



Nehru Yuva Kendra Sangathan
Ministry of Youth Affairs and Sports, GoI

Ek Bharat Shreshtha Bharat

**Guidelines of Inter State Youth Exchange
Programme under Ek Bharat
Shreshtha Bharat 2019-20**



नेहरु युवा केन्द्र संगठन

Index

Sl. No.	PARTICULARS	ANNEXURES	PAGE NO.
1.	Operational Guidelines	ANNEXURE-I	2-12
2.	Suggestive Daily Routine	ANNEXURE-II	13
3.	Suggestive Programme Schedule	ANNEXURE-III	14-16
4.	Invitation Form	ANNEXURE-IV	17-18
5.	Summary Reporting Format and points for submitting narrative Report	ANNEXURE-V	19-20
6.	Feedback Form	ANNEXURE- VI	21
7.	Expectation Questionnaire for the Participants	ANNEXURE-VII	22-23
8.	Feedback Questionnaire for the Participants	ANNEXURE-VIII	24-25
9.	Reporting Format for submission Detailed Report with Front & Back Cover page design	ANNEXURE-IX	26-27
10.	Pledge on Ek Bharat Shreshtha Bharat	ANNEXURE-X	28
11.	Proposed Calendar	ANNEXURE-XI	29

NEHRU YUVA KENDRA SANGATHAN

Operational Guidelines of Inter State Youth Exchange Programme under Ek Bharat Shreshtha Bharat 2019-20

Vision:

"Sardar Patel ji gave us 'Ek Bharat' (One India). It is now the solemn duty of 125 Crore Indian to collectively make it 'Shreshtha Bharat' (Foremost India). We can do so by drawing inspiration from the life and contributions of Sardar Sahib".

- Sh. Narendra Modi, Prime Minister

Background and Context:

There is no country like India, quite as diverse, multi-lingual and multi-cultural, yet bound together by the ancient bonds of shared traditions, culture and values. Such bonds need to be strengthened through enhanced & continuous mutual interaction between people of varied regions and ways of life so that it encourages reciprocity & secures an enriched value system of unity amongst people of different States in a culturally special country like India.

"Ek Bharat Shreshtha Bharat" was announced by Hon'ble Prime Minister on 31st October, 2015 on the occasion of the 140th birth anniversary of Sardar Vallabhbhai Patel. Subsequently, the Finance Minister announced the initiative in his Budget Speech for 2018-19. Through this innovative measure, the knowledge of the culture, traditions and practices of different States & UTs will lead to an enhanced understanding and bonding between the States, thereby strengthening the unity and integrity of India.

All States and UTs will be covered under the programme. There will be pairing of States/UTs at national level and these pairings will be in effect for one year, or till the next round of pairings. The State/UT level pairings would be utilized for State level activities. The activity will be very useful to link various States in annual programmes that will connect people through exchanges in areas of culture, tourism, language, education, trade etc. and citizens will be able to experience the cultural diversity of a much larger number of State/UTs while realizing that India is one.

Objectives of Inter State Youth Exchange Programme under Ek Bharat Shreshtha Bharat

The broad objectives of the initiatives are as follows: -

1. To celebrate the unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our country.

2. To promote the spirit of National Integration through a deep and structured engagement between all Indian States & Union Territories through a yearlong planned engagement between States.
3. To showcase the rich heritage and culture, customs and traditions of either state for enabling people to understand and appreciate the diversity that is India, thus fostering a sense of common identity.
4. To establish long term engagement.
5. To create an environment which promotes learning between states by sharing best practices & experiences.
6. Familiarization with the environment, family life, social customs, etc. of the people living in the paired States.
7. Understanding of the problems being faced by the people of the paired States.
8. Appreciation for the diversity of paired states, their varied customs and traditions and yet a basic oneness which may inculcate pride among youth of the paired states as an Indian and
9. To inculcate feeling of communal harmony among the youth of paired States.

Relevant Extracts from the Text of PM's address at the Run for Unity event on Rashtriya Ekta Diwas 2015 at Rajpath in the context of Ek Bharat Shreshtha Bharat

"In the days ahead, we are going to launch a new initiative under which every State will choose another State each year to promote its language and culture. We are consulting States in this regard. I have set up a small committee to work out modalities in this regard. This is one way of ensuring "Ek Bharat Shreshtha Bharat".

"For example, if Haryana Chooses Tamil Nadu in 2016 in this regard, then at least 100 sentences of Tamil Language should be taught to students in each school. People of Haryana should be exposed to Tamil language and culture by suitably organizing some events including Tamil food festival and even trips to Tamil Nadu should be organized. Tamil Nadu should do the same in respect of Haryana including cultural and student exchanges. This would open a new Chapter in our country towards further enriching unity. Next year, Haryana and Tamil Nadu should pick up another State for such exchanges which in due course help in understanding each other better besides appreciating the exclusive strength of our country which is 'Unity in diversity'. This is how we can realize "Ek Bharat Shreshtha Bharat".

