



# ANTARGOONJ

## VOICES OF CHANGE

14th- 19th November 2022

# Workshop Overview

## Activity/ Session

## Resource Person

### Day 1

- Introduction and Rapport Building  
Ms. Samiksha Jha and Ms. Ridhima Rathi, MFF
- Theatre Workshop  
Mr. Sanjay Kumar, Pandies Theatre

### Day 2

- #AISA KYUN (KBC leaders advocating on SGBV)  
Ms. Nandita Bhatt, Director of MFF
- Social Media Ethics  
Ms. Nitya Sriram, MFF and Ms. Anugraha Hadke
- Assessing Safety through Gender lens and Mapping  
Ms. Ridhima Rathi, MFF

### Day 3

- Stakeholder Mapping  
Ms. Nikita Rakhyani, PRIA
- Learning Digital Advocacy and Storytelling.  
Mr. Anshul Tewari and Mr. Siddharth, Youth Ki Awaaz
- Baaton Baaton mein (*Nuances on Gender Roles*)  
Mr. Amin, Ms. Samiksha Jha
- Sports and Gender  
Ms. Mana Mandelkar, Tinka Samajik Sanstha
- Learning Dance as a tool for Advocacy  
Mr. Saksham Jha, NASSCOM Foundation



## Activity/ Session

## Resource Person

### Day 4

- Understanding Gender beyond Binary  
Mr. Zayan and Ms. Disha, Nazariya
- Understanding Laws  
Ms. Aarushi and Ms. Shabana, Counsel to Secure Justice
- Understanding Leadership  
Dr. Rajesh Tandon, Founder President PRIA
- Learning Advocacy through Music  
Manzil Mystics Team

# Introduction

*“Pehle hum khud ko change karengey, phir apni family aur friends ko, phir apni community ko, phir pure shehr ko, aur phir pure desh ko (First we will change ourselves, then our family and friends, then our community, then our city and then the entire country.)”*

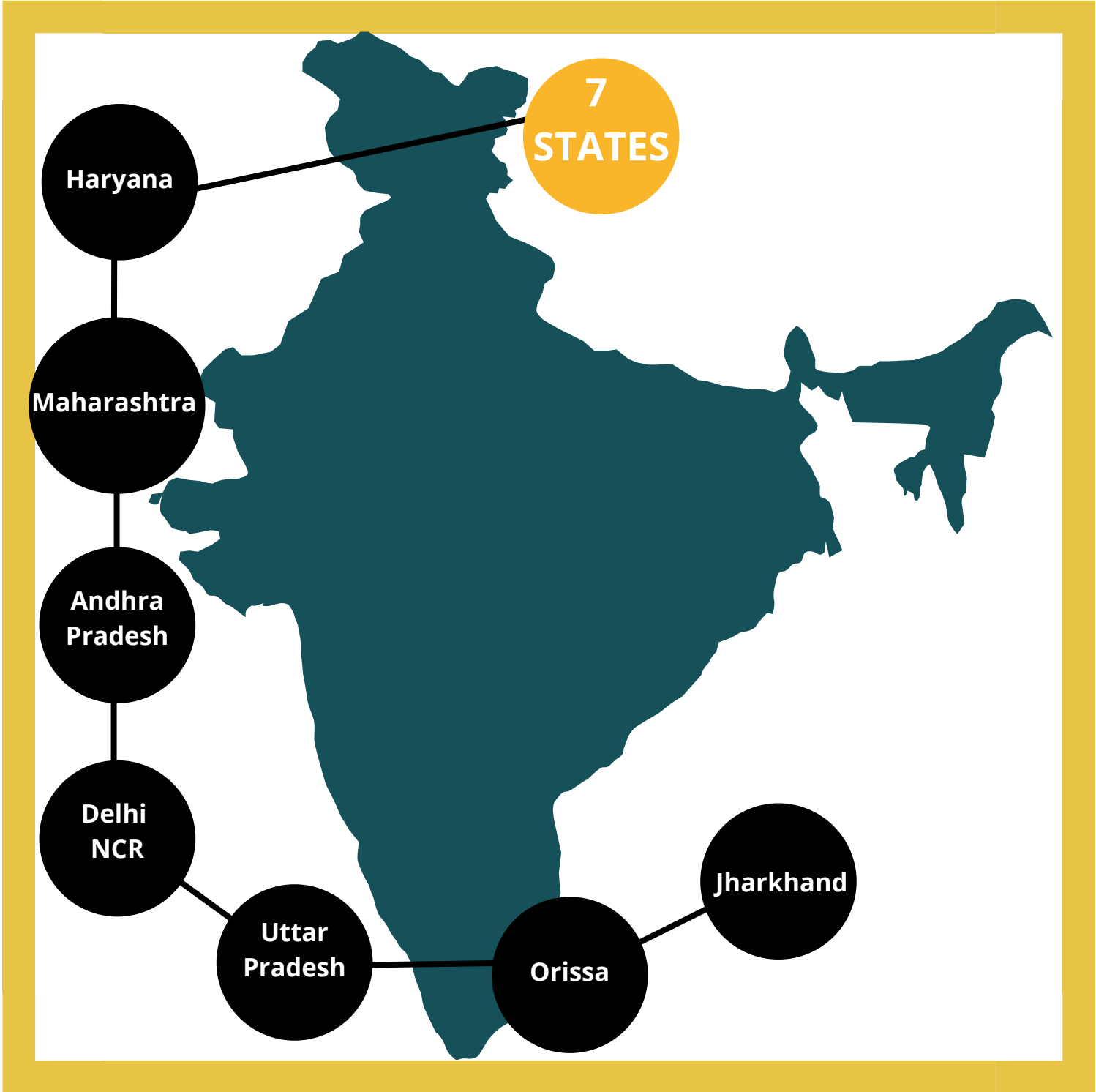
For most people, Monday starts with the morning blues, but on the 14th of November 2022, the entire MFF office was ready to welcome the adolescent leaders for Antargoonj 2022 under the Kadam Badhate Chalo (KBC) programme.

