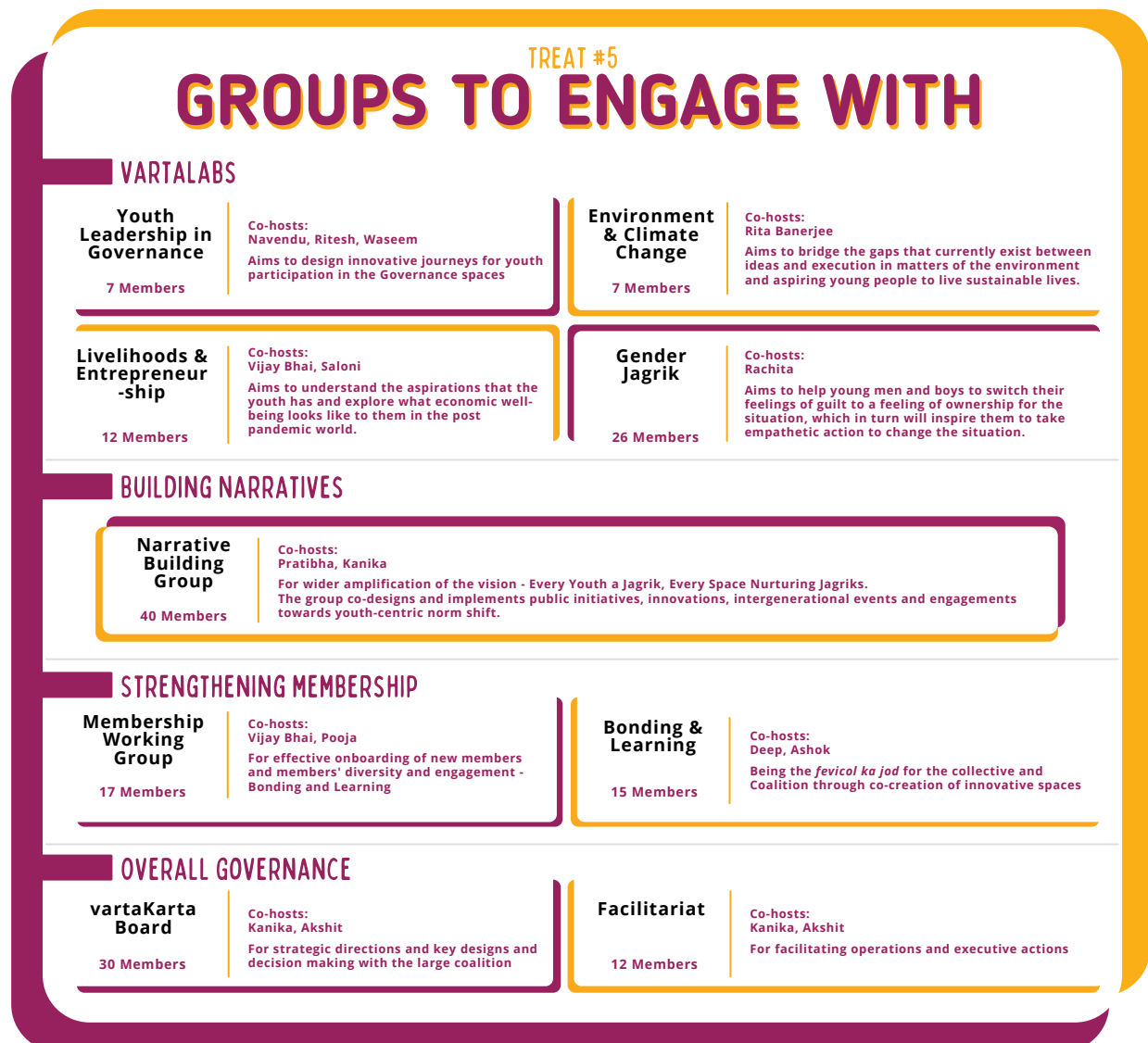
Narratives vartaLab

DOING

The uniqueness of the being and seeing of vartaLeap ensures that the doing is equally innovative. The 129+ members who are actively volunteering their time and energies in these innovation groups have ensured that vartaLeap's vision is heard, understood, amplified across the country.

