

ANS Program Report from July to September 2021

“Things may never go back to normal. You may need to create a new normal and that’s okay.”

According to the World Health Organization, a total of 6,18,89,03,420 vaccine doses have been administered whereas in Nepal it has been 1,31,66,598 till today’s date. Starting with so much fear and uncertainty with covid-19, now a small hope has begun in the lives of people with provision of vaccination. According to the latest figures released by the Nepal health ministry, 46,67,328 people have been completely vaccinated, that is, 15.4 percent of the population. With the end of second wave of covid-19, finally we get to see people are more likely to adopt a ‘New Normal’.

‘When the world falls apart you have to adapt and the strength of your studio lies in your ability to react’.

Arise and Shine Nepal could reach out to the needy young people and their parents in this pandemic, through many relevant sets of programs, counseling opportunities, covid-19 relief packages, etc. Through covid-19 relief distribution program ANS could support many young people and their families with good news of hope. Since most of the middle class families were hardly hit and struggling to fulfill the daily needs of the family, they had been highly encouraged after getting support from ANS. For youth development, ANS did not stop providing a learning platform despite virtual barriers and other challenges. Of course, we all were adapting to explore the new innovative ideas to keep young people motivated and updated in whatever ways we possibly could do. Yet, we are still exploring how to reach out to the needs of young people in more creative ways in future days.

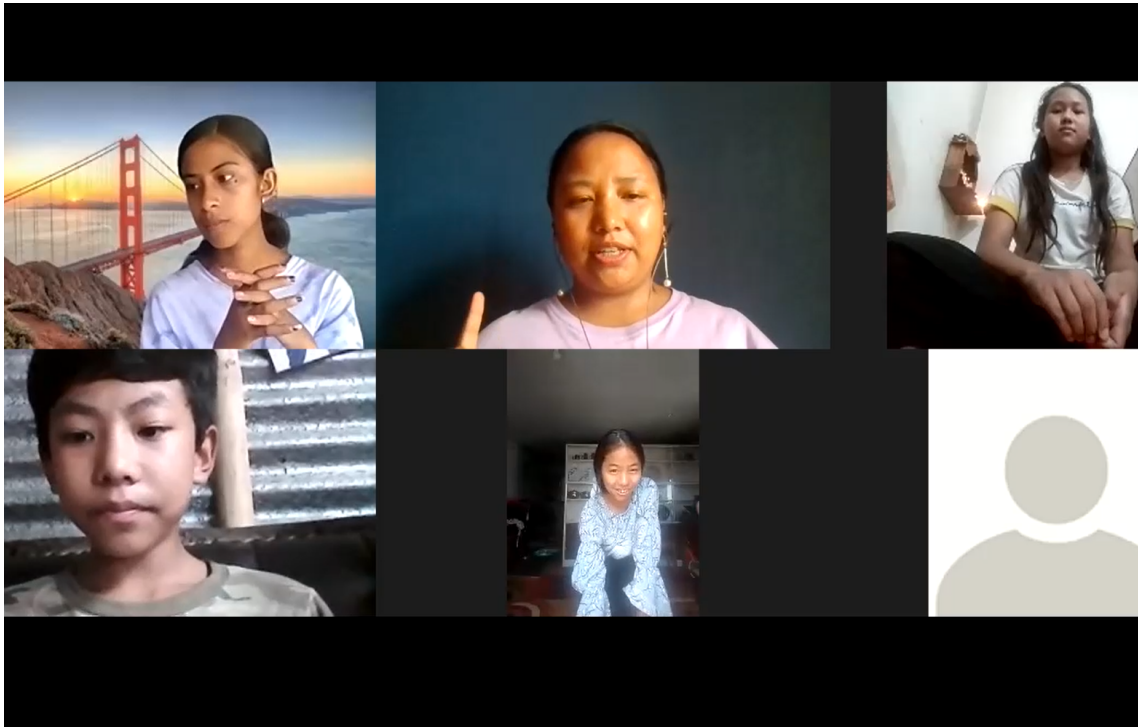
ANS Programs Updates from the last quarter**1. Weekly CST program (Come, See and Taste)**

