
YOUNGISTAAN FOUNDATION

ANNUAL REPORT 2024 - 25

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MESSAGE FROM THE FOUNDER

by: Arun Daniel Yellamaty



It gives me immense pride to share with you our Annual Report for the financial year 2024–25. This report is more than just a summary of numbers and projects. It is a reflection of the compassion and commitment that defined our journey over the past year. Despite facing some of the toughest challenges our team stood strong, showing up every day for the communities that needed us most.

*“Not all of us can do great things.
But we can do small things with
great love.”*

Through these pages, I invite you to witness the transformative work we’ve been privileged to lead. You’ll read about the real issues affecting countless lives across India, and how our interventions have brought about meaningful change—in children gaining access to education, families breaking the cycle of poverty, animals finding protection, and communities growing stronger together. You’ll also discover the powerful partnerships and collaborations that have helped us amplify our impact by blending expertise with empathy. As we look ahead to another year of action and hope, I warmly welcome you to celebrate the milestones of 2024–25 with us—and to stay with us on this path toward a more just and compassionate future.

ABOUT YOUNGISTAAN FOUNDATION

Meet Youngistaan Foundation with a presence across India!

Our name means the land of young people. With over 356 million young people, India has the largest youth population – more than any other country in the world. The potential of our young people to create a better future makes India a land of opportunity.

Registered as an NGO in January 2014, Youngistaan Foundation is based in Hyderabad with multiple projects that run throughout the country. We are fueled by the desire to change the world by touching one life at a time.

Youngistaan Foundation has won multiple awards for our on-ground impact and our effort to raise awareness on issues and encourage people across India to do their part to help people in need.

With over 50,000 registered young volunteers, Youngistaan Foundation is committed to making a difference in our communities by helping those in need. We are a platform for young people who are ready to create real change in the areas of hunger, homelessness, poverty, education inequity, gender inequality, taboos on menstruation, emergency responses, animal rights, capacity building and many more issues.



Map of where Youngistaan Foundation works!

MEET THE BOARD

Meet our board members, governing and guiding the organization

PRAVEEN RAJ

FINANCIAL EDITOR - FACTSET
PROGRAM HEAD - HUNGER & LIVELIHOOD PROGRAM



Praveen has been with Youngistaan Foundation since 2014, starting as a volunteer and now leading the Food and Livelihood Program. He focuses on hunger relief and supporting homeless people, while also serving as a board member. Praveen is a Financial Editor at Factset Financial Services, where he leverages his expertise in finance.

RAGHAVENDRA K

SALESFORCE SENIOR SPECIALIST - DELOITTE
PROGRAM COORDINATOR & IT



Raghavendra joined Youngistaan Foundation in 2015 as a volunteer in the food program and has since become a key part of it. He also helps with IT support and fundraising and serves as a board member, supporting the organization's growth. Outside of Youngistaan, Raghavendra works with Deloitte, balancing his job with his passion for making a social impact.

PHANEETH JANGA

**DIRECTOR - AI PROFESSIONAL SERVICES AT AISERA INDIA
FINANCE COORDINATOR**



Phaneeth joined Youngistaan Foundation in 2015 as a volunteer with the education program. After contributing to the fundraising team, he now oversees the organization's finances and serves as a board member. In this role, Phaneeth ensures the financial sustainability of the foundation and plays a key role in its strategic direction. Alongside his work at Youngistaan, he is employed with McAfee. His journey from volunteer to board member highlights his strong commitment to the foundation and its mission.

NIKITHA DEVI

**CONTENT ANALYST - ANGEL ONE
PROGRAM HEAD - ANIMAL HEROES PROGRAM**



Nikitha joined Youngistaan Foundation in 2018 with a passion for helping others. She now leads the Animal Support Program and serves as a board member. Under her leadership, the program has grown to provide vital care for animals in need. Nikitha also works with Angel One, balancing her career with her dedication to animal welfare.

MEET THE TEAM

Meet the amazing core team members driving our ground breaking programs!

These are the amazing individuals behind Youngistaan Foundation's robust and ground breaking programs. These passionate trailblazers have a strong educational and professional background in their area of expertise - be in education, gender equality, menstrual health and so much more!

Meet Youngistaan Foundation's incredible core team members here:

NEHA MATHUR

PROGRAM HEAD - EARLY LEARNING PROGRAM



Neha has been with Youngistaan Foundation for the past 9 years, beginning her journey as a volunteer. She has played a crucial role in the development of the foundation's education program, focusing on addressing educational inequality. Currently, Neha leads the Early Childhood Program, working with schools to establish safe and developmentally appropriate learning environments for young children.

RUTHVIKA KAVURU**OPERATIONS - SPECIAL PROJECTS MANAGER &
PROGRAM HEADJ GENDER & HEALTH PROGRAM**

Ruthvika is a social worker, artist, and development communicator with a master's degree in development communications. She has been with Youngistaan Foundation for over 8 years and now manages operations and special projects. Ruthvika leads the menstrual health program, handles daily operations, and organizes events to involve youth in important social causes. She is dedicated to empowering young people and helping them create positive change.

JESU VANDANA**PROGRAM COORDINATOR - SOCIAL EMOTIONAL
LEARNING & SPECIAL PROJECTS**

Jesu is a social worker from Hyderabad with over 13 years of experience in education, accessibility, and empowerment. She transitioned from a corporate career to the development sector and now leads the Social Emotional Learning (SEL) and Special Projects at Youngistaan Foundation. Jesu oversees operations, designs learning experiences, and mentors volunteers to ensure successful program implementation.

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OVERVIEW

Our Annual Report covers our work in the 2024-25 period with the support of our partners, volunteers and donors

We at Youngistaan Foundation are happy to release our annual report for the 2024-25 financial year! Through this report, we invite you to read the remarkable way in which our programs have made a sustainable impact in the lives of people across households and communities. This past year was a time of dedication, commitment and resilience in the face of multiple challenges that our teams encountered head on - challenges such as extreme poverty, the lack of access to education, the climate crisis and animal abuse. In each of these cases, our dedicated teams coordinated and dedicated themselves to meeting the needs of those without access to the help needed.

As you read through this annual report, you will learn about the issues that plague communities across India, the effect these issues have on the lives of millions, Youngistaan Foundation's interventions, the impact these interventions make in the lives of children, women and men and how this impact creates a ripple effect that goes on to benefit the entire home, family, community and nation. Learn about the partnerships that enable us to carry out our crucial work and the collaborations that have helped us combine expertise with compassion - a winning combination. As we head into the new financial year, join Youngistaan Foundation in celebrating the achievement of 2024-25.



5,500,000

lives supported across India

60

cities reached

75,000

volunteers with Youngistaan Foundation

150+

collaborations with Government, private and civil society

VISION & MISSION

Our vision and mission are the driving forces of our initiatives across India

VISION

To build a just and inclusive society where every individual, regardless of background, has equitable access to opportunities, dignity, and the means to lead a meaningful life.

MISSION

To engage, enable, and empathize with communities by addressing key social challenges through collaborative action, impactful programs, and youth-led, community-driven solutions that promote dignity, equity, and sustainable progress for all.

STRATEGY

Youngistaan Foundation drives impact through two core approaches:

STRUCTURED INTERVENTIONS

We design and implement long-term, stakeholder-driven programs that address systemic social challenges. These interventions are built on evidence, aligned with Sustainable Development Goals (SDGs), and focus on sectors such as education, health, gender equality, livelihood, and climate action.

VOLUNTEER-LED INITIATIVES

We empower youth to take ownership of change through grassroots campaigns, capacity-building efforts, and community-based engagement. These initiatives cultivate active citizenship and co-create solutions with communities, schools, and local institutions for lasting impact.

PARTNERSHIPS

Youngistaan Foundation partnered with Government, public sector, corporate, private and civil society partners

GOVERNMENT & PUBLIC SECTOR PARTNERS



MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT

To build a just and inclusive society where every individual, regardless of background, has equitable access to opportunities, dignity, and the means to lead a meaningful life.



GREATER HYDERABAD MUNICIPAL CORPORATION

We collaborated with GHMC to implement the SMILE Scheme in three zones of Hyderabad city, focusing on identification, counselling, rescuing, and rehabilitation of homeless persons.