Energizing vartaLabs

A session at the retreat was dedicated to inviting re-commitment from old members and sign ups from the new ones. From role plays, drama and videos to experience sharing, the pitches were most innovative and fun; the lab representatives didn't leave any stone unturned when it came to creating excitement around their groups! Three new vartaLabs have also been initiated on: i) Youth and Political Participation ii) Livelihoods and Entrepreneurship and iii) Environment and Climate Change. More about the working groups and vartaLabs has been shared in the graphic below. The groups then got into vartaLab-wise breakout rooms (individuals chose which group they wanted to join) and members learnt a little more about each other and why they chose the respective spaces! To Sign Up, **contact Akshit at 7838055799**



PREPARING FOR THE 3RD WAVE



The session aimed to celebrate the phenomenal response to COVID 2nd wave by the vartaLeap members and unveiling **the COVID Impact Report** capturing the impact of the collective relief efforts.

Navendu welcomed everyone to this session and set the context of SaathNirbhar. He spoke about how the members and the youth leaders they worked with had truly lived the value of interdependence during COVID Response. Following this, Pavan celebrated how the vartaLeap Coalition was able to hold true to the key ingredients of Trust, Cooperation, Communication, Accountability and Coordination that makes a collaborative successful. An extensive report on COVID Response was also released during this session, the final draft of which will be shared with members soon. The report was widely celebrated by all present. "What started out as an organic response from members to the SOS messages from within the community, soon turned into an organised movement with different stakeholders in the coalition playing to their own strengths", he added. Zeeshan, Deep and Navendu shared in-depth about their unique experiences of leading YES Foundation, Farm2Food Foundation and Agrini through these times and the role that vartaLeap played in supporting their work. They also expressed gratitude to the many organisational and individual coalition members who played a crucial role in strengthening the response by volunteering time, resources and by facilitating key collaborations.

A space was also created for members to share suggestions on '**Preventive and Responsive' actions** that the coalition could take collectively if the 3rd wave hit the country and they were also invited to join the COVID Response Strategy Group of the coalition.

MEMBER ENGAGEMENT SURVEY

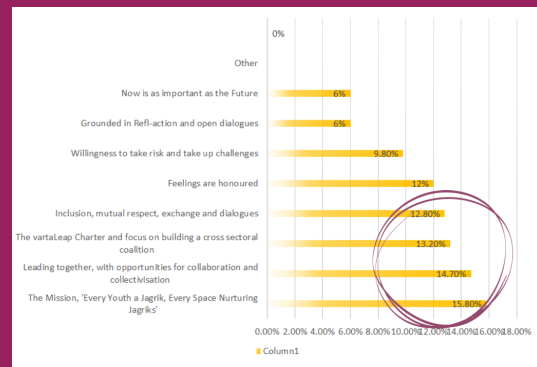
According to this gamified survey designed by the Membership Group in collaboration with Playverto (findings were shared at the treat) 20.3% of members said that they/their organisation have been enhanced by Networks and Collaborations they have nurtured at vartaLeap, 19.4% of members have found Significant Learnings from this space and 12.2% have taken away Innovative Designs that they can run in their communities. The space to lead together, with opportunities for collaboration and collectivisation draws 14.6% members to engage with vartaLeap.



WORDS, PHRASES THAT COME TO MY MIND WHEN I THINK OF VARTALEAP



VARTALEAP ATTRIBUTES THAT DRAW ME TO ENGAGE



OPEN SPACES

Open spaces saw maximum attendance from members and their peers. 7 exceptional sessions were facilitated by vartaLeap members around a variety of topical and relevant issues across issues through workshops/ sharing/ commentary.



Period of Solidarity or Helplessness:
Relooking Design of Relief Interventions
**Bilingual | Mohd Tarique, Koshish
- TISS**



Importance of Self Reviewing
as a Skill. [Watch Here](#)
**Bilingual | Kavita Anand,
Adhyayan**



Leadership in times of crisis?
What does it look like? [Watch Here](#)
**Bilingual | Satyendra Kumar,
CSEI-NYEF**



LGBTQIA Youth Wellbeing
**Bilingual | Bappaaditya
Mukherjee**



Making Collaborations Count
**English | Sheena Gandhi,
Sahayog Foundation**



Celebrating Failures |
[Watch Here](#) (2:07:50 onwards)
**Bilingual | Manisha
Gupta, StarUp India**



Youth Collaborative space of North East - Through the Eyes of Three Idiots
**English, Jenpu Rongmei, Can Youth | Hejang Misao, Inside North East |
Sonal Roshan, Youth Involve Social Entrepreneurs/Axom State Collective**

GRATITUDE

Expressing deep gratitude to each and every member, volunteer and other attendees who were a part of Treat #5, for being deeply authentic, open and inspiring! It wouldn't have been possible to create such a powerful experience without this collaborative energy. It has been truly wonderful to experience how so many beautiful stories create this deep blue ocean called vartaLeap and how there is a deep blue ocean in the being of each member who makes this space come alive!