The momentum of ANS programs seem to be gradually taking place with the change of the outer world now. Weekly community programs like CST have been designed in a way they could develop social skills, interactions, learnings, exchange of thoughts, etc. A common place or platform where young people wished to come and share belongingness together. We had so many sessions on mental health for the last entire year therefore, this time CST participants were given a chance to reflect, evaluate and monitor their actions and behaviors throughout almost all the sessions and activities that were assigned. Similarly, there were some fun activities and testimonies shared. Young people seem to be more expressive about their mental health problems and could speak about their needs, if they had a dilemma while dealing with it.

Many new young people also had joined this weekly community program and that was quite motivating for ANS. Through different relevant activities, interactions involved, and sharing we could acknowledge one another's perspective, strengths and learn from experiences the other one got.

The sessions were facilitated by the staffs and youth facilitators as follows:

Date	Topic	Facilitator
03 Jul 2021	Mental Health: Introduction	Joshua
10 Jul 2021	Mental Health: Understanding	Joshua
17 Jul 2021	Mental Health: Importance	Joshua
24 Jul 2021	Mental Health: Reflection	Joshua
31 Jul 2021	Mental Health Reflection	Joshua
07 Aug 2021	Mental Health: Activity	Joshua
14 Aug 2021	Weakness: Introduction and reflection	Radhika
21 Aug 2021	Weakness: Understanding	Radhika
28 Aug 2021	Weakness: SWOT Analysis	Radhika
04 Sep 2021	QUIZ: How much do we know about ANS?	Radhika
11 Sep 2021	Testimony from youths on mental health awareness	Ashika & Rabina
18 Sep 2021	Talent Show and Games	Pramila
25 Sep 2021	Debate: Positive v/s negative side of social media	Ashika



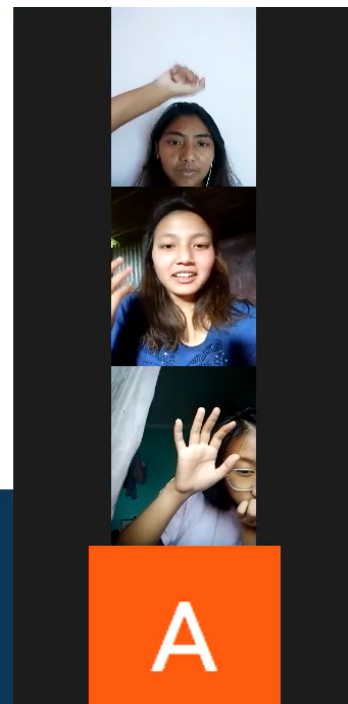
2. PYDI program (Batch II)

For the last quarter, two specific PYDI values were highly discussed and shared (CONNECTION & CARE). The PYDI students (young people) were given relevant activities, sessions, self-reflection time, clearing out doubts in Q/A, more interactions and learnings. The participants were willing to share their vulnerabilities so that the others could also learn from their experiences. They were given an opportunity where they could express their feelings, judgements, agreements, disagreements and so on. Reflecting on how we really were to ourselves and to others was not something common and easy to do. They chose to accept their flaws and have agreed to follow the right thing in every kind of relationship they would be engaged in.

Demonstration of Listening...

Poor Listening
Genuine/Empathic Listening

Skit time



3. ANS Youth Volunteer Honoring Program

Volunteers are a great resource for Arise and Shine. For the tremendous contribution in order to make ANS succeed in building a very better place for young people out there in the community. In fact, ANS highly appreciates all their efforts and commitment to make ANS mission of serving young people and families in our community possible. That's why, as a small gesture of appreciation, this program needed to be organized, especially for youth volunteers. Throughout this long pandemic these young people have always been there for ANS and were ready to workout ANS plans and goals. There were altogether twelve young people who volunteered through different ways like some facilitated in a weekly CST program, some assisted in beautifying ANS facilities, some in Drop Zone mini library management, some in organizing CST programs, etc and many more. Each individuals have supported ANS to build a great platform to learn (online) as well as have motivated ANS team to keep on chasing it's goal until the day it's achieved.