Formation of groups: In regard to formation of groups, their itinerary and activities would be planned keeping in view the following:

- a) The groups should be reasonably representative i.e. they should comprise young men and young women, students and non-students; should preferably include persons of different communities, particularly minorities and those belonging to the Scheduled Castes and Scheduled Tribes.
- b) These groups while travelling to the place of visit could stop, en-route, where conveniently possible, to visit places of interest relating to development and those of historical and cultural heritage.
- c) The groups on reaching the places of visit should undertake and participate in a variety of programmes and activities.

Duration of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat:

The duration of each of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat will be of 15 days. This includes date of arrival and departure of participants. Accordingly, the date/period and local venue of each Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat will be decided by concerned State Director, NYKS.

Programmes and Activities:

Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat will have the following programmes/activities:

1. Home Stay - (2 days) *-Value Added Activities
2. Work Camp/Shramdaan (7-8 days) * - Value Added Activities
3. Learning the language of paired States-(20 standard sentences/taken up in mixed groups of 5-7 Youth).
4. Cultural Exchange (Presentation/Learning/role reversal)
5. Cuisine and Culinary-Cook own and other states food; share; cross learning.
6. Costume: Parade/Exchange.
7. Screening Films of Respective States.
8. Local games and sports- Play, teach; enjoy.
9. Lifestyle related aspects.
10. Essays; Debates; Discussions.
11. Field Visits.
12. Yoga/Swacchata/Pad Yatra/Prabhat Pheris

**1. Home Stay- Home Stay Programme (to the extent possible) for the participants of EBSB with host district families would be able to bring them closer to each other's way of life, develop mutual understanding about their cultures, traditions, languages and have interactions for developing deep and lasting bonds.*

In each of the EBSB Program venue/ district 4 villages will be identified in advance where Youth Clubs are active. In each village, 13 Households will be identified for family placement. In each household 2 participants would be placed for 2 days. In this manner, all 100 participants would be placed in 50-52 families.

2. Shramdaan (Work Camp)-As a part programme of EBSB, Shramdaan (Work Camp) would be undertaken by the participants of the paired States. The objective is to inculcate sense of dignity of labour, volunteerism and generate collective response for developing/improving selected community asset.

Concerned Programme In-charge of EBSB will identify Project site near the vicinity of the camp area in advance. During each of the 15 days of the Programme, each of 100 participating youth would undertake Shramdaan for half- an- hour (½ hrs.) for 7-8 days. The project and activities would be selected in such a way that at the end of the programme, tangible output in respect of selected Project is created.

Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat Programme is different from National Integration Camp in terms of the following:

•	Youth to Youth Interaction through a live together experience.
•	More time is available for togetherness.
•	Value added programmes such as Work Camp and Home Stay.
•	Creates better eco-system for mutual understanding, spontaneity , better knowledge of each other, intermingling more comfortably.
•	Brings camaraderie, passion and appreciation for each other.

Implementation Strategy:

Inter State Youth Exchange Programme under Ek Bharat Shreshtha Bharat engagement matrix between state and UTs for the first year.

Phasing

The project shall have the following two phases:

(Phase-I)

In the first Phase, selected 100 participants (50 from Guest States & 50 from Host State) each will be invited for Phase –I of the Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat.

(Phase-II)

In the 2nd Phase (Reciprocal), 50 selected participants each will be invited for reciprocal Ek Bharat Shrestha Bharat. The Host State of the first phase of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat will be the Guest State and Guest State of the first phase under Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat will be Host State in the 2nd Phase (Reciprocal).

Finalization of Dates and Venue:

The Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat will commence from January, 2019. Calendar of EBSB Camp can be seen at Page 29 of the Guidelines.

Selection of the Participants and their Travel Arrangements

The State Directors will closely monitor and ensure that State/Kendra offices duly attend the invitations received for participation in Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat. The participants will be duly and timely selected and their train/bus reservations should timely be arranged after due confirmations. The State Offices will be required to monitor the issue on regular basis.

Every Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat will have 100 participants from paired States (Guest State and Host State). All selected participants will be in the age group of 15-29 years.

While selecting the participants for Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat the following criteria should be taken into consideration: -

- All participants should be young activists/ members of the Youth Clubs of NYK.
- Out of the selected participants, a minimum 50% of them must belong to the weaker sections of the society such as SC (16.20%), ST, OBC (8.20%), Minority, Disabled and with due representation of women.
- The participant NYKs are expected to select the youth in such a manner so that all diversities are duly represented.
- All the participants should possess a proven track record of voluntary work / social service.
- The youth who had an opportunity to participate in this programme during previous years or another out station special camps should not be considered for selection.

