GLOBAL YOUTH MEET ON HEALTH, 2021 (GYM 2021)

OUTCOME DOCUMENT
The journey of adolescent and youth health advocates during GYM 2021
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# Abbreviations

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<tr>
<th>Abbreviation</th>
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<tr>
<td>GYM</td>
<td>Global Youth Meet on Health</td>
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<tr>
<td>WHO</td>
<td>World Health Organization</td>
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<td>WHO AFRO</td>
<td>World Africa Regional Office</td>
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<td>WHO SEARO</td>
<td>World South-East Asia Regional Office</td>
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<td>SEAR</td>
<td>Southeast Asia Region</td>
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<td>HRIDAY</td>
<td>Health Related Information Dissemination Amongst Youth</td>
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<td>SDGS</td>
<td>Sustainable Development Goals</td>
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<td>UHC</td>
<td>Universal Health Coverage</td>
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<td>NCDS</td>
<td>Noncommunicable Diseases</td>
</tr>
<tr>
<td>CDS</td>
<td>Communicable Diseases</td>
</tr>
<tr>
<td>SARS1</td>
<td>Severe Acute Respiratory Syndrome Coronavirus</td>
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<tr>
<td>STIS</td>
<td>Sexually Transmitted Infections</td>
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<tr>
<td>AYA</td>
<td>Adolescent Young Adults</td>
</tr>
<tr>
<td>ASRH</td>
<td>Adolescent Sexual Related Health</td>
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<td>UNHLM</td>
<td>United National High-Level Meeting</td>
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No longer a child and not yet an adult, the adolescent years are a trying period in one’s life. Assailed by doubts and challenges on many fronts, this is the time when they need a platform to connect, voice, involve, and make a difference in their lives and societies. The young and adolescents need a system that recognizes their substantial role as change agents and potential leaders to voice their energy and ideas.

By 2065, the global youth demographic is expected to reach 1.4 billion. Inequality, growing disease burden, poverty, injustice, lack of opportunity, and other prominent social concerns impacting young people, are often overlooked and ignored. In addition to the multiple ongoing challenges posed to their health and wellbeing across the globe, more threats arising due to the COVID-19 pandemic are also strongly anticipated. Mental health, gender-based domestic violence, discontinuation in education, loss of employment, limited access to external support systems, substance abuse, Non-Communicable Diseases (NCDs) have impacted the young and adolescents during the pandemic.

On the one hand, where the youth is at risk of the existing health and development challenges, on the other hand, their meaningful engagement to address these challenges cannot be ignored. Youth is the solution to evolving social issues. Empowered youth hold a high potential for global socio-economic and political change. They are key stakeholders in bringing real change. Youth-focused interventions, programs, and strategies can help impact the current socio-economic, environmental, and political aspects of the health sector response to achieve Universal Health Coverage (UHC) and the Sustainable Development Goals (SDGs).

Meaningful youth engagement to build a healthier, fairer, equitable, and sustainable world is the need of the hour. The need is to invest in the creative energy of young people by engaging in numerous capacity building, policy development, awareness-raising, and governance initiatives.

Recognizing the immense potential that young people hold, HRIDAY (Health related information Dissemination Amongst Youth), based in New Delhi, India organized the virtual 4th Global Youth Meet (GYM 2021) on Health from April 20 & 21, 2021, in collaboration with the World Health Organization Regional Office for South-East Asia (WHO SEARO). The theme of the meeting was Meaningful Youth Engagement for Leading Action on Universal Health Coverage and Sustainable Development Goals. The virtual meeting was joined by multiple stakeholders, including young champions, youth advocates and activists, global health and development sector leaders, political leaders, policy experts, academicians, multilateral agencies, youth agencies and students. It convened global youth delegates and youth champions from SEAR and
across the globe to explore linkages between key public health issues, including Communicable Diseases, Non-Communicable Diseases, and environmental and mental health, within the framework of the SDGs and UHC.

The two-day meeting aimed to elevate youth participants' capacity to plan, implement, monitor, and scale-up integrated campaigns to meet national health targets, accelerate action for the SDGs, and emerge as youth champions and professionals. It also witnessed deliberations on the top 5 pressing health areas of concern based on a need assessment conducted with youth participants in February 2021. Following are the leading health areas of concern - Mental health, Sexual and reproductive health, Drug abuse, NCDs, and Cyberbullying.

The GYM 2021 agenda looked at all the interconnected elements of the SDG agenda in totality and not in isolation. The agenda also highlighted the impact of the ongoing pandemic on the health and wellbeing of youth; efforts required at the country level to strengthen their role and capacity, and enable them to contribute at the national and local levels to address the impact of the pandemic.

GYM 2021 was strategically timed after the UN High-Level Meetings (UN HLMs) on NCDs and Universal Health Coverage (UHC). This provided an important opportunity for the youth delegates to track progress and identify priorities for accelerated action, as a run-up to 2030 SDG targets.

While the circumstances were challenging, they did not weaken the resolve and commitment of the youth champions and delegates at GYM 2021. They were determined to turn these challenges into opportunities and innovations to promote global health and wellbeing. During this decisive decade of their existence, by 2030, the youth health champions of the 4th Global Youth Meet on Health, from 35 countries, called on decision-makers, civil society organizations, the UN, and key stakeholders with the GYM Youth Declaration 2021.

GYM 2021 concluded with the release of the GYM Youth Declaration 2021, an implementation plan of tangible and time-bound youth-led regional action plans to be actioned post-GYM spanning 2021-2022 along with a series of initiatives supporting the GYM agenda.
The Global Youth Meet on Health 2021 committees mentored the participating country and regional teams to understand, activate and connect their local and regional agendas in alignment with the GYM 2021 theme and agenda.

The committees reflected all key stakeholders, including adolescents and youth, to advance the UHC and SDG agenda. The committee formation underlined the importance of adopting an intersectional approach to the health agenda with the meaningful participation of youth.

- ADVISORY COMMITTEE
- TECHNICAL ADVISORY COMMITTEE (TAC)
- YOUTH COMMITTEE
- COMMUNICATION COMMITTEE
- ORGANIZING COMMITTEE
- GYM 2021 DECLARATION COMMITTEE

Annexure 1
An Overview of
GLOBAL YOUTH MEET ON HEALTH 2021
Youth are undoubtedly a critical agent of positive change in the world. They are the backbone of the future and the new leaders of tomorrow. Through active participation, youth are empowered to play a vital role in their development and that of their communities, to ensure the attainment of health and wellbeing for all - leaving no one behind. They offer refreshing and innovative ideas reflecting the needs and concerns of future generations. They have been calling out for more civic, economic, political, and social involvement throughout the years, especially in the adolescent and youth health and well-being agenda.

Young people have the power of years (ahead of them), optimism, courage, and belief to change communities, countries, and the world. When youth come together and mobilize, they can be a force to reckoning. Through innovation, partnerships and leadership, young people can help their peers change behaviors and attitudes, ensure access to quality, affordable health services, and inspire them to lead safe and healthy lives.

HRIDAY’s health promotion program to meaningfully involve youth has been listed as a “best practice” model and recommended for global replication by the World Health Organization. Recognizing the immense potential that young people hold, HRIDAY organized the virtual 4th Global Youth Meet (GYM 2021) on Health from April 20 & 21, 2021, in collaboration with the World Health Organization Regional Office for South-East Asia (WHO SEARO). The theme of the event was “Meaningful Youth Engagement for Leading Action on Universal Health Coverage and Sustainable Development Goals”.

The 2-day virtual meet convened youth delegates to explore linkages between ASRH, CDs, NCDs, environmental health, and mental health within the framework of the SDGs and UHC. GYM 2021 attempted to link SDG 3.4 on NCDs and mental health SDG 3.7 on universal access to Sexual Reproductive Health, with other key targets within SDG 3 and other cross-cutting SDGs. Following earlier models, GYM 2021 culminated with the release of a GYM 2021 Youth Declaration and the adoption of concrete and time-bound youth-led GYM Regional Action Plans and the implementation. Post-GYM. Progress towards these goals will be evaluated at the following GYM. This action-driven process will be followed for all the GYMs that are organized subsequently.

“Who better but youth to take stock and craft healthier societies in a sustainable development paradigm. The Global Youth Meet enables the youth to be change agents passive viewers or listeners. It allows them to identify the future they want to build.”

The meeting was aimed to strengthen and elevate the capacities and skills of these young advocates and leaders, become youth champions and plan, implement, monitor, and scale-up integrated campaigns to meet their national targets and accelerate action for SDGs.
To increase understanding of priority health issues among adolescents and youth.

Build the capacity of adolescents and youth with the key skills and competencies to strengthen youth-led action on public health and adolescent health in their countries and to participate in decision-making in a meaningful way.

To stimulate youth-led actions towards multi-sectoral collaborations in advancing the adolescent and public health agenda at global, regional and national level.

To identify and empower the youth, the key strategies on comprehensive adolescent health promotion and to deal with future public health emergencies.
The meaningful involvement of youth should not be ignored in addressing adolescents and young adults (AYA) health issues. Therefore, it is imperative to include inter-sectoral action for ASRH, CDs, NCDs, environmental health, mental health, adolescent health, injuries, violence, and infectious diseases at the policy level. Another area under ASRH is to recognize the youth leadership in addressing AYA health issues and COVID-19 interlinkages, HIV and Sexually Transmitted Infections (STIs), alcohol and drugs, nutrition and micronutrient deficiency, undernutrition and NCDs associated risk factors such as obesity, physical activity, tobacco use, along with cyberbullying.

This area focused on understanding the impact of marketing, advertising, and promotion by unhealthy commodities industry; conflict of interest situations; industry interference with policy formulation and enforcement.

Addressing tobacco use, alcohol use, unhealthy diets, inadequate physical activity and sedentariness, and environmental risk factors (indoor and outdoor air pollution). Additionally, also focus on the current physical and social distancing situation and their impact on physical and mental health.

This area focused on prioritizing youth-centric policies in response to public health challenges.
Address challenges and increase opportunities for youth leadership and action.

Build and nurture mutually beneficial, long-standing relationships between NCD leaders and young champions to develop their leadership and mentoring skills, with an intent to amplify NCD prevention and control within their countries, regions as well as globally.

Short-, mid and long-term objectives and action items.

Policy Perspectives

Youth Capacity Building and Mentoring

Promoting Youth Engagement

Youth Engagement Strategies Adopted
The participating youth developed strong interpersonal and communication skills to become youth champions in the adolescent health narrative at national, regional, and global levels.

The youth champions received an opportunity to become a part of the global discussions and deliberations and join the GYM Youth Committee for subsequent GYMs.

The youth representatives contributed to preparing GYM Regional Action Plans for the prevention and control of significant disease conditions and their risk factors (in their countries and regions) and the GYM 2021 Youth Declaration, and

The youth devised innovative strategies to remain connected and active through virtual platforms, keeping on-ground activities and online actions’ progress synergistically in the post-GYM phase.
NEEDS ASSESSMENT

Top 6 Health Areas Concerning Youth and Adolescents

A needs assessment survey was undertaken by HRIDAY to understand the current adolescent and youth health and development priorities and inform the capacity building of adolescent and youth/youth groups in the South-East Asia Region (SEAR). It was crucial for understanding the agenda items that the pre-GYM and GYM workshops should address to build participants’ skills as a lead-up to GYM to become agents of change and leaders in public health at national, regional, and global levels. A survey was designed using a web-based survey platform and disseminated further.