ANS IMPACT STORIES

Nikesh Katuwal, 18 years (PYDI team project celebration)

'During the PYDI team project, what I felt was, a contribution must be felt before the work is done then only we will be blessed with happiness and inner peace. I think, as a team we managed it really well despite the ongoing uncertainty and chaos around. I am really thankful to my team and ANS for this wonderful opportunity to celebrate (short trip) as a result of accomplishment of the team project. When we reached there, we were asked questions which made us bring all the qualities and lessons that we have learnt in PYDI last year and could answer it accordingly. That was the time when I could connect with myself again, maybe after a long period of time. Besides that, we had a great time creating and sharing a lot of memories together which we will probably share with our grandchildren in future. Smiliarly, swimming, bbq, nature view, under the dark sky with the soothing sound of Bhotekoshi river, talking about life in the presence of twinkling stars gazing at us, living the moment as the last night of our life, etc. There are some moments we froze in photographs too.'

Ashika Achhami, 18 years (PYDI mentoring)

'We have been enrolled in PYDI since January 2021 and we have learned many new things than we could have ever imagined. I am very thankful to ANS and especially Radhika sister (trainer) for being the most friendly and good mentor. All sessions were best and have been one of the most useful classes of life. Above all, for me the session regarding CONNECTION had been very much useful. In fact, most of the time, connection seems too common but ends up being the hardest thing we ever face in life. We have a lot of friends or relationships but how healthy do we want our relationship to be? What are we actually supposed to do? Throughout all the classes, I came to know who my real friends are and how good or bad I am as a friend. Sometimes I might have been the toxic friend to someone else or maybe I didn't even know that I was also expected to have the same great qualities of friend. I could differentiate between toxicness and healthy relationships. Besides these, I came to know about the true meaning of relationships. I also realized that I had the wrong perception on Dating or knowing someone. I had a great time learning these things and clearing out my doubts. Now, I have much hope to live my life maintaining a healthy relationship, just the way I have learned from all this time.'

Monica Hamal, 19 years (Senior CST)

'It's been a few months since I joined CST. I remember when I started CST online, Joshua Dai was taking sessions on mental health. We discussed how our mental health had been affected by pandemic, family problems, insecurities, etc and how we could actually help ourselves and others during this journey. Everyone went through the same phase, at least once in a lifetime, where he/she would be mentally tired, on the verge of giving up and there's nothing wrong with it. It's okay not to be okay. It's okay to have flaws and weaknesses. But we should know that weaknesses are there, for not to be hidden or ignored but to be reflected. This is what we learned from Radhika di's sessions about weaknesses. I believe it gives us more opportunities to be brave.'

Anjali B.K, 15 years (Junior CST)

'I really enjoy attending weekly CST. What I have learned this quarter is, acknowledging my mistakes or bad habits and changing them for good. I used to be so rude and stubborn. I used to argue with my parents unnecessarily and refuse to do what they asked me to. Now, after learning about respect and obedience from weekly CST, I have started to help my mother with household chores, finish my school assignments and also I do not argue with my parents in a rude way lately.'