- The professional cultural troupes or persons should not be invited in Ek Bharat Shrestha Bharat.
- Preference should be given to the Youth Award Winners of the district, representative (s) of Best Youth Club Award Winner, from the Artist/Performers category and Team Leaders category (NYVs), etc.

Visibility:

Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat is top priority of Govt. of India, hence, proper coverage and visibility are of vital importance. Keeping this in view, efforts will be taken to give wider publicity to the Inter State Youth Exchange Programme under EBSB. NYKS Field Offices (wherever Inter State Youth Exchange Programme is organized) will mobilize Local Press and Media, ensure Tie up with Doordarshan Unit and Local Channels and Print Media in their respective State/District, issue press release and invite Media Persons during the programme so as to have wider coverage and dissemination of the messages among people in general and youth in particular. Besides, the activities will also be shared on Social Media- WhatsApp, Face book and Twitter etc.

Feedback by the Participants:

Once Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat is over, before holding of the valedictory function/closing ceremony, the feedback session shall be organized wherein feedback form for this purpose shall be used. The feedback of the participants should be videographed & submitted with the detailed reports.

Documentation & Reporting:

The programme should be properly documented with detailed reports, photography, press clippings & Video (In DVD) in Soft copies & hard copies. The videos, news clippings from Doordarshan & news channels should be submitted along with the detailed reports.

Important points to be noted by all SDs & DYCs for successful implementation of Inter State Youth Exchange Programme under Ek Bharat Shreshtha Bharat 2019-20

- Ek Bharat Shreshtha Bharat (EBSB) programme was a significant initiative launched by Hon'ble Prime Minister to promote mutual understanding by involving people from different states & UTs in an interaction based on culture, literature, sports, tourism etc. of the paired states, so as to strengthen national integration.
- As per the suggestions made by PMO the programme may be up scaled by expanding the canvas of activities, provide massive publicity & visibility to the programme, involving celebrities, leading sports personalities and senior functionaries of Government, Utilise technology for programme publicity etc.
- Concerned State Directors, NYKS should approach Doordarshan in their respective States for live telecast of the programme.
- Road Shows may be organised for wide publicity of the programme.
- Use of social media and efficient monitoring are very important aspect of this programme.
- Focus should be on Home Stay, Work Camp, Culture, Language Learning, Food Festivals, Traditional Costumes and Lifestyle related aspects of the paired states.
- The programme should be organised as outdoor activities preferably at important public places and thereby ensure the participation of general public also.
- Care needed in the selection of participants so that there are no drop outs. It is suggested that, only those participants are to be selected who are ready to actively participate in the programme. The drop outs will hamper the target achievement.
- The participants should be of sound health.
- Easy process may be adopted in selection of participants.
- Briefing of participants about the programme is essential to be done prior to attending the programme by State Director/District Youth Coordinator.
- Reservation of journey tickets of participants should be done at least 1 month in advance and once tickets are reserved it should be ensured that there are no drop outs.
- The participants should be given exposure to Industry and Skill Development programme during Inter State Youth Exchange Programme under Ek Bharat Shreshtha Bharat which may facilitate the provision of employment to them.

- Accordingly, quality site visits should be organised & literature on Developmental Schemes of Centre & States pertaining to National Development may also be provided to them.
- Efforts should be made to increase the involvement of female participants.
- The detailed programme should be chalked out by concerned SD, NYKS with the selection of suitable resource persons.
- The suggestive Programme, schedule is provided which may further be fine-tuned by SDs before commencement of the programme & shared with Hqtrs, Spl. Projects Section.
- Traditional Costumes & Dresses should be brought by participants during the camp.
- Efforts may be made for coordinating with State Nodal Officer, Ek Bharat Shrestha Bharat State, Govt. Department for successful organization of the programme.

Nehru Yuva Kendra Sangathan
Ministry of Youth Affairs and Sports, Govt. of India
Inter State Youth Exchange Programme under
Ek Bharat Shrestha Bharat, 2019-20
Application Form

(to be submitted along with Medical Fitness Certificate and Indemnity Bond)

Name:-.....

Fathers'/Spouse Name:-.....

Date of Birth:-.....**Age as on 1st July 2019**.....

Gender:-.....

Educational Qualification:-.....

Category (Gen/SC/ST/OBC/PH/Minority).....

Complete Address with Pin Code:-.....

.....

Contact Phone/Mobile No. with STD Code (Self and Guardian both):-

.....

Whether Member of Youth Club/Mahila Mandal.....

Experience in Youth Work or Community Service.....

What are your expectation from this programme.....

.....