Partner organizations representing AYAs in SEAR and WHO SEARO facilitated the dissemination of the online survey. AYAs between the age group 15 to 30 and the experts working in the field were eligible to submit the responses.

Survey Respondents’ Characteristics

Between January to March 2021, more than 90 eligible participants completed the survey. The majority of participants were from countries based in SEAR including Bangladesh, Bhutan, India, Indonesia, Maldives, Myanmar, Nepal, Sri Lanka, Thailand, and Timor Leste.

Youth health priorities

Survey respondents were provided with a list of adolescent and youth health priorities and were asked to rank the top 6 priorities. Sexual and Reproductive Health; Mental Health; Drug Abuse; Cyberbullying; Tobacco-related issues and NCDs were the top priorities. Respondents were also asked to opine about adolescent and youth health needs and roadblocks in accelerating the top health priority areas they identified. Under each theme, most the participants listed the following needs and challenges.
### HEALTH AREAS

**MENTAL HEALTH**
- Awareness and intervention, De-stigmatization, Accessible adolescent-friendly services, services for stress reduction.

**SEXUAL AND REPRODUCTIVE HEALTH (SRH)**
- Education, Awareness, Sensitisation, and Advocacy on Sexual Reproductive Health, the need for Information Education Communication.

**DRUG ABUSE**
- Awareness, Establishment of rehabilitation center, trained professionals, Strict laws and regulations.

**TOBACCO**
- Strict enforcement of laws to stop advertisement and sponsorship events by the tobacco industry, Awareness, Health Education, Comprehensive tobacco control policy.

**NCDS**
- Strengthening health systems, Prevention based interventions, Support for insulin and diagnostics for diabetes.

**CYBERBULLYING**
- Awareness generation and need for strong laws.

### NEEDS

**MENTAL HEALTH**
- Expensive services, Taboo, Lack of facilities, Accessibility, lack of trained Human Resources.

**SEXUAL AND REPRODUCTIVE HEALTH (SRH)**
- Ignorance, Lack of awareness, Taboo, Social stigma, Cultural barriers.

**DRUG ABUSE**
- Lack of facilities, Peer pressure, illegal drug trade and poor awareness.

**TOBACCO**
- Peer pressure, Free access to tobacco, Low awareness, Tobacco Industry Interference, and inclusion of tobacco as part of the culture.

**NCDS**
- Lack of health facilities, Motivation, Infrastructure.

**CYBERBULLYING**
- Lack of education, lack of enforcement of laws.
Pre-GYM Outreach activities

Young people are an essential medium for promoting preventive messages to mitigate risks, disseminate these messages among their families and peer groups, and reach out to the community during this global crisis. To understand their unique challenges and recognize their potential, HRIDAY initiated a series of virtual activities (inter-school quiz and debate competitions) post-GYM like webinars and online campaigns to engage and inform youth about COVID-19 and NCDs, in May 2020.

The first webinar of the series was on the theme, ‘Empowering Youth to innovatively lead the fight against COVID 19’ and the second was on ‘Protecting youth from new emerging threats of tobacco and nicotine addiction’. The target audience included students from schools and colleges, GYM youth ambassadors from India and other countries, researchers, faculty/teachers, parents, Civil Society Partners, etc. The webinar garnered around 200 participants, including youth from schools and colleges.

Despite digital inequalities, this generation of young people is more connected through technology, media, and the internet than any other generation. In the time of social distancing and lockdowns, many young people’s ease with technology was vital in keeping communication channels open, informed, and supportive of each other and the larger community. They play a critical role in disseminating information and amplifying messages on healthy living habits, risk reduction, social distancing, appropriate handwashing methods, etc.

The youth at large were targeted through a focused social media outreach campaign on Twitter, Facebook, and Instagram with messaging on meaningful youth engagement for global action. Focused youth-driven health promotion campaigns were run during the pre-GYM phase from February 2021 to April 2021 to understand their perspectives about youth involvement to address emerging health and development issues.

A series of activities were rolled out to engage the youth through HRIDAY’s social media platforms. (Annexure 2)
The social media campaigns had multipronged objectives focusing on the GYM 2021 theme -

1. Understand the levels of youth participation,
2. Develop an overview of the various processes and parameters of engagement in youth-led initiatives, and
3. Collate newer ideas and best practices of youth-led initiatives.

The following activities were undertaken to meaningfully engage the youth -

- An online photography competition involving school children to young adults, youth influencers highlighting the role of governments in combating the spread of COVID19 outbreak,
- Online poster completion on staying safe during the pandemic,
- Twitter chat to engage with the young and adolescent along with development sector ecosystem to understand how they envision their role as change agents for a healthy future,
- Webinars and engaging posters to draw attention to the topic of meaningful youth engagement for leading action on UHC and SDGs.
The GYM 2021 agenda (Annexure 3) further focused on equipping the youth participants with the tools and knowledge to transform their strategies and plans into action. The Pre-GYM workshop and sessions stressed on building capacity of adolescents and youth’s leadership and communication skills and the development of the toolkits on communication planning, campaign management, and youth led country level action plans. These sessions were aimed at preparing the GYM youth participants to drive policy change and advocate for adolescent health on a global and local level. Industry experts and representatives of the partner organizations of GYM 2021 set the tone for the participants to become future youth champions and architects of the sustainable future.
4th GYM, 2021: Chronology

**PRE-GYM ACTIVITIES**
- Leadership and communications workshop: SEAR and India
- Global Announcement
- Pre-GYM youth led activities
- Webinars and Social media campaign
- Online competitions

December 2020 - March 2021

**GYM ACTIVITIES**
- 26 partners
- 600+ registrations
- 35 countries
- 16 skill and theme based workshops
- 100+ resource persons
- GYM Youth Declaration and GYM Regional Action Plans-drafting

April 2021

**POST-GYM ACTIVITIES**
- Implementing GYM
- Regional Action Plans
- Needs assessment
- Leadership and Communications workshop-India
- Youth-led country prioritisation and campaign planning

May 2021 onwards
Ahead of the 4th GYM, a Leadership and Communications workshop was organized in partnership with WHO SEARO, and GYM partners to hone their capacity building skills. The youth representation from the SEA region along with global youth associations were exposed to leadership and communication skills to address the pressing AYA health issues. The workshop was attended by 56 youth champions from the SEA Region. The workshop aimed to build youth champions’ skills to become agents of change and leaders in public health at national and regional levels.

The development sector experts led this capacity-building session to enable the participants to work smartly with stakeholders across the health and development sector ecosystem to build resilient health systems. The workshop highlighted the current global and regional public health agenda and reassess and realign youth-led campaigns to gain maximum traction and impact.

The Pre-GYM workshop sessions revolved around the key public health priorities among adolescents and youth, the importance of health promotion, and the capacity among adolescents for mobilizing meaningful engagement in national programs. (Annexure 5)

Most of the participants stated that they would like to enhance their knowledge and skills regarding leadership and communication. These skills should be applicable while working at both grassroots and higher policy levels. While the others stated, the need to have new insights on youth health priorities and new methodologies for community-based engagement.
Participants who had registered for the workshop were circulated with a pre and post-workshop survey. The survey was conducted to better understand the experiences and skills before and after the workshop. Pre-workshop, respondents were asked to rank adolescent and youth specific health priorities at the regional level. Following are the key highlights:

- The majority of the participants ranked leadership, communication strategy, networking, writing impact and influencing, using social media to build networks and reputation, preparing policy briefs and research summaries as the most critical skills.

- When specified to mention any other skills other than the ones stated in the survey, time management, soft skills, interpersonal skills, critical analysis were few different responses.

**The following observations were identified as the key outcomes of the workshop:**

- The participating youth to develop strong interpersonal and communication skills to lead the adolescent health narrative at national, regional, and global levels,

- The youth champions receive an opportunity to become a part of global discussions and deliberations and join the GYM Youth Committee for subsequent GYMs,

- Identifying trained youth from participating delegates as a resource person to showcase strong leadership and technical skills at GYM 2021 ingrained during their Pre-GYM workshops journey,

- The youth representatives from the SEA Region will contribute to and release a Regional Action Plan from prioritizing adolescent health within the Sustainable Development Goals (SDGs) and Universal Health Coverage (UHC) framework and the GYM 2021 Youth Declaration.
During the pre-GYM workshop sessions, participants were involved in discussions and encouraged to share their opinion using Mentimeter. Following views were sought to understand how meaningfully their engagement could drive change at different levels -

1. Which of the following ways are the most effective for young people to make a difference for their country/community?

   a) Advocate for an issue, advocate for policy creation or change - 16%
   b) Advocate on social media, create awareness, mobilise other young people - 68%
   c) Partner with NGOs in outreach efforts at the grassroots - 0%
   d) Be an innovator, entrepreneur and find solutions or develop products/services - 11%
   e) Collaborate with Corporates, Celebrities, Champions, etc. - 5%

2. Who is the most important stakeholder to advance/solve health issues of your country/community?

   a) Government, Policy Makers, Members of Parliament, Aristocracy/Monarch - 57%
   b) Community Leaders - 9%
   c) Corporate sector, Philanthropists, CSR - 4%
   d) NGOs, Civil Society Organizations, Activists - 9%
   e) Media, Journalists, Editors - 13%
   f) Social media influencers - 4%
   g) Experts, Thinktanks, Researchers - 4%

3. What is accountability?

   a) Process of ensuring that government fulfills their obligations and commitments - 6%
   b) Process of ensuring that government and other stakeholders fulfills their obligations and commitments - 82%
   c) Process of ensuring that some other stakeholders fulfills their obligations and commitments - 12%
   d) None of the above - 0%
1. What are the five most important issues that affect health of the adolescents and young people?

2. Who are the main categories of people who can take actions for ensuring that the adolescents remain healthy?

Name five categories:

- Adolescents themselves
- Parents
- Government
- School, colleges, and universities
- Community and other stakeholders

GLOBAL YOUTH MEET ON HEALTH, 2021
The Global Youth Meet on Health 2021

Using a variety of interactive formats, GYM 2021 built on youth participants’ capacity to plan, implement, monitor and scale up integrated campaigns to meet their national NCD targets and accelerate action for SDGs and UHC.

Investing in adolescent health is the key to a country’s growth and development. The meeting focused on debating, ideating, sharing & addressing - Why, What & How of meaningful participation of young people in the design & delivery of interventions for urgent and emerging health outcomes.

The opening plenary witnessed global experts discussing the overarching theme of ‘Meaningful youth engagement for leading action on Universal Health Coverage and Sustainable Development Goals’. GYM 2021 aimed to develop youth-led GYM Regional Action Plans for prevention and control of significant adolescent and youth health issues. A GYM Youth Declaration was released at the closing ceremony to strengthen the Call to Action for achieving the 2030 Agenda for Sustainable Development.

The deliberations highlighted a greater focus on universal health coverage, primary health care, social determinants of health, and equity in all dimensions - creating a charter to create a sustainable future.