TESTIMONIES



Nikesh



Ashika



Anjali



Monica

ANS MAJOR ACTIVITIES OF LAST QUARTER



Servant Leadership Workshop



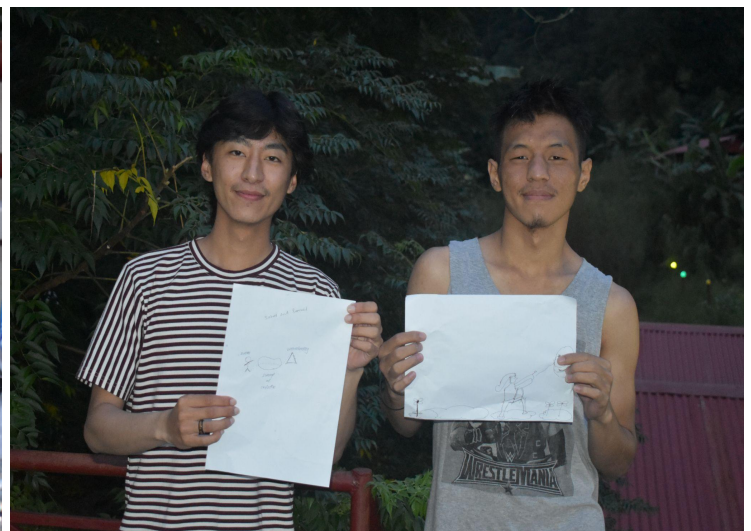
ANS GA 2077-78



Relief Distribution



Coordination with local ward office



PYDI I batch team building activities

Table showing the no. of participants in the programs during the last quarter:

S.N.	Date (AD)	Program	Participants		
			Total	Male	Female
1	Jul to Sep 2021	Weekly CST program (senior)	10	5	5
2	Jul to Sep 2021	Weekly CST program (junior)	5	3	2
3	Jul to Sep 2021	Weekly mentoring program (PYDI)	4	0	4
5	29 & 30 Sep 2021	ANS youth volunteer honoring program	6	6	0

Other major activities carried out by ANS in the last quarter are:

S.N.	Date (AD)	Activities
1	Jul to Sep 2021	ANS AGM FY 2077-78
2	Jul to Sep 2021	ANS program budget review of last FY 2077-78
3	Jul to Sep 2021	Budgeting for FY 2078-79
4	Jul to Sep 2021	ANS presentation in government official SWC
5	Jul to Sep 2021	Renewal of ANS project for FY 2078-79
6	Jul to Sep 2021	Tax clearance for FY 2077-78
7	Jul to Sep 2021	Program planning for FY 2078-79
8	Jul to Sep 2021	Strategic planning for FY 2078-79
9	Jul to Sep 2021	Plan and goal setting for the quarter Jul to Sep 2021
10	Jul to Sep 2021	Publish ANS quarterly report from April to June 2021

Challenges:

- Human resource management, retention of long term volunteers
- Virtual barriers to reach out to the beneficiaries effectively

Conclusion:

ANS would never be able to accomplish our goals in actions if there were not any support behind. Lot of kind people have been supporting ANS to make its vision come into reality through local and international partner organizations, individual supporters and well-wishers. Only because of your faithful support, ANS could actually bring hope in the lives of young people and families in this community despite the fear of uncertainty around. We will always be grateful towards the people who have always been there for ANS.

Upcoming programs/activities for next quarter Oct to Dec, 2021:

S.N.	Date	Program/ Activities
1	Oct to Dec, 2021	Weekly CST (both senior and junior)
2	Oct to Dec, 2021	Daily DZ (both senior and junior)
3	Oct to Dec, 2021	PYDI II batch graduation
4	Oct to Dec, 2021	Publish quarterly report of Jul to Sep, 2021
5	Oct to Dec, 2021	Career Guidance Program for +2 level students
6	Oct to Dec, 2021	Cloth Distribution Program
7	Oct to Dec, 2021	Regular emotional & mental health counseling program for young people
8	Oct to Dec, 2021	Emotional and mental health counseling program for parents
9	Oct to Dec, 2021	MOU with new youth volunteers for FY 2078-79
10	Oct to Dec, 2021	Strategic planning meeting (ANS decision making team)
11	Oct to Dec, 2021	Update ANS youth profile information from last quarter
12	Oct to Dec, 2021	Orientation for possible PYDI III batch
13	Oct to Dec, 2021	Enlarge DZ hangout/ lounge room for senior youths

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