

## ANS Updates July to September, 2019



*“You are only young once, and if you work it right, once is enough.”*

*"I no longer want to go to school because one of my teachers made me stand in the whole class, scolded me with harsh words and I felt so humiliated and embarrassed", said a kid.*

Insulting, cutting remarks, put downs are common especially among the young people. It happens within themselves, from their parents or teachers. They are constantly looking for affirmation, acceptance and encouragement in the midst of this negative environment.

ANS believes that young people in our community are seeking platforms where they want to reflect on their own leadership. This year ANS has plans to mobilize young people in order to generate youth leaders for the future. If they take leadership, they will feel ownership and responsible for the concerned things. ANS is trying to approach those young people by providing more intentional team building activities, workshops and life skill programs so that in due time they will be very confident towards their life and become able to inspire many other young people out in the community.

### **ANS Youth Mobilization:**

ANS has now formed a group of 5 youths who are committed to ANS vision and we call them “ANS Youth leadership team”. ANS is planning to invest on these young people by providing relevant opportunities where they can develop their leadership skills and build up their confidence in order to bring positive change in youth culture in our community through Arise and Shine Nepal. They will be

actively engaged in participating learning and organizing some of the core programs of ANS in the two years.

**Testimonies from ANS Youth Leadership Team:**

**Martha Sunuwar**

*‘My experience was little bit different than I expected after taking the responsibility in leadership team. I got opportunities to learn many things like handling pressure, be a good planner, proactive and patient. After taking so many responsibilities what I learned was we must have good communication and team work to carry out the given responsibilities. It helped me to be creative as well and encouraged me to do good deeds in the future as well.’*

**Samuel S. Rai**

*‘Within these months, I came to a conclusion and realized that there’s a difference between boss and a leader. A boss just focuses on themselves and demands results but a leader always encourage and inspire the performance of an individual in a team. A will to learn something new, listening more than taking, to take responsibility even if it’s challenging are such skills that I have developed with the help of ANS and my organizing team. I feel like doing more and more in upcoming days to sharpen up my skills as well as being the leader to reach the goal ANS dreamed for.’*

**Dinesh Shrestha**

*‘In the past quarter, I have learned to take responsibility seriously. I have become more confident now while speaking in front of masses and giving any sort of presentation.’*

**Table showing the number of participants in the programs during the last quarter (July to Sep, 2019):**

S · N ·	Date (A.D.)	Program	Participants		
			T o t a l	M a l e	F e m a l e
1	Regular Programs				
2	Jul to Sep, 2019	Drop Zone	1 7	1 5	2
3	Jul to Sep, 2019	CST	3 9	3 1	8
4	Periodic Programs				

5	27 July, 2019	Futsal Tournament			
6	19 Aug to 7 Sep	Facilitation Training	1 4	7	7
7	Sep 28, 2019	Sports CST day	4 9	3 7	12

**Source: Documented program sign in sheets**

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

S · N ·	Activity	Date
1	Formation of new ANS youth leadership team	July to September
2	Organizational Renewal Process	July to September
3	Program Evaluation, Planning and budgeting	July to September
4	Seminar on SSF (Social Security Fund) orientation	09 September
5	Capacity building training for Yohoshu	12-13 September
6	ANS sustainability Planning Meeting	18 September

Some of the regular and periodic programs ANS conducted in the last quarter are:

### **1. Drop Zone:**

Drop zone is a daily program that prevents young people from risk taking behaviors such as substance abuse, school drop outs, minor crimes etc as well as develop their social skills through various kinds of recreational activities

**Story:**

One of the youth from leadership team said, *'It has been great experience organizing such a big event by our youth team. It developed our leadership skill and built good relationship with one another.'*

**Photographs:**



**2. Weekly CST (Come, See and Taste):**

CST program exists to connect all ANS youth by bringing them together on a weekly basis. It builds community among themselves as well as provides a platform for them to perform and develop their talents, learn ANS Youth values or gain an important skill for life, also carry out community services, get leadership opportunities etc.

