

**RESTLESS  
DEVELOPMENT**

ISSUE ONE

20:24

**# VIBE WITH  
IMPACT**

Unlock the future



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# Message from the Team



Welcome to the latest edition of the #VibeWithImpact E-Magazine. Earlier this year, we were asked to select an internship program that aligned with our passions and motivations. What resulted is a group of six interns from Macquarie University Australia who selected Restless Development India as our company of choice. With many of us majoring in PR, Social Media and Journalism, we instantly bonded over our shared interests. From there, we were lucky enough to connect with Simran, our host supervisor who has guided us through our internship with grace and pride.

As a group, we believe in Restless Development's mission, dedicated to empowering young people. We understand that change is a process, it isn't something that happens overnight. It's a culmination of small efforts that work towards large impacts. In a way, this e-magazine is the culmination of small efforts by the group over the course of our internship that amounts to what we hope is a large impact.

Without further ado, we are beyond excited and proud to present to you the next edition of the #VibeWithImpact E-Magazine. We are so grateful to have the opportunity to build a resource for readers to access and we hope you will enjoy this magazine as much as we enjoyed creating it.

Sincerely,  
Arnold, Chanel, Elise, Kei, Kukuwa, Simran & Vanshna





# About Restless Development India

**Welcome to Restless Development India, where the passion and energy of young individuals join to shape a better tomorrow. Restless Development India stands as more than just an organisation; it embodies a spirited movement propelled by and for the youth of India.**

**Restless Development India advocates for young people's boundless potential to confront the most pressing societal challenges head-on. From combatting climate change and supporting healthcare systems to advancing educational opportunities and fortifying communities, RDI's initiatives are as diverse as they are impactful.**

**In the heart of India, they are dedicated to nurturing the next generation of leaders and decision-makers. Through innovative programs and strategic partnerships, they cultivate environments where young individuals can acquire the skills, knowledge, and confidence necessary to transform their aspirations into actions.**

**At Restless Development India, youth take centre stage. They don't just work for young people; they work alongside them, entrusting them with the responsibility to lead projects and initiatives. This hands-on involvement equips them to advocate for change and actively steer it.**





# Empowering Youth, Transforming Futures

**Inclusivity is the cornerstone of their initiatives. We are committed to ensuring that every young person possesses a voice and platform to shine regardless of background. By breaking down barriers and fostering a supportive atmosphere, we unlock the potential of all young leaders. Are you a young individual yearning to make a difference?**

**Or are you an entity eager to support youth-driven development? Restless Development India welcomes you with open arms.**

**Embark on this journey with us and witness how we can leave an indelible mark together. Let's not only imagine change for tomorrow but make it happen today.**

**Scan the QR Code to  
learn more about  
Restless Development  
India.**





6:00 PM

## Climate Change Facts



Restless Development

OMG HEY! Did you know that climate change is like actually affecting us now??? I just heard that the world is at its warmest ever recorded in history !

6:01PM

NO WAY😱 I wondered why the temperatures have been so crazy this year !

6:02PM

Yep it's only gonna get worse, the rising temps can lead to food insecurity, and displacement , and even impact reproductive health services 🤔🤔

6:04PM

That would be so terrible ! What can I do to help? Is there anything I can actually do?? I'm just a regular girl! 🙄