URBAN COMMUNITY DEVELOPMENT

Partner in aligning urban development strategies, particularly for homelessness response.

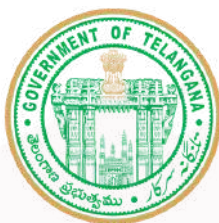


SECUNDERABAD RAILWAY POLICE

Assisted in the rescue and relocation of homeless individuals to safe shelter homes.

**TELANGANA STATE HEALTH DEPARTMENT**

Partnered to enhance education on menstrual health and hygiene for young girls and women.

**DEPARTMENT OF JUVENILE WELFARE, CORRECTIONAL SERVICES & WELFARE OF STREET CHILDREN**

Co-led juvenile rehabilitation and reintegration programs.

**GOVERNMENT OF TELANGANA - WOMEN DEVELOPMENT & CHILD WELFARE DEPARTMENT**

Collaborated on structured rehabilitation for children in correctional care.

**TELANGANA STATE COMMISSION FOR PROTECTION OF CHILD RIGHTS**

Supported both juvenile rehabilitation and human trafficking dialogue initiatives.

**TELANGANA SOCIAL IMPACT GROUP (T-SIG)**

Facilitated multi-stakeholder collaboration for social impact initiatives.

**TELANGANA STATE INNOVATION CELL (TGIC)**

Backed digital and sustainable solutions in menstrual health initiatives.

**TELANGANA TRAFFIC POLICE**

Collaborated on road safety training sessions for children and community members.

CORPORATE, PRIVATE, CIVIL SOCIETY PARTNERS**BOSCH GLOBAL SOFTWARE TECHNOLOGIES PVT. LTD.**

Collaborated on the rehabilitation and reintegration of institutionalised children through holistic development.

**SYNCHRONY FINANCIAL**

Led an employee-engaged food distribution drive for people experiencing homelessness.

**ALTIMETRIK INDIA PRIVATE LIMITED**

Collaborated on the "Menstrual Equity" project in schools and community institutions.

**WIPRO FOUNDATION**

Supported civil society development in school education and organisational capacity-building.

**WASH UNITED & MENSTRUAL HYGIENE DAY**

Collaborated with Menstrual Hygiene Day, led by WASH United, to advocate for normalising conversations around periods.



**Azim Premji
Foundation**

AZIM PREMJI FOUNDATION

We partnered with Azim Premji Foundation for Pathshala, our social and emotional learning program.

BENEFICIARIES REACHED

Have a look at all those who were impacted by Youngistaan Foundation's programs

In the past 12 months, Youngistaan Foundation's multiple teams have reached thousands of individuals as direct beneficiaries and also through education and awareness programs that impact many more.

HUNGER & LIVELIHOOD PROGRAM

11,480

individuals received nutritious meals, shelter, counselling and skills training



CLIMATE, ENVIRONMENT & ANIMALS PROGRAM

6,400

people reached on sustainability, environment and animal care awareness



EDUCATION PROGRAM

443

children educated through the SEL and ELP programs and the annual carnival



SPECIAL PROJECTS

8,420

individuals reached through anti-trafficking, road safety and juvenile rehabilitation initiatives



GENDER & HEALTH PROGRAM

239,860

provided education and awareness on menstrual health and child safety



SOCIAL WELFARE & SUPPORT

4,240

individuals engaged in youth leadership, civic engagement and community events

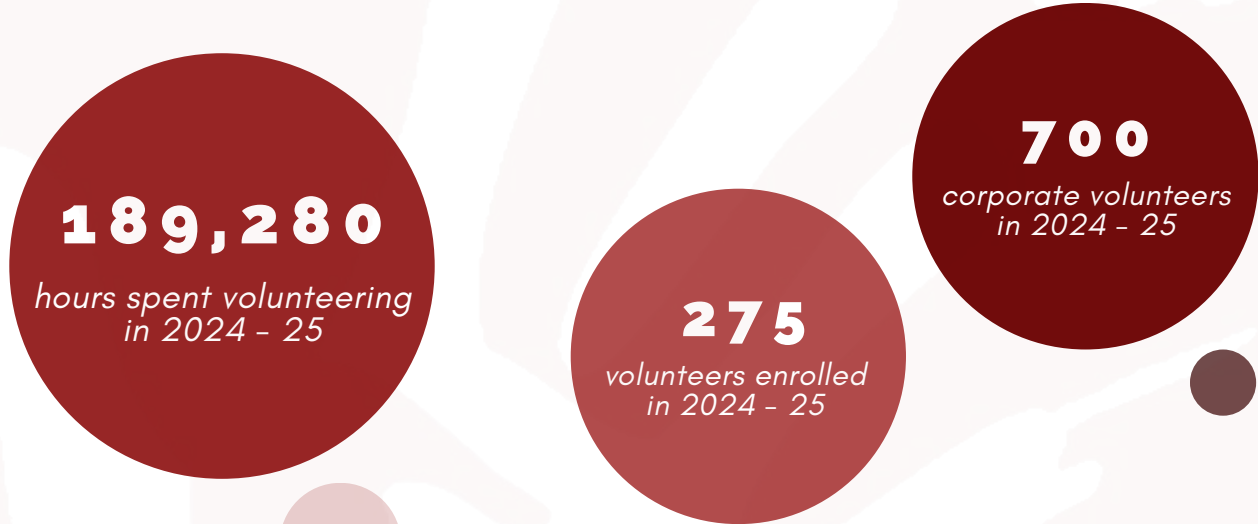


IMPACT OF OUR VOLUNTEERS

Our volunteers have a massive impact on the lives of our beneficiaries and entire communities

In the 2024-25 period, our volunteers accomplished incredible goals and made a lasting impact in communities across India. Here is a snapshot of our volunteers' impact in the past year and since our founding:

2024-25 IMPACT OF OUR VOLUNTEERS

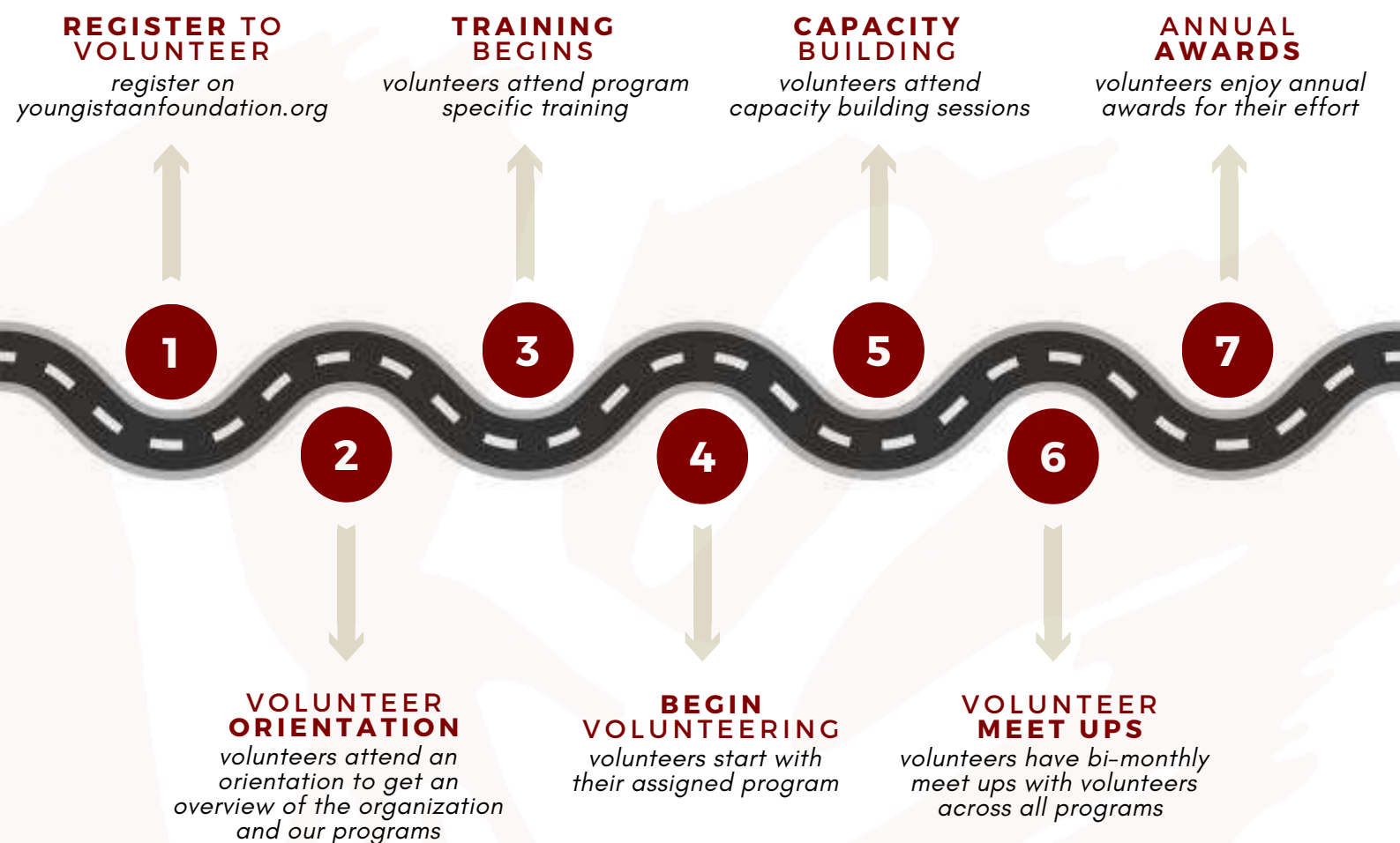


TOTAL IMPACT OF OUR VOLUNTEERS



THE JOURNEY OF A VOLUNTEER

In the past 12 months, Youngistaan Foundation's multiple teams have reached thousands of individuals as direct beneficiaries and also through education and awareness programs that impact many more.



Our volunteers are our backbone. Their work does more than impact the lives of people in local communities. A volunteer's work also shapes their own lives. The training, brainstorming on-ground work and passion to improve people's lives changes who they are as individuals and this is carried to their homes, classrooms, offices and entire lives.

PROGRAMS

Here is an overview of Youngistaan Foundation's programs and their objectives and impact

In this section, we give you an overview of each of Youngistaan Foundation's programs and the impact made in the 2024-25 period. Youngistaan Foundation's programs are multifaceted and cover the important areas of education, livelihood and nutrition, gender equality and child safety, menstrual and mental health, animal welfare, climate action, democracy and disaster relief.

Behind each of these programs is an army of passionate volunteers who take ownership in the vision of the program, who are the driving force behind its success and who are the heart behind its compassionate service and care.

SUSTAINABLE DEVELOPMENT GOALS

Our programs are in alignment with multiple United Nations (UN) Sustainable Development Goals as part of a global effort to take individuals, communities and the planet forward in a global partnership for progress.



In this section, we will take you through each of our programs and provide an annual overview over the past 12 months of this past financial year, along with photographs from our programs!

EARLY LEARNING PROGRAM

The Early Learning Program nurtures children in their crucial years of development

Youngistaan Foundation's Early Years Learning Program, Jugnu, aims to advance equity in under-resourced school and community contexts using a structured pedagogy model to help make preschool and kindergarten environments 'ready' for their students.

The program focuses on providing schools access to a developmentally appropriate and flexible curricular framework for holistic growth, teacher professional development in ECCE, ongoing teacher support to enhance instructional practice, and building parental awareness in ECCE.

Creating high-quality early educational experiences helps young students develop strong socio-emotional, cognitive, and foundational learning skills. This, in turn, will equip them to transition successfully to upper primary grade learning, setting them on the path to success - to become independent and life-long learners.



EARLY NUMERACY DEVELOPMENT

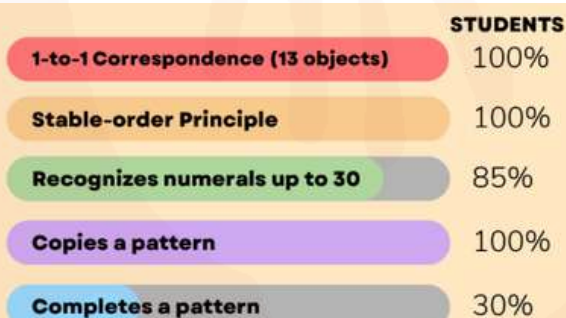
3 - 4 YEAR OLDS



4 - 5 YEAR OLDS



5 - 6 YEAR OLDS



SENSORY, PERCEPTUAL & COGNITIVE DEVELOPMENT

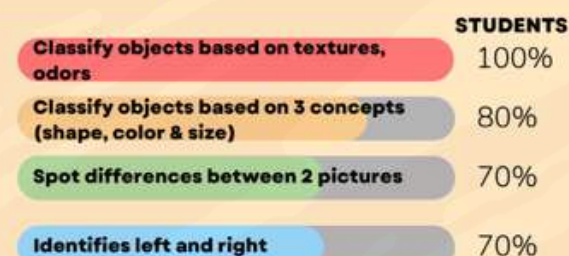
3 - 4 YEAR OLDS



4 - 5 YEAR OLDS



5 - 6 YEAR OLDS



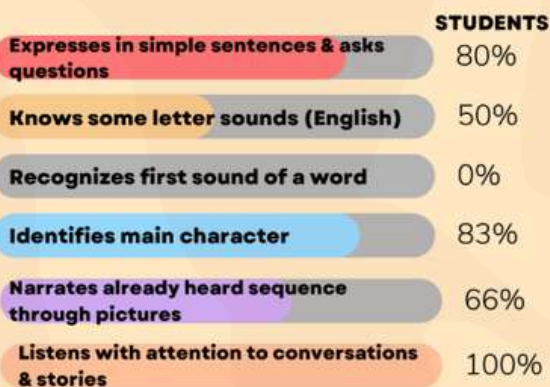
EARLY LANGUAGE, LITERACY & COMMUNICATION

3 - 4 YEAR OLDS

EARLY LANGUAGE, LITERACY & COMMUNICATION 3-4 YEAR-OLDS



4 - 5 YEAR OLDS



5 - 6 YEAR OLDS



SOCIAL-EMOTIONAL DEVELOPMENT

3 - 4 YEAR OLDS

SOCIO-EMOTIONAL DEVELOPMENT 3-4 YEAR-OLDS



4 - 5 YEAR OLDS

SOCIO-EMOTIONAL DEVELOPMENT 4-5 YEAR-OLDS



5 - 6 YEAR OLDS

SOCIO-EMOTIONAL DEVELOPMENT 5-6 YEAR-OLDS



UNDERSTANDING THE WORLD

3 - 4 YEAR OLDS

UNDERSTANDING THE WORLD 3-4 YEAR-OLDS

	STUDENTS
Knows at least 3 sense organs	83%
Identifies at least 2 parts of the body on self	100%
Talks about planting a seed	83%
Identifies at least 2 common fruits	100%



4 - 5 YEAR OLDS

UNDERSTANDING THE WORLD 4-5 YEAR-OLDS

	STUDENTS
Knows the 5 sense organs	83%
Identifies at least 4 parts of the body on self	100%
Talks about the process of planting a seed	100%
Identifies at least 1 part of a plant	50%



5 - 6 YEAR OLDS

UNDERSTANDING THE WORLD 5-6 YEAR-OLDS

	STUDENTS
Knows the 5 sense organs	100%
Identifies at least 4 parts of the body on self	100%
Talks about the process of planting a seed	100%
Identifies at least 2 parts of a plant	100%
Classifies animals into mammals & reptiles	100%



