



PREPARED BY
THE YUVA EKTA
FOUNDATION

Our Response to Covid - 19



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FOUNDATION

The current Corona pandemic is redefining ways in which we express and connect with each other. While social distancing is an unavoidable norm, it has become ever so important to reach out to our loved ones and form deeper and more meaningful bonds. In such unprecedented circumstances, we, at The Yuva Ekta Foundation, are looking for innovative ways to keep the Arts alive and make them relevant to the times we live in.

We have launched new projects and have altered modalities in several on-going ones, adjusting them to the online form. Here's a short glimpse of the same.

BREATHE

An interactive platform...

BREATHE - AN ONLINE INTERACTIVE PLATFORM FOR EMOTIONAL HEALTH AND WELL-BEING



The Yuva Ekta Foundation started **'Breathe'**, an online interactive platform where we share our expertise and tools of creative expression, as we invite practitioners from different disciplines, to spread Positive Energy into our environment.

In the early days of the lockdown, this platform began as a video series where each week, we published videos with simple, everyday, creative activities. They were designed to help people undertake a journey within, examine their fears and anxieties, connecting with themselves and the world around.



THE VIDEO SERIES

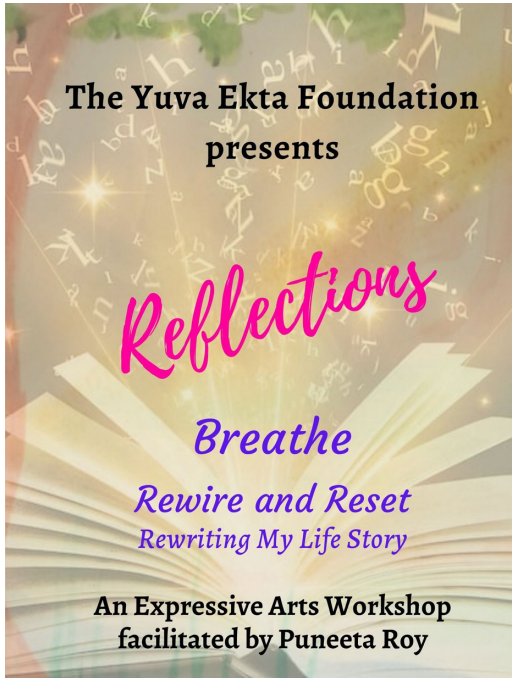
We have posted **11 episodes as part of the 'Breathe' video series.** The videos are posted across all our communication platforms including Facebook, Instagram and YouTube. We published our first episode on March 28, 2020 and the response thus far has been overwhelming. **Our latest episode went online on July 26, 2020. It has been our most popular episode thus far, reaching to over 2100 people, organically.**

From guided meditations to music as a therapeutic tool, and from Expressive Arts Therapy to Micro Greens, the 'Breathe' video series has covered a wide array of pursuits. Our Facebook and Instagram handles are constantly updated with this content and **replies are pouring in hundreds every week through social media and personal groups.**

We acknowledge our viewers' responses, experiences and artworks in our videos.