The table below shows the learning activities done in CST in the last quarter:

<b>S • N •</b>	<b>Date</b>	<b>Topic of the session</b>	<b>Facilitators</b>
<b>1</b>	20 July 2019	CST evaluation	Joshua Limbu
<b>2</b>	27 July 2019	Courage (risk taking)	Joshua Limbu
<b>3</b>	3 August 2019	Risk taking (Group discussion & interaction)	Radhika Lama

4	10 August 2019	ANS Cleanliness Program	Joshua Limbu
5	17 August 2019	Courage	Radhika Lama
6	24 August 2019	Compassion	Joshua Limbu
7	31 August 2019	Making boundaries	Martha and Arina
8	7 September 2019	Commitment	Asha Magar
9	14 September 2019	Character	Radhika Lama
1 0	21 September 2019	Family	Cloudfactory team
1 1	28 September 2019	Sports Day	Games and fun

### Story:

*“I have learned so many things about 6c’s that really helped me to build up my confidence and I have developed the level of my own commitments and I’m really proud of that.”* says Binay, regular youth.

### Photographs:



### 3. Facilitate Training: Training of Trainers Course

ANS has organized 25 hour workshop for 14 young people for those who are currently facilitating as well as for those who have potential to become effective facilitators in the future. ANS plans to

develop a pool of effective facilitators for ANS weekly CST program so that CST becomes more relevant to youths as well as it becomes sustainable.

**Story:**

*"For me the last three weeks were very blessed and fruitful. It changed the way I viewed learning/teaching. I learnt how to make learning happen through facilitation. I am much more confident on how to facilitate learning now. The training was very helpful for my self-growth and for my future career. I especially enjoyed the last two days of self-training sessions, it boost my mind on the previous days of my learning." Says Asha Thapa Magar, one of the training participants.*

**Photographs:**



**7. Sports Day program:**

ANS organized this sports day program in order to encourage those young people who have been coming regularly for drop zone and CST purpose. The main objective of this program was to provide an environment where young people come together as a community, develop their sports skills, learn social skills, get rewarded for their achievement and encouraged to be better at what they are interested in.

**Photographs:**



## 8. Futsal Tournament

ANS organized a Futsal Tournament this quarter. This is the first time we have introduced 3 side futsal tournament in this locality. In fact it is one of the historic ones in the whole county as 3 side tournament is rarely played. Twenty two (22) teams came together to play. It was a two day tournament. Each game lasted for 20 minutes with 5 minutes break in between. About 400 people gathered in the course of two day event. The purpose of the tournament was to develop relationship with each other and encourage aspirant football players in the community. Team Timothy won the first prize.

### Photographs:



**Difficulties and challenges:**

- Mobilizing young people effectively to reach more and more friends like them and out in the community to be role models and impact the community positively
- Adequate funding needed for the FY 2019-2020
- Better networking with concerned stakeholders such as mental health services, parents, schools, lawyers, police force
- Needs more human resource and management

**Conclusion:**

ANS has been providing services to the young people in our community so that they get the opportunity where they can be confident with life, master their leadership skills and inspire others for the good deeds. ANS is always grateful to all its partners and individuals for making the mission of ANS possible.

**Upcoming Programs:**

<b>S · N ·</b>	<b>Date</b>	<b>Programs/ Activities</b>
1	Oct to Dec, 2019	Daily Drop Zone
2	Oct to Dec, 2019	Weekly CST
3	Oct to Dec, 2019	Futsal
4	Oct to Dec, 2019	Parenting teenagers classes
5	Oct to Dec, 2019	CST quarterly evaluation and reporting
6	Oct to Dec, 2019	ANS 10 year planning
7	Oct to Dec, 2019	Overall Program planning FY 2019-20
8	Oct to Dec, 2019	Documentation training (in house capacity development)
9	Oct to Dec, 2019	Staff retreat

**Submitted by: Miss. Radhika Lama, ANS Program Officer**  
**Dated: October 06, 2019**