

### Day 3 - 28-12-2023, Thursday

06:00 am to 07:00 am	Yoga session with Yoga Trainer
07:00 am to 08:00 am	Personal Time
08:00 am to 09:00am	Breakfast
09:00 am to 10:30 am	Seminar on Skill Development & Career Guidance by Lt. Commander Jayanth Subbaiah (Karwar Naval Base)
10:30 am to 11:15 am	Orientation of various Career opportunities available to Youth including Career in tourism, local Kashmiri products and Cuisines
11:15 am to 11:30 am	Tea break
11:30 am to 01:00 pm	Visit to KALS and interaction with Ms. Ashwini Nachappa, Arjuna Awardee, International Atheletic, Founder President of KALS, Gonikoppal
01:00 pm to 02:30 pm	Lunch
02:30 pm to 05:30 pm	Panel Discussion on Financial inclusion Schemes of Govt for Youth (Mudra Yojana, Startup & Stand up India, etc.)
06:00 pm to 07:00 pm	Personal Time
07:00 pm to 08:00 pm	Cultural Activities.
08.30 pm	Dinner

### Day 4 - 29-12-2023, Friday

06:00 am to 07:00 am	Yoga session with Yoga Trainer
07:00 am to 08:00 am	Personal Time
08:00 am to 09:00 am	Breakfast
09:00 am to 02:00 pm	Visit to educational Institutes of National Importance/Industries, etc.
02:00 pm to 03:00 pm	Lunch
03:00 pm to 05:00 pm	Possible Interactive Meeting of Participants with important Public dignitaries by Prof. M D Nanjunda (National Teacher Awardee from the Hon'ble President of India), President Kodagu Academy for Education & Culture
05:00 pm to 06:30 pm	Personal Time
06:30 pm to 08:00 pm	Cultural Activities
08:30 pm	Dinner

### Day 5 - 30-12-2023, Saturday

06:00 am to 07:00 am	Yoga session with Yoga Trainer
07:00 am to 08:00 am	Personal Time
08:00 am to 09:00 am	Breakfast
09:30 am to 11:30 am	Interactive Session on sharing of Best Practices by Prof. P. J Johnson, Principal, GD Goyenka Public School, Sri Nagar (UN Educator)
11:30 am to 11:45 am	Tea break

11:45 am to 01:00 pm	Interactive session on Language learning by Mrs. Rinku Sudesh, English Faculty, Coorg Public School & Pre-University College, Gonikoppal
01:00 pm to 02:30 pm	Lunch
02:30 pm to 03:30 pm	Interactive Session on Handicrafts and Handlooms of Kashmir and e-commerce
03:30 pm to 04:30 pm	Traditions and Flavours of Kashmiri Cuisine and how they can be promoted
04:30 pm to 04:45 pm	Tea break
04:45 pm to 05:30 pm	Session on Swachh Bharat Mission & Role of Youth
05:30 pm to 06:00 pm	Personal Time
06:00 pm to 09:00 pm	Kashmiri and local state Food Festival by Participants of 06 districts of Kashmir valley
09:00 pm onwards	Dinner

### Day 6 - 31-12-2023, Sunday

06:00 am to 07:00 am	Yoga session with Yoga Trainer
07:00 am to 08:00 am	Personal Time
08:00 am to 09:00 am	Breakfast
09:00 am to 10:00 am	District wise development of action plan for involving large Youth population of the district for their development & ensuring participation in the development process.
10:00 am to 11:00 am	Summing up the whole programme
11:00 am to 11:15 am	Tea break
11:15 am to 12:00 pm	Filling up the feedback form by participants and submission to DYO
12:00 pm to 01:00 pm	Feedback of participants through video recording and sharing of experience
01:30 pm to 02:30 pm	Lunch
02:30 pm to 05:00 pm	Valedictory & closing ceremony
05:00 pm	Departure of participants



**Shri M.N. Nataraj**  
Regional Director, NYKS,  
Southern States, Bengaluru



## ಕಾಶ್ಮೀರಿ ಯುವ ವಿನಿಮಯ ಕಾರ್ಯಕ್ರಮ कश्मीरी युवा आदान-प्रदान कार्यक्रम KASHMIRI YOUTH EXCHANGE PROGRAMME

26<sup>th</sup> to 31<sup>st</sup> of December 2023



Venue :

**Coorg Public School Campus**  
Gonikoppal, Kodagu (Madikeri), Karnataka State

**Organised by**

Govt. of India  
Ministry of Youth Affairs & Sports  
Ministry of Home Affairs  
Nehru Yuva Kendra Sangathan, Karnataka  
Kodagu District Youth Federation  
Coorg Public School & Pre-University College, Gonikoppal

*“Kashmiriyat, Jamhooriyaur, Insaniyat’ (social consciousness and cultural values of the Kashmiri people, democracy and humanity), he said, “I will like to follow these mantras which are the pillars of development of Kashmir. Sufi tradition has emerged from this land and this tradition has taught us oneness and strength of unity”.*

*Shri Narendra Modi, Hon'ble Prime Minister of India*

The youth are vibrant and major human resources for strengthening democracy and development, and thus key agents for social and economic transformation of a country. There is a need for larger youth involvement and participation in the socio-economic, political and cultural development.