The plenary sessions set the tone by providing an overview of various focus areas of GYM 2021 and explaining WHY action is needed. These included presentations by resource persons & experts on varied themes to convey key health messages and demonstrated the need for evidence-based health action. The plenary session was followed by skill-building workshops to train HOW action should be undertaken. These sessions empowered youth delegates with health advocacy skills, health communication skills, and interaction with different stakeholders for evidence to policy action. These skills were essential in implementing the action plans developed during small working group sessions.

The working group sessions focused on deciding WHAT action is needed and by WHOM. These included small group discussions led by elected youth delegates with guidance from technical resource persons to develop region-wise action plans.

Youth participants were asked about potential opportunities to advance adolescence and youth health agenda in their country. The majority of participants proposed the following:

- More youth representation should be visible in steering committees and decision-making tables,
- Importance of promoting healthy behavior through IEC channels among adolescents through school health programs,
- Multi-sectoral coordination between Ministry of Health and other ministries like education, youth, and sports ministry, and
- Need to conduct more awareness programs for promoting and protecting adolescents and youth health agenda.
Youth holds a high potential for bringing socio-economic and political change globally.

MEANINGFUL ENGAGEMENT OF YOUTH TO ‘BUILD BACK BETTER’ DURING AND POST COVID 19

During the kick-off session on Day 1 of GYM 2021, the students highlighted the challenges faced during the COVID lockdown. They exchanged innovative ideas to address these challenges and sought expert advice to include them to make a difference in their lives and societies at large.

The pandemic has already shifted the trajectory of education, health, and work culture for the young and adolescents. Their physical and mental health and well-being have been dramatically impacted. Taking note of the need to meaningfully engage young people in discussions and deliberations concerning their health, development, and well-being, henceforth, it is imperative to provide them with opportunities to voice their needs and priorities and inform decision-making.

CHALLENGES FACED BY SCHOOL STUDENTS DURING THE COVID LOCKDOWN

- Lack of social interaction
- Lack of physical activity
- Obesity
- Increased screen time
- Nutrition during pandemic
- Use of social media, and
- Reduced access to social help groups / counselors at education institutes
The pandemic provided an opportunity to understand the significant role adolescents and youth could play in addressing the pandemic and keeping themselves safe and healthy. The engagement between the youth from India and health sector experts from WHO Country Office for India highlighted the impact of the pandemic on the health and wellbeing of adolescents and youth. The talks amplified the need to strengthen their role and capacity to contribute to national and local efforts for addressing the pandemic. The discussion also focused on multiple challenges posed to the health and wellbeing of adolescents and youth from a broader lens of co-morbidities (including both communicable and NCD conditions) and the additional threats arising due to the COVID-19 pandemic.

It was encouraging to note that the young became more aware of health issues through mass media channels and voiced for a consolidated resource platform. The experts highlighted the importance of adopting and promoting healthy and sustainable behaviors in such trying times and the future. They emphasized that it is a reasonable time to develop their strength, competence, and capacity to change the present and future during the challenges!

Youth-led civic engagement can pave the way for effective health promotion, building COVID resilient communities and health systems to #BuildBackBetter.

**THEMATIC SKILL - BUILDING WORKSHOPS TO DRIVE CHANGE - GYM 2021**

Various theme-based workshops were designed to empower the youth delegates with health advocacy skills, health communication skills, and skills to interact with different stakeholders to convert evidence to policy action. These skills were essential in implementing the action plans developed during small working group sessions.

These small working group sessions (to decide WHAT action is needed and by WHOM) included small group discussions led by elected youth delegates with guidance from technical resource person to develop region-wise action plans.

**LEAD ORGANIZATION - UNICEF**

**THEME: YOUTH ADVOCACY TRAINING**

UNICEF focused on discussing the importance of youth engagement in advocacy plans. The talks also emphasized how youth could make policies and programs more relevant with meaningful engagement rather than a tokenistic approach. Youth engagement is to be seen as a human right.

The team shared the process of creating a Youth Advocacy Guide (YAG) that could be localized at the country and regional levels. The participants discussed how to be active participants in youth advocacy plans to build momentum and decision-making to drive policy into action.
LEAD ORGANIZATION: INSTITUTE FOR RESEARCH AND DEVELOPMENT (UTRIP)
THEME: EVIDENCE-BASED PREVENTION FOR YOUTH LEADERS IN THE FIELD OF HEALTH

The workshop led by the Institute for Research and Development (UTRIP) focused on why it is crucial to focus more on Prevention Science (PS) as a field of study to support research for development issues. PS is used for evidence-based strategies that reduce risk factors and enhance protective factors to improve the health and wellbeing of individuals. Prevention science is most important for developing youth policy and programs systematically and effectively as it is multi-disciplinary. It is essential to re-visit previous research and evidence that indicate and help understand some of the do’s and don’ts while planning new policies and programs. It was discussed that PS is most used in areas of sexual and reproductive health, mental health, cyber-bullying, NCDs, and substance misuse.

LEAD ORGANIZATION: INTERNATIONAL DIABETES FEDERATION
THEME: DIABETES: A GLOBAL PANDEMIC FULL OF MISCONCEPTION

The workshop led by the International Diabetes Federation stressed the need to create more awareness about type-specific diabetes when talking about it at large i.e. whether it is Type-1, Type-2, or gestational. As to the general public, diabetes usually refers to Type-2 diabetes and there is stigma and misconceptions attached to it. The speakers encouraged the young participants and stressed the meaningful role of youth in awareness and address of this area of health. It was conveyed that the youth could play a vital role in raising awareness by accepting and gaining knowledge about managing their diabetes and then advocating the same. Following were some additional highlights:

- The impact of COVID-19 in youth with diabetes was also addressed. The speakers from Sudan and the Philippines shared their experiences; how the pandemic affected their health services including lack of medicines and restrictions which made it difficult to go see their doctors; manage their diabetes, changes to their lifestyles, lack of supplies, facilities, etc. They also shared some preventive measures to manage diabetes in case someone contracts the virus. They also shared some modifications they had made to their life to help manage their diabetes during the pandemic and lockdown like leaning on their support systems, doing physical activity at home, etc.

- Type-1 Diabetes in India and the need for diabetes education in India was pressed upon. The speaker shared her experience and common stressors due to lack of diabetes education in India, which can lead to poor self-management of diabetes and bad outcomes. The speaker emphasized how awareness and acceptance can lead someone to be an advocate for diabetes and communicate coping mechanisms to live with diabetes. Some resources which can help with communication about diabetes were also shared.
The workshop led by Movendi International stressed the harmful effects of alcohol consumption and why it is acting as a deterrent to SDG achievement. Alcohol is a hindrance to SDGs therefore enforcing policy and taxes are adequate measures and this can act as a catalyst for attaining SDGs. Country examples were used to highlight the interference by the alcohol industry in policy formulation and implementation.

The workshop stressed that youth is an integral part of society and should also play an essential role in decision-making for health strategies at all levels. There is also a need to evaluate youth engagement at various levels in the health sector so that their opinions are addressed, and innovations are considered.

The discussion encouraged the young participants to have more belief and courage to connect, research and communicate to make a difference. It was stressed that engaging the youth as advocates for healthy living is an underutilized resource, therefore tapping into their altruism is necessary to win the fight against NCDs.

The role of youth in addressing the rising burden of NCDs was strongly highlighted, especially at the community level. Additionally, the group also brought to light the barriers to youth involvement, including –

- Lack of resources – including mentorship, getting links to opportunities and financial resources;
- Access to the internet, access to finding priorities and agendas;
- Policies do not support youth,
- Policies protect industries rather than youth; and
- Lack of motivation/belief by young people.
WHO Collaborating Centre led the session for Adolescent Health (Supported by WHO-SEARO). The speakers highlighted the important aspects of the sexual and reproductive health of teenagers along with issues such as teen pregnancy, menstruation, anemia, usage of contraceptives, among others. Inadequate knowledge regarding these issues and other SRH emerging issues lead to several myths which have mental and emotional repercussions.

The following are key highlights of the discussion:

- Adolescents have unreliable access to knowledge via internet and peers,
- Communication gap with elders is common which leads to lack of knowledge and myths,
- 52.5% of fertility is seen in 15-24 age group, and
- 10 million unintended pregnancies are seen among adolescent girls aged 15-19.

The International Diabetes Federation led the workshop. The speakers and participants exchanged outreach ideas, challenges, and tools to develop effective advocacy strategies. People living with diabetes face many uncertainties and challenges are increased with difficulties in affording or accessing insulin. It was strongly advocated to include people living with diabetes in research and advocacy plans. Using innovative solutions such as social media and other effective advocacy channels is a great way to highlight the challenges people face who live with diabetes. Visual communications play an integral role in demystifying myths and facts; therefore their development and dissemination was discussed at length. Diabetes camps were ranked as one of the most effective ways to come together for people living with similar challenges to reduce their emotional burden.
The workshop was structured into four parts with interactive portions throughout each session. The discussions defined advocacy and social marketing as the most effective tools to influence policy and decision-making processes. The speaker also explained how to influence policy and decision-making processes. The policy cycle was explained in great detail, followed by interactions with the participants. The coalition building techniques were also discussed at length.

The last part of the workshop focused on media advocacy and its importance. It was shared that an effective media advocacy involves a well-thought media plan/strategy and compelling key messages. Various methods such as press releases, blog posts, press conferences, and social media were shared by the experts.

The session kicked off with the global NCD targets. The linking of behavioral risk factors (food, diet and nutritional status) with NCDs were stressed upon as important milestones to address the targets. Obesity and its association with NCDs, including mental health, was also discussed.

The experts highlighted the triple burden of malnutrition. The ROOT framework was introduced. It was conveyed that consumers, marketers, policymakers, agencies, NGOs, youth advocates need to adopt a holistic approach to combat the obesity epidemic.

Research Triangle Institute International led the workshop. A robust communications campaign acts as a change agent. The experts and young participants had a healthy exchange of ideas and guidance on communications campaign planning. It was highlighted that one could drive the change by reaching out to key stakeholders, participating in decision-making, sharing stories, calling out injustice, and collaborating with others. Some people skills to plan and build an effective campaign include:

- Build platforms for and with people,
- Take time to engage, listen and adapt,
- Push boundaries and drive change,
- Embrace your role as advocates, experts and disruptors, and
- Work together to go further faster.
Following were the key highlights of the workshop. The WHAT and HOW of campaign planning were discussed in detail; e.g. What is the problem your campaign is looking to address?; What is the solution and who can make that change?; What are the benefits of addressing that issue?; What’s the call to action?; How can people take part? How can the campaign use public narrative?; and How do you plan to ensure diverse and marginalized voices are meaningfully engaged?

**LEAD AGENCY:** RESEARCH TRIANGLE INSTITUTE INTERNATIONAL  
**THEME:** DIGITAL COMMUNICATION CAMPAIGN PLANNING FOR NON-COMMUNICABLE DISEASES

Research Triangle Institute International led the workshop. The participants learned how to create a digital communication for addressing NCDs. All appreciated a practical planning session. The experts touched on the following critical facts including How to create a digital communication for addressing NCDs campaigns?; Decide the target objective, (who and which disease we need to target); The strategy and tactics to achieve the objective: Messaging and content to be shared with the target people; and Selecting the tools for initiating and running the campaign e.g.: Social media channels like Facebook, Instagram, websites, newspapers, etc.

**LEAD AGENCY:** UN YOUTH NETWORK  
**THEME:** SUSTAINABLE DEVELOPMENT SOLUTIONS

The workshop was led by Sustainable Development Solutions Network Youth UN Sustainable.

