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|  | **Yi Chapter-Level Round Table Toolkit**  **Health & Accessibility September 2025** |

# Strong Minds, Open Doors

*Youth Action for Health, Hygiene & Accessibility*

## Purpose & Objectives

* Ignite honest, inclusive, action-oriented dialogue on **youth health and accessibility** across India.
* Capture **grassroots insights** to feed into the **Yi National Health & Accessibility Summit** (late Sep / early Oct).
* Build momentum for **policy advocacy**, **local initiatives**, and **national visibility**.

## Format Overview (2 Hours)

**0:00–0:10** Welcome & Opening  
**0:10–0:15** Short video / context setting  
**0:15–1:00** **Part 1 – Strong Minds (Health Round Table)**  
**1:00–1:45** **Part 2 – Open Doors (Accessibility Round Table)**  
**1:45–2:00** Closing reflections & group photo

## Recommended Participants

* Yi members; **youth** (teens & college students); parents; educators/school reps
* Local **health experts** & **mental health counsellors**; NGOs
* **Persons with Disabilities (PwDs)**; disability advocates; **accessibility & civic officials**

### Part 1 – Strong Minds (Health): Discussion Modules & Prompts

1. **Mental Health – Break the Stigma**  
   • Why do we hesitate to talk about stress/anxiety/depression?  
   • What emotional support works locally?
2. **Teen Resilience – Strong Mind, Strong World**  
   • What are teens struggling with today?  
   • How can peer groups/families build a safer mental environment?
3. **Peer Pressure & Substances – Say No**  
   • What does peer pressure look like in schools/colleges?  
   • What would a supportive youth culture look like?
4. **Water, Hygiene & Dignity – Hygiene Heroes**  
   • What taboos persist around menstrual hygiene/sanitation?  
   • What low-cost improvements are most urgent at school/community?

### Part 2 – Open Doors (Accessibility): Discussion Modules & Prompts

1. **Physical Access – More than Ramps**  
   • Which spaces remain inaccessible? Who ensures compliance?
2. **Inclusive Education & Workplaces**  
   • Do schools/offices accommodate different needs? Which reasonable accommodations help?
3. **Accessible Healthcare & Services**  
   • Are clinics/hospitals accessible? How can technology bridge gaps?
4. **Attitudes & Awareness – Changing the Lens**  
   • What biases exist? Why does accessibility benefit **everyone**?

## Roles & Responsibilities

* **Chapter Chair/Lead:** Convene stakeholders; assign moderator & rapporteur; ensure **Fireflies AI** is added; confirm venue basics (step-free entry, seating space, mic).
* **Moderator:** Keep time; include diverse voices (youth & PwDs); drive clear action points.
* **Rapporteur:** Capture key takeaways per module; collect photos; submit report by **28 Sept**.

## Submission & Visibility

* Submit **1-page report + Fireflies AI link/PDF** within **24 hours**; final deadline **28 Sept**.
* Social: **#StrongMindsOpenDoors #YiHealth2025 #EnableAccess2025**  
  Tag: **@youngindians.yi @yionline @yitweets**