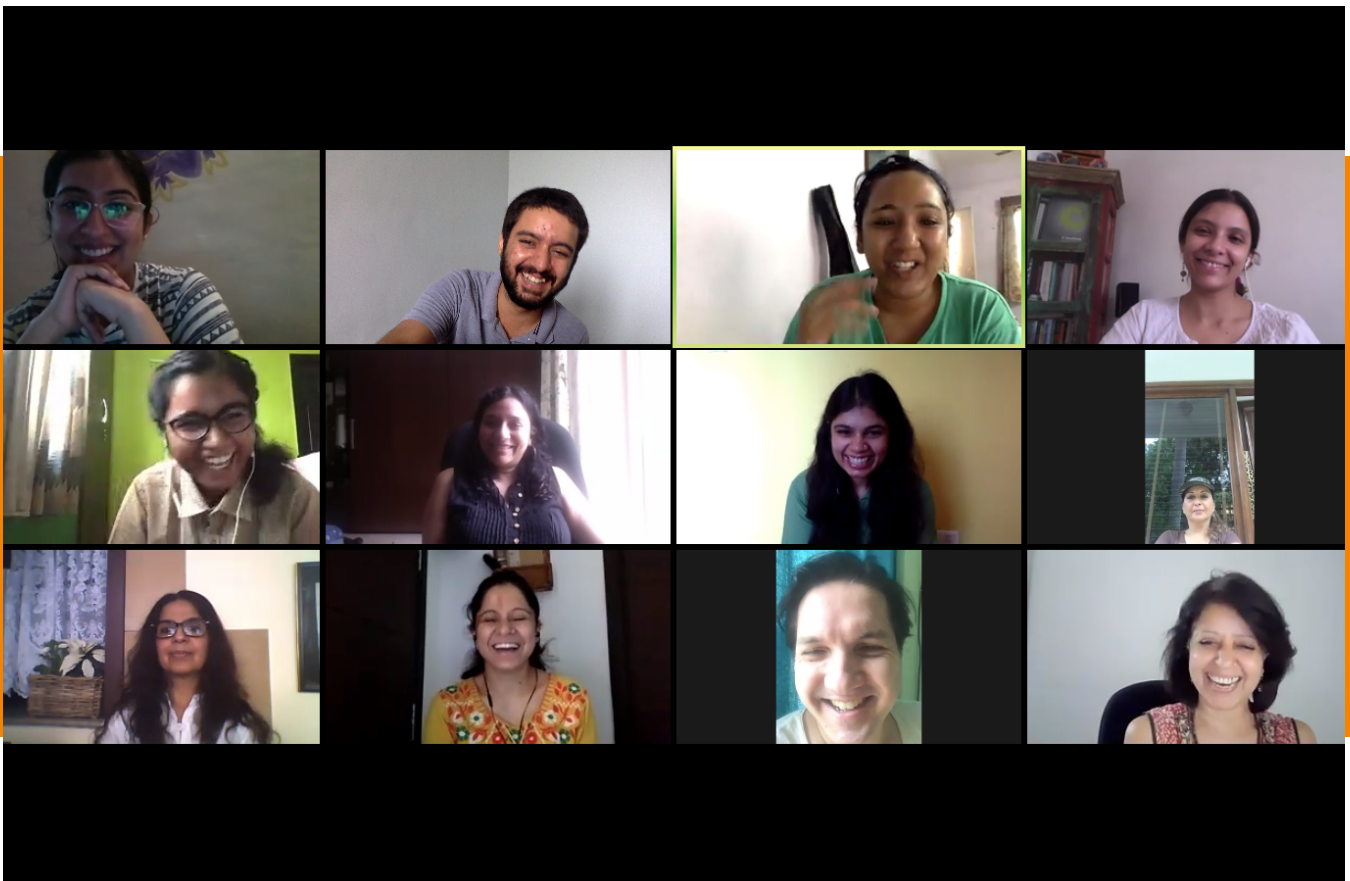
THE WORKSHOP SERIES

Based on our responses to the video series, we expanded 'Breathe' into a full- fledged interactive platform where we also conduct Online Expressive Arts workshops every fortnight.



The workshops take place on Saturdays from 11 am to 1pm, covering various themes inspired from our lives in the current times.

We've received hundreds of registrations for the workshops. Our intent behind these workshops is to reimagine the way we connect with each other online. As the participants go through Expressive Arts and Healing exercises, they find a way to let go of their anxieties and make real "human" connections, albeit digitally.



Playback Theatre for Community Building

Shifting Playback Theatre to the online world



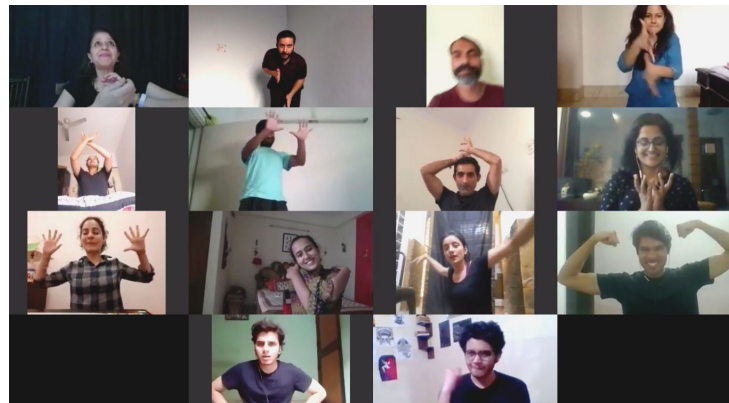
Playback Theatre is a form of improvisational theatre in which audience or group members tell stories from their lives and watch them enacted on the spot. Interactive and spontaneous, playback performances are carried out by a team of actors, an emcee (called the conductor), and a musician. As the show begins, audience members respond to questions from the conductor, then watch as actors and the musician create brief theatre pieces on the spot.

Since the Covid pandemic began, our sessions and rehearsals have shifted online. More than six months on, we've been exploring various relevant themes that are providing us an opportunity to find 'novel' ways of telling stories during this pandemic.