Particulars of Bank Account:-

Bank Account Number:-_____ **Aadhaar Number:-**_____

Name of Bank:-_____

MICR Code:-_____ **Bank IFSC Code:-**_____

Name Address and Telephone No. of Two References

Details of Reference 1:-

Name :_____

Address:-_____

Telephone/Mobile No._____

Details of Reference 2:-

Name :_____

Address:-_____

Telephone/Mobile No._____

I undertake that the information furnished by me as above is correct as per my knowledge and belief. I am also undertaking that I have informed my parent/guardian for participating in the Ek Bharat Shrestha Bharat, 2019-20.

Signature of the Applicant
(Name.....)

Place:

Date:

Nehru Yuva Kendra Sangathan
Indemnity Bond
(TO BE SUBMITTED WITH THE APPLICATION FORM)

Inter State Youth Exchange Programme under
Ek Bharat Shrestha Bharat, 2019-20

I, _____, son/ daughter of
_____, resident of village
_____, Distt _____ do hereby
declare that as a Participant of Inter State Youth Exchange Programme under Ek Bharat Shrestha
Bharat, 2019-20, I am willingly participating in the programmes & activities of Programme &
That I am given detailed information of the programme (including journey to be undertaken to
programme venues of programme and back), and that under no circumstances will I make any
claim for any loss or injury that I may suffer in the course of the programme & activities of Inter
State Youth Exchange Programme under Ek Bharat Shrestha Bharat, 2019-20.

I fully understand that NYKS and Department of Youth Affairs, Ministry of Youth Affairs and
Sports, Govt. of India will not be responsible to make any kind of compensation in consequence
of any mishap/loss/injury suffered by me during this programme and activity.

(Signature of Participant)

(Signature of Parent)

Name _____

Name _____

Date _____

Date _____

Signature of Witness 1:

Signature of Witness 2:

Name _____

Name _____

Date _____

Date _____

Medical Fitness Certificate

(To be signed by a registered medical practitioner holding a degree not below that of MBBS)

(TO BE SUBMITTED WITH THE APPLICATION FORM)

Name (in Block letters): _____	Passport Size Photograph of Candidate
Age: _____ Gender : _____	
Complete Address: - _____	
Father's Name:- _____	
Height:- _____ Weight: _____	
Blood Group & Rh. Factor: _____ Chest: _____	
Heart & Lungs: _____	
Vision: L: _____ R: _____	
Colour Vision: _____	
Hearing: _____	
Hernia/Hydrocele/Piles: _____	
Remarks: _____	

I certify that I have carefully examined Sh./Km./Sm. _____
Son/Daughter of Sh. _____, who has signed in my presence.
He/She has no mental and physical disease and is FIT to participate in the programme.

Signature of the Candidate

**Signature of the Medical Officer with seal and
Registration Number**

Name: _____

Place: _____

Date: _____

Nehru Yuva Kendra Sangathan

Suggestive Daily Routine for Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat 2019-20

Time	Programme / Activity
05:00-05:30	Morning Rise
05:30-06:00	Daily Morning Routine
06:00-06:30	All Faith Prayer, Devotional Songs and Community Singing
06:30-07:30	Yoga / Exercise Traditional/Popular Games
07:30-8:00	Community Work/Shramdaan Cleaning of the Campus
08:00-08:30	Personal Time
08:30-09:00	Break Fast
9:00-11:30	Session -1
11:30-11:45	Tea
11:45-13:00	Session- 2
13:00-14:00	Lunch
14:00-15:30	Session-3
15:30-15:45	Tea
15:45-17:45	Games and sports
17:45-21:30	Cultural Performances/ Language learning/ Experience Sharing etc.
21:30-22:00	Dinner
22:00	Light off

Suggestive Schedule for Inter State Youth Exchange Programme under Ek Bharat Shrestha 2019-20