The KBC programme was borne out of the Kadam Badhao Campaign running into various districts of Panipat and Sonapat, raising awareness, mobilising communities, leading advocacy to end Violence Against Women and Girls (VAWG) keeping the voices of the youth at the front. It was started by the youth of this country to talk about issues of violence which despite being so widespread in our society is unfortunately discussed the least. In addition to discussions, advocacy efforts are also made to bring about a change in communities where VAWG is not only accepted but normalized as a part of a culture deeply rooted in patriarchy.

To break this generational influence of gender-based discrimination and violence as a normal and acceptable way of living, the Kadam Badhao Campaign turned into a pan-India project in 2016 as the Kadam Badhate Chalo programme.

As part of this flagship programme, youth members participate in a National Leadership workshop known as “Antargoonj: Discovering your inner voice”. The workshop focuses on building, initiating and facilitating youth leadership to end gender-based violence. The focus for this year was learning various tools of advocacy such as art, theatre, music, sports etc. The workshop also provided a safe space for conversations around understanding gender beyond the binary, reflecting on the concerned laws and stakeholder-mapping along with negotiation skills. A special session was organised on Digital Advocacy focusing on advocacy through Social Media and other avenues such as storytelling.

# Antargoonj 2022 witnessed participation from almost 50 Youth Leaders from 7 States





# DAY 1

## "Finding friends and building solidarity"

For a lot of KBC leaders, it was their first time travelling alone to a distant location away from home. The first day started with the KBC leaders gathering in one space to discuss their geographic locations and one unique feature of each locale. Since the leaders knew about this in advance, they each brought a specialty from their state, such as sweets, decorative items, artwork, or showpieces. The KBC leaders highlighted about why they got those specialty, the reasons for how and why they acquired it. The adolescents got to know one another through this activity, which also served as an icebreaker. It also gave them a chance to meet KBC leaders from various other communities and states.



## "Power of Youth's Voices for Theatre Advocacy"

A possible medium for finding venues to generate or promote social justice and change is theatre. Numerous studies support the use of the arts as a strategy for community empowerment. All those involved in their creation and presentation, whether through poetry, music, paintings, graffiti, dance, or theatre, assert that these works have a personal meaning tied to them.

Because it can recognise and address the problems that a community has, theatre is an excellent tool for community development. The second session of the first day of Antargoonyj, was facilitated by Mr. Sanjay Kumar from Pandies Theatre. It focused on learning advocacy through theatre. The session was designed to learn communication skills, finding voice, building self-confidence, non judgemental attitude etc.

It also covered critical aspects of theatre for the KBC leaders to use it as a tool for advocacy on the issue of gender-based violence. The session made the KBC leaders more at ease with one another and had set the grounds for the upcoming three days. The KBC leaders from Gautampuri shared that they had used Nukkad Natak to mobilise Harijan Colony and Sushant University in Gurugram. They also shared their reflections with the fellow KBC leaders about how it acted as a great tool to provide space for discussions regarding how, despite being so widespread in our society, violence against women and girls is something that is discussed the least.