THE IMPRINTS

OUR FIRST ONLINE PLAYBACK PERFORMANCE

On May 8, 2020, we conducted our first public Playback Theatre performance online, titled 'The Imprints'. Our intent through this performance was to explore these powerful emotions of nostalgia that are giving people strength in the current times. It turned out to be a very moving session for all of us, as many audience members shared stories of their school, their childhood, acutely reliving the sense of taste, smell, and so much more. This was also an opportunity to connect over the collective sense of pain and helplessness during these times.

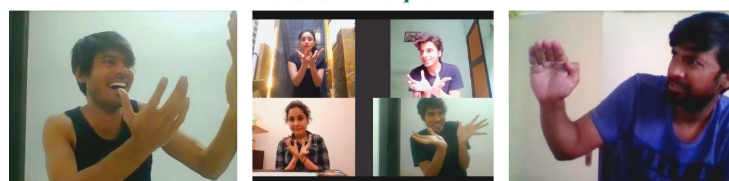


THE IMPRINTS

An Online Playback Theatre Performance by the
Yuva Ekta Playback Theatre Group

*Capturing Images, Emotions, Nostalgia
and more..*

*May 8th, 2020 (Friday),
5:00 to 7:00 pm IST*



To attend this session, get in touch with us at
office@yuvaektafoundation.org
9582591869/9871976483



Towards a New Horizon

NEW BEGINNINGS. NEW CHALLENGES.



We have conducted several playback sessions with the theme '**Towards a New Horizon - New beginnings. New challenges**'. We explore love, loss, fears, dreams and aspirations, that have now been redefined by the pandemic.

Since June, we have not only conducted open-audience playback sessions, but also performed specifically for teams from Corporate organisations like **Confederation of Indian Industry (CII), Tattle Civic Technologies, and DENAVE** (based in New Delhi). In addition, we have also used Playback with senior school prefects of **Vasant Valley School (New Delhi) and Psychology students of Kamala Nehru College, University of Delhi**, uncovering the layers around teaching, learning and educating in the online world.

"The playback workshop helped everyone take a step back and come together to recognise common struggles and anxieties. It helped us address the isolation that all of us are experiencing in lockdown as well as the mental exhaustion that comes with working on misinformation, especially in a pandemic."

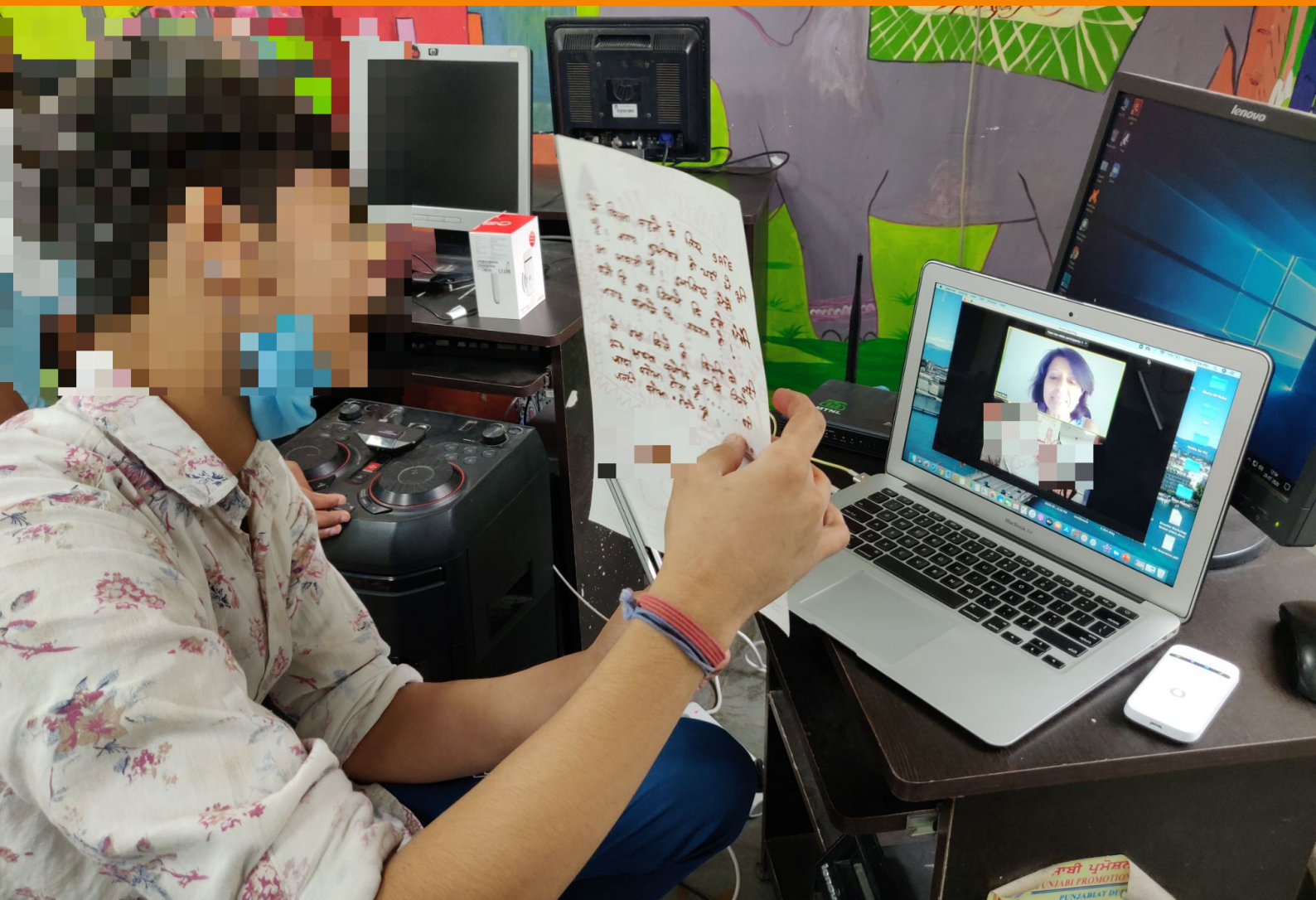
- Tarunima Prabhakar, Project Lead, Tattle Civic Technologies