Day	Time	Programme/Activity	Remarks
Day1	09:30-10:00	Registration of Participants, Distribution of Schedule, TA forms, Feedback forms & Resource Material.	
	10:00 to 10:45	De freezing	
	10:45-11:45	Inaugural Session	
	11:45-13:00	Presentation on the concept of Ek Bharat Shrestha Bharat its salient features.	
	13:00 to 14:00	Lunch Break	
	14:00-15:30	<ol style="list-style-type: none"> 1. Interactive session on celebrating unity in diversity of our nation. 2. Strengthening & maintaining the fabric of traditionally existing emotional bonds between people of our country. 3. Promoting the spirit of National Integration 	Interacting Lecture Session by Experts.
	15:30 to 17:30	Popular/Traditional Sports and Games.	
Day 2	9:30 to 10:30	Planning for year long engagement of youth of paired states to promote national integration.	Interactive session.
	10:30 to 11:30	Group Discussion	
	11:30 to 11:45	Tea	
	11:45 to 13:00	Group Presentation	
	13:00 to 14:00	Lunch Break	
	14:00 to 15:30	Language Learning	
	15:30 to 17:30	Language Learning Session contd.	
Day 3	9:30 to 10:30	Debate competition on Ek Bharat Shrestha Bharat	Session -1
	10:30 to 11:30	Debate competition contd.	Session -2
	11:30 to 11:45	Tea	
	11:45-13:00	Debate competition contd.	Session -3
	13:00-14:00	Lunch	
	14:00-15:30	Discussion on the Issue of Ek Bharat Shrestha Bharat	Session -4
	15:30 to 15:45	Tea Break	
	15:45-17:00	Previous session contd.	Session -5
	17:00-17:30	Break	
17:30 to 19:30	Previous session contd.	Session -6	
Day 4 And 5	9:00 A.M	Departure for Home Stay Programme in the morning of Day 4	Session -1
		Return from Home Stay Programme in the evening of Day 5.	
Day 6	9:30 to 10:30	Food for Thought: Interactive session on Diversity of food of paired States.	
	10:30 to 11:30	Previous session contd.	
	11:30 to 11:45	Tea	
	11:45-13:00	Group Formation, Presentation of Group Report and Summary	
	13:00-14:00	Lunch	
	14:00-15:30	Culinary festival of (with an opportunity to learn culinary practices) of India with special reference to both the states.	
	15:30-17:00	Tea/Break	
17:00 to 20:00	Culinary Festival contd.		

Guidelines of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat 2019-20

Day 07	9:30 to 10:30	Essay Competition on Nation Development with special reference to Ek Bharat Shrestha Bharat	
	10:30 to 11:30	Language Learning Follow-up-Appreciation of Language, Dialect, Alphabets Songs, Proverbs of Host & Guest States.	
	11:30-11:45	Tea	
	11:45-13:00	Language Learning Session contd.	
	13:00-14:00	Lunch	
	14:00-15:30	Writing of 20 sentences by the participants in the language of paired states and presentation.	Session 1
	15:30-17:00	Tea/Break	
	17:00 to 19:00	Previous session contd.	Session 2
Day 08	9:30 to 10:30	Presentation on various Dance Forms of paired states and their socio-cultural significance.	
	10:30 to 11:30	Previous Session contd.	
	11:30-11:45	Tea	
	11:45-13:00	Dance Competition among the participants of paired states (In Group).	
	13:00-14:00	Lunch	
	14:00-15:30	Dance Competition among the participants of paired states (In Group) contd.	
	15:30-15:45	Tea/Break	
	15:45 to 17:00	Result Declaration & Prize Distribution.	
Day 09	9:30 to 10:30	Sharing of Best practices in the fields of health care, education, sanitation and use of technology among paired states.	Session 1
	10:30 to 11:30	Previous session continues.	Session 2
	11:30-11:45	Tea	
	11:45-13:00	Previous session contd.	
	13:00-14:00	Lunch break	
	14:00 onwards	Departure for Costume Parade	
	17:00	Back from Costume Parade	
Day 10	9:30 to 13:00 14:00 to 18:00	Visit of Historical Places; Monuments, Important Religious Places which also includes discussion on Wild life, Flora & Fauna, Bio-diversity Park, Botanical Garden & Summing up.	
	Day 11	9:30 to 13:00	Visit to Industries, Corporate Houses, Manufacturing Units viz. Textiles, Handicrafts, Food Processing Industries
13:00-14:00		Lunch break	
14:00 to 18:00		Visit to Institutions of National Importance, Youth Clubs, reputed NGOs, Rotary Clubs/ Lions Clubs, followed by Discussion and Summing up.	
Day 12	9:30 to 10:30	Presentation on Life Skill Education	
	10:30 to 11:30	Group Formation & Group on Core Life Skills	
	11:30-11:45	Tea Break	
	11:45-13:00	Session on Core Life Skill will continue.	
	13:00-14:00	Lunch break	
	14:00-15:30	Film/Documentary Screening of paired states.	
	15:30 to 15:45	Tea/Snacks	
	15:45 to 17:00	Film/Documentary Screening of paired states continues	
17:00 to 19:00	Competition on Traditional Sports and Games		
Day 13	9:30 to 10:30	Expert talk on Life related issues.	Session 1
	10:30 to 11:30	Previous session continues	Session 2