## DAY 2

### "Finding Self through Sports"

The mornings of all three days of Anatrgoonj started on a very energetic note, with one hour long sessions on- Knowing Your Physical Self, Confidence and Leadership Building. The sessions were conducted in a very zestful manner with stretching exercises followed by interesting games and debriefs. This made the participants ready for the day with their energy all boosted up.





## "#AISA KYUN (KBC leaders advocating on SGBV)"

The KBC leaders participated in a session which focused on the manifestations of Gender Based Violence in the communities, schools, families and surroundings. The session was moderated by Ms. Nandita Bhatt, Director of Martha Farrell Foundation.



The session encouraged the KBC leaders to start a conversation about their surroundings and the reality that although they all come from different regions of the nation, violence against women and girls is so pervasive and similar in many ways. The KBC leaders reached the conclusion that everyone must take action to stop the same, fstarting with themselves first and then taking it to their communities. They discussed how many of the issues they raised are discriminatory, which breeds violence. A lot of them asked several questions about the discrimination that prevails and is normalised in our culture.





## MOST PROVOKING #AISA KYUN?

*Home Science sirf ladkiyo ke liye kyun hoti hai, ladko ke liye kyun nahi?*

(Only girls can opt for home science and not boys)

*Ripped jeans peheni ladkiyo ko ghura kyun jaata hai?*

(Girls who wear ripped jeans are always constantly stared at)

*Ladko ko padhne ke liye bahar bheja jaata hai, par ladkiyo ko kyun nahi?*

(Boys are sent outside to study further but not girls)

*Ladko ke liye ghodha aur ladkiyo ke liye gudda?*

(Boys get toy horses, but girls get barbies)

*Ladke der raat bahar ghum sakte hai par ladkiya nahi!*

(Boys can be out till late night, but not girls.)

*Ladkiyo ke liye long hair par ladko ke liye short hair!*

(Long hair for girls but short hair for boys.)

*Bhai chota ho ya bada par behen ki raksha karega!*

(Whether the brother is younger or elder he will protect the sister.)

### "Assessing Safety Through Gender Lens"

Participatory Safety Audit (PSA) is a spatial analysis of an area through the safety lens. PSA is a tool and a process to assess women's safety based on participatory methodology. It aids in translating unsafe/less safe spaces into safe spaces. It also promotes community knowledge about sexual harassment, eve teasing, rape and sexual assault and thereby curbing such problems in their local areas.

For the first time, adolescents went to explore the streets of Delhi. The participants were supposed to make a rough map and mark the places as safe and unsafe. Through the process of the PSA, the KBC leaders had shown their leadership skills, where they divided themselves into teams for photography, documentation, videography and interviewing. The KBC leaders were divided into 5 groups, and they were accompanied by one or two facilitators. The leaders were the decision makers about how to go and what mode of transportation to use. They independently took decisions and conducted the PSA. After returning to the building, they all made their safety maps. The KBC leaders learnt how to work in teams, as they were with new people and learnt decision making skills as well.

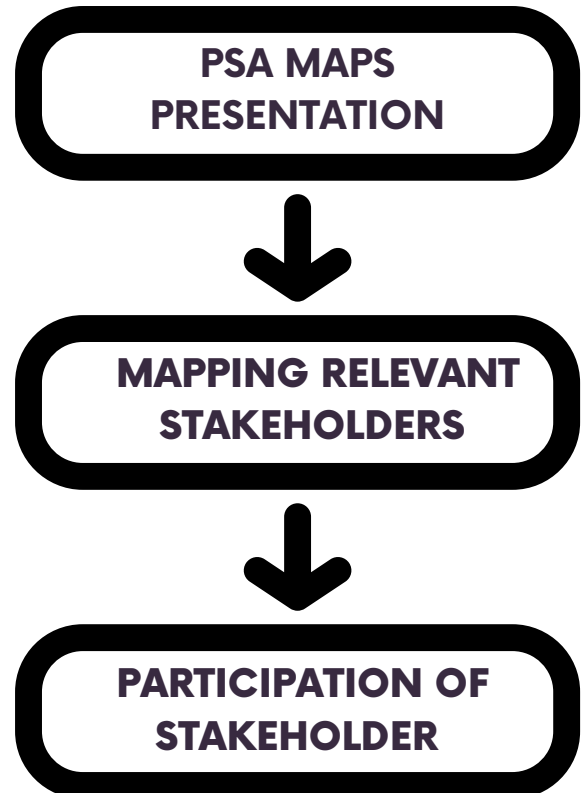


# DAY 3

## "Stakeholder Mapping"

The KBC leaders held several solution-based dialogues after presenting the maps, where they talked about the numerous pertinent stakeholders and the involvement needed to put these solutions into practise.

