



YOUTH AND SPORTS

YOJANA FEBRUARY 2023



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YOUTH AND SPORTS

(YOJANA FEBRUARY 2023)

1. Initiatives for New India

Introduction

- India has **one of the youngest populations** in the **world with 27.2 percent** of the nation's population belonging to the 15-29 years age group. A demographic dividend of this magnitude has the capability to uplift the nation and raise living standards for all.
- The role of youth in nation-building is crucial in the 21st century with India playing a very important role with the whole world watching us.

Swachh Bharat Abhiyaan

- Today, the youth of our nations are the biggest ambassadors and advocates of the flagship Swachh Bharat Mission. As part of Azadi ka Amrit Mahotsav, **Nehru Yuva Kendra Sangathan (NYKS)** under the guidance of Department of Youth Affairs, Ministry of Youth Affairs and Sports (MoYAS) organized various activities of **"Swachh Bharat 2.0"** programme from October 1 to 31 October 2022.

Youth Volunteers

- The Ministry has launched a Capacity Building Training Programme for **14,000 Youth Volunteers of NYKS** to enhance their life skills. These trained youth volunteers will play pivotal role in realising the **Punch Pran (five resolve)** about which Hon'ble Prime Minister spoke during his Independence Day Speech.

FIT India

- Today, universities and educational institutions are upgrading their sports infrastructure, thereby enabling the youth to actively participate in the FIT India movement to lead a fit and healthy lifestyle on the lines of the inspirational slogan **'Fitness Ka Dose, Aadha Ghanta Roz'**.

Sports, Education and Youth development

- More than 23 lakh school going children in the age group of 5-18 years have been assessed using the **Khelo India Mobile App**. More than **82,000 physical education** teachers have been trained to assess the sporting prowess of children.
- One of the key pillars of the Khelo India Scheme is to make quality sports infrastructure equitably accessible to the citizens. To ensure the same, **MoYAS has sanctioned 294 sports infrastructure projects** across the country, amounting to close to Rs 2,500 crore.
- The various initiatives under the **Khelo India** scheme including the establishment of district-level Khelo India Centres, **Khelo India State Centres of Excellence**, organising annual Khelo India Games (Youth Games, University Games, Winter Games, etc.), community coaching development programmes (**e-Khelfathshala**), promotion of women's participation in sports through women sporting leagues in

various sporting disciplines, large-scale sports & fitness promotion events through the FIT India programme.

- In order to constructively channelise the energy of the youth in **extremism and terrorism infested areas of the country**, sports competitions and programmes are organised in such landmasses across the country engaging the youth.
- **Integration of sport in the curriculum as in NEP**, is a cross-curricular pedagogical approach to leverage sports and physical activities for skill development including collaboration, teamwork, discipline, etc.

Conclusion

- The youth of India, while being the **“Future of India”, is more importantly “India’s Present”**. They are the drivers of ideas and innovation in this age of AI-“AatmaNirbhar Innovation”. A youthful mind, body and soul is the key driver of a healthy and fit India.
- With India taking over the prestigious presidency of **G20 nations this year**, it is an opportune moment for our youth to showcase their skills, talents, art, and exhibit their commitment and conviction towards the greater good of the nation.

2. Nurturing the Excellence of our Yuva Shakti

Introduction

- The Government of India has undertaken a number of steps to improve the quality of lives and **enhance ease of living**, such as ensuring **housing to all; clean cooking water; rural electrification; cooking gas, internet and communication facilities; health insurance**; quality education and Vocational education for all citizens so that they are able to concentrate on their future and realise their full potential.
- The country is getting its foothold in the global market and is not only fiercely competing with many developed economies, on the **sheer force of innovation, incubation and youthfulness**, but is also being recognized for its remarkable contributions across major economies by our **vibrant diaspora**.

Era of Techade

- India is the **3rd largest startup ecosystem** with one in every 10 global unicorns claimed by India. From a country having **just 4 unicorns in 2014 to more than 100 unicorns in 2022**, the growth has been meteoric.
- There are over **77,000 government-recognized startups** spread across 656 districts of India with diversity in 56 industrial sectors like IT services, healthcare, life science, education, professional service, agriculture, food & beverage, etc.
- Another significant factor for developing a sustainable **startup ecosystem is the availability of data, services, marketing streams, outreach** and reduced burden of the excessive cost of doing business and compliances.