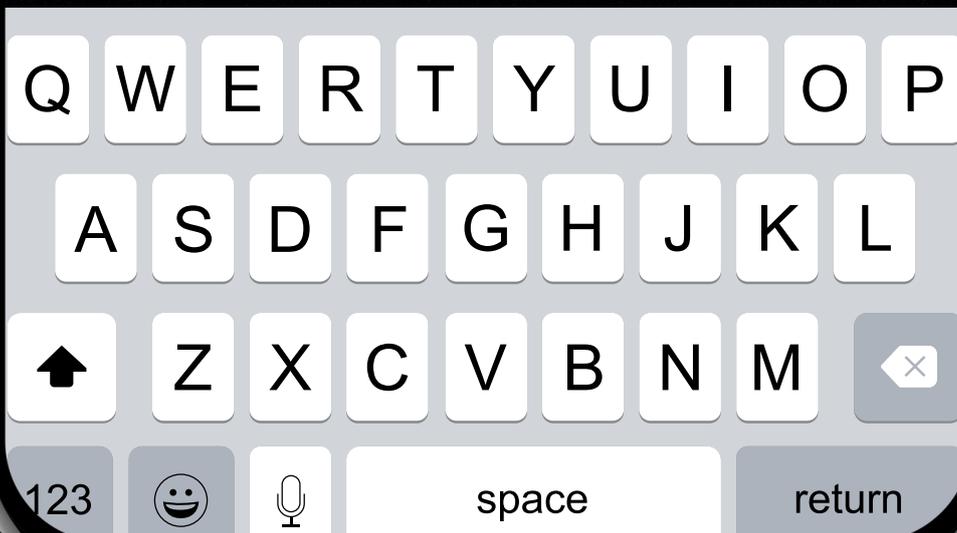
6:05PM

There is SO much you can do .. but you can start right now by signing up here!  
<https://restlessdevelopment.org/climate-action-champions/>

6:08PM

OMG perfect🙌 I'm gonna tell all my friends to do it too!

6:08PM





# Mayur's Climate Action Champion Journey

**A**s a teenager, Mayur was part of a protest group that fought to prevent 200 trees in his area from being cut down for a road expansion. The protest saved the deforestation of 100 trees, sparking the beginnings of Mayur's journey with climate action.

Today, at the age of 22, Mayur is a biology student at Azim Premji University in Bengaluru. He is also currently working as a Youth Climate Action Champion with Restless Development, with his focus being on

**Solid Waste Management in the Adigarahalli area of Bengaluru.**

With the help of Restless Development through ongoing training, Mayur has been able to conduct surveys in his community to further understand the effects of Climate Change amongst the people in his community. He was specifically looking at health hazards that are faced by the community due to improper waste disposal, as part of Mayur's mission focusing on solid waste management.

# **Mayur's vision is to continue working with organisations such as Restless Development in contributing to the well-being of the planet.**

**Mayur has also led workshops with the mission of spreading awareness on important issues such as waste management, garbage disposals, livelihood and deforestation.**

**Mayur continues to investigate how the natural world and its resources have been affected by climate change. Ultimately, it is the younger generation, including Mayur's generation that are and will be the most impacted by climate change. Even though young people make up a large portion of the world, over half the population in fact, they are continuously excluded from conversations surrounding climate change and the issues that arise from it.**

**Although Mayur is actively engaged with his community, he still faces challenges in his ability to engage with communities, especially with his workshops. To fight these challenges, he's made his workshops inclusive for women to attend, in hopes that they feel more comfortable participating and engaging with Mayur.**

**To this very day, you can find Mayur working as a Youth Climate Action Champion addressing Climate Change issues by involving communities, schools and running campaign events that build awareness to the issues presented due to Climate Change.**

**Scan the QR Code to learn more about how you can join the Climate Action Champions network.**



## Get To Know Our Projects

### THE AIM

YOUTH CLIMATE ACTION LAB IS A YOUTH-LED MOVEMENT ON ADDRESSING THE ISSUES OF CLIMATE CHANGE IN URBAN BENGALURU. CLIMATE CHANGE IS ONE OF THE MOST PRESSING ISSUES AFFECTING YOUNG PEOPLE.

Through the programme till now, Restless Development has been able to work with over 27 people as Youth Climate Champions in 6 communities of Bengaluru to understand issues and work with the people on ground, having an impact with more than 2,900 people.

Youth Led Research was conducted with over 600 respondents and 120 plus participants in the form of FGDs with a focus on Infrastructure & Resilience, Water Sanitation, Solid Waste Management and Youth & Livelihood.

Setting up a safe space with the Youth Resource Centre to mobilize young people from the community to raise awareness around climate change.

For more information on the Youth Climate Action Lab, scan the QR code.



# CLIMATE ACTION

## ECO-FRIENDLY



1

**Talk about climate change and run cool events**

2

**Try to live eco-friendly by recycling**



3

**Protest and demand action for the environment**

4

**Practice wise water usage**



5

**Set an example by spreading awareness through social media**



Share your eco-friendly actions on social media using

**#VibeWithImpact #ClimateMovers**

**Inspire others to join in!**



# Youth Climate Action Lab

**Youth Climate Action Lab is aimed at tackling climate change challenges in the urban landscape of Bengaluru. Bengaluru is experiencing increasing heat and pollution due to climate change, impacting lives and livelihoods. In collaboration with 11 youth climate Champions, Restless Development India is working to address this issue. We aim to document the impact of climate change on young people and engage them in combating it.**



**SCAN  
ME**



# NAIMA'S STORY



Naima started regularly attending the Children and Community Resource Centre (CCRC) that was established by Restless Development in her village of Mohanpur and saw significant improvements in her academic performance as an Upgraded High School student.