Thank you!



THANK YOU FOR ATTENDING!



Aakash Sethi
Quest Alliance



Ajay Pandit
Synergy Sansthan



Akshit Jain
ComMutiny



Amitabh Behar
Oxfam India



Amu Vinzuda
Jan Sahas



Anand
SHEF



Anand Kumar
PHIA Foundation



Anjani Grover
ComMutiny



Anurag Hoon
Manzil Mystics



Archana



Ariba Naim



Arjun Shekhar
ComMutiny



Arnaz Khan
Blue Ribbon Movement



Ashish Kothari
Kalpvriksh, Vikalp Sangam



Ashraf Patel
ComMutiny



Ashok Krishnan



Bappaditya Mukherjee
Prantakatha



Biraj Patnaik
NFI



Chaki Shahid Hamid



Darshika
IGSSS



Debanjan Roy
Kaivalya Education Foundation



Deepiyoti Sonu Brahma
Farm 2 Food Foundation



Durba Ghose
Mittika



Eva Wallenstein
DKA



Hardi Parmar
OASIS Movement



Harsh Gupta
IGSSS



Hejang Misao
Inside North East



Indrajit Sinha
We Are Young Foundation



Ishani Sen
Pravah



Jenpu Rongmei
Can Youth



Kanika Sinha
ComMutiny



Kavita Anand
Adhyayan Asia



Kuldeep Sikarwar
Anhad Pravah



Kunal Naik
Antarang Foundation



Lokashish Saha



Manak Matiyani
The YP Foundation



Manasi Saxena
enCOMPASSION



Manisha Gupta
Startup India



Meenakshi Gupta
Goonj



Meenu Venkateswaran
Pravah



Mohd Tarique
TISS



Mohd Zeeshan
Yeh Ek Soch Foundation



Mudita Jagota



Navendu Mishra
Agrini



Neeru Malhotra
Pravah



Niti Pandey
Manzil Mystics



Pavan Bhatia
GenWE



Piyush Ghosh
The Optimist Citizen



Pooja Jain
ComMutiny



Prashant Dubey
Aawaj



Pratibha Pathak
ComMutiny



Rachita Srivastava
Yeh Ek Soch Foundation



Rahul Bora
Thoughts to Action



Rajesh Meher
ComMutiny



Rama Rao Vedula
AJWS



Rameez Aalam



Ramnarayan Syag
ComMutiny



Ranjan
PHIA Foundation



Remanpreet Sandhu



Renita Gonsalves
Blue Ribbon Movement



Ritika Khunnah
Pravah



Rustam Vania
Srishti School of Design



Saloni Goel
ComMutiny



Satyendra Kumar



Shankar Venkateshwaran
E Cube



Shariq
Yeh Ek Soch Foundation



Sheeba
OASIS Movement



Sheena Gandhi
Sahyog Foundation



Shilpa Jhawar
Anhad Pravah



Siva Nagarajan



Sivakumar Babu
RGNIDY



Sohini Bhattacharya
Breakthrough



Sonal Roshan
We Are Young Foundation



Souvik Saha
People For Change



Subi TS



Sudarshan Suchi
Save The Children India



Sudha Srinivasan
TheNudge Centre for Social Innovation



Swati Tripathi
SHEF



Tiasha Banerjee
Adhyayan Quality Education Foundation



Tina Vasudeva
OASIS Movement



Venkatesh Srinivasan



Vijay Bharatiya
Jai Jagat



Vishakha Tak
Anhad Pravah



Vivek Kumar
Kshamtalaya



Waqar Qazi
Urja Ghar



Waseem Iqbal
Aim For Awareness Of Society



Zafreen Neha
CSEI