Job Creators

- **India’s multi-dimensional growth** is mirrored in its becoming the 5th largest economy, from a 2 trillion-dollar economy in 2014 to a 3 trillion-dollar economy in

2019; and with the goal to become the 3rd largest economy of the world by 2030/2031.

- This ambitious expansion and growth of India's economy are **reliant on youth**. To prioritise skill development and employability of youth, the Government has launched various schemes such as **Skill India Mission, and the MUDRA scheme. Digital India and PM Kaushal Vikas Yojana** to lay a strong foundation of knowledge, proficiency and market-centric skills for the upcoming workforce.
- The **second largest employable sector** of manufacturing industries, both at large and medium scales, is benefitting largely from the cyclical benefits of the Production Linked Incentive (PLI) scheme; starting with a high potential for **generating employment, broadening manufacturing base**, increased dependency of Indian market at global level leading to more demand and therefore more opportunities and employment.
- Improvement in the quality of life and **enhancing the ease of living-twin goals** of the Government have an implicit effect on the lives and potential for the youth of India.

Access to Holistic Education

- The most significant among the educational reforms was the introduction of the **New Education Policy that is changing India's Education system**. The new policy has prioritised efforts to boost literacy and numeracy achievements in primary schools while lowering dropout rates in middle and secondary schools.
- The ground focus of reforms is visible to all. Another example of this is the medical education system. In **2014, there were 387 medical colleges** in the country. This number has increased to more than **600 medical colleges in 2022**. showing a rise of over 50 per cent.
- The footprint of education has been expanded to ensure that 'no one is left behind'. **Eklavya Model Residential Schools (EMRS)** have been set up in tribal areas for talented Scheduled Tribe children to have high-quality education.

Ease of Living- A New Reality

- Under **Swachh Bharat Mission** launched in 2014, more than 11 crore household toilets have been built, while under the **Ujjwala Yojana**, provision of cooking gas to make the home smoke-free, has been given to over 10 crore families.
- **Deendayal Upadhyay Gram Jyoti Yojana and SAUBHAGYA scheme** ensured that over 99 per cent of Indian households today have electricity, bringing a huge change in the lives of the youth. Cleanliness is now part of a lifestyle for the youth.
- Connectivity has been ensured with schemes like **UDAN**, which has made flying not only accessible and affordable but has also provided much needed exposure and opportunities to youth. This is complimented by the vast expansion of highways, railways and urban public transport networks, bringing the transformational change in terms of efficiency and enhancing productivity of India's youth.

Way Forward

- It is the youth of the country who can enable India to realise its full potential and dreams. In 2047, when India will be celebrating 100 years of its independence, the **contribution of today's youth** will be the key factor in making India become not only the 1 largest economy but truly a developed nation.

- To achieve this goal, the Government has taken a **number of initiatives to not only equip our youth with education, skills, and good health** but also impart the right value system i.e., fraternity- the well-being of everyone. As India strives to change its destiny, the focus must be continued on furthering ways and means **to tap the energy and ambitions of our youth.**

3. FIT India: Towards a Healthy Future

Introduction

- Since **sports foster holistic development** by improving physical and psychological well-being while also enhancing cognitive capacities, the necessity to incorporate sports in education has been widely acknowledged.
- The **significance of sports-integrated education** in building social peace, increasing productivity, and developing human capital is highlighted in the **National Education Policy (NEP) 2020.**

Launching FIT India

- The launch of the **FIT India movement on 29 August 2019** by the Hon'ble Prime Minister with a goal to make fitness an integral part of our daily lives, has been a symbol of the paradigm shift in our approach towards sports.
- Regular exercise and participation in sports provide a variety of **positive social and health effects.** It affects **physical fitness directly**, but it also instils good lifestyle choices in kids and young adults, encouraging them to **stay active and fight non-communicable diseases.**
- The **goals and objectives of this are:**
 - To promote fitness as easy, fun and free.
 - To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
 - To encourage indigenous sports.
 - To make fitness reach every school, college/university, panchayat/village, etc.
 - To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

Initiatives

1. **Samagra Shiksha Scheme:** The Centrally Sponsored Scheme of Samagra Shiksha has been aligned with the policy. Under the scheme, sports grant on an annual basis has been provided to all government schools.
2. **FIT India School Movement:** The FIT India Mission encourages schools to organise a FIT India School Week in the month of November/December.
3. **FIT India School Week:** In order to raise fitness awareness among children and also their parents, teachers, and school personnel, FIT India School Week was launched in 2019. The first FIT India School Week had participation from over 15,000 schools. FIT India School Week's second iteration took place from December 2020 to January 2021.
4. **Fit India Quiz:** It was introduced in 2021 as a celebration of "Azadi ka Amrit Mahotsav", with the goal of strengthening its presence in schools and spreading the FIT India message to school children. In 2022, 1,74,473 students registered

from 42,490 schools spread over 36 States and UTs to demonstrate their expertise in sports and fitness.