The role and responsibility of the youth in Kashmir Valley is tremendous. They are the pride of the nation and considered as the real assets. They have innovative ideas and opinions. They have the capacities and capabilities of bringing positive changes in the working system of the state.



The fragile socio-political landscape, affected by continuing violent conflict and instability, has created a deep sense of uncertainty amongst the local population, particularly the youth. Kashmiri youth have grown up in this adverse environment and have faced tremendous stress. Youth are getting involved in radical activities primarily due to lack of access to various opportunities for their overall development.

NYKS is organizing the Kashmiri Youth Exchange Programme in collaboration with Ministry of Home Affairs, Govt. of India at North-West Delhi (Delhi), Guwahati (Assam), Surat (Gujarat), Udaipur (Rajasthan), Visakhapatnam (Andhra Pradesh), Bhopal (Madya Pradesh), Lucknow (Uttar Pradesh), Nilgiris (Tamilnadu), Hyderabad (Telangana), Shimla (Himachal Pradesh), Hissar (Haryana), Kolkata (West Bengal), Ranchi (Jharkhand), Patna (Bihar) and Kodagu (Karnataka) in which participants from six districts of Kashmir Valley, i.e. Anantnag, Kupwara, Baramulla, Budgam, Srinagar and Pulwama are participating.



NYKS, Karnataka State is organizing the Kashmiri Youth Exchange Programme at Coorg Public School Campus, Gonikoppal from 26th to 31st of December 2023 in which 120 Kashmiri Youth and 12 Team Leaders are participating from Anantnag, Kupwara, Baramulla, Budgam, Srinagar and Pulwama districts of Kashmir Valley.

### Nehru Yuva Kendra Sangathan (NYKS)

The scheme of Nehru Yuva Kendra for each district in the country was started by Government of India in the year 1972 with the objective of providing rural youth avenues to take part in the process of nation building and opportunities for the development of their personality and skills. Since 1972, there has been a phenomenal expansion and growth of Nehru Yuva Kendra which are currently functional in 623 districts of the country, 29 State Offices and 6 Regional Directorates at Alipur, Guwahati, Bhubaneshwar, Jaipur, Lucknow and Bengaluru under the Department of Youth Affairs, Ministry of Youth Affairs and Sports, Govt. of India.

The core strength of NYKS is a network of village level 1.69 lakh Youth Clubs in different stages of their existence and consolidation with an enrolment of about 80 million volunteers in the age group of 15-29 years.



## DAILY SCHEDULE

### Day 0 - 25-12-2023, Monday

Morning	Press Conference
Afternoon	Arrival of Participants
Evening	Accommodating the Participants

### Day 1 - 26-12-2023, Tuesday

06:00 am to 07:00 am	Yoga session by Mrs. Teena Machaiah (Yoga Trainer & UN Educator)
07:00 am to 08:00 am	Personal Time
08:00am to 09:00 am	Breakfast
09:00 am to 10:00 am	Cleaning of Campus/ Shramdaan
10:00 am to 11:30 am	Introduction /Ice breaking session
11:30 am to 11:45 am	Tea break
11:45 am to 01:30 pm	Registration of participants & distribution of Kits
01:30 pm to 02:30 pm	Lunch
02:30 pm to 03:30 pm	Self Introduction of participants
03:30 pm to 06:00 pm	Inaugural function
06:00 pm to 08:30 pm	Cultural programme
08:30 pm	Dinner

### Day 2 - 27-12-2023, Wednesday

06:00 am to 07:00 am	Yoga session with Yoga Trainer
07:00 am to 08:00 am	Personal Time
08:00 am to 09:00 am	Breakfast
09:30 am to 10:30 am	Seminar on Patriotism & National Building, Struggle of Freedom Fighters by Dr. M Ramachandran, Secretary General UN Volunteer, Team India, Principal Coorg Public School & PU College
10:30 am to 11:30 am	Thematic Discussion on issues of Kashmir Valley and Role of Youth
11:30 am to 11:45 am	Tea break
11:45 am to 01:00 pm	Understanding threats & challenges posed by divisive forces followed by discussion
01:00 pm to 02:00 pm	Lunch
02:00 pm to 03:00 pm	National Flagship scheme of Govt of India followed by Q & A Session by Mrs Teena Machaiah, UN Educator, COPS
03:00 pm to 04:00 pm	Session on Sankalp se Siddi
04:00 pm to 04:15 pm	Tea break
04:15 pm to 05:30 pm	Session on Ek Bharath Shreshtha Bharat followed by discussion & interaction by youth
05:30 pm to 06:30 pm	Personal Time
06:30 pm to 08:00 pm	Cultural Programme
08:30 pm	Dinner