Threads of Humanity

Working with 'Children in Conflict with Law'



Transitioning into a new realm



One of the mainstays of The Foundation, transitioning Threads of Humanity into the online world has been a challenging and rewarding experience so far.

The Need

Arts based interventions for Emotional Well-Being

As we continue to expand on our work online, we realise that there are sections of the population that can't access these services. Before the lockdown began, a major part of our work focussed on **'Children in Conflict with Law'**. We were conducting weekly Expressive Arts workshops at the **Adharshila Place of Safety and Special Home for Boys, Majnu ka Tila (the Home)**, Delhi. It was part of our Research Project aimed at **'Building Emotional Intelligence using Expressive Arts and Psychodrama Therapy with Children in Conflict with Law'**.

Our intervention at the Home shifted online once the lockdown began.

Since the lockdown has been announced, all the classes and activities at the Home have stopped. The boys receive minimal counselling over the phone and are allowed to speak with their families through video calls, if possible. Court hearings have stopped. **There is therefore an increased sense of loneliness and frustration among the boys.**

Additionally, as per the court orders, some of the boys have been released on temporary parole or bail. They are completely at a loose end as to how to occupy their time at home. There is a risk of some of them slipping back into old patterns of crime and addiction. There is an urgent need of a mentorship program that will provide the guidance and support that the boys need.



TWO-PART PROGRAM



"I dream of earning a living for myself"

Currently, we are running a two-part program that not only **works on the Emotional Health of boys inside the Home, but also provides a critical environment to mentor the boys outside.** We have refocused our energies and skill sets, specifically for the circumstances at hand. A lot of our previous participants have been given parole, owing to special court orders. We have reached out to them individually and also started meeting them online as a group, beginning conversations on how productively they spend their time and choices they are making for the future.

A program that critically addresses the problems produced by the crisis, can help enhance the Wellness and Emotional Well-being of young people, constantly at risk of exploitation, abuse, and neglect.

THE YUVA EKTA FOUNDATION CHARTING OUR WAY AHEAD



ADJUSTING TO THE NEW NORMAL

In these times of fear and uncertainty, the Arts play an invaluable role in our calming and healing process.

Recognising this, we are expanding the reach and the scope of programs to connect with larger audiences during the lockdown and even beyond. We understand that the current norms of social distancing will be around for the next few months; hence we will continue to explore innovative ways to keep the Arts alive and vibrant. Our experiments online with 'Breathe' and Playback Theatre have so far reaped successful rewards and we continue to grow and learn, each time we step into the online world.

Our facilitators have now started physically visiting the Home, conducting workshops following rules of social distancing and sanitisation. We are also gearing up to create a theatre production with the boys inside who have gradually opened up to us about their inhibitions and challenges. We hope to stage this production in the month of November.