In Mohanpur Village resides a 12-year old girl, Naima. She lives with her mother and twin sisters. Although she is attending Upgraded High School, her educational journey has faced many obstacles as has her personal journey. When she was younger, her father passed away due to illness and her family struggled financially without a regular financial support system.

During this time, a Children and Community Resource Centre (CCRC) was established by Restless Development in her village. These centres are established with the mission of providing educational support and a safe environment for all students who attend. However, Naima did not visit the centre, she was worried about the potential financial burden it would put on her family.

Naima hadn't realised that CCRC services are free. It wasn't until her family

was visited by a volunteer and explained this that Naima enrolled in the CCRC along with her siblings. Although Naima was initially hesitant, she continued attending CCRC sessions regularly and saw her academic performance improve significantly with the help of CCRC volunteers. Volunteers provided personalised support to aid in her reading, writing and mathematical skills.

Naima started to become more confident participating in various activities, discussions and life skills sessions. This opened doors for her future, including selection to study at a Madrasah on a sponsorship basis. Naima is a clear example of what support structures like CCRC can offer in nurturing children's education.

**Naima now aspires to become a teacher, driven by the desire to support underprivileged children's education, much like CCRCs.**



Looked at a screen for 2 hours?

REST for 15 MINUTES

Method 1



Method 2

After 20 MINUTES of screentime, look at something far away (20 FEET) for 20 SECONDS

SCAN HERE 

20, 20, 20 method



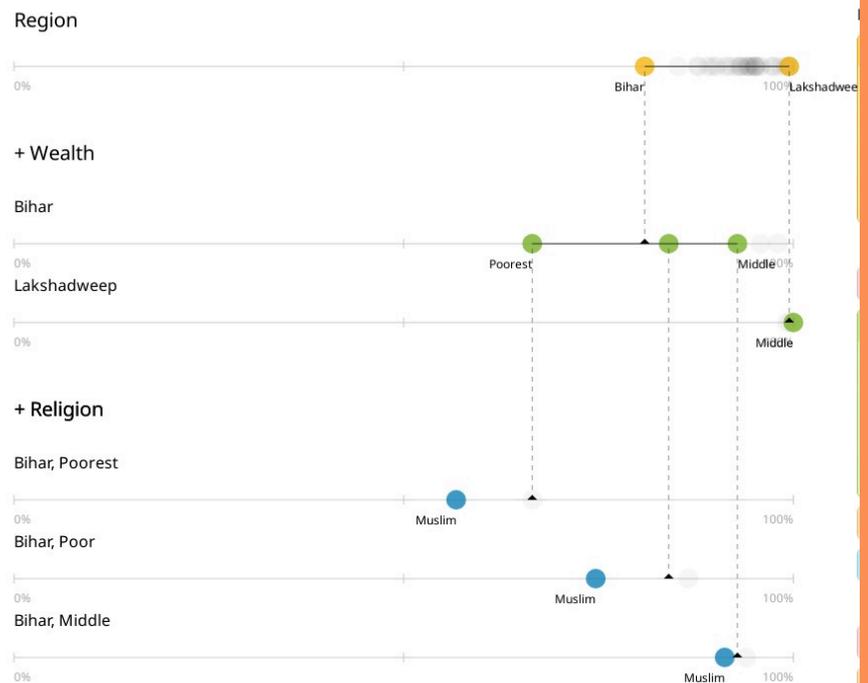
# Education Rights For Children

This is a chart depicting the primary education completion rate in India, broken down by region (Bihar & Lakshadweep), religion (Islam and Christianity), and wealth disparity.

According to a survey conducted by UNESCO in 2020, the enrollment rates in India were as follows:

- Enrolment rate for primary education: approximately 96%
- Enrolment rate for secondary education: approximately 73%
- Enrolment rate for higher education: approximately 28%

## Region disparities in Primary completion rate in India



While the enrolment rates for primary and secondary education are not low, it is evident that the enrolment rate for higher education is significantly lower, highlighting a challenge in India's education system. Additionally, there are other challenges such as the quality of education and teachers, which cannot be fully captured by these indicators.

## The Aim



## Get To Know Our Past Projects

Launched in June 2022, The Go Nisha Go game is an award-winning game that helps girls and young women in India navigate and negotiate life choices and attaining positive health, safety, career, and educational result. This digital, interactive game, funded by USAID and powered by Howard Delafield International, includes direct-to-consumer information addressing public health concerns such as nonconsensual sex, reproductive health, relationships, contraception, and the detrimental stigmas that are attached to them.