IMPACT

42

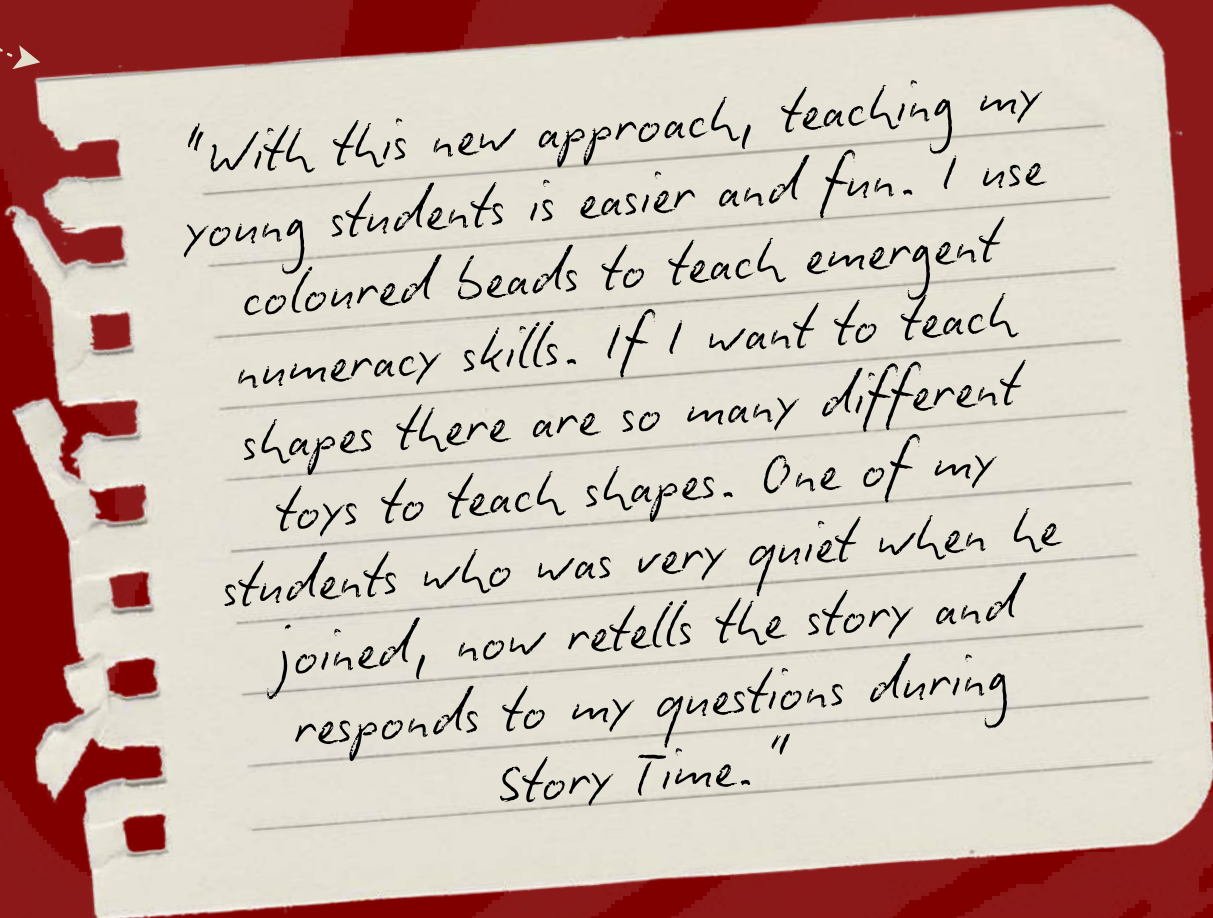
preschool children in a
government-aided school

350

preschool children in two
affordable private schools

TESTIMONIES

from teachers



"With this new approach, teaching my young students is easier and fun. I use coloured beads to teach emergent numeracy skills. If I want to teach shapes there are so many different toys to teach shapes. One of my students who was very quiet when he joined, now retells the story and responds to my questions during Story Time."

Teacher's testimony

TESTIMONIES

from parents



Parent's testimony

My child was not able to sit still in the classroom. But slowly, as the teachers began to involve him using toys, he started taking part in classroom activities and games.

TESTIMONIES

from volunteers

"One of the most wonderful things we have observed is that the wide range of activities have made a real impact on the children. Through these exercises, we have seen how each child shines in their own unique way. Of course, there are the all-rounders, but the most heartwarming moments have always been when the quieter ones stepped into the spotlight. Fliza is one such quiet student, always attentive but not very vocal. One day, during a classroom activity, we discovered what it took to bring her out of her shell: music. The moment the music started, there was no stopping her. She danced the longest and with so much happiness on her face."

Volunteer's testimony

PATHSHALA PROGRAM

The Pathshala Program focuses on social emotional learning in children

Children are innocent. Their trust and faith is simple. Sometimes, they are the most forgotten individuals in our society. Particularly, children in underserved communities are vulnerable in many ways. They might face physical, social, emotional and developmental challenges; they suffer from malnutrition or neglect. Socially they are looked down upon, bullied, and ostracized. Psychologically, these children face uncertainties, are often afraid, and struggle with feelings of being unwanted and unworthy.

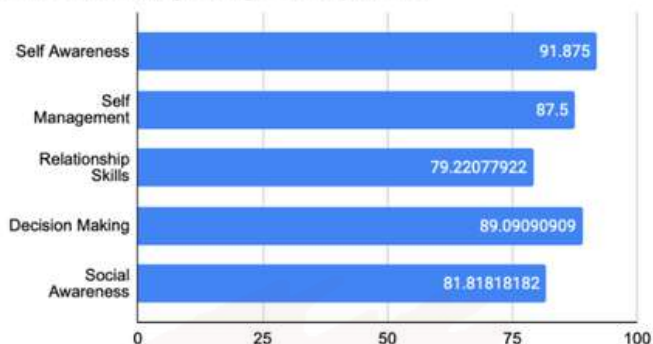
We also know that children are keen imitators and observers. They learn from the surrounding environment and adults in their life. Children these days are exposed to social media, violence, and their social-emotional well-being is at risk. Somewhere the core values that strengthen their lives are getting lost. We need to create an atmosphere of inclusion, love and understanding where they can learn to understand and express themselves safely.

The call is to intentionally give the right foundation upon which children bloom into secure and confident young individuals. It is the responsibility of families, communities, and society; all of us together to create such an environment. Over the years, Youngistaan Foundation team has taken concrete steps to create a safe and inclusive space where children and adolescents can thrive.

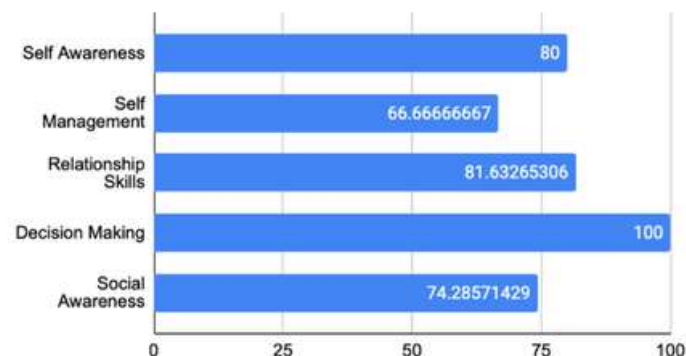
Our systematic SEL program running in community contexts is an attempt to nurture children's skills and ready them for their future lives. Of course, we understand that change is a very complex and challenging process. We do understand that in order for change to be sustainable, attitudes, values, and ethics have to be addressed while respecting each child's life story.

This is the impact of the Pathshala program on multiple stakeholders:

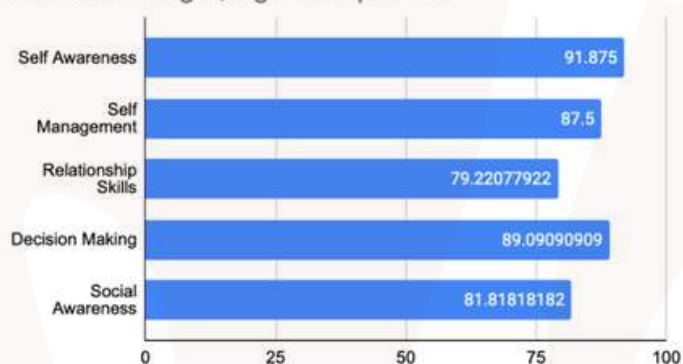
Ambedkar Nagar, Age Group: 9-12



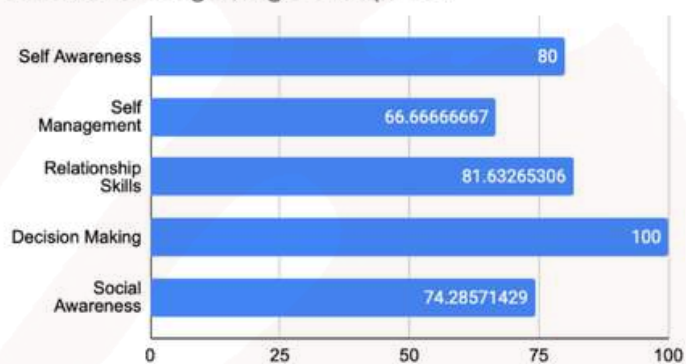
Ambedkar Nagar, Age Group: 13+



Ambedkar Nagar, Age Group: 9-12



Ambedkar Nagar, Age Group: 13+



The above data represents the assessment of children of Age group 9 - 12 and 13 - 18 conducted to understand their learnings on a few basic concepts that were taught to the children.