Guidelines of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat 2019-20

	11:30 to 11:45	Tea break	
	11:45 to 13:00	Issue based Group Discussion on Health Issues, Prevention of Drug Abuse & Alcoholism, Conservation of biodiversity, Gender Equality, Swachh Bharat, Good Governance etc.	
	13:00 to 14:00	Lunch	
	14:00 to 17:00	Group presentation	
	17:00 to 17:15	Tea Break	
	17:15 to 18:00	Summing up & recommendation	
	18:00 to 19:00	Competition on Traditional Sports and Games	
Day 14	9:30 to 10:30	Cultural Exchange-presentation, learning and role reversal	
	10:30 to 11:30	Previous session continues	
	11:30 to 11:45	Tea Break	
	11:45 to 13:00	Previous session continues	
	13:00 to 14:00	Lunch	
	14:00 to 15:00	Summing up and recommendations	
	15:00 to 15:15	Tea break	
	15:15 to 17:00	Traditional costume & Dress festival	
	17:00 to 20:00	Local Shopping	
Day 15	9:30 to 10:30	Interactive session & Group experience sharing on Ek Bharat Shrestha Bharat	
	10:30 to 11:30	Continue-----	
	11:30 to 11:45	Tea Break	
	11:45 to 13:00	Filling of Feedback Form	
	13:00 to 14:00	Lunch	
	14:00 to 15:00	Valedictory Function	
	15:00	Dispersal	

**NEHRUYUVA KENDRA SANGATHN
INVITATION FORM**

(for participating in Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat)

To,

State Director

Nehru Yuva Kendra Sangathan (Name of participating State)

Dear Colleague,

I take this opportunity to invite a contingent of 50 (No. of participants) for their participation in Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat being organized by Nehru Yuva Kendra Sangathan (Name of Ek Bharat Shrestha Bharat organizing State) as per detail below.

1. Name of State NYKS organizing Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat:
2. Address:
3. Phone No.
4. Email Id:
5. Dates of the Prog.: From to
6. Venue of the Prog.:
7. How to reach:
8. Contact persons and their telephonic numbers: -
 - a) State Director.....
 - b) DYC.....
 - c) ACT.....

You are therefore requested to send the details of contingent in the **enclosed Form** latest by (last date of receipt of details of participants from participating Kendra)

Yours faithfully

Name
Signature, State Director
Nehru Yuva Kendra Sangathan.....
(Name of Organizing State)

Enclosed: as above (Form)

CC: Dy. Director (Spl. Programme), NYKS, Hqtrs.

Nehru Yuva Kendra Sangathan

List of participants for participating in Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat

(It is mandatory on the part of Kendra selected for participation to send contingent)

- (a) Name of participating Kendras (five)
- (b) List of the participants (10 participants from each Kendra) and waiting list;

Sl. No.	Name	Age (Between to 15 to 29 years)	Sex*	Category **	Mobile no. of Participants

** Out of the selected participants, at least 16.20% of the participants should be from SC category and 8.20% of the participants from ST category.

* Due representation should be given to women (30%) and physically challenged youth for participation in the programme.

- (c) Train name and number
- (d) Date and time of the start of their journey:
- (e) Estimated Time of arrival of the train at (station):
- (f) Booking details of their return journey (Date and train name):
.....

Counter Signature of State Director

Name
District Youth Coordinator
Signature of DYC of Participating Kendra
Stamp of the Kendra

Nehru Yuva Kendra Sangathan
Inter State Youth Exchange Programme under
Ek Bharat Shrestha Bharat 2019-20
Summary Reporting Format and points for submitting detailed Report
 (To be prepared by the State Director of Organising State)

Part - A

State: Name of State Director:

1. Venue of Ek Bharat Shrestha Bharat-----

2. Date: From to

3. Collaborating Departments and Agencies:.....

4. Resources Mobilized:

a) Material (Type)	Quantity	Value (in Rs.)
1.		
2.		
3.		

b) Fund (in Rs.)

6. Name of Resource persons and topics covered by them in the Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat 2019-20

- i.
- ii.
- iii.

7. Name and Designation of Dignitaries/VIPs attended the Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat 2019-20

- i.
- ii.
- iii.

8. Details of Participants

Sl. No.	Participating		Categories of Participants														Grand Total	
	State	District	SC		ST		OBC		Minority		Physically Challenged		General		Total			
			M	F	M	F	M	F	M	F	M	F	M	F	M	F		
1.																		
2.																		
3.																		
FromSaansad Adarsh Grams																		
Grand Total																		

9. Programme & Activities under taken in Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat ----- (use separate sheet)

It is certified that all the participants in Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat were in the age group of 15-29 yrs and above mentioned activities and programmes were organized.