## A GAME OF CHOICE, NOT CHANCE

In alignment our vision towards realising, enabling and connecting youth leadership initiatives, we have been onboarded as a partner to implement the meaningful youth engagement component of the game.



# Young. Feminist. Fearless

LOOKING BACK AT THE STATE OF YOUTH CIVIL SOCIETY REPORT 2023



The State of the Youth Civil Society Report of 2023 was developed under the theme **Young. Feminist. Fearless: Holding the Line**, with a focus on feminist movements and their critical roles. The research highlighted three key findings:

**1. FEMINIST MOVEMENTS ARE LED BY YOUNG PEOPLE YET THEY USUALLY DON'T GET THE RECOGNITION THEY DESERVE.**

Today, young feminists are leading the way across many global movements, challenging injustice and transforming social norms.

**2. FEMINIST MOVEMENTS ARE DIGITAL NATIVES BUT GATEKEEPING BY BIG TECH COMPANIES AND ONLINE HARASSMENT ARE MAJOR CHALLENGES TO SOCIAL MEDIA USE.**

Restless Development saw first-hand the constraints imposed by major tech corporations, which inadvertently hampered the reach and impact of their work.

**3. UNDERNEATH THE RESILIENCE, FEMINIST MOVEMENTS ARE FIGHTING AN UNSEEN BATTLE WITH MENTAL HEALTH.**

“The anxiety that I live with every day, I was once asked by my therapist if I have a safe place to go to in my mind and I did not have that,” a respondent from India.

**Get To  
Know Our  
Projects**

# PAHAL Initiative



The Pahal Initiative stands as a light of hope in the fight against child rights violations, particularly the scourge of child marriage and gender discrimination. With a steadfast mission to empower girls and foster gender-equitable norms, Pahal is making waves in communities across Hiranpur block and Pakur district.



Pahal tackles child rights issues head-on by involving parents, teachers, local leaders and community groups. Through advocacy and education, they create safer spaces for girls to flourish.

In collaboration with Kindernoithilfe, Pahal is reaching out to over 3000 children and adolescents in 30 villages across 5 panchayats. This includes vulnerable communities in aspirational districts identified by Niti Aayog. Moreover, Pahal is actively engaging 2500 parents, 26 teachers, and 30 PRI members, ensuring a broad-based approach to addressing child rights violations.

Since the start of October 2021, Pahal has made significant strides in advancing its mission. From empowering girls to advocating for accountable child protection mechanisms, the initiative's achievements are reflected in its outreach numbers and the tangible impact on the ground.



# END CHILD MARRIAGE

Priyanshu's narrative and the initiatives undertaken by Restless Development.

Operating in Odisha, Jharkhand, and Bihar, they target vulnerable communities in these states to drive impactful change.

*"Only when everyone is sensitised on this matter, will the mindsets move in our support."*  
Priyanshu

*I learnt about who I am. I learnt that I should focus on what I want to be in my life, rather than on what people have to say.*  
-Priyanshu

*"I need to make my parents realise that girls can achieve everything that boys can."*  
Priyanshu

Restless Development India is actively engaging adolescents and youth to tackle prevalent issues like child marriage and gender discrimination. Their focus lies in empowering young individuals, especially girls, to understand and exercise their sexual and reproductive health rights. They aim to equip them with knowledge to make informed decisions regarding marriage and advocate for policies that prevent early and forced marriages.

## Through Priyanshu's lens

- Priyanshu, a young girl from Deoghar in Jharkhand, fought against the common practice of child marriage and societal pressures that restricted girls from attaining higher education.
- With the support of Restless Development India's Plan-It Girls program and youth facilitators like Madhu Didi and Sowkat Bhai, Priyanshu stood up for her right to education and challenged the marriage proposal forced upon her.
- Priyanshu's courage and determination led to a successful conversation with her parents, putting her marriage on hold and allowing her to continue her education.
- She has since become a leader in her community, advocating for girls education and inspiring others to recognize their potential and pursue their dreams.



# CHILD MARRIAGE

In order to prevent child marriage in India, we have achieved ...

**327,078 community members** reached through outreach events and sessions on child marriages, menstrual health management, gender and livelihood.