5. **FIT India Freedom Run 3.0:** The Ministry of Youth Affairs and Sports announced the commencement of FIT INDIA FREEDOM RUN 3.0. The FIT India Freedom Run began on 2 October 2022 and ended on 31 October 2022. To make it a movement of the people, the Department of Sports has created a rating system based on the resources offered in the FIT India Schools.
6. **Football for Schools programme:** The ambitious FIFA-UNESCO programme. Football for Schools (F4S) aims to help 700 million students around the world with their education, development, and empowerment. By integrating football -related activities into the educational system, in collaboration with the necessary authorities and stakeholders, it aims to increase access to football for both boys and girls around the world.

Conclusion

- The sporting landscape in India has **changed enormously in recent years**. Today, sport is an important component of the socio-economic development of a country.
- India is a **storehouse of talent**, especially in the field of sports. All these recent initiatives have provided much-needed systemic interventions and a change of mindset concerning sports.
- The Government has been playing a **crucial role in promoting sports and fitness in the country**. A holistic approach of the Government towards sports and emphasis on fitness is going to change the way India takes its sports and games.

4. Youth & Health

Introduction

- Youth - though definitions vary - are considered those individuals in the **age group of 15 to 44 years**. Therefore, this age group includes late adolescence (15 to 19 years) and early adulthood (20 to 44 years).
- The youth are amongst the **healthiest of population sub-groups**. This age group has the least burden of illnesses and mortality. Although, there are a few concerns which are more common in this age group such as road traffic injuries.
- In addition, the health behaviour adopted in this age group determines the health situation in later life.

Some of the health issues are:

1. **Mental Health:** Mental health is a major challenge in this age group due to various reasons including the non-availability of mental health services as well as not recognising mental health issues as a reason to seek healthcare.
2. **Alcohol and Drug Use:** Alcohol and drug use, especially intravenous drug use is largely associated with various high-risk behaviours that can cause communicable and non-communicable diseases like HIV/AIDS, hypertension, cardiovascular diseases and liver diseases, etc.
3. **Tobacco Use:** The majority of the individuals who use tobacco in any form (smoking or chewing) begin doing so in their adolescence. This is usually

combined with alcohol dependence, increasing the risk of various illnesses significantly.

4. **Physical Inactivity:** It has been estimated that only 20 per cent of the young adults are known to exercise adequately or be involved in sports activities which are for longer than 30 minutes per day and five days a week.
5. **Diabetes and Hypertension:** Diabetes is becoming potentially epidemic, with one in every 10-adult having diabetes. One in every five adults in India have hypertension.
6. **Other Health Problems:** These include injuries in the form of accidents, self-harm, workplace accidents and so on.

These health problems that have early onset during youth can have **long bearing effects at older age, especially chronic diseases.**

Improving health

- The Ayushman Bharat programme with health and wellness centre component has focus on **nirogi** - or preventing illness by the adoption of healthier lifestyle. 'FIT India' initiative is aimed at increasing the exercise habits of people including youth.

Making Health of Youth a Mass Movement

- This requires optimum utilization of **every possible avenue for improving the health** of this age group. It requires interventions at schools, colleges and workplaces amongst others.
- It demands that the **school health services are strengthened and work** as early intervention centres for dealing with the rising incidence of various diseases in the current days.
- The workplace health has to be promoted by **installing weighing scales in bathroom, exercise time and large equipment in large offices** as well as

encouraging healthy food in the cafeteria menu.