Signature of State Director

Signature of Youth Coordinator

Part - B

Details of Programmes and Activities Organized - to be provided in the detailed report

The detailed report of Ek Bharat Shrestha Bharat should also cover following points as well as Part -A above along with press cuttings, action photographs, audio visuals clippings, opening and closing ceremony invitation letter/cards, IEC material used, Feedback from the participants, etc. It must be ensured that besides hard copy of the detailed report, soft copy in PDF is sent to NYKS Headquarters) on or before **04 days of the completion of the Ek Bharat Shrestha Bharat.**

1. Home Stay
2. Work Camp (Sharamdaan)
3. Learning the language of paired States-(20 standard sentences/taken up in mixed groups of 5-7 Youth).
4. Cultural Exchange (Presentation/Learning/role reversal)
5. Cuisine and Culinary-Cook own and other states food; share; cross learning.
6. Costume: Parade/Exchange.
7. Screening Films of Respective States.
8. Local games and sports- Play, teach; enjoy.
9. Lifestyle related aspects.
10. Essays; Debates; Discussions.
11. Field Visits.
12. Yoga/Swacchata/Pad Yatra/Prabhat Pheris

**Nehru Yuva Kendra Sangathan
Ek Bharat Shrestha Bharat
2019-20**

(To be filled in by each Programme participants)

FEEDBACK FORM

Sr. No.	Particular		Details				
1.	Name of Venue where Ek Bharat Shrestha Bharat was organized	:					
2.	Name of the State which organised the camp	:					
3.	Dates of programme	:					
4.	Your comments on various Programmes and competitions organized by giving grade 0,1,3 or 5						
Sl. No.	Topic/Theme	*Content	*Resource Person/Moderator	*Presentation	*Resource Material	Total Grading	
1							
2							
3							
4							
5							
6							
7							
8							
*Note: Grade content, resource person, presentation and resource material as per your opinion 0 for Not relevant, 1 for Good, 3 for Very Good and 5 for Excellent							
5.	Your comments on other Events & Activities with regards to its relevance on National Integration and promoting emotional bonds between the people of our country, in understanding inter-cultural practices & building Common Identity by giving grade 0,1,3 or 5						
Sl. No.	Events	*Content	*Resource Person	*Presentation / Work done	*Resource Material	Total grading	
1							
2							
3							
4							
5							
6							
7							
8							
*Note: Grade content, resource person, presentation / work done and resource material as per your opinion 0 for Not relevant, 1 for Good, 3 for Very Good and 5 for Excellent							
6.	Kindly give your comments on physical arrangements by (√) mark						
Sl. No.	Arrangements	Very Good	Good	Satisfactory	Required further improvement		
1	Boarding & Lodging						
2	Food						
3	Hospitality						
7.	Was the Ek Bharat Shrestha Bharat interactive/ participatory, if yes please explain					:	
8.	Do you feel your motivation is enhanced to facilitate the process of National Integration and in achieving the objectives of Ek Bharat Shrestha Bharat. Kindly indicate your choice by (√) mark					:	Yes/No
9.	Give your overall impression with regards to the Ek Bharat Shrestha Bharat					:	
10.	Your suggestions to improve Ek Bharat Shrestha Bharat					:	

Name & Signature of the participant not required

Nehru Yuva Kendra Sangathan
Inter State Youth Exchange Programme under
Ek Bharat Shrestha Bharat

Date _____ to _____

Venue: - _____

EXPECTATION OF THE PARTICIPANTS

(Questionnaire to be filed by the Participants on arrival)

1. Why did you wish to participate in Ek Bharat Shrestha Bharat?

2. Have you ever visited any place outside your State? If Yes, what was your experience?

3. What are your expectations from this programme?

4. Do you have friends/relatives outside your State _____
yes/no _____

If yes, Name the place _____

5. What are your opinion about rich heritage, culture, custom, traditions, cuisine, to understand and appreciate the diversity of our country and what measures you will take to promote and preserve these?

6. Do you know about the programmes run by Nehru Yuva Kendra or other department of Govt. for youth development and Inter State Youth Exchange Programme Ek Bharat Shrestha Bharat in your State, if yes please elaborate.

7. In which programmes you are interested (Home Stay, Work Camp, Learning the language of paired States-20 standard sentences/taken up in mixed groups of 5-7 Youth), Cultural Exchange (Presentation/Learning/role reversal), Cuisine and Culinary-Cook own and other states food; share; cross learning, Costume: Parade/Exchange, Screening Films of Respective States, Local games and sports- Play, teach; enjoy, Lifestyle related aspects, Essays; Debates; Discussions, Field Visits, Yoga/Swacchata/Pad Yatra/Prabhat Pheris etc.).

8. What are your hobbies? Please specify.

9. What measures should be taken for mainstreaming National Integration, Promoting Unity in Diversity and strengthen the fabric of traditionally existing emotional bonds between the people of our country?