Age Group 9 - 12	Age Group 13 - 18
Scores: Self Awareness: 91.87% (Very Strong) Self Management: 87.5% (Strong) Relationship Skills: 79.22% (Moderate) Decision Making: 89.09% (Strong) Social Awareness: 81.81% (Good)	Scores: Self Awareness: 80% (Good) Self Management: 66.66% (Weakest) Relationship Skills: 81.63% (Good) Decision Making: 100% (Excellent) Social Awareness: 74.28% (Moderate)

The above data represents the assessment of children of Age group 9 - 12 and 13 - 18 conducted to understand their learnings on a few basic concepts that were taught to the children.

An Average number of children were assessed through random sampling and we observed that

9-12 group: Strong in internal regulation (self-awareness, self-management) but need improvement in social and relationship dimensions.

Inference:

- Children show high self-awareness and decision-making abilities.
- Self-management skills are also strong, showing they can regulate emotions and behavior well.
- Relationship skills are the lowest among the five areas (below 80%), indicating challenges in teamwork, communication, and peer interaction.
- Social awareness is fairly strong but there is scope for improvement.

Suggestions to Improve:

- Relationship Skills: Conduct group activities, role-plays, and peer collaboration exercises to strengthen empathy, conflict resolution, and teamwork.
- Social Awareness: Introduce community-based projects and discussions on diversity, inclusion, and social issues.
- Encourage reflective journaling or storytelling to deepen awareness of others' perspectives.

13+ group: Strong in decision-making, but need targeted support in self-management and social awareness.

Inference:

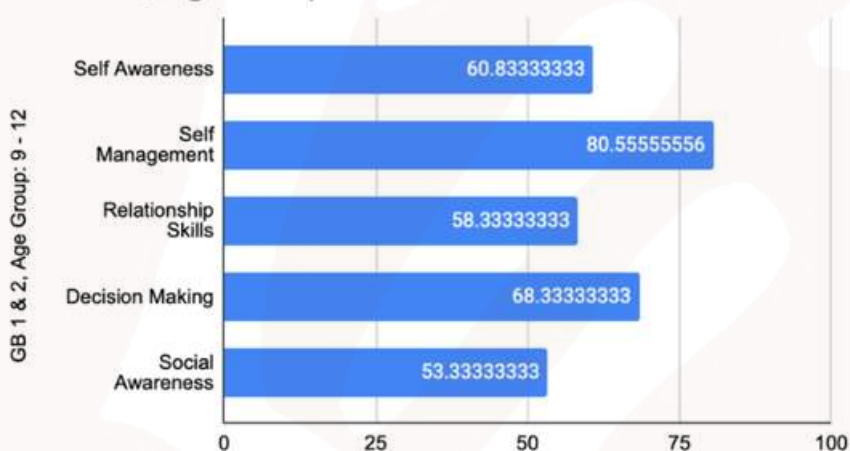
- Adolescents demonstrate excellent decision-making skills, and need to work on maturity in logical thinking and choices.
- Self-awareness and relationship skills are good, showing they know themselves and can build healthy connections.
- Self-management is significantly low (below 70%), indicating difficulty in handling stress, regulating impulses, or maintaining focus.
- Social awareness is moderate, suggesting limited sensitivity toward others' needs or broader community issues

Suggestions to Improve:

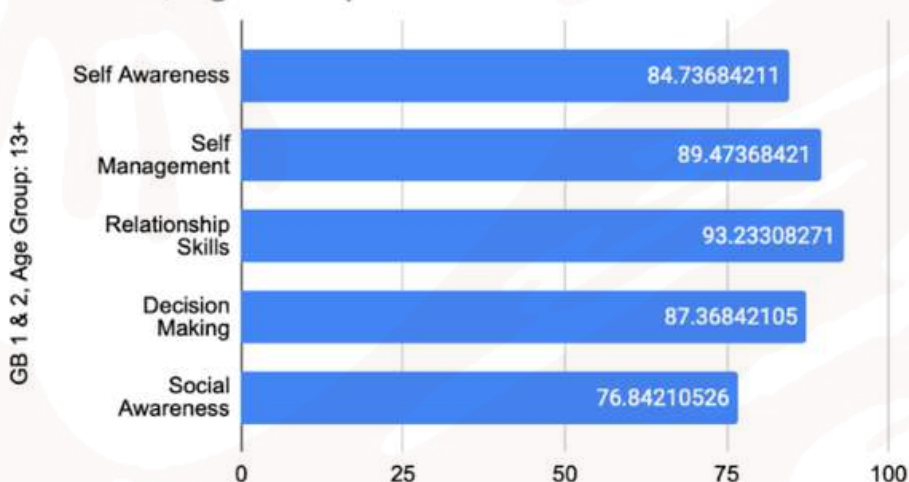
- **Self-Management:** Introduce mindfulness, time-management workshops, stress-relief techniques (meditation, journaling). Encourage setting personal goals and reflecting on progress.
- **Social Awareness:** Engage adolescents in volunteering, community service, and debates on social topics to improve empathy and responsibility.
- **Promote mentoring programs** where older youth guide younger ones, enhancing leadership and empathy.

Gurubrahma Nagar Lane 1 & 2

GB 1 & 2, Age Group: 9 - 12



GB 1 & 2, Age Group: 13+



Summary of Graph

The above data represents the assessment of children of Age group 9 - 12 and 13 - 18 conducted to understand their learnings on a few basic concepts that were taught to the children.

Age Group 9 - 12	Age Group 13 - 18
Scores: Self Awareness: 60.83% (Low-Moderate) Self Management: 80.55% (Strong) Relationship Skills: 58.33% (Low) Decision Making: 68.33% (Moderate) Social Awareness: 53.33% (Lowest)	Scores: Self Awareness: 84.73% (Strong) Self Management: 89.47% (Very Strong) Relationship Skills: 93.23% (Excellent) Decision Making: 87.36% (Strong) Social Awareness: 76.84% (Moderate-Good)

9-12 group: Good at self-management but lagging in social and relationship dimensions.

Inference:

- Children are performing well in self-management (good discipline and control).
- However, social awareness and relationship skills are weak, indicating limited empathy, peer bonding, and understanding of others.
- Self-awareness is also relatively low, showing they may struggle with recognizing their own strengths, emotions, and areas for growth.
- Decision-making is at a moderate level but needs reinforcement.

Suggestions to Improve

- Social Awareness: Use community projects, role-plays, and group reflection circles to help children understand others' perspectives. Encourage activities like "empathy mapping" or storytelling from another's point of view.
- Relationship Skills: Introduce cooperative games, buddy systems, and group problem-solving tasks to foster communication and teamwork.
- Self Awareness: Practice mindfulness activities, "all about me" worksheets, or emotion-recognition games to help children connect with their inner feelings.
- Decision Making: Give structured choices in class/community activities and reflect on consequences, helping them learn from real-life scenarios.

13+ group: Strong across most areas, particularly in relationship skills, but need targeted exposure to community and social issues to balance their growth.

Inference:

- Adolescents in this group show excellent relationship skills, meaning they collaborate and connect well with peers.
- Self-management and decision-making are also strong, showing emotional control and maturity in choices.
- Self-awareness is high, reflecting good understanding of their own strengths and weaknesses.