Box 1: Government Initiatives which aim at Healthier Youth

Sl. No	Programmes/initiatives	Features
1.	Kashtriya Kishor Swasthya Karyakram (RKSK)	<ul style="list-style-type: none"> The programme's main strength is its health promotion approach. The focus of the programme is shifted from the clinic-based approach to prevention and promotion and reaching the adolescents in their own environment which includes their communities or families or schools.
2.	Adolescent Friendly Health Clinics (AFHC)	<ul style="list-style-type: none"> It includes all health issues from sexual and reproductive health to injuries, violence, substance abuse, nutrition, NCDs, etc. The components of AFHC are acceptable, equitable, accessible, appropriate, comprehensive.
3.	Peer Education Programme	<ul style="list-style-type: none"> The selected peer educators have to ensure that the adolescents benefit from RKSK. These peer educators are called 'Saathiya'. Four peer educators (two boys and two girls) are selected per village/1000 population/ASHA habitation to reach out to adolescents.
4.	Menstrual Hygiene Scheme	MoHFW launched a scheme for promotion of menstrual hygiene in adolescents. It mainly focuses on increasing the awareness, increasing access and usage of sanitary napkins along with its safe disposal.
5.	Health and Wellness Centres under Ayushman Bharat Programme	The HWCs promote a comprehensive health approach by preventive and promotive interventions.
6.	FIT India	This initiative is aimed at adoption of healthier lifestyle in youth by getting involved in sports and other related activities.
7.	Other Health Programmes	Various health programmes like National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke. (NPCDCS), Reproductive, Maternal, Newborn, Child Plus Adolescent Health (RMNCH+A), National AIDS Control Programme (NACP), National Mental Health Programme (NMHP) and others also strive in improving youth health.

Healthy Lifestyle

- To begin with Mental illness, a lot of stigmas are associated with it. This is a reason people do not seek health care. However, mental illnesses are very similar to any physical illness. With the right advice from **trained doctors and with medications**, both physical and mental illnesses can be treated.
- According to WHO and many other health agencies, people should engage in at least 150 minutes of **moderate-intensity aerobic physical activity per week** or at least 75-150 minutes of vigorous-intensity aerobic physical activity.
- Regular and at least **six to eight hours of sleep boosts our immunity**, reduces stress and keeps us away from many health issues.

Sports, Health and Youth

- The leading health body, the World Health Organization has established a Sports and Health programme to capitalise on the **potential of people to lead healthy lives** through promoting participation in sports and working with the sports community.

Conclusion

- Youth constitute around half of India's population and are the **foundation of country's economic growth and development**. Prevention of ill health effects in youth can have long term benefits individually, at the family level and at the national level.

- The policies aimed at youth should be targeted at **healthier lifestyle, adoption of regular physical activity and health prevention and promotion measures**. Healthy youth today will make healthy nation tomorrow.

5. Enablers for Employment

Introduction

- The **Ministry of Youth Affairs & Sports (MoYAS)** released a Draft National Youth Policy (NYP) in April 2022 with a 10-year vision for youth development, aligning with the Sustainable Development Goals (SDGs). **Education; employment & entrepreneurship; youth leadership & development; health, fitness & sports; and social justice** are the five focus areas.

Boosting career opportunities for Youth

- To boost career opportunities for youth, the Hon'ble Prime Minister launched a recruitment drive for 10 lakh personnel through the **'Rozgar Mela'** in a mission mode. 75,000 appointment letters were distributed in October 2022 and 71,000 in November 2022.
- **Karmayogi Bharat technology** platform was launched by the Hon'ble Prime Minister in the same event and **'Karmayogi Prarambh'** was highlighted.
- Karmayogi Bharat is a **Special Purpose Vehicle (SPV) under the administrative control of the department and personnel and training (DoPT)** for capacity building of all government employees.
- As a leader in innovation and entrepreneurship, India provides numerous opportunities for its young population to explore and grow. In the 2020 **World Bank's Ease of Doing Business (EoDB) ranking, India ranked 63 out of 190 economies**.
- To "Cultivate One Million Children in India as Neoteric Innovators," more than 75 million students are actively participating in almost 10,000 Atal Tinkering Labs (ATL) spread across 722 districts with 5800 plus Mentors of Change.
- India was **placed 40th out of 132 nations in the World Intellectual Property Organisation's (WIPO) 2022 Global Innovation Index (GI1)** rankings because of its robust exports of ICT services and other factors.
- The **'Make in India' initiative launched in 2014 is helping foster innovation, build world-class and make India a hub for manufacturing and design**.
- The youth of India is a major driving force in the country's civil service, which plays a crucial role in delivering government services effectively and efficiently to all citizens.
- The **Government of India's Capacity Building Commission (CBC)** was set up on 1 April 2021 to "radically improve the Human Resource Management practices in the Government through state-of-the-art infrastructure to augment the capacity of Civil Servants." The initiative is named as National Programme for Civil Services Capacity Building (NPCSCB) - **Mission Karmayogi**.