10. What specifically would you like to learn & get experience from this programme?

11. Any other point you would like to mention.

**Nehru Yuva Kendra Sangathan
Inter State Youth E
Ek Bharat Shrestha Bharat**

Date _____ **to** _____

Venue:- _____

FEEDBACK FORM FOR PARTICIPANTS

(Questionnaire to be filed by the Participants at the end of the programme)

1. Name of participant (Optional) _____

2. What was your first feeling when you come on the first day of the camp and what are your thoughts and impression now?

3. Have you made any friends during this programme if yes, how many and common areas of interest?

4. What impressed you much about this programme
Topics of the programme _____
Class Room Session _____
Culture _____
Other Camp activity _____
Way of interaction of the resource person

5. Did this programme enrich your knowledge about National Integration?

6. In what way do you think you can contribute in upbringing of responsible and productive youths in the society?

7. What role you would play after attending the Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat for mainstreaming the Youth in your locality?

8. How would you disseminate the information you have accumulated Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat to your peer groups for their benefit?

9. What improvements would you suggest for the organization of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat? The activities you wish to be added/excluded from the programme.

10. Your overall impression on:

- Interaction with VIPs _____

- Interaction with Resource Person:- _____

- Interaction with Youth:- _____

- Programmes and activities: - _____

- Boarding and Lodging:- _____

11. Any other comment you would like to register apart from above points?

The detailed Report of Inter State Youth Exchange Programme under Ek Bharat Shrestha should come in the following manner (in 3 copies).

The contents of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat Report should contain the following: -

1. Front & Back Cover Page (sample attached)
2. Photographs collage may be given in the inner cover of front and back page
3. Quotation of the Hon'ble PM on Youth
4. Situation of Youth in the State
5. Credential of NYKS
6. Background and Context
7. Aims and Objective (as per the guidelines of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat)
8. A brief on the background of the youth participated in Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat
9. Implementing strategy
10. Material provided in the kit e.g. IEC material, booklets, etc.
11. Detailed Report or Programme and Activities along with reporting proforma (Annexure-IX) duly supported by maximum number of relevant action photographs which should include
 - Picture on Lectures/Question answer session (on core issues mentioned in the guidelines) of the Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat
 - 3 pictures of sight seeing
 - Home Stay, Work Camp, Learning the language of paired States, 20 standard sentences/taken up in mixed groups of 5-7 Youth, Cultural Exchange (Presentation/Learning/role reversal), Cuisine and Culinary-Cook own and other states food; share; cross learning, Costume: Parade/Exchange, Screening Films of Respective States, Local games and sports- Play, teach; enjoy, Lifestyle related aspects, Essays; Debates; Discussions, Field Visits, Yoga/Swacchata/Pad Yatra/Prabhat Pheris etc.

Write up on each activity undertake in the Inter State Youth Exchange Programme	Photographs of that activity should be given
Write up on other activity undertake in the Ek Bharat Shrestha Bharat	Photographs of that activity should be given

12. Financial implication (submission of Audited Utilization Certificate)
13. Analysis of Feedback of participants from Annexure-X to XII
14. Outcome and Conclusion of the programme
15. The report should be duly supported by sample invitation cards, press clippings and audio video CDs and photograph CD.
16. List of VIPs, Resource Persons with their topic covered, State/District level officials and other dignitaries attended programme
17. Collage of Press Clippings

Pledge on Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat

“I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country”.

Guidelines of Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat 2019-20
Annexure-XI

Calendar for Inter State Youth Exchange Programme under Ek Bharat Shrestha Bharat 2019-20

Sl. No.	Month wise calendar of Programme	Tentative Name of Place for the programme	Name of Guest State	No. of District	No. of Participants (10 participants from each district)	Name of Host State	No. of District	No. of Participants (10 participants from each district)	Total No. of Participants
			A			B			A+B
1.	January, 2020	Raipur	Gujarat	5	50	Chhattisgarh	5	50	100
2.		Hyderabad	Haryana	5	50	Telangana	5	50	100
3.		Chennai	Jammu & Kashmir	5	50	Tamil Nadu	5	50	100
4.		Vishakhapatnam	Punjab	5	50	Andhra Pradesh	5	50	100
5.		Kozhikode	Himachal Pradesh	5	50	Kerala		50	100
6.		Bangalore	Uttarakhand	5	50	Karnataka	5	50	100
7.	February, 2020	Bhubaneswar	Maharashtra	5	50	Odisha	5	50	100
8.		Ranchi	Goa	5	50	Jharkhand	5	50	100
9.		Gangtok	Delhi	5	50	Sikkim	5	50	100
10.		Imphal	Madhya Pradesh	5	50	Manipur & Nagaland	5	50	100
11.		Itanagar	Uttar Pradesh	5	50	Arunachal Pradesh & Meghalaya	5	50	100
12.	March, 2020	Agartala	Bihar	5	50	Tripura & Mizoram	5	50	100
13.		Silvassa	Chandigarh	5	50	Dadra & Nagar Haveli	5	50	100
14.		Daman	Puducherry	5	50	Daman & Diu	5	50	100
15.		Guwahati	Rajasthan	5	50	Assam	5	50	100
		Total		75	750		75	750	1500