This discussion was moderated by Nikita, the programme lead for Youth and Democracy at PRIA. The purpose of the session was to acquaint the KBC leaders of the relevant stakeholders and the possible methods for holding negotiations with them. Nikita continued the discussion of the safety maps and what made the fellows safe or unsafe during the PSA as the session went on.



The facilitator used an activity to have group discussions and have participants suggest solutions they would want to see made to the locations where they conducted the safety mapping.

According to the PSA they conducted in several locations, the KBC leaders were able to identify the various stakeholders. They developed a participation approach for how to earn the support of stakeholders' and bring opponents to the neutral category. Through the identification of the relevant stakeholders and their involvement, this session helped the KBC leaders think critically about how they can lead advocacy in their communities to bring about change.



# "Learning Digital Advocacy and Power of Storytelling"

## BOLNE KI FREEDOM!

HUMAARI KAHANI!



Anshul Tewari, the founder of Youth ki Awaaz, and his colleague Siddharth, who is in charge of the platform's Hindi domain, facilitated the session. The discussion encouraged the KBC leaders to reflect on how they can speak out for change.

The facilitators talked on the value of voicing issues and one of the best ways to share or raise awareness can be done through storytelling. The value of storytelling was discussed, along with the fact that everyone has access to the internet and is familiar with social media. The impact that the stories would have if everyone started sharing them with the world. The facilitator continued by defining a story as something that awakens us, that informs us of the problems that are now plaguing the community, and that it is the manner in which we talk. We all need to realise that the digital world is constantly changing and is not sufficient, therefore we must be consistent in the work we want to do.

## "Baaton-Baaton Mein (Nuances on Gender Roles)"



## Ladkiyo Wali Baat



The program staff of MFF facilitated the session with the KBC leaders (girls) where they divided them into two groups. The activity was based around stimulation where objects like a bike and stove were placed and they had to write down their observations around the same. The discussion helped the participants reflect on their own biases and experiences that they have towards various things. The adolescents discussed how the first thought they had in their mind after looking at the stove was of their mother but after they looked at the bike, it was that of a masculine man riding it. This session helped them understand how societal norms have shaped our thinking, even though we're in the process of unlearning.

## Ladko Wali Baat





The session was facilitated by Mr. Amin who has the experience of working with adolescents for a lot of years. The session revolved around masculinities and similar to Ladkiyo wali baat, a laptop bag was placed there as a simulation to open a conversation. The KBC leaders immediately assumed that it is a man's bag who carries it to the office. A discussion about gender stereotypes was held to understand the basis of these assumptions. A roleplay activity was also done with them to reflect that it is essential to unlearn these stereotypes.

## "Sports and Gender"

Martha Farrell Award finalist and co-founder at Tinka Samajik Sanstha, TEDx speaker international gold medalist, karate champion who is working on gender equality through sports, Mana Mandlekar, facilitated a session with the KBC leaders. Mana had a conversation about her life story with the leaders and the hardships she had faced due to societal pressures and gender-based discrimination. She talked about how it is so crucial to bring violence against women and girls to an end. In the next phase of the session, she conducted a workshop on Karate where she taught self defence to all the KBC leaders. It was a very engaging workshop, which helped the KBC leaders not only get energized but also understand techniques and the importance of self defence.





## "Advocacy through Dance"

Last session of Day 3 of Antargoonj was a dance workshop with the objective to teach the fellows "Advocacy through Dance". The session was taken by Mr. Saksham from NASSCOM foundation. The resource person started the session by asking the meaning of dance to the KBC leaders. It all meant different things to everyone, replies ranging from: "Masti" (fun), "Sukoon" (peace), "Bhadas nikalna" (stress buster), "Life", "Exercise", "Doston ke saath" (time with friends). The resource person also discussed different aspects of dance, such as behaviour, emotions, etc. He went on to discuss the difference between : Nach, Dance and Nritya. The KBC leaders were asked what they think can be conveyed through the medium of dance. Replies such as, "Apne vichaar" (thoughts), "Dahej" (dowry), emotions, trafficking, "Bal Vivah" (child marriage), abuse, etc. can be conveyed through dance were given. The resource person then helped the KBC leaders prepare a dance performance for the last day of Antargoonj, to learn the nuances of advocacy through dance.