**TOBACCO-FREE GENERATION: OUR TIME IS NOW**

The workshop was led by Hriday and The Union southeast Asia. The workshop highlighted the need for a meaningful engagement at three levels: consultation, engagement and co-production. It also stressed the need for the right tools and skills among youth to identify tobacco industry strategies. Through the power of social media, the youth’s voices can be amplified. It was also emphasized that the tobacco industry manipulates the youth by proving ‘cool’ options like tobacco with rose-colored glasses; influential messages like chai (tea), sutta (tobacco) aur yaari (friendship); celebrity endorsement to attract the youth; availability of tobacco products at stores like 24x7; home deliveries/online during the COVID-19 pandemic; among others. It was advocated that a global agenda for a tobacco-free world should be implemented and the adoption of best models from various countries should be explored to address the expansion of tobacco availability to the population. Ban on tobacco advertisements ad e-cigarette was strongly voiced to control its harmful effects on tobacco users.
The workshop was led by the National Institute of Mental Health and Neuro Sciences (supported by WHO-SEARO). The pace was set by starting the session with these key questions:

- Why is road safety a significant problem? What measures are to be taken to prevent accidents?
- The problem of injury. The biggest killer among young people is injuries caused due to poisoning, falls, burns, gang fighting, drowning, etc.
- Issues of road traffic injuries.
- How to be a good Samaritan? How to help people at the time of crisis without prejudice and obstruction?

It becomes imperative to speak with the youth to prevent road safety issues as road traffic injuries are the leading cause of death among youth. Speeding, bad roads, vehicles, drunk driving, not wearing seat belts, road designing, lack of knowledge of road symbols, etc are some of the causes of mishaps. Along with risk factors like speeding, use of helmets, drinking and driving, etc, the group passionately discussed some preventable causes of RTI and road accidents. The speaker highlighted that the young should be made aware of the benefits of road safety rules. The group also discussed the topic of peer education. Peers tell the young people about the pros and cons of following road safety measures. Youth can provide bystander care/first aid. Many agencies and NGOs are keen to give bystander or first aid training to youth.
Inclusivity of the youth spans across different industries and stakeholders, including the governments, partner organizations, and decision-makers, for promoting meaningful engagement of the youth to build a fairer and equitable world. The youth delegates stressed on giving adolescents and young the opportunity and resources to engage and be heard. Youth champions advocated for engaging them to identify issues and provide solutions to build sustainable communities.

"The need of the hour is to move from a window dressing role of youth to express the real impact on the ground - to conceptualize, design, and implement the program with their involvement. The way forward is to enable the youth by leveraging their creativity, implementing their innovative solutions, exploring new ideas, and control tokenism.

- Collective voice youth advocates and activists"
The young speakers and advocates also noted that adolescents need access to responsive health systems and social engagement platforms to fill gaps in education, outreach, social protection, housing, justice, access to digital solutions, mentoring, and a safe environment to become responsible change agents. Development agencies could help bridge this gap by connecting them with the governments and implementing agencies. A dire need to have a core group of young people who could help voice the needs of the marginalized young population was strongly advocated.

The most pressing question among the youth delegates was about key opportunities that could be taken forward to accelerate progress on adolescent well-being. The young participants out rightly spoke up to identify and explore opportunities to associate with global and local youth initiatives. It was suggested that organizations should offer internships for the young to learn, build a strong foundation of technical content, understand diverse issues, and finally contextualize it to their local environments.

The suggestions echoed loudly to prioritize and respect youth, and just not hear them but take action by supporting in form of technical support, connecting with resources, funding, and involvement in design and decision making sessions at national and local levels. Their rights, health and wellbeing should be at the center of a multi-stakeholder action plan to create healthy, safe, and sustainable living environments. Organizations could meaningfully weave youth advocacy into their strategic focus areas, programmatic plans and areas of work, and also as part of various jobs, and employment opportunities.

It was encouraging to witness the youth and experts voicing the same ambitions on the GYM platform. The experts highlighted the importance of identifying genuine opportunities for youth engagement to solve pressing health and development issues and tap inter-sectoral strengths to expand outreach initiatives. The creation of data banks on youth-focused challenges and solutions was also proposed, which could be leveraged to address challenges and identify solutions for communities to replicate strategies and campaigns to motivate action.

“Inclusion of all rather than tokenism should be promoted. The young and adolescents need to be tapped in different communities and at the grassroots level to understand their challenges and idea to change their unique circumstances into opportunities.”
The case for the youth in decision-making is getting stronger in today’s time. The young delegates reiterated that young people should be in the government and that disruptive and radical changes are needed to deliver health indicators to meet the 2030 targets. They need to be valued for their skills and new ways of working. Young people represent rural and urban areas, especially those who don’t have access to technologies, live with disabilities, and are underprivileged. Equity is the single most denominator to bring the change. To be effective members of society, the young need the space to voice and be heard.

In this context, the use of social media was discussed at length. The meaningful and challenging role it plays and its impact on young lives. Social media channels are another world and an opportunity to connect and influence. Adolescents can leverage digital campaigns to voice and participate in meaningful campaigns by various agencies. Campaigns like online competitions, webinars, an online poll, Twitter chat, connecting with peers in online campaigns, NGO activities, stories for children, media campaigns, etc. Some of these activities could also be replicated offline for a set of audiences that are not present online to tap into their minds and potential.

Optimism prevailed throughout the sessions across the 2-day virtual meeting. The global participants, including the young and adolescents equally voiced their ideas and dreams for a better, fairer, and equitable future.

“Fight the resistance and be persistent. The journey is challenging with full of opportunities. Collective intention and meaningful action could steer the way forward.”

“Youth should be at the center and should be connecting the dots. Conversations need to be directed towards the youth inclusive approach to advance the health agenda towards fulfilling the 2030 goals.”
Using a variety of interactive formats, GYM 2021 built on youth participants’ capacity to plan, implement, monitor and scale up integrated campaigns to meet their national NCD targets and accelerate action for SDGs and UHC.

Investing in adolescent health is the key to a country’s growth and development. The meeting focused on debating, ideating, sharing & addressing - Why, What & How of meaningful participation of young people in the design & delivery of interventions for urgent and emerging health outcomes.

The opening plenary witnessed global experts discussing the overarching theme of ‘Meaningful youth engagement for leading action on Universal Health Coverage and Sustainable Development Goals’. GYM 2021 aimed to develop youth-led GYM Regional Action Plans for prevention and control of significant adolescent and youth health issues.

A GYM Youth Declaration was released at the closing ceremony to strengthen the Call to Action for achieving the 2030 Agenda for Sustainable Development.

The deliberations highlighted a greater focus on universal health coverage, primary health care, social determinants of health, and equity in all dimensions - creating a charter to create a sustainable future.

The plenary sessions set the tone by providing an overview of various focus areas of GYM 2021 and explaining WHY action is needed. These included presentations by resource persons & experts on varied themes to convey key health messages and demonstrated the need for evidence-based health action. The plenary session was followed by skill-building workshops to train HOW action should be undertaken. These sessions empowered youth.
“I didn’t expect in the beginning that I would be involved this far at GYM. It is the warm response of the committee on greeting, accepting, and making youth as the main part of this event that kept me going further. Turned out it was really good because I get a lot of insight and tools to develop youth campaign, and also getting the experience to work together with the other youth from different countries. I am grateful I can join the hype together with all of my new friends at GYM.”

- Janitra Hapsari Indonesia
(9cm Community & Indonesian Youth Council for Tobacco Control)

“Being both a presenter and a participant at the gym conference, I was so inspired by how the conference was able to convene incredible minds across the globe working in the health space to come together as a global community to not only discuss the health issues of the day but to intentionally lay out plans for the future as well.”

- Stephen Ogweno, Kenya, Founder, STOWELINK INC
CONNECTING THE DOTS: PLANNING AND IMPLEMENTATION OF REGIONAL ACTION PLANS

During the GYM, region (as per six WHO regions) specific youth led action plans were developed by the participating youth members. This session aimed at planning regional-level plans for meaningful youth engagement through evidence-based and context-specific strategies that promote transparency and accountability. Post-GYM these plans were refined to implement at the regional level. The youth committee team, young leaders, development sector experts, leaders of participating organizations, and youth champions across the globe teamed up to identify regional adolescent and youth health priority areas and plans of action. The regional plans were focused on various key points like: mental health, tobacco, health literacy in COVID-19, diabetes, health determinants and awareness.

A SNAPSHOT OF REGIONAL ACTION PLANS

SOUTH-EAST ASIA REGION

THE TEAM

Dr. Ishu Kataria, Senior Public Health Researcher, RTI International, India
Ms. Grace Eugenia Sameve, UNICEF Indonesia, Indonesia
Mr. Fathih Mohamed, Diabetes Society of Maldives

THEME - MENTAL HEALTH

GOAL: To sensitize and create awareness among adolescents and young people in SEAR about common mental health issues

OBJECTIVES: 1. To introduce/provide reliable, culturally relevant information about common mental health issues, their risk, and protective factors

2. To suggest potential solutions to mitigate risk leading to mental health issues

STRATEGIES: Online campaigns and activities *Bangladesh, Bhutan, India, Indonesia, DPR Korea, Maldives, Myanmar, Nepal, Sri Lanka, Thailand, Timor-Leste
WHO AFRO

THE TEAM

Mr. Ferdinant M. Sonyuy, President/CEO, Reconciliation and Development Association (RADA) and Secretary-General, Cameroon CS NCD Alliance, Cameroon

Mr. Ogweno Stephen Odhiambo, Stowelink Inc, Kenya

Mr. Labram Massawudu Musah, National Coordinator: Ghana NCD Alliance, Ghana

Ms. Alphonse Mbarushimana, Program Manager at Rwanda NCDA, Rwanda

THEME - LITERACY AND AWARENESS CREATION ON FOR YOUNG PEOPLE IN AFRICA

RATIONALE: Mental Health issues are cut broadly across as a need for African youth and have been neglected a lot in the continent.

STRATEGIES AND ACTIVITIES: Quarterly mental health talks, competitions, animated videos And social media campaigns and engagements

EXPECTED OUTCOMES: 100,000 youths reached through the program Increased literacy on mental health

REGION OF THE AMERICAS

THE TEAM

Mr. Ian Patton, Director of Advocacy and Public Engagement, Obesity Canada

Ms. Danielle Walwyn, Advocacy Officer, Healthy Caribbean Coalition

Mr. Aditya, India, Student, The Aegle Project, USA

Ms. Laura Cury, International Relations Adviser, ACT Health Promotion, Brasil

Mr. Bruno Helman, Project Coordinator, International Diabetes Federation
THEME - COMMERCIAL DETERMINANTS OF HEALTH

OBJECTIVES:
1. Building awareness among Youth advocates
2. Building awareness among educators
3. Develop a call to Action targeting Lawmakers

ACTIVITIES:
1. Training targeting youth and educators
2. Petitions and calls to action to bring attention to lawmakers

EASTERN MEDITERRANEAN REGION

THE TEAM
- Ms. Deena AL Zoubi, Royal Health Awareness Society, Jordan
- Mr. Amer Majthoub, Royal Health Awareness Society, Jordan
- Ms. Noor Younis, Royal Health Awareness Society, Jordan

THEME - TOBACCO CONTROL

RATIONALE:
The increased prevalence of tobacco use in the region has been coupled with an increase in the burden of death and disease. Our plan focuses on tackling tobacco use in adolescents by informing them on its effects and the policies and advocacy tactics related to it.