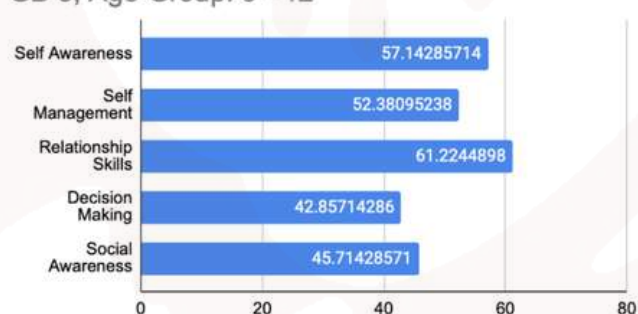
The relatively **weaker area is social awareness** (still decent, but lower compared to other domains). This suggests limited exposure or sensitivity to broader social/ community issues beyond personal or peer groups.

Suggestions to Improve

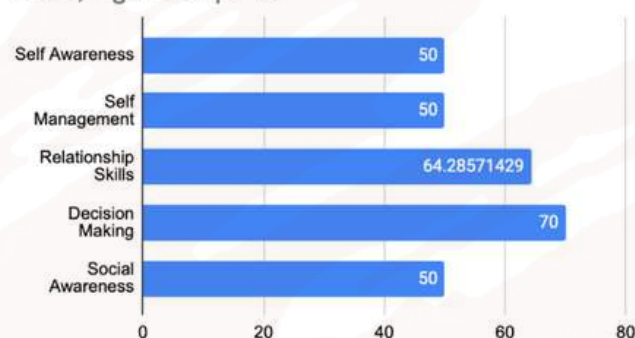
- **Social Awareness:**
 - Involve adolescents in community service, volunteering, and social campaigns (environment, health, inclusion).
 - Organize debates, group discussions, or exposure visits where they reflect on social problems and propose solutions.
- **Leadership Opportunities:** Encourage them to mentor younger children (9-12 group), which will strengthen their empathy and sense of responsibility.
- **Sustaining Strengths:** Continue reinforcing decision-making and relationship skills through leadership roles, group projects, and peer-led initiatives.

Gurubrahma Nagar 3

GB 3, Age Group: 9 - 12



GB 3, Age Group: 13+



Summary of Graph

The above data represents the assessment of children of Age group 9 - 12 and 13 - 18 conducted to understand their learnings on a few basic concepts that were taught to the children.

Age Group 9 - 12	Age Group 13 - 18
Scores: Self Awareness: 57.14% (Low-Moderate) Self Management: 52.38% (Low) Relationship Skills: 61.22% (Moderate) Decision Making: 42.85% (Very Low) Social Awareness: 45.71% (Very Low)	Scores: Self Awareness: 50% (Low) Self Management: 50% (Low) Relationship Skills: 64.28% (Moderate) Decision Making: 70% (Moderate-Good) Social Awareness: 50% (Low)

- Both 9-12 and 13+ groups are lagging significantly behind GB 1 & 2 and Ambedkar Nagar groups.
- Core weaknesses: self-awareness, self-management, social awareness, and decision-making (especially in younger children).
- Strong intervention programs with life skills training, structured group activities, and reflective practices are needed.

Age Group 9 - 12 Inference:

- Children in this group are struggling in decision-making and social awareness, showing difficulties in problem-solving, empathy, and understanding others.
- Self-management is weak, suggesting challenges in regulating emotions and maintaining discipline.
- Relationship skills are slightly better but still below desirable levels.
- Self-awareness is limited, indicating they may not fully recognize their own emotions, strengths, and weaknesses.



Suggestions to Improve:

- Decision Making: Use guided choices, problem-solving games, and “what would you do?” scenarios to build critical thinking.
- Social Awareness: Encourage group service activities, empathy exercises, and discussions on fairness/inclusion.
- Self-Management: Introduce mindfulness, breathing exercises, and daily reflection routines to build emotional control.
- Relationship Skills: Promote group play, peer collaboration, and “buddy systems” to improve cooperation and communication.
- Self Awareness: Use art, storytelling, and reflection journals where children explore their feelings and strengths.

Age Group 13+ Inference:

- Adolescents in this group show **weakness in self-related skills** (awareness and management) and **social awareness**, pointing to challenges in recognizing emotions, handling stress, and relating to community issues.
- **Relationship skills are moderate**, indicating they can work with peers but need improvement in deeper communication and empathy.

Decision-making is the strongest area (70%), showing some logical thinking and problem-solving abilities.

Suggestions to Improve:

- Self Awareness: Conduct self-reflection sessions, personality mapping, and “strengths and weaknesses” workshops.
- Self Management: Provide training in stress management, time planning, and goal setting. Role-playing scenarios around handling peer pressure can help.
- Social Awareness: Engage adolescents in volunteering, discussions on real-life issues, and debates on current events to expand perspective.
- Relationship Skills: Strengthen through group projects, peer mentorship, and conflict-resolution activities.
- Decision Making: Provide leadership roles in small community initiatives to practice responsibility and critical thinking.

IMPACT

351

children in two underserved communities



TESTIMONIES

from volunteers about students

Nishanth often entered the sessions with high energy. He used to run around the space interrupting activities. His hyperactivity made it difficult for him to focus or follow instructions. He often ended up fighting with his peers or being naughty. But over time, we observed many changes in him. We started giving him leadership responsibilities like distributing papers, colours or gathering everyone around. This led to a dramatic improvement in his behaviour. He started acting responsibly and participated in activities. Now, he comes to the front now to sing rhymes with great confidence. He is also friendly with the others now. As a volunteer mentor, I am happy to see the difference in him.

Nishanth's story



GENDER & HEALTH PROGRAM

The Gender & Health program focuses on gender equality, menstrual health and much more.

At Youngistaan Foundation, we believe access to accurate knowledge and a dignified experience around menstruation is a basic right. Over the past year, we've deepened our commitment to menstrual health and hygiene, focusing on practical solutions, systemic partnerships, and community-led change. The Gender and Health Program is not just about awareness, it is about transforming norms, breaking taboos, and enabling individuals to act with dignity, knowledge, and confidence. We're grateful to our partners, volunteers, and community members for walking this path with us.

The Gender and Health program works to create safe spaces to empower adolescent girls and women with education, resources and skills to improve their lives. One of the major areas of work is to break the stigma against menstruation by teaching girls and women what menstruation is, ending damaging practices related to periods and being safer and healthier in the process.

The Gender & Health Program continues to act as a catalyst for community-led shifts in menstrual health and hygiene practices. While Youngistaan Foundation may facilitate the tools, content, and dialogue, it is the individuals - our adolescents, women and sanitation workers - who become agents of change in their own right. By combining scientific understanding, local ownership and consistent follow-ups, we have begun to break cycles of silence, shame and unsafe practices - one session, one school, and one individual at a time. The target groups are adolescents in the 10 to 18 age group, women aged 18 to 60+ years, school faculty, sanitation staff, volunteers and a cross-sectional audience.

IMPACT

4,882

direct beneficiaries reached

19,528

people (estimated indirect impact)

MENSTRUAL EQUITY PROJECT WITH ALTIMETRIK

As part of Youngistaan Foundation's Gender and Health Program, we were proud to launch the Menstrual Equity Project in collaboration with Altimetrik India and the Telangana Innovation Cell (TGIC). This initiative marks a groundbreaking step towards improving menstrual health and hygiene in schools across Telangana.

The project was officially inaugurated by Hyderabad Collector Shri Anudeep Durishetty at Government School, Azampura No.1, Hyderabad, with the installation of an eco-friendly sanitary napkin incinerator - a crucial step toward sustainable menstrual waste management.



Ms. Sujatha Rajesh, Altimetrik



Shri Anudeep Durishetty
Hyderabad Collector (R),
Arun Daniel Yellamaty
Youngistaan Foundation (L)



Watch the video of the Menstrual Equity Project event here!



TESTIMONIES

from a 13 year old girl

"I always believed periods were dirty or impure, because that's what I was told. But after the session, I finally understood that it's a natural cycle and not something to hide or feel ashamed about. I now know it's just the shedding of a uterine lining and that's science not shame."