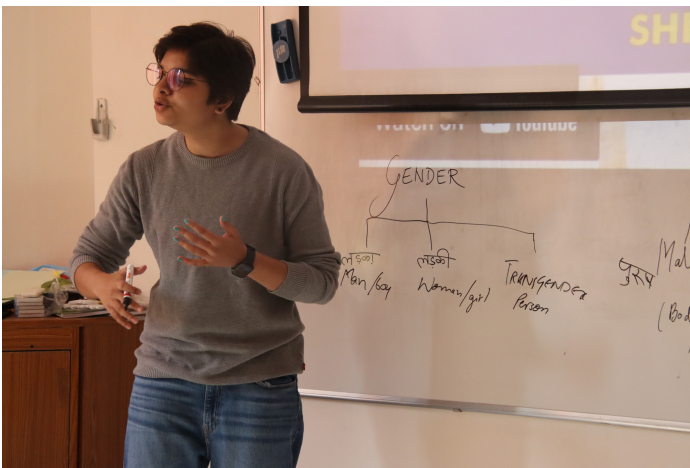




# DAY 4

## "Understanding Gender Beyond Binary "

Understanding Gender Beyond Binaries was the one of the first sessions of the final day of Antargoony. The session's resource persons were Mr. Zayan and Ms. Disha from Nazariya QRF. The resource persons' explicitly specified their pronouns at the start of the session. The purpose of this reference was to convey to the KBC leaders the significance of identity markers of an individual's gender. The discussion of sex and gender highlighted the fact that gender has a wide range of meanings. The resource persons' went on to describe how we associate certain characteristics to a person's gender, including the way they dress, the shoes they choose, the length of their hair, their name, their jewellery, their voice, and whether or not they use specific cosmetics or nail polish and how a lot of it is governed by societal conditioning.



They went on to explain the sexual orientation of a person. It was the first time the KBC leaders discussed the existence of gender beyond the binary and alternative sexualities. A lot of the KBC leaders shared about their friends and people from the community, whom they have observed. KBC leaders from Gautampuri expressed that one of their friend's expresses themselves differently, but is seen as a boy or a man because they have short hair. KBC leaders from Gurugram held a conversation about their friend who is made fun of, because he likes to put on nailpaint, clips and wear tops. This session opened up a conversation about gender that the KBC leaders had observed in their communities, but never really discussed. The session provided a safe space for the KBC leaders to open up.



## "Understanding Laws"

The session on Understanding Laws was moderated by Ms. Aarushi and Ms. Shabana from Counsel to Secure Justice, one of the nominees for the Martha Farrell Awards. The objective of the session was to develop an in-depth understanding about JJ Act and POCSO Act. The facilitator discussed two components under POCSO - Sexual Assault, Sexual Harassment and that it is meant for all the genders. He explained to them the line between sexual harassment and sexual assault. Some of the KBC leaders discussed a case that they had observed in their community but were not aware about the right place to file a complaint.



## "Building Leadership"

Dr. Rajesh Tandon founder president of PRIA held a conversation with the KBC leaders about leadership and why young leadership is so important. The entire conversation helped the KBC leaders to envision a change in their communities and how can they as leaders contribute to this change.





# "Advocacy through Music"

The last session of Antargoonj was a music workshop. It was facilitated by four resource persons from Manzil Mystics. The resource persons began the session with a round of introductions and then discussed how music can be used for as a tool for advocacy. The KBC leaders shared that they had composed two songs to voice themselves and the power of the leadership. The songs were composed from their poems on self, leadership, unity etc. which they expressed they'd like to sing on the Martha Farrell Award Ceremony. The KBC leaders were then divided into two groups where they prepared the songs.





# "Happy Night"

The KBC leaders prepared for a small celebration during the end of Antargoonj. They decorated the back of the PRIA office for a small celebration with some snacks and music. PRIA and MFF colleagues also became a part of the celebrations. The KBC leaders even performed poetry, music, dance etc. for the celebrations and certificate distribution was also done during the celebrations. Antargoonj came to an end on a very happy note, followed by Martha Farrell Awards.