Way Forward

- The challenges faced by the youth of India are being addressed by the Government on a mission mode. But the **Government alone cannot solve all the issues;**

equal participation of the private and non-profit sectors is of paramount importance.

- The recent outbreak of **COVID-19 in China, the Russia-Ukraine war, and ongoing geopolitical challenges**, are major concerns for the world.
- However, I am hopeful that **India's G20 presidency in 2023**, with the theme of "**Vasudhaiva Kutumbakam**" or "**One Earth, One Family, One Future,**" will bring together world leaders and contribute to a more peaceful and prosperous future for all. And the contribution of Youth in that will be remarkable.

6. Youth for Environment Sustainability

Introduction:

- The earth is facing the destruction of ecosystem because of Anthropogenic activities. In its effort to raise the awareness **UN General Assembly** designated decade from 2011 to 2020 as '**Decade for Biodiversity**'.
- Keeping in view of low carbon development strategy, India has embarked on a journey of low carbon intensive economy through its '**Panchamrita strategy**'.
- Priorities include increasing green space, creating more energy-efficient buildings, improving water supplies, and reducing greenhouse gas emissions from waste and urban transportation.

Youth: Torch Bearer of Future Generations

- Youth have the capacity and potential to be the driving engine for growth, development and a contributor to the peace and security of any nation.
- There are currently **1.8 billion** people between the ages of 10 and 24, the largest generation of youth in history; nearly **90** per cent of them reside in developing nations, where they account for a sizable share of the population.
- The role of young people becomes significant in the fight for reaching **net zero carbon by 2030**.
- It is young generation, who is going to be subjected to the degraded environmental condition in future, hence they must come forward to prevent the present degradation.
- Innovative thinking will be required in the future to develop and prepare strategic frameworks, policies, and procedures; undertake actual field research; conserve biodiversity; and monitor operations for land management, crisis and disaster management, and so on.

Roles for Youth and SDGs

- ✓ Youth can do the **critical thinking** of existing problems.
- ✓ Youth can mobilize global support in favor of climate action and can act as **change makers**.
- ✓ Youth can **innovate** out of box solution of the problems.
- ✓ Youth can **communicate** and spread the idea of climate actions across globe.
- ✓ Youth can provide the **leadership** required to lead the fight against climate change.

- Youth initiatives span from regional projects to global campaigns, and some are well-known enough to influence decision-makers and national leaders.

- As young people connect more, they are also embracing digital platforms to spread knowledge, educate others, and increase their reach.
- Youth also play a crucial role in promoting the SDGs, particularly **SDG 15**, "Life on Land," which calls for the conservation and restoration of the planet's terrestrial ecosystems, forests, and biodiversity.
- The role of young people in collaborating with local and national government to carry out policies and programmes on the ground, implementation, monitoring, and evaluation of policies to fulfill the SDG agenda.

Policy Actions:

- Any policy on climate change cannot become successful without youth's participation.
- Youth have large stake in conservation of environment.
- They have provided with large potential of innovative thinking.
- Recently, youth have started taking participation in environment meetings like World Summit on Sustainable Development.
- The adaptation of environment friendly lifestyle as proposed by **Hon'ble PM in COP26 Glasgow (LiFe)** is crucial for preventing triple crisis of climate change, biodiversity loss and pollution and waste generation.
- Similar efforts are done through **Pro-Planet People (P3) initiative**.

Advocacy, Awareness-Raising, and Capacity-Building

- Youth led organization is at the forefront of the campaign for environment conservation.
- They are influencing national and international policy makers.
- These organisations frequently struggle with a lack of financing, resources, and recognition. Awareness of and capacity for development activities could be greatly enhanced through increased financial and regulatory support for youth-led structures.

Way Forward

Environmental and socially sustainable development information and skills should be included in all majors so that students can become educated employees or employers, customers, community members, and investors. In order to promote green entrepreneurship, one must strengthen the connections between SDG practitioners, green economy employers, and educational institutions.

7. Shaping Digital Economy

Introduction:

- Millennials, who are born between 1980 to 2000 have lived their lives surrounded by electronic gadgets.
- The lives of these millennials are dependent on digital technologies.
- Their digital awareness makes them perfect to shape the digit economy of India.