STRATEGIES:
1. Series of Training of Trainers as a result of which youth will educate their peers
2. To create a social media page through which youth can connect and host webinars with experts on the topic, among other activities.
EUROPEAN REGION

THE TEAM

- Ms. Klaudia Szymuś, Międzynarodowe Stowarzyszenie Studentów Medycyny IFMSA-Poland, Poland
- Ms. Katja Cic, International Youth Health Organization (WHO), Slovenia

THEME - HEALTH LITERACY IN THE COVID ERA

- Raise awareness on health literacy
- Tackle the infodemic of fake news and misinformation
- Sensitize youth and empower them to make smart healthcare choices
- Conduct activities that connect health literacy to other health topics, such as mental health, vaccine equity, SRHR, and more.

WESTERN PACIFIC REGION

THE TEAM

- Dr. Rewena Mahesh, Medical Doctor, ACT Health and Australian National University, Australia
- Ms. Johanah Joyce Lu Co, Self-employed, Philippines

THEME - DIABETES PREVENTION AND MANAGEMENT

GOALS:

1. To create an enabling and supportive environment for young people living with type-1 diabetes to help manage their condition
2. To prevent the incidence of pre-diabetes and type-2 Diabetes among youth and adolescents

OBJECTIVES:

1. Destigmatize, empower and educate youth living with Type-1 diabetes treatment (i.e. use of insulin) and its management.
2. To raise awareness on the risks of developing type-2 diabetes and prevention strategies including a healthy diet and physical activity.
GYM DECLARATION

A Call to Action was launched at the closing ceremony for urgent multi-sectoral and multi-stakeholder action on priority areas identified by the youth health leaders.

The GYM Declaration Committee and Regional Action Plan Working Groups met to discuss the priority areas of action:

- Youth Advocacy Training
- How to inform policy and decision-makers about evidence-based prevention policy & practice
- Diabetes advocacy: learning how to advocate
- Shifting the obesity narrative: The use of language and imagery when talking about obesity
- Campaign communications: building support and driving change
- Digital Communication Campaign Planning for Non-communicable Diseases
- UN Sustainable Development Solutions Network - Youth Initiative
- Tobacco-Free Generation: Our Time is now
- Reducing injuries and road meaningful involvement of young people in the global health and development agenda
Today’s youth will not only be the ones who bear the growing burden of non-communicable diseases and pressing development issues but will be responsible for dealing with them. GYM 2021, a unique youth-led conclave connected global youth advocates with health and development leaders and influencers to impact change in future policies concerning converging health issues. The meeting educated and built youth participants’ capacity to transform into youth leaders of sustainable health and development.

The sessions saw energetic participation from the youth delegates discussing urgent issues related to specific health areas and their engagement with development agencies, political leaders, governments, and communities. Youth activists highlighted the need to recognize their contributions and include them at strategic levels to voice their ideas and utilize their energies to make a difference.

Engaging youth in the policy-making process contributes to better informed and equitable cultural policies and strengthens transparency, accountability, and ownership. The youth representation also voiced the need to involve them as active partners and stakeholders in just not talking at platforms but also in ‘on-the-ground and ‘normative actions’.

Although much progress has been made in meaningfully engaging the youth, a lot more can still be done to maximize their potential - voice, energy, ideas. Engaging youth in policy-making contributes to better informed and equitable cultural policies and strengthens transparency, accountability, and ownership. The youth representation also voiced the need to involve them as active partners and stakeholders in talking at platforms and in ‘on-the-ground and ‘normative actions’.

During the closing ceremony, the GYM 2021 Youth Declaration (Annexure 5) was launched to etch the way forward and meaningfully engage the youth to advance and lead action on Universal Health Coverage and Sustainable Development Goals.
# ANNEXURE 1 - COMMITTEES: GYM 2021

## PRESIDENT

**Dr K. Srinath Reddy**  
President  
Public Health Foundation of India

## SECRETARY

**Dr M. Bhaskara Rao**  
President  
HRIDAY

## CO-CHAIRS: GYM 2021

<table>
<thead>
<tr>
<th>Name</th>
<th>Designation and Organization</th>
</tr>
</thead>
</table>
| **Dr Monika Arora**         | Executive Director  
HRIDAY                                                                                      |
| **Ms Katie Dain**           | Chief Executive Officer  
NCD Alliance                                                                                |
| **Dr Johanna Ralston**      | Chief Executive Officer  
World Obesity Federation                                                                    |

## ADVISORS

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<tr>
<th>S No.</th>
<th>Name</th>
<th>Designation and Organization</th>
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<tbody>
<tr>
<td>1.</td>
<td>Ms Inoshi Sharma</td>
<td>Director, Food Safety and Standards Authority of India (FSSAI)</td>
</tr>
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</table>
| 2.    | Mr Jayanto Narayan Choudhury | Vice President - Operations and Co-ordination,  
Public Health Foundation of India                                                          |
| 3.    | Dr Kanwal Preet Kochhar     | Professor of Physiology, All India Institute of Medical Sciences                           |
| 4.    | Dr Neena Raina              | Senior Advisor  
Reproductive, Maternal, Newborn, Child & Adolescent Health and Ageing (MCA)  
WHO-SEARO                                                      |
| 5.    | Prof Nikhil Tandon          | Head, Dept. of Endocrinology, All India Institute of Medical Sciences                      |
| 6.    | Dr Raj Kumar Yadav          | Professor, All India Institute of Medical Sciences                                           |
| 7.    | Prof Sachin Chaturvedi      | Director-General, Research and Information System for Developing Countries (RIS)          |
| 8.    | Dr Zoya Ali Rizvi           | Deputy Commissioner, (MoHFW), Government of India                                          |
# TECHNICAL ADVISORY COMMITTEE (TAC)

## Co-chairs

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Dr Rajesh Mehta</td>
<td>Regional Adviser-Newborn, Child and Adolescent Health WHO-Regional Office for South-East Asia</td>
</tr>
<tr>
<td>Dr Fikru T. Tullu</td>
<td>Team Leader Noncommunicable Diseases, WHO Country Office for India</td>
</tr>
<tr>
<td>Dr Manish Pant</td>
<td>Chief, Health and Development United Nations Development Programme (UNDP)</td>
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## Members

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<tbody>
<tr>
<td>1.</td>
<td>Ms Beatriz Yáñez Jiménez</td>
<td>Advocacy Manager, International Diabetes Federation</td>
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<tr>
<td>2.</td>
<td>Dr Cristina Parsons Perez</td>
<td>Capacity Development Director, NCD Alliance</td>
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<td>3.</td>
<td>Dr Chishuvo Mandivenga</td>
<td>Sr. Project Coordinator, NCD Child</td>
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<tr>
<td>4.</td>
<td>Ms Chantelle Booyse</td>
<td>Independent Consultant &amp; Advocate for #MentalHealth #NCDs #Youth</td>
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<td>5.</td>
<td>Mr Danor Ajwang</td>
<td>Programme Specialist YHP, Plan International UK</td>
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<td>6.</td>
<td>Dr Diana Vaca McGhe</td>
<td>Global Advocacy Director, American Heart Association</td>
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<td>7.</td>
<td>Dr Harish Pemde</td>
<td>Director Professor of Pediatrics, In-Charge, Center for Adolescent Health, Head, WHO Collaborating Center for Training and Research in Adolescent Health, Lady Hardinge Medical College</td>
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<td>8.</td>
<td>Dr Ibtihal Fadhil</td>
<td>President, Eastern Mediterranean NCD Alliance</td>
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<td>9.</td>
<td>Ms Khawla Rashid</td>
<td>Director, Beneficiary Support Services, Friends Of Cancer Patients</td>
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<td>10.</td>
<td>Dr Kiran Sharma</td>
<td>Technical Officer, Adolescent Health and Development</td>
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<td>11.</td>
<td>Dr Kristina Sperkova</td>
<td>President, Movendi International</td>
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<td>12.</td>
<td>Ms Liane Comeau</td>
<td>Executive Director, International Union for Health Promotion and Education</td>
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<td>13.</td>
<td>Dr Mohit Ahuja</td>
<td>Regional Programme Manager-Health, North West Region, Plan International India Chapter</td>
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<td>14.</td>
<td>Dr Mary Assunta</td>
<td>Senior Policy Advisor, Southeast Asia Tobacco Control Alliance</td>
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<tr>
<td>15.</td>
<td>Ms Maisha Hutton</td>
<td>Executive Director, Healthy Caribbean Coalition</td>
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<td>16.</td>
<td>Ms Margot Neveux</td>
<td>Policy Manager, World Obesity Federation</td>
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<td>17.</td>
<td>Dr Patanjali Dev Nayar</td>
<td>Regional Adviser, WHO-SEARO</td>
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<td>18.</td>
<td>Dr Priscilla C Ngaihte</td>
<td>Advisor-Health Transformation, Public Health Foundation of India</td>
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<td>19.</td>
<td>Ms Prachi Kathuria</td>
<td>Project Manager, Hriday</td>
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<td>20.</td>
<td>Dr Riya Thakur</td>
<td>Executive Director-Population Foundation of India (PFI)</td>
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<td>21.</td>
<td>Mrs Snehamayee Routray</td>
<td>President, Grameen Sneh Foundation</td>
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<td>22.</td>
<td>Mr Souvik Pyne</td>
<td>Senior Manager, Policy Engagement, The YP Foundation</td>
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<td>23.</td>
<td>Mr Sharafdzhon Boborakhimov</td>
<td>Officer of the Adolescent and Youth Constituency</td>
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<tr>
<td>24.</td>
<td>Ms Tina Rawal</td>
<td>Adjunct Senior Research Associate &amp; Consultant,</td>
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<td>Public Health Foundation of India</td>
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### YOUTH COMMITTEE

#### Co-chairs

- **Mr Bruno Helman**
  - Project Coordinator
  - International Diabetes Federation and Founder, Running for Diabetes

- **Dr Ishu Kataria**
  - Senior Public Health Researcher
  - RTI International (India)
  - Global Coordinator
  - Young Professionals Chronic Disease Network

- **Mr Labram Massawudu Musah**
  - Programmes Director
  - Vision for Alternative Development (VALD)
  - National Coordinator: Ghana NCD Alliance

### Members

<table>
<thead>
<tr>
<th>S NO.</th>
<th>NAME</th>
<th>DESIGNATION AND ORGANIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ms Anjali Singla</td>
<td>Principal Coordinator, Movement For Global Mental Health and Psychologist</td>
</tr>
<tr>
<td>2.</td>
<td>Ms Danielle Walwyn</td>
<td>Advocacy Officer, Healthy Caribbean Coalition</td>
</tr>
<tr>
<td>3.</td>
<td>Ms Grace Eugenia Sameve</td>
<td>UNV Health Officer, UNICEF Indonesia</td>
</tr>
</tbody>
</table>
### Members