Keerthi*





TESTIMONIES

from a sanitation worker



Ramu*, a sanitation worker across two government schools, used to collect used sanitary napkins and dispose of them in the regular trash. After the installation of a community incinerator in November 2024 and through hands-on training, Ramu took full ownership of the system.

"I now make sure all pads are burnt safely every day. Even after summer break, I called your team when school reopened, I wanted to ensure it still works and I use it right."

Ramu*

TESTIMONIES



Ayesha*, a student and STEM club member, recognized that open disposal in washrooms remained a challenge. She **developed a simple, cost-effective waste picker prototype** using a PVC pipe and bottle to collect used pads and deposit them in a designated bin.

*names changed to protect the identities of the individuals

Similarly, Laxmi*, a sanitation worker from a remote residential school, **stopped the open burning of pads** and transitioned to using a shared incinerator through repeated phone support and demonstrations. This transformation, from passive disposal to active responsible usage, took weeks of handholding but resulted in a **sustainable and respectful practice**.

Bindu*, a trained adolescent health ambassador, took a different approach. She **ensured that a stack of newspapers was always available in the washroom** for wrapping used pads. A small but powerful act of empathy and practicality that helped other girls maintain dignity and cleanliness.

LIVELIHOOD & HUNGER PROGRAM

The Livelihood & Hunger program transforms the lives of the disadvantaged through access to basic needs and rights.

Hunger and malnutrition affect millions of people in India, causing severe health complications and even death. India produces enough food to feed our entire population of 1.3 billion people but the struggle is ensuring that this food reaches the most vulnerable i.e., food access.

Hunger causes a range of problems and the most severe among these is malnutrition. The World Food Programme has estimated that 1/4th of undernourished people in the world live in India. Malnutrition leads to serious health conditions such as weakness, stunted growth, anemia and other diseases. In children, this affects the ability to attend and perform well in school thus minimizing their chances of securing a better future.



IMPACT

13,000

meals served to the disadvantaged

20

transgender individuals provided with livelihood training

Youngistaan Foundation serves the needs of people suffering with hunger and starvation through a two-step program: by cooking hygienic and home-made meals for the poor and distributing the meals to the homeless, and by collecting extra food from restaurants, hotels, weddings and other ceremonies (reducing food wastage) and distributing them to the homeless and other people in need.



In addition, as a part of our livelihood initiatives, we conducted outreaches with members of the transgender community with skills training and market linkages at corporate companies to sell the products that they had made, such as jute bags and other products. As a part of this session, we helped 20 transgender individuals through this livelihood initiative.



ANIMAL HEROES PROGRAM

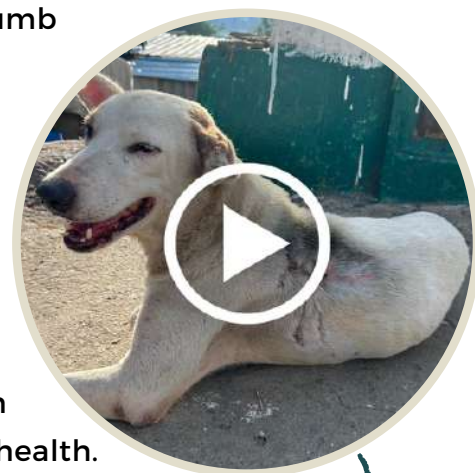
The Animal Heroes program has a strong network across the city to rescue and rehabilitate injured animals and place them in safe care.

Across the city, there are countless numbers of injured and abandoned animals who are in urgent need of rescue and care. But without people to provide this much needed assistance, these animals unfortunately succumb to their injuries or illnesses.

Across the city, there are countless numbers of injured and abandoned animals who are in urgent need of rescue and care. But without people to provide this much needed assistance, these animals unfortunately succumb to their injuries or illnesses.

Our Animal Heroes program is made up of passionate volunteers who care deeply about the welfare of animals and step in to provide timely assistance to save the lives of dogs, cats, birds and other animals that are to be rehabilitated. In the 2024-25 period, our Animal Heroes volunteers cared for 20 dogs in urban slums, providing them with nutrition and the vaccinations needed to ensure good health.

In one such case of a community of children coming together, a neighborhood dog was found with a deep maggot wound and was struggling with the pain he was constantly in. The children who are a part of one of our education programs contacted our volunteers who were then able to rescue the dog, get his wounds treated and cared for him until his complete recovery.



CLICK the play button to **WATCH** our Animal Heroes volunteers in action!

IMPACT

20

dogs in urban slums given nutrition and vaccinations

PARTNERSHIP PROJECTS

These are special projects that we carried out with our valued partners



BOSCH

The 'Rehabilitation and Social Reintegration of Institutionalised Children Through Holistic Development' project with BOSCH India that commenced from May 2024 conducted the following exciting activities:

- held weekly psycho-social sessions, conduct training sessions
- provided daily multipurpose recreational sports coaching
- taught innovative concepts
- on-boarded a professional counselling agency to provide psycho-social support
- facilitated the implementation of vocational training sessions on hospitality management
- partnered with the trainer to train children on practical education concepts
- provided daily coaching sessions for children and more!

The recent activities held as a part of this project in partnership with BOSCH India involved more than 30 employees participating in sports tournaments, theatre sessions, and special women's day celebrations for social good.

IMPACT

9,000

counselling and training
hours spent on 24 young
children in conflict with
the law

10,000

counselling and training **hours**
spent on 84 young children in need
of care and protection

2,241

metres of fencing
installed (four lines of
barbed wire for the safety
and security of children)



In partnership with Synchrony, we hosted an impactful custom-made training session for transgender entrepreneurs, aspiring business owners, and professionals from various fields. The session covered elevator pitches, marketing strategies, and essential business skills, equipping participants with the confidence and tools to scale their ventures and career goals. But we're not stopping here! More training sessions are on the way to continue supporting the trans community in building sustainable careers and businesses.





This initiative focuses on building awareness and breaking taboos around menstrual health and hygiene among adolescent girls and women, while ensuring access to safe practices and accurate knowledge. The project was inaugurated at KGBV Maheshwaram, where 18 employees from Altimetrik joined the ceremony and engaged in a symbolic seed paper sowing activity with school children. As part of the event, employees also shared handwritten motivational quotes, which were later planted—signifying hope and growth.

Our collaboration expanded through a partnership with the Telangana Innovation Cell (TGIC), as the installed incinerator used in the project was developed by a local startup. Recognising the success of this deployment in Telangana, TGIC invited Youngistaan Foundation to present a report to the Japan International Cooperation Agency (JICA). Our presentation highlighted the strength of social innovation driven by an NGO, combining behavioural change advocacy with strategic partnerships involving the Education Department, TGIC and corporate CSR support. This initiative stands as an example of successful multi-stakeholder collaboration for open innovation.

Further, Youngistaan Foundation was invited to speak at the session on “Strengthening Telangana’s Social Innovation Ecosystem”, where we shared learnings and outcomes from this project. The impact included:

- Increased knowledge and awareness of menstrual health and hygiene.
- Improved confidence among adolescent girls to openly discuss menstruation.
- Formation and strengthening of adolescent health clubs.
- Adoption of safe menstrual hygiene practices among girls.

This initiative not only empowered adolescent girls with knowledge and confidence but also showcased how collective action between NGOs, corporates, government bodies, and innovators can create lasting social impact.

CHILDREN'S CARNIVALS

Our Children's Carnivals give children in our programs the chance to have fun!

Each year, we hold our annual Children's Carnival to give the children in our programs a day to enjoy themselves and feel special. For the twelfth year in a row, our annual Children's Carnival was held in December 2024, bringing joy to over 300 children and creating memories to last a lifetime.

The children who attended the carnival are those who have been a part of our education programs for the past 10 years, making this celebration even more special.

Here's what made the Children's Carnival so incredible:

- The children took the stage to showcase their amazing talents
- The children had a blast on the bouncy castle, joy rides and stall games
- The children and volunteers sat down to a delicious biryani meal



Watch the video of the carnival here



This incredible event was made possible by 50+ amazing volunteers who worked tirelessly to make the day a success! This includes DJ Piyush for keeping the children dancing for hours on end while providing support with logistics, sound and light, Mandina Hotel for sponsoring the biryani, Gamology for providing the fun and engaging games and of course, our amazing donors for their generous contributions.