Success of the Indian Youth

- A phenomenal number of Internet-age companies are built by ambitious people under the age of 35.

- The startup revolution in India and elsewhere is mostly fueled by the same generation which is not only open to new ideas but is also willing to work hard and take risks to achieve success.
- India currently has **81 unicorn** startups with a combined valuation of **\$274 billion**.
- Furthermore, **90** individuals among the founders of **500** US unicorns were born in India.
- Unicorns are startups with a valuation of one billion US dollars which is roughly Rs **8,000 crore**.
- Many technopreneurs around world were in their 20s, when they founded their earlier ventures.
- India's startup boom can be easily recognised by looking at the '**Forbes 30 Under 30**' list of 2022 which has representation from 22 countries and territories. India tops the list with 61 entries.

Leaders of Content Creation

- Content creation is another important area where you can see a large number of young people playing an important role.
- YouTube, Instagram and Facebook are popular platforms which are being leveraged by today's youth to express themselves, deliver quality content and earn money.
- there are at least **8 crore** creators and knowledge professionals in India.
- The 8 crore creators in India include a diverse group of people such as video streamers, content creators, influencers, creators on OTT platforms, bloggers, and those who create physical products, who are all building communities around their unique niche.
- Opportunities are available not only in the metropolitan and large cities but also in the Tier-2 cities such as Pune and Indore.

The Gig Jobs

- Gig economy is important for the country as interest among the youngsters between the age group of 16 to 18 in the gig jobs has gone up by **750** per cent, as suggested by research.
- The **NITI Aayog** says that in the year 2020-2021, an estimated **77** lakh (7.7 million) individuals were working in the gig economy.
- It is predicted that this gig workforce will grow to **2.35 crore (23.5 million)** by 2029-2030. Currently, 47 per cent of gig work is classified as medium skilled, 22 per cent as high skilled, and 31 per cent as low skilled.
- Gig jobs are finding increasing acceptance among the youth as they are more open to exploring opportunities of different kinds.

Demand Generation and Science Education

- A country with a huge young population can boast of a homegrown market for digital products and services.
- For the growth of the country and its youth, education is a crucial factor and it is heartening to see that Indian students are increasingly getting attracted to science and engineering streams.
- The engineering colleges churn out over **15 lakh** technology graduates every year.

8. Youth Icons of India (Technology, Space-tech & Sports)

Introduction: In the recent time world has come to know the power of dynamic youth. Youth are at the forefront of harnessing the power of technology in all spheres and serve as a critical component in the larger vision of Aatma-Nirbhar Bharat. There are some examples of youth icons, who have made India proud in their respective fields-

Name	Achievements	Awards/recognitions
Science and Technology		
Sundar Pichai	Google CEO	Awarded Padma Bhushan in 2022
Satya Nadela	Microsoft CEO	Awarded Padma Bhushan in 2022
Naveen Tiwari	Founder of consumer internet company GLANCE. (Over 400 million smartphones now' come enabled with Glance's next-generation internet experience.)	Glance is one of Asia's largest lock screen platforms.
Nikhil Kamath and Nithin Kamath	Founder of app 'Zerodha'	built ' Zerodha ' with zero external capital.
Ravi Kamu Patel	developed a Translator robot 'TORO' that can translate 14 different languages.	
Space-tech		
Rifath Sharook (age 18 years) and Team	Developed world' s lightest satellite weighing a mere 64 grams, called 'KalamSat'.	
Snehadeep Kumar (17-year-old)	founded the Nebula Space Organisation, a first of its kind, student -run initiative.	Was awarded the Kentucky Colonel , by the United States Government
Nikhitha C (age 26 years)	cofounded the hugely popular Society for Space Education Research and Development (SSERD).	SSERD is an NGO and the startup, GenexSpace with the vision to train students in the field of space education and outreach in India and abroad.
Sports		
Sharath Kamal Achanta	won three gold medals (Individual, Mix Doubles & Team) and one silver medal in Commonwealth Games, 2022.	Major Dhyan Chand Khel Ratna Award 2022
Seema Punia (Born in July, 1983)	silver medal in commonwealth Games, 2018 and bronze medal in Asian Games, 2019	Arjuna Award 2022
23-year-old Neeraj Chopra	India's first ever athletics Gold in men's javelin throw at Tokyo Olympics 2020.	
R. Pragnanandhaa	three world youth titles: U8 in 2013, U10 in 2015, and U18 in 2019.	Defeated world champion Magnus

		Carlsen. (3 rd Indian to do so)
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9. Leading India towards Techade

Introduction:

- Participation in governance is one the aspect of good governance.
- As 66 % of its population is below the age of 65, the youth’s participation in governance is critical to build civic capacities and long-term community sustainability.
- Government launched MyGov App, which places citizen at the center.