<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>4.</td>
<td>Mr Ian Patton</td>
<td>Director of Advocacy and Public Engagement, Obesity Canada</td>
</tr>
<tr>
<td>5.</td>
<td>Ms Jyotsana Rangeen</td>
<td>International Diabetes Federation</td>
</tr>
<tr>
<td>6.</td>
<td>Ms Lea Kilenga</td>
<td>Founder and Executive Director, Africa Sickle Cell Organization</td>
</tr>
<tr>
<td>7.</td>
<td>Ms Lucy Fagan</td>
<td>Focal point for health in the UN Major Group for Children and Youth; Chair, Commonwealth Youth Health Network (CYHN) and Youth Coalition on NCDs</td>
</tr>
<tr>
<td>8.</td>
<td>Mr Luis Manuel Encarnación Cruz</td>
<td>Member of the Governing Council, NCD Child</td>
</tr>
<tr>
<td>9.</td>
<td>Mr Ogweno Stephen Odhiambo</td>
<td>Founder and CEO Stowelink Inc</td>
</tr>
</tbody>
</table>

### COMMUNICATION COMMITTEE

**Co-chairs**

<table>
<thead>
<tr>
<th>Ms Jimena Marquez Donaher</th>
<th>Ms Gina Sharma</th>
<th>Ms Prachi Kathuria</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communications Director NCD Alliance</td>
<td>Senior Manager: External communications Public Health Foundation of India (PHFI)</td>
<td>Project Manager HRIDAY</td>
</tr>
</tbody>
</table>

### ORGANISING COMMITTEE

**Co-chairs**

<table>
<thead>
<tr>
<th>Ms Radhika Shrivastav</th>
<th>Ms Shalini Bassi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Director HRIDAY</td>
<td>Consultant-HRIDAY &amp; Research Scientist - Public Health Foundation of India (PHFI)</td>
</tr>
</tbody>
</table>
Members of the Organising Committee from GYM Secretariat

1. Dr Aastha Chugh
2. Mr Anil Kumar
3. Mr Abdul Shabbir Khan
4. Ms Kanika Khanna
5. Dr Nishigandha Joshi
6. Dr Nitika Sharma
7. Ms Prachi Kathuria
8. Ms Ranjana Sharma
9. Ms Tina Rawal
10. Dr Twinkle Sharma

GYM 2021 DECLARATION COMMITTEE

Co-ordinator

Ms. Shalini Bassi
HRIDAY & PHFI

Members

<table>
<thead>
<tr>
<th>S NO.</th>
<th>NAME</th>
<th>ORGANIZATION</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Ms Aadya Murgai</td>
<td>HRIDAY</td>
</tr>
<tr>
<td>2.</td>
<td>Ms Chantelle Booysen</td>
<td>Independent Consultant</td>
</tr>
<tr>
<td>3.</td>
<td>Mr Elvis Ndikum</td>
<td>World Organization of Family Doctors (WONCA)</td>
</tr>
<tr>
<td>4.</td>
<td>Ms Janitra Hapsari</td>
<td>Global No Cigarette Movement (9CM)</td>
</tr>
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<td>5.</td>
<td>Ms Khawla Rashid</td>
<td>Friends of Cancer Patients</td>
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<td>6.</td>
<td>Ms Kanika Kishore</td>
<td>Delhi University</td>
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<tr>
<td>7.</td>
<td>Ms Lucy Fagan</td>
<td>Commonwealth Youth Health Network</td>
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<td>8.</td>
<td>Mr Luis Manuel Encarnación</td>
<td>Vision for Alternative Development (VALD)</td>
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<td>9.</td>
<td>Mr Labram Massawudu Musah</td>
<td>Reconciliation and Development Association (RADA)</td>
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<td>10.</td>
<td>Mr Mbiydzenyuy Ferdinand Sonyuy</td>
<td>International Union for Health Promotion and Education</td>
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<tr>
<td>11.</td>
<td>Ms Madeleine Malone</td>
<td>World Obesity Federation</td>
</tr>
<tr>
<td>12.</td>
<td>Ms Margot Neveux</td>
<td>Stowelink Inc.</td>
</tr>
<tr>
<td>13.</td>
<td>Mr Ogweno Stephen Odhiambo</td>
<td>Healthy Carribean Coalition</td>
</tr>
<tr>
<td>14.</td>
<td>Mr. Pierre K. Cooke Jnr</td>
<td>The Royal Health Awareness Society, Jordan</td>
</tr>
<tr>
<td>15.</td>
<td>Ms Rahmeh Abu Shweimeh</td>
<td>Population Foundation of India</td>
</tr>
<tr>
<td>16.</td>
<td>Dr Riya Thakur</td>
<td></td>
</tr>
</tbody>
</table>
ANNEXURE 2 - SOCIAL MEDIA OUTREACH

SOCIAL MEDIA CAMPAIGN PERFORMANCE REPORT

#GYM2021

#YOUTH4HEALTH
28 day summary with change over previous period

- **Tweets**: 50 (↑284.6%)
- **Tweet impressions**: 77.9K (↑405.7%)
- **Profile visits**: 5,564 (↑699.4%)
- **Mentions**: 125 (↑228.9%)
- **Followers**: 490 (↑119)

**TOTAL TWEETS - 50 IN APRIL AND 16 IN MARCH**

**PROFILE VISITS - 5,590 IN APRIL AND 1125 IN MARCH**

**TWEET IMPRESSION - 78,000 IN APRIL & 20,100 IN MARCH**

**MENTION - 129 IN APRIL & 44 IN MARCH**

**VIDEO VIEWS: 225 VIDEO VIEWS IN APRIL**

**NEW FOLLOWERS - 117 IN APRIL 2021 & 13 IN MARCH 2021**

GLOBAL YOUTH MEET ON HEALTH, 2021
GLOBAL YOUTH MEET ON HEALTH, 2021

Top Follower followed by 95.3K people.

Princess Dina Mired
@danamired
Proud mother of 3 wonderful kids, fierce enemy of cancer! Patron of International Society of Pediatric oncology, Immediate Past President of IICC

Top media Tweet earned 7,404 impressions

#GYM2021 Join the Twitter chat tomorrow to know about participation at #GYM2021 and what to expect from the 2-day virtual Global Youth Meet on Health on 20 & 21 April. When: 14 April 2021 at 4pm, IST
#Youth4Health #meaningfulengagement of youth in advancing #UHC #SDGs
@WHOSEARO
pic.twitter.com/Q0oHgwjM4L

Meaningful engagement of youth in addressing UHC & SDGs

Top mention earned 475 engagements

Johanna Ralston
@johannaralston
Apr 21
A fantastic #GYM2021 convening youth advocates for health globally, hosted by @Hriday_Org and @WHOSEARO. Honored to co-moderate session w/ @estyvejar. Deep thanks 2 @DrTecros for committing @WHO to major youth initiatives. pic.twitter.com/K1FPgDS8VZ

Top Tweet earned 11.8K impressions

#youngpeople have potential in building a #Youth4Health narrative around #PublicHealth by becoming spokespersons to represent #youthissues within the #Health4All landscape. #GYM2021 provides a platform for #Youthvoices to be the change agents for #UHC @WHOSEARO
pic.twitter.com/IANuCW1C1i

Apr 2021 - 30 days

TWEET HIGHLIGHTS

APR 2021 SUMMARY

Tweets: 50
Profile visits: 5,591
Mentions: 129
New followers: 117

Tweet impressions: 78K.
Mar 2021 - 31 days

TWEET THOUGHTS

Top Tweet: earned 5,062 impressions

#GYM2021 brings #Youthvoices from 10 countries in the South East Asia Region to navigate #UHC priorities among adolescents and youth for #HealthyYouth during a 2-day workshop organised by @Hriday_Org and @WHOSEARO on March 11 and 12. Stay tuned for more updates! pic.twitter.com/PkSkZyYzLxO

Top mention: earned 64 engagements

#GYM2021 brings #Youthvoices from 10 countries in the South East Asia Region to navigate #UHC priorities among adolescents and youth for #HealthyYouth during a 2-day workshop organised by @Hriday_Org and @WHOSEARO on March 11 and 12. Stay tuned for more updates! pic.twitter.com/PkSkZyYzLxO

---

4th Global Youth Meet on Health (Virtual)

March 11-13, 2021

4th Global Youth Meet on Health (Virtual)

March 11-13, 2021

---

Hriday @Hriday_Org Apr 18

Just 1 day to go!

Countdown to GYM2021 begins

Join to make a difference.

Registrations open till today, 18 Apr, 11:59 pm, IST

@WHOSEARO @theFHI

For Adolescents & Youth

(Aged 15-30 yrs)

bit.ly/3gr1vXU

Other stakeholders (Above 30 yrs) - bit.ly/3tStbLex

pic.twitter.com/ULC1e4T4hlz

View

---

Top Tweets with this video Views

Hriday @Hriday_Org Apr 18

Countdown to GYM2021 begins

Join to make a difference.

Registrations open till today, 18 Apr, 11:59 pm, IST

@WHOSEARO @theFHI

For Adolescents & Youth

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bit.ly/3gr1vXU

Other stakeholders (Above 30 yrs) - bit.ly/3tStbLex

pic.twitter.com/ULC1e4T4hlz

View 225

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Key metrics

<table>
<thead>
<tr>
<th>Metric</th>
<th>Value</th>
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<tbody>
<tr>
<td>Video views</td>
<td>225</td>
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<tr>
<td>Minutes viewed</td>
<td>90</td>
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<tr>
<td>Completion rate</td>
<td>5.0%</td>
</tr>
<tr>
<td>Call to action clicks</td>
<td>0</td>
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</table>
Active dissemination of GYM 2021 messaging started a week before the GYM workshops on 20 & 21 April 2021

APRIL 2021
We published a total of 13 static posts and 1 video

- **FOLLOWERS** – An increase of 54 followers; from 351 on 11 March to 405 in April
- **TOTAL REACH**: 5,783 on 20 & 21 April
- **TOTAL POST REACH** - 11,670
- **TOTAL POST ENGAGEMENT** - 544
- **TOTAL PAGE LIKE**: 53
- **TOTAL PAGE VIEWS** - 189
- **VIDEO VIEWS** (for 1 video): 38
TOP MOST VIEWED POST

8,699 people reached, 359 Engagements an 231 Reactions, Comments and Shares

PERFORMANCE OF OTHER POSTS

<table>
<thead>
<tr>
<th>Published</th>
<th>Post</th>
<th>Type</th>
<th>Targeting</th>
<th>Reach</th>
<th>Engagement</th>
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<tbody>
<tr>
<td>04/20/2021</td>
<td>#GYM2021 Global Youth Meet on Health Tune in to the livecast from</td>
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<tr>
<td>04/20/2021</td>
<td>Thank you for partnering with the 4th Global Youth Meet on Health</td>
<td></td>
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<tr>
<td>04/20/2021</td>
<td>Today’s youth is bearing the growing burden of NCDs Addressing youth</td>
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<tr>
<td>04/15/2021</td>
<td>World Health Organization South-East Asia Region - WHO</td>
<td></td>
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<tr>
<td>04/18/2021</td>
<td>Just 1 day to go! Countdown to the 4th Global Youth Meet on Health</td>
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<tr>
<td>04/14/2021</td>
<td>Announcement 4th Global Youth Meet on Health is being</td>
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<tr>
<td>04/23/2021</td>
<td>Thank you for partnering with us for the 4th Global Youth Meet on Health</td>
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</tr>
<tr>
<td>04/21/2021</td>
<td>Addressing the delegates of #GYM2021 4th Global Youth Meet</td>
<td></td>
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</tr>
<tr>
<td>04/21/2021</td>
<td>Thank you World Health Organization South-East Asia Region</td>
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<tr>
<td>04/21/2021</td>
<td>#GYM2021 Global Youth Meet on Health, a 2-day youth-driven</td>
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<tr>
<td>04/21/2021</td>
<td>Today’s youth will not only be the ones who bear the growing burden of</td>
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<tr>
<td>04/21/2021</td>
<td>#GYM2021 Day 2 @ The Global Youth Meet on Health Discussions to</td>
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<tr>
<td>04/20/2021</td>
<td>Investing in adolescent health is the key to a country’s growth and</td>
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GLOBAL YOUTH MEET ON HEALTH, 2021
### DAY 1 (APRIL 20, 2021): 9:30 AM-11:30 AM AND 1:00 PM-9:30 PM IST