Seeing the smiles on the faces of the children and hearing their laughter each December is an opportunity for not only the children, but also the volunteers, to pat themselves on the back for a job well done throughout the entire year. For the children, it is their celebration for learning and improving their lives and the lives of their families and communities.

EVENTS

Here's a recap of the events we held during 2024-25!

APRIL 2024

STREE SUMMIT 2.0

A group of Youngistaan Foundation volunteers supported organizing the STREE Summit 2.0, hosted by the Hyderabad City Security Council and Hyderabad City Police. Held on April 15, 2025 at Taj Deccan, the summit focused on women's safety and empowerment, bringing together leaders and experts to share ideas and solutions. Some of the key guests included:

- **Mallu Bhatti Vikramarka**, Deputy Chief Minister of Telangana
- **C.V. Anand**, Commissioner of Police, Hyderabad
- **Divya Devarajan**, IAS, CEO, SERP Telangana

Events like these remind us that creating a safer world for women is something we all need to be part of together.



MAY 2024

FESTIVAL OF DEMOCRACY

Youngistaan Foundation celebrated the World's Largest Festival of Democracy in May 2004 through a town hall event with the future generation of India along with NSS and SVEEP Rangareddy. The event featured electrifying rap music, slam poetry, skit, lightning talk by Dr. Chandra Mohan, Arun Yellamaty and an informative Q&A session with Smt Pratima Singh, I.A.S, Additional Collector, RangaReddy district. The purpose of this session was to enable and empower the youth as active citizens to participate and cast their vote in the General Elections 2024.



CLICK the play button to **WATCH** our 'World Largest Democracy' event!

CLICK the play button to **WATCH** and listen to the Voices of our Youth!



CLICK the play button to **WATCH** street interviews on voting in the elections!



MAY 2024

BREAK THE SILENCE FOR A PERIOD-FREE INDIA

We celebrated Menstrual Hygiene Day with a special event called Break The Silence Around Periods on May 31st at Charcha Café, where more than 100 attendees, artists, volunteers and medical professionals had meaningful conversations about menstruation and concluded an action-packed Menstrual Hygiene Month throughout the entire month of May. The event featured slam poetry, music, a fireside chat and an intense panel discussion to address the issue of discrimination against menstruation and the practical steps we can take to break this discrimination.



Watch our **video** of the 'Break The Silence' event here!

AUGUST 2024

FRIENDSHIP DAY

Each year on August 3rd, the world celebrates Friendship Day with friends, family members and other loved ones! On Friendship Day in August 2024, our education program spent the day honouring the bonds of friendship between children within our communities.

Through our Social and Emotional Learning or SEL activities, the children enjoyed themselves with some much deserved fun and games.

But more importantly, the children of our education program engaged in meaningful interactions and through these, they were able to build stronger connections and understand the true essence and meaning of companionship!



*Watch the **video** of the children's Friendship Day celebration here!*

DECEMBER 2024

HUMAN RIGHTS DAY

Human Rights Day is observed worldwide on December 10th and on this day, individuals and organizations shine the spotlight on the importance of learning about human rights and what we can do to uphold the rights of all human beings.

As part of our focus on the UN Human Rights Day theme, “Dignity, Freedom, and Justice for All,” and through our youth nurturing and active citizenship program, we recently hosted an inspiring discussion with young people about human rights and the injustices they feel must be addressed. During our discussion, we explored:

- ✻ Young people are not just the future—they are the present. Their voices and actions are powerful in upholding dignity, freedom, and justice.
- ✻ Participants shared the injustices they see and experience, from inequality to discrimination, along with actionable ideas to drive change.
- ✻ Youth play a vital role in bridging gaps, influencing change, and creating a world where equality and respect are paramount.

This conversation underscored how young people are stepping up to protect human rights, challenge injustices, and work toward a fairer, more inclusive society for all.



Watch the **video** of the Menstrual Equity Project event [here!](#)

JANUARY 2025

NATIONAL YOUTH DAY

National Youth Day is celebrated by people across India each year on January 12th. The day is held on the birth anniversary of Swami Vivekananda, who was known to champion the youth of India. This National Youth Day, we held a powerful celebration featuring two impactful segments. Our panel discussion focused on inspiring stories from grassroots young changemakers who are driving real transformation in their communities. There was also an open mic session for participants to step up and share their voice. This session was a platform for people to express their ideas, experiences and thoughts on youth leadership and transformation.



Watch a **video** snippet from our National Youth Day celebration [here](#)!

JANUARY 2025

YOUNGISTAAN FOUNDATION DAY

Today, we celebrate the day of Youngistaan Foundation, a movement that started with a simple idea—to make a difference. Over the years, with the love and support of so many passionate individuals, we've grown into a family that believes in the power of kindness, collaboration, and action. From supporting children and communities to standing up for causes that matter, every step has been about creating a better, more inclusive world. This day isn't just about us—it's about everyone who believed, contributed, and stood with us. Here's to continuing this journey together and making every effort count.

Each Youngistaan Day, we come together to take a look back at all that we have been able to accomplish in the past 12 months and applaud our incredible volunteers for a job well done!



*Watch our recap video of our
Youngistaan Day event!*



FEBRUARY 2025

BREAKING CHAINS: HUMAN TRAFFICKING & BONDED LABOUR AWARENESS

Youngistaan Foundation hosted the powerful Breaking Chains: Human Trafficking & Bonded Labour Awareness event at St. Francis College for Women, along with the NSS bringing together experts, survivors and changemakers to shed light on human trafficking and bonded labour.

Mahesh Muralidhar Bhagwat IPS, Additional Director General of Police, Law & Order shared invaluable insights from his journey and emphasized the importance of early intervention and community vigilance in preventing trafficking, encouraging young people to report suspicious activities and be the voice for those who cannot speak out, the role of law enforcement, NGOs and educational institutions in dismantling trafficking networks and real-life cases where timely action led to rescues and rehabilitation of victims. Dr. Uma Joseph, Principal, St. Francis College For Women, highlighted the critical role of education in raising awareness among young people, empowering them to take a stand against exploitation.

One of the most moving moments of the event was when a bonded labour survivor shared his heartbreaking story—a journey of exploitation, resilience, and hope. His words served as a stark reminder of the urgent need to fight against forced labour and human trafficking.



SDGS

Our programs are in alignment with the UN's Sustainable Development Goals

Youngistaan Foundation's programs are in alignment with the following United Nations Sustainable Development Goals (SDGs):



Our programs strive to reduce poverty by empowering and equipping individuals with basic needs and rights.



Our programs reduce inequality through social inclusion initiatives, community support and anti discrimination policies.



Our programs address hunger, and improve food security through meal preparation and distribution and nutrition education.



Our programs promote sustainable practices, resource conservation, waste reduction and eco-friendly initiatives.



Our programs promote good health through nutrition, health education, medical services, mental health support and more.



Our programs encourage reducing carbon emissions, adopting sustainable practices, and protecting the planet for future generations.



Our programs expand educational access and quality with literacy programs, school supplies and vocational training.



Our programs work to preserve ecosystems through reforestation, habitat protection and biodiversity conservation projects.



Our programs empower women and girls with education, leadership development and protections against discrimination.



Our programs support peaceful, just societies through legal aid, policy advocacy and governance improvement.



Our programs provide access to safe and clean water, improve sanitation facilities and promote hygiene practices.



Our programs invite impactful partnerships leveraging resources and collaborating for a sustainable future.



Our programs provide skills training, create job opportunities, support fair wages and foster local businesses for economic resilience.

AWARDS

Celebrate with us the awards conferred on Youngistaan Foundation!

GIVING ECONOMY 2025 AWARD

crowdera

We're proud to share that our founder Arun Yellamaty has been awarded the Giving Economy 2025 Award by Crowdera, for advancing the Sustainable Development Goals through volunteering! But this moment isn't just about one person – it's about thousands.

It's about every single volunteer who stood beside us over the last 10 years and showing up with compassion, courage and an unwavering belief in building a better world through our programs.



CONTACT US

Get in touch with us to partner, volunteer, get involved or learn more!

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