



Youth Ki Awaaz's Gender & Health Writer's Training Program

Youth Ki Awaaz is India's foremost community platform with over 4 million readers every month. We invite changemakers like you to join us in starting conversations on #PeriodParGyan - aimed at initiating conversations on gender, health, sexual and reproductive rights focusing menstrual hygiene management in India.

A good portion of the population menstruates, but there is an air of silence around it. Menstruation has a direct impact on the health and social life of individuals. The UN has declared menstrual hygiene to be a human rights issue and that it is directly connected to quality of life. With this campaign we aim to help young people like you to go beyond the conversations on stigma to directly address the problems associated with menstrual health and management and its intersections with gender, sexuality, health, socio-economic policies, labour rights and so forth.

How the program works:

In this internship programme, you are expected to submit a minimum of 8 articles over a course of 5 weeks. You will be dealing with 2 pitches weekly on a singular theme to deliver on. All you have to do is:

- Send a brief in about 50 words for each pitch, which would explain the layout and the format of the article.
- Review existing work surrounding your pitch (I have added some suggested readings for convenience).

After approval, you are required to submit the 2 articles in a minimum of 600-800 words in a format of your choice within 4 days for an editorial comment on the same where you could be asked to make changes. Failure to stick to deadlines and plagiarism may result in an unsuccessful internship.

The weekly themes* are as follows:

1. **Stigma, Myths and Taboos and MHM:** For generations, cultural norms and practices have become normalised on our narratives around MHM. They can be regressive, violent or sometimes even subversive. Understanding of MHM is not complete without understanding the socio-cultural systems behind it.
2. **WASH Sector and MHM:** WASH sector is generally seen concerned with water, sanitation and hygiene - but the linkages to MHM cannot be denied. Access to water,

sanitation and hygiene is essential to the dignity of a menstruator.

3. **Policies, Labour Rights and MHM:** Governments can be the first step that affects change with their massive institutional power. With its massive reach, no institution comes close in terms of power and reach. Private sectors, informal sectors and public sectors work under their own policies and laws. Looking and comprehending the political and legal landscape can provide insights to MHM.
4. **Health and MHM:** Periods are intrinsically connected to one's overall physical, mental and social health. MHM is directly connected to our bodies. These intersections need to be explored in the backdrop of the healthcare system in India.
5. **Period Industry and MHM:** The period industry is a billion dollar institution going strong since more than half of the world's population menstruates. From when the modern day pad was first commercially available in 1888, we have come a long way. Going from searching for the most effective ways to absorb the blood, we have now even started researching on how to use this monthly phenomenon.
6. **The Other, Power and MHM:** Socially determined labels work under certain assumptions and norms, sometimes proving to be difficult to break from. When subversion of these identities happens, your whole mental and physical well-being can be shaken. These conversations need to work in tandem with MHM for a more holistic approach to the same.

The themes are designed to increase in difficulty as we move along the weeks. Conversations on several of the themes already exist in our discourses, so it will be our utmost effort to move beyond those conversations to aid your storytelling.

*The themes can be changed to better suit your needs

What you get:

The program is designed to be a comprehensive learning experience where through one on one interaction with the editors, you will refine your issue-based writing skills, your communication skills and your overall expression on talking about the vast intersections of MHM.

Outstanding stories will be highlighted on Youth Ki Awaaz's platform as a part of #PeriodPaath campaign. It is a chance to be heard and influence millions others, and be a conversation starter. Furthermore, you get a chance to be featured on Youth Ki Awaaz's social media and engage with diverse opinions of our users (again, you can choose the format).



Your work will be published on a dedicated site for #PeriodPaath campaign and additionally some of you will have the opportunity to become a Youth Ki Awaaz Top User with featured stories.

On completion, you will get a certificate for successfully wrapping up the internship program that reflects your performance throughout your time at YKA. Few who excel will also get a chance to get a personalised letter of recommendation from our founder.