**For over 30 years**

Restless Development India has collaborated with a range of partners, spanning from governmental entities to businesses, to empower young people and their communities. Presently, our efforts are concentrated on ensuring a promising future for young women and girls.

**RESTLESS  
DEVELOPMENT**



### The Aim

#### EMPOWERING YOUTH FOR SEXUAL AND REPRODUCTIVE HEALTH IN UTTAR PRADESH AND BIHAR

Restless Development's MTV Nidesh project aims to encourage young people to take charge of their sexual and reproductive health and rights (SRHR). "Nidesh" means "lead" or "guide" in Nepali, representing the project's overall goal of supporting young adults to take up positions of leadership and responsibility in their communities and campaign on comprehensive sexuality education, contraceptive access, and other critical SRHR services.

The Virtual Peer Education (VPE) initiative, undertaken by Restless Development India, sets an ambitious target of empowering 30 young leaders to engage with a staggering 200,000 youth.



# "Empowering India's Youth: Taking Charge of Sexual and Reproductive Health"

The status, knowledge, and access to sexual and reproductive health (SRH) services among adolescents and youth in India are characterized by policy commitments and initiatives addressing their unique needs, but challenges persist in providing age-appropriate sexuality education, access to adolescent-friendly health services, and comprehensive SRH counseling, with efforts being made to address these challenges through dedicated health clinics and menstrual hygiene management programs.

## TAKE ACTION NOW!



Explore valuable resources on sexual health and reproductive systems by visiting [WHO Sexual Health](#) for factsheets and tools.



Start conversations with your friends, share your knowledge, and exchange resources to break the stigma.



Utilize health facilities and support services for guidance and assistance.



Harness the power of youth! [Volunteer with Restless Development](#) to advocate for sexual and reproductive health awareness. Get involved and make a difference!

It's important to remember that you're not alone when it comes to sexual health. There are resources available to provide support and information. You can reach out to trusted healthcare professionals, such as doctors or counsellors, for guidance. Remember, seeking help and information is a positive step towards taking control of your sexual health.



# Unveiling Restless Development India: Test Your Knowledge on Youth-Led Projects!



**True or False:** Climate change can result in the displacement of communities due to rising sea levels and extreme weather events.

- A) True
- B) False



**What does CCRC stand for?**

- A) Child Care and Recreation Center
- B) Children and Community Resource Centre
- C) Child Rights and Responsibility Council
- D) Community Childcare and Relief Center

**What was the theme of the State of the Youth Civil Society Report of 2023?**

- A) Youth Empowerment Strategies
- B) Young. Feminist. Fearless: Holding the Line
- C) Global Climate Action Initiatives
- D) Digital Innovation in Civil Society



**What is the core approach of Restless Development India in engaging with youth?**

- A) Directing them without involvement
- B) Providing limited resources
- C) Working alongside them and empowering them to lead
- D) Excluding them from decision-making processes



**What is the primary focus of the Pahal Initiative?**

- A) Environmental Conservation
- B) Empowering Girls and Fighting Child Marriage
- C) Infrastructure Development
- D) Healthcare Access



**How has Restless Development supported Mayur in his climate action efforts?**

- A) Provided financial assistance
- B) Conducted health surveys in his community
- C) Offered ongoing training and resources
- D) Organised international conferences

## Unveiling Restless Development India: Test Your Knowledge on Youth-Led Projects!



**True or False: Climate change can result in the displacement of communities due to rising sea levels and extreme weather events.**

A) True

**What does CCRC stand for?**

B) Children and Community Resource Centre



**What is the core approach of Restless Development India in engaging with youth?**

C) Working alongside them and empowering them to lead

**What was the theme of the State of the Youth Civil Society Report of 2023?**

B) Young. Feminist. Fearless: Holding the Line



**What is the primary focus of the Pahal Initiative?**

B) Empowering Girls and Fighting Child Marriage



**How has Restless Development supported Mayur in his climate action efforts?**

C) Offered ongoing training and resources





# THANK YOU

A big thank you to all the readers of #VibeWithImpact. Reaching as many young people and having a positive impact was always the mission of this magazine. If you the reader, have taken anything from this magazine that helps you in feeling empowered, then we have fulfilled our mission.

We would like to offer our acknowledgement to Restless Development India and Macquarie University for giving us this opportunity. Finally, we would like to offer our gratitude to our amazing host supervisor, Simran. Your support during our internship has helped us to create something that will exceed our time with Restless Development.

Thank you,  
Arnold, Chanel, Elise, Kei, Kukuwa, Simran & Vanshna