<table>
<thead>
<tr>
<th>TIME (IST)</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-11:30 PM</td>
<td>Meaningful Engagement of Youth to &quot;Build Back Better&quot;: A pre-GYM Workshop organised by WHO India and HRIDAY</td>
</tr>
<tr>
<td>1:00-1:30 PM</td>
<td>Welcome to Global Youth Meet on Health and programme overview</td>
</tr>
<tr>
<td>1:30 -3:30 PM</td>
<td>GYM Parallel Workshops (1-8)*</td>
</tr>
</tbody>
</table>
| 9:00 AM-11:00 AM BST/10.00 AM - 12.00 PM CEST/4.00 AM-6:00 AM EDT/6:00 – 8:00 PM AEST | **Workshop 1** (same as Workshop 9)  
Lead - UNICEF  
Title: UNICEF Youth Advocacy Training  
**Workshop 2** [CANCELLED]  
Lead - Population Foundation of India  
Title: Inter-sectoral Action for Adolescent Health  
**Workshop 3**  
Lead - Institute for Research and Development “Utrip” (UTRIP)  
Title: Evidence-based prevention for youth leaders in the field of health  
**Workshop 4**  
Lead - International Diabetes Federation  
Title: Diabetes: a global pandemic full of misconceptions  
**Workshop 5**  
Lead - Movendi International  
Title: Alcohol – a dissolvent of sustainable development  
**Workshop 6**  
Lead - Amref Health Africa, Civil Society Engagement Mechanism for UHC2030  
Title: Full Circle Café  
**Workshop 7**  
Lead - Stowelink Inc  
Title: Young people leading the fight against Non-Communicable Diseases  
**Workshop 8**  
Lead - WHO Collaborating Centre for Adolescent Health (Supported by WHO-SEARO)  
Title: Youth action for key issues in adolescent sexual and reproductive health |
### 3:30-4:15 PM

**BREAK**

### 4:15-5:30 PM

**Plenary - 1:** Meaningfully engaging young people to make Adolescent Well-being a priority during Covid-19 and beyond

**Coordinated by:** The Partnership for Maternal, Newborn and Child Health

**Moderator:** Ms Maziko Matemvu, PMNCH Adolescent and Youth Constituency Vice-Chair, Partners’ engagement

**Panellists:**

- **Ms Preeti Pant,** Joint Secretary, Ministry of Health and Family Welfare, Government of India
- **Dr Rajesh Mehta,** Regional Adviser-Newborn, Child and Adolescent Health, WHO Regional Office for South East Asia
- **Dr Sarah Thomsen,** Senior Advisor Health (Adolescent Health), UNICEF
- **Ms Radhika Shrivastav,** Director-Health Promotion, HRIDAY
- **Ms Omnia El Omrani**, – Global Youth Coalition for Youth Safety, International Federation of Medical Students Associations
- **Ms Meghan Theobalds,** CARICOM Youth Ambassador to Barbados (2021-2022), Division of Youth, Ministry of Youth, Sports and Community Empowerment, Barbados
- **Mr Desmond Nji,** National Vice President, Cameroon Youth Network
- **Mr Amit Timilsina,** Vice-Chair of the Board of Directors, Youth Coalition for Sexual and Reproductive Rights (YCSRR)
- **Mr Josiah Tualamali’i,** Co-founder, PLYAT Council

### 6:00-7:15 PM

**Inaugural Ceremony**

**Welcome address-** Youth as leaders of sustainable health and development-Dr K Srinath Reddy President, Global Youth Meet on Health 2021 & President, Public Health Foundation of India

**Keynote youth address-** Ms Bonita Sharma

Co-Founder & CEO, Social Changemakers & Innovators (So-chai), Nepal
Inaugural address- Dr Pem Namgyal
Director Programme Management, WHO Regional Office for South East Asia

Special address- Dr Svetlana Akselrod
Director of the Global NCD Platform, World Health Organization

Address by the Patron- Her Royal Highness Princess Dina Mired of Jordan
Immediate Past President, Union for International Cancer Control and Special Envoy for Non-Communicable Diseases, Vital Strategies

Address by Guest of Honour- Her Excellency Mrs Patricia Minnis
Honourable Chair of the Spouses of the CARICOM Leaders Action Network

Address by Guest of Honour-Mr Dwight Sutherland
Honourable Barbadian Minister of Youth, Sports and Community Empowerment

Message from Honourable Shri M Venkaiah Naidu,
Vice President of India
Read by: Dr M Bhaskara Rao

Secretary, Global Youth Meet on Health 2021; President, Hriday and President, Visakha HRIDAY-SHAN

Overview of GYM 2021 and Vote of Thanks-Dr Monika Arora
Co-chair, GYM 2021 and Executive Director, Hriday

Master of Ceremonies: Ms Prachi Kathuria, Project Manager, Hriday

7:15-7:30 PM MOBILITY BREAK
Plenary-2: Meaningful youth engagement for leading action on Universal Health Coverage and Sustainable Development Goals—Priorities and Strategies

Chair: Ms Danielle Walwyn
Advocacy Officer, Healthy Caribbean Coalition
Co-chair: Ms Katie Dain
Chief Executive Officer, NCD Alliance

Speakers

Mr Brighton Kaoma
Director, Sustainable Development Solutions Network Youth – Global cooperation for youth-led action on SDGs

Dr Justin Koonin
Co-chair Steering Committee, UHC2030 – Youth as key stakeholders for comprehensive UHC: priorities and strategies

Dr Liane Comeau
Executive Director, International Union for Health Promotion and Education – No global health without the health of our globe

Dr Poonam Muttreja
Executive Director, Population Foundation of India – Prioritising the adolescent and youth health agenda in COVID times: what and how?

Dr Vinod Paul
Member, NITI Aayog, India – Inter-sectoral action for UHC and SDGs: young people as drivers of progress

8:45-9:30 PM  SPEED NETWORKING
CLOSE OF DAY 1
### DAY 2 (APRIL 21, 2021): 10:30 AM- 1:00 PM IST AND 3:00 PM-7:45 PM IST

<table>
<thead>
<tr>
<th>TIME (IST)</th>
<th>SESSION</th>
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<tbody>
<tr>
<td>10:30 AM-1:00 PM</td>
<td>Meeting of GYM Declaration Committee and Regional Action Plan Working Groups (closed meetings)</td>
</tr>
<tr>
<td>3:00-5:00 PM</td>
<td>GYM Parallel Workshops (9-17)</td>
</tr>
<tr>
<td>10:30-12:30 PM BST/11.30 AM - 1.30 PM CEST/5.30 AM-7:30 AM EDT/7:30 - 9:30 PM AEST</td>
<td><strong>Workshop 9 (same as Workshop 1)</strong>&lt;br&gt;Lead - UNICEF&lt;br&gt;Title: UNICEF Youth Advocacy Training&lt;br&gt;&lt;br&gt;<strong>Workshop 10</strong>&lt;br&gt;Lead - International Diabetes Federation&lt;br&gt;Title: Diabetes advocacy: learning how to advocate&lt;br&gt;&lt;br&gt;<strong>Workshop 11</strong>&lt;br&gt;Lead - Institute for Research and Development “Utrip” (UTRIP)&lt;br&gt;Title: How to inform policy and decision makers about evidence-based prevention policy &amp; practice&lt;br&gt;&lt;br&gt;<strong>Workshop 12</strong>&lt;br&gt;Lead - World Obesity Federation&lt;br&gt;Title: Shifting the obesity narrative: The use of language and imagery when talking about obesity&lt;br&gt;&lt;br&gt;<strong>Workshop 13</strong>&lt;br&gt;Lead - NCD Alliance and Global Coordination Mechanism/Non-Communicable Diseases&lt;br&gt;Title: Campaign communications: building support and driving change&lt;br&gt;&lt;br&gt;<strong>Workshop 14</strong>&lt;br&gt;Lead - Research Triangle Institute International&lt;br&gt;Title: Digital Communication Campaign Planning for Non-communicable Diseases&lt;br&gt;&lt;br&gt;<strong>Workshop 15</strong>&lt;br&gt;Lead - Sustainable Development Solutions Network Youth&lt;br&gt;Title: UN Sustainable Development Solutions Network - Youth Initiative&lt;br&gt;&lt;br&gt;<strong>Workshop 16</strong>&lt;br&gt;Lead - HRIDAY and The Union South East Asia&lt;br&gt;Title: Tobacco-Free Generation: Our Time is now&lt;br&gt;&lt;br&gt;<strong>Workshop 17</strong>&lt;br&gt;Lead – National Institute of Mental Health And Neuro Sciences (supported by WHO-SEARO)&lt;br&gt;Title: Reducing injuries and road crashes-should youth lead the way?</td>
</tr>
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</table>
5:10-6:30 PM

Plenary 3: Youth – leaders of global health
Plenary moderator: Mr Labram Musah, Ghana NCD Alliance

Segment 1: 30 minutes + 10 minutes discussion
Title: Meaningful involvement of young people in the global health and development agenda
Chair: Mr Bruno Helman (International Diabetes Federation)

Speakers

Mr Fale Andrew Lesa
NCD Child-Meaningful involvement of youth in decision making to achieve the 2030 Agenda

Mr Pierre Cooke, Healthy Caribbean Coalition
Healthy Caribbean Coalition-Breaking the barrier: youth driving policy change

Dr Diana Setiyawati
Youth participation from global to local multisectoral collaboration

Ms Lucy Fagan
Commonwealth Youth Health Network- Creating impact through networks: the power of the youth collective

Segment 2: 30 minutes + 10 minutes discussion
Title: Building Back Better – opportunities for youth leadership emerging from the COVID-19 pandemic
Chair: Dr Ishu Kataria (RTI International & Youth Coalition on NCDs)

Speakers

Ms Chantelle Booysen
Movement For Global Mental Health- No health without mental health

Ms Kristina Sperkova
Movendi International- Industry manipulation of young people and how to prevent conflict of interest
Ms T’ara Smith  
Beyond Type 1 - The virtual reality: shifting action to the digital mode

Mr Christopher K. Agbega  
Ghana NCD Alliance- Every voice matters; Every story counts

| 6:30 PM-6:45 PM  | MOBILITY BREAK |

| 6:45-7:45 PM  | Closing Ceremony  |
|              | Co-moderators: |
|              | Ms Johanna Ralston, Chief Executive Officer, World Obesity Federation, Co-chair: GYM 2021 |
|              | Ms Lesly Vejar, National Institute of Public Health, Mexico |