MyGov App:

- MyGov has adopted multiple engagement methods like discussions, tasks, polls, surveys, blogs, talks, pledges, quizzes and on-ground activities by innovatively using the internet, mobile apps, IVRS, SMS and Outbound Dialing (OBD) technologies for reaching out to the citizens.
- MyGov has also launched State instances in **19** States and has over **2.9** crores registered Saathis (companions).
- The youth is the backbone of MyGov’s outreach platform. MyGov facilitates participatory governance or Jan Bhagidari by:
 - 1. Information Dissemination:** MyGov helps to reach out to the beneficiaries and acts like a one-stop platform for citizens. In addition to ensuring the efficient transfer of new knowledge, effective dissemination also increases awareness and fosters cooperation.
 - 2. Two-Way Communication:** MyGov facilitates two-way through social media engagement and innovative platforms. Suggestions from citizens for Union Budget, Draft National Youth Policy, Draft Education Policy and so on have been obtained for formulating inclusive and rooted policies. It acts as a feedback loop for policy initiatives and numerous government initiatives.
 - 3. Transparency:** MyGov acts like a one-stop platform for filing nominations quickly and digitally; this increases trust and confidence amongst citizens. Transparency fosters accountability and provides information for citizens about what the Government is doing.
 - 4. Fact Check:** MyGov helps citizens to know about facts and government announcements.
 - 5. Infusing Collaborations:** MyGov enables citizen-citizen and government-citizen collaborations. Like-minded citizens can work together on ‘ideas. MyGov also acts as a great networking platform for individuals who want to bring a positive change.
- The youth of our country has played and is playing a critical role in promoting participatory governance.
- Whether suggesting taglines, jingles, and slogans or designing logos, youngsters have always contributed their bit to foster participatory governance.

10. Launch of ‘Stay Safe Online’ Campaign and ‘G20 Digital Innovation Alliance’

Introduction:

- As a part of India's G20 presidency, MeitY has launched 'Stay Safe Online' and 'G20 Digital Innovation Alliance' (G20-DIA) on 28 December 2022.
- During India's G20 presidency, MeitY will focus on three priority areas, namely, Digital Public Infrastructure (DPI), Cyber Security, and Digital Skill Development, together with the Stay Safe Online campaign and DIA programme under the G20 Digital Economy Working Group (DEWG).

Stay Safe Online Campaign

- The objective of the 'Stay Safe Online Campaign' is to raise awareness among citizens to stay safe in the online world due to the widespread use of social media platforms and the rapid adoption of digital payments.
- This campaign will make citizens of all age groups, especially children, students, women, senior citizens, specially-abled, teachers, faculty, officials of Central/State Governments, etc., aware of the cyber risk and ways to deal with it.
- The campaign involves the dissemination of multilingual awareness content in the form of infographics, cartoon stories, puzzles, short videos, etc. and amplifying the same through extensive use of the MyGov website (<https://www.mygov.in/staysafeonline>) and prominent social media platforms.

G20 Digital Innovation Alliance (G20-DIA)

- The objective of the G20 Digital Innovation Alliance (G20-DIA) is to identify, recognise, and enable the adoption of innovative and impactful digital technologies developed by startups, from G20 nations as well as the invited nonmember nations, which can address the needs of humanity in the critically important sectors of Agri-tech, Health-tech, Ed-tech, Fin-tech, Secured Digital Infrastructure, and Circular Economy.
- The G20- DIA Summit will bring together the key players in the innovation ecosystem from both G20 member countries and the invited non-member countries in order to recognise and support startups creating cutting-edge digital solutions in the six themes that bridge the digital divide between different segments of humanity and advance the world economy.

Sports in the Draft National Youth Policy

The draft National Youth Policy released in 2022 envisages a 10-year youth development vision, which again includes sports on the priority list.

As a national programme for sports development in the country, a national scheme like 'Khelo India' has been launched.

It gives opportunities to the youth to regularly get involved in sports like football and hone their talent.

Young footballers of our country also aspire to play in the FIFA World Cup someday.