Overview of GYM 2021  
Ms Johanna Ralston

Open Forum: Feedback from participants  
Message from Dr Tedros Adhanom Ghebreyesus, Director General, World Health Organization (recorded)

Live connect with youth delegates  
Ms Diah S Saminarsih  
Senior Advisor on Gender and Youth to the WHO Director General  
Moderated by:  
Dr Rajesh Mehta, Regional Adviser-Child and Adolescent Health, WHO Regional Office for South East Asia, Co-chair – Technical Advisory Committee, GYM 2021

Overview of the GYM Regional Action Plans  
Youth from 6 WHO Regions

Release of the GYM 2021 Youth Declaration  
Ms Aadya Murgai  
HRIDAY, India  
Mr Elvis Ndikum  
World Organization of Family Doctors, Cameroon  
Vote of Thanks  
Ms Radhika Shrivastav  
Director – Health Promotion, HRIDAY, Co-chair – Organising Committee, GYM 2021
## TENTATIVE AGENDA

<table>
<thead>
<tr>
<th>TIME (IST)</th>
<th>SESSION</th>
<th>SPEAKER (PROPOSED)</th>
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<tbody>
<tr>
<td><strong>DAY 1 (MARCH 11, 2021)</strong></td>
<td></td>
<td></td>
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</tbody>
</table>
| 10.30 - 10.35 | Welcome and Introduction  
Overview of the workshop | Ms Radhika Srivastava  
Senior Director - HRIDAY |
| 10.35 - 10.40 | Welcome Address                                                          | Dr M Bhaskara Rao,  
President, HRIDAY |
| 10.40 - 10.45 | Building capacities of youth to be effective health advocates: Journey of GYM from 2006 to 2021 | Dr Monika Arora,  
Executive Director, HRIDAY |
| 10.45 - 10.55 | Keynote Address                                                          | Dr Neena Raina,  
WHO-SEARO  
Ms Aadya Murgai,  
Youth Health Ambassador, HRIDAY |
| 10.55 - 11.05 | Objectives and structure of the workshop  
Needs Assessment Results | Ms Tina Rawal,  
HRIDAY |
| **11.05 - 11.10** | **ICE BREAKER**                                                          |                                                                                  |
| 11.10 - 11.40 | Session 1: Plenary Session  
1.A: Young people’s health and wellbeing in the SEA Region: Current Situation | Dr Rajesh Mehta,  
WHO-SEARO  
Dr Isha Kataria, RTI  
International (India)  
Youth Committee Chair, GYM 2021 |
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<tr>
<th>TIME (IST)</th>
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<tr>
<td>11.40 - 12.15</td>
<td>Group work: Young people’s health priorities in their countries (6 groups)</td>
<td>Facilitators</td>
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<td>(Six break out groups - Each group will be moderated by a facilitator. Each group chooses a rapporteur and prioritizes most important health issue. Each group will develop an elevator pitch (2min) for a decision maker on immediately addressing the single most important health issue of young people to convince why he/she should care about it)</td>
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<td>12.15 - 12.25</td>
<td>MOBILITY BREAK</td>
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<tr>
<td>12.25 - 1.00</td>
<td>Presentation of elevator pitch by 6 groups</td>
<td>Moderator</td>
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<td>Open discussion – Group Feedback</td>
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<td>1.00 - 1.45</td>
<td>Importance and need for youth led health promotion initiatives</td>
<td>Dr. Harish K. Pemde,</td>
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<td>Director Professor of Pediatrics, In-Charge,</td>
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<td>Center for Adolescent Health, Head, WHO</td>
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<td>Collaborating Center for Training and Research in Adolescent Health</td>
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<td>Dr. Souvik Pyne, Senior Manager, Policy</td>
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<td>Engagement, The YP Foundation</td>
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<td>1.45 - 1.55</td>
<td>BREAK</td>
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| 1.55 - 2.40 | 1.B: Meaningful engagement of adolescents and young people in action on UHC and SDGs’ | Ms Danielle Mullings – Tech 4 Health, Transform health  
Ms Omnia El Omrani – Global youth coalition for youth safety, IMFSA  
Mr Desmond Nji Atanga, Cameroon (AFRO) – DESERVE Members of the Partnership for Maternal, Newborn & Child Health (PMNCH) - Adolescent and youth constituency (AYC) |
<p>| 2.40 - 2.50 | Journey of young GYM alumnus to public health leader: Experience sharing’ | Mr Labram Massawudu Musah, GYM Alumnus, Programmes Director: Vision for Alternative Development (VALD), National Coordinator: Ghana NCD Alliance |
| 2.50 - 3.00 | WRAP UP | |</p>
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<tr>
<td>10.30 - 10.40</td>
<td>Recap of Day I and overview of the Day II workshop</td>
<td>Dr. Shikhar Gupta, Youth Health Ambassador, HRIDAY</td>
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<td>10.40 - 11.25</td>
<td>Session 2: Leadership and Communication skills</td>
<td>Ms Heer Chokshi, Vice President- Development Sector Lead at Edelman</td>
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<td>11.25 - 12.10</td>
<td>Session 3: Campaign Cycle - Campaign Planning, implementation, monitoring and evaluation</td>
<td>Dr. Patanjali Dev Nayar, WHO-SEARO Ms Anjali Singla, Counseling Psychologist, The Insightful Mind Therapy, Principal Coordinator, Movement For Global Mental Health</td>
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<td>MOBILITY BREAK</td>
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<td>12.20 - 12.35</td>
<td>Session 4: Country prioritisation and campaign planning for the GYM 2021</td>
<td>Ms Prachi Kathuria, HRIDAY</td>
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| 12.35 - 1.20 | Group work: Country prioritisation and campaign planning for the GYM 2021  
(Ten break out groups - All the participants will be assigned to the 10 working groups, allocated on the basis country representation. The intent of the small working groups is to enable the youth to understand and decide WHAT action is needed and by WHOM. It would provide the youth participants with an opportunity, and a process, to develop a campaign. Each group will choose a rapporteur to design a campaign addressing most important health issue. These will include small group discussions led by facilitators. Each group will develop key campaign messages based on the discussions) | Facilitators |
| 1.45 - 1.55 | BREAK                                                                   |                                        |
| 1.30 - 2.15 | Report back (in country groupings)-10 presentations                      | Ms Prachi Kathuria, HRIDAY              |
|            | Open discussion – Group Feedback                                         | Dr. Nanda Fauziyana, Program Manager-NCD |
|            |                                                                        | Alliance Indonesia                      |
| 2.15 - 2.30 | SEAR Youth Health Priorities Concluding remarks                          | Ms. Bonita Sharma, Co-Founder & CEO, Social Change makers & Innovators (Sochai) Dr Rajesh Mehta, WHO-SEARO |

GLOBAL YOUTH MEET ON HEALTH, 2021
ANNEXURE 5: GYM 2021 YOUTH DECLARATION

We, the Youth, represent the largest segment (16%) of the global population. At the moment, we are not just at a critical juncture undergoing life transitions in terms of physical, sexual, emotional, social and developmental aspirations, related to education, career and livelihood, and relationships with others, but also struggle to protect ourselves and our communities from the devastating global COVID-19 pandemic. Let us acknowledge: Youth are not the future they are the present as well.

Taking note of the need to meaningfully engage young people in discussions and deliberations concerning their health, development and well-being, it is imperative to provide them with opportunities to voice their needs and priorities, to inform decision making. The pandemic is already shifting the trajectory of education, health and work culture for us and has further implications on our physical and mental health and well-being. Countries, across the globe have committed towards the Sustainable Development Goals (SDGs) and achievement of Universal Health Coverage (UHC), for which it is important to open doors for meaningful youth engagement. We see our role as leaders, influencers, service providers, researchers, peer educators, activists, community outreach workers – including in the pandemic response and beyond.

Young people are living their reality now, not in the future. They are bearing the brunt of the pandemic and have been hit the hardest with economic and societal setbacks. It is the vulnerable young people who are at risk of losing their jobs, undergoing catastrophic life transitions, such as dropping out of school and slipping into poverty. They require the greatest support in the COVID-19 era. In line with the World Health Organization’s ambitious Triple Billion Targets by 2023, youth hold a critical role, and offer valuable contributions to address specific needs, and overcoming financial obstacles, to advance the agenda of UHC.

Our rights, health and well-being should be at the center of a multi-stakeholder action plan to create healthy, safe, and sustainable living environments. Youth-led civic engagement can pave way for effective health promotion, building COVID resilient communities and health systems to #BuildBackBetter.

In midst of the challenges, youth are exposed to today, it is an opportune time to build their resilience, competence and capacity for an idealistic rhetoric of young people changing the present and future!

CALL TO ACTION

We all gather virtually for the 4 Global Youth Meet on Health (#GYM2021) under the shroud of the deadly COVID-19 pandemic. While the circumstances are challenging, they do not weaken our resolve and commitment. We turn these challenges into opportunities and innovations to promote global health and wellbeing. During this decisive decade of our existence, by 2030, we, the youth health champions of the 4th Global Youth Meet on Health, from 35 countries, call on decision-makers, civil society organisations, UN and key stakeholders with the following:
Youth should be meaningfully engaged at all levels, from conceptualisation to implementation of health and development policies and programmes, monitoring and evaluating progress and integrating transparency and accountability as components of effective implementation.

Opportunities to be created for youth to lead health and development agenda, through peer interaction and engagement to deliver equitable and essential services, spreading accurate information, championing mental health and conducting research.

Undertake youth-led capacity building for supporting engagement in virtual and inperson formats, mentorship, facilitation and coordination for shared ownership and decision making.

Take forward integrated frameworks for all adolescent health programmes, to improve the programming and measurement of adolescent well-being.

Help strengthen the regulatory policy environments to protect young people from marketing tactics of the unhealth commodities industry, with a specific focus on prevention and control of Non-Communicable Diseases (NCDs).

For improving health, education and skills, entrepreneurship and employment outcomes, increase investments at global, regional, national and sub-national levels and facilitate youth engagement at every step of decision making.

Highlight and take ambitious steps to protect the health of youth from the devastating effects of air pollution exacerbated by climate change.

Engage multiple-sectors and stakeholders to protect youth health and create healthier living environments. National governments should adopt a whole-of-society approach and engage sectors beyond health through multi-sectoral action plans for adolescent health and development.

Availability of support and resources from UN bodies and donors to support mentor-mentee programmes and implementation of GYM Regional Action Plans, post GYM 2021 to accelerate youth led action within the COVID-19 response plans.

Leverage opportunities within adolescent health programming, to focus on young people living with health conditions and those at risk, as a part of UHC. Ensuring that the rights of adolescents and youth are integrated within human rights legislation, healthcare and education systems, and that legislative tools are used effectively to eliminate the pervasive and unacceptable impact of stigma, discrimination and bullying.

To advance efforts for ending gender-based violence and discriminatory practices that retard the health rights, physical and mental development of youths during and beyond the COVID-19 pandemic.

High priority accorded to young people in UHC and sustainable development frameworks, ensuring that health systems meet the needs of youth in the time of COVID-19 and throughout the recovery phase, including public health promotion, testing, treatment, vaccination and provision of mental health services.