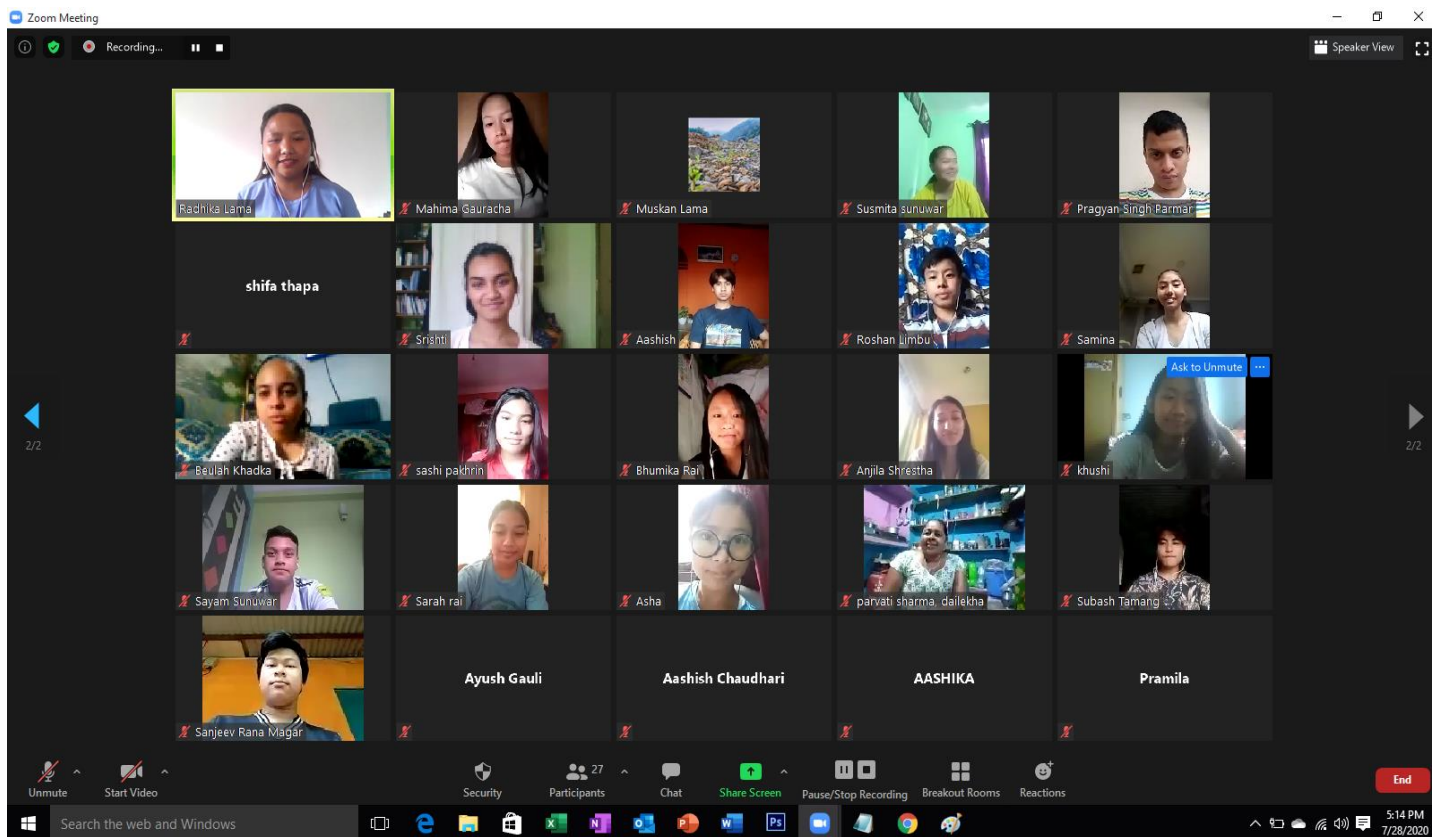


Arise and ANS Updates from July to September, 2020

"Before taking part in Career Guidance Webinar which was conducted by Arise and Shine Nepal, I was preparing for my studies and my further aims. I was not expecting that number of people but it was great to see people of my age. Also I was given chance to speak up so I was really happy and I shared my aim in life. One of the trainers also related to the field I was planning to study in future. I was really ready to learn things from her because she was highly experienced. While having interaction with her, she told me what the real field was like that I have been choosing in a very clear way. I was totally clear about my aim and glad to hear from others too. I would like to thank ANS team for providing this opportunity to me." said Ashish Tamang from Career Guidance Webinar.

"Educating and supporting our youth is the best way to invest in a prosperous future."

ANS's mission is to operate a youth center that provides a safe gathering place and a set of programs that attract youth to keep them safe as well as develop them for better career opportunities.

Everyday 1500 to 2000 youths migrate to Gulf countries for labor employment. Majority of the youths say, "Nepal would be developed if every youth was guaranteed a job in the country itself." Nepalese young people are obligated to work for low income with lots of dissatisfaction. Young people are not encouraged and given enough opportunities to explore their potential. Arise and Shine is here, in this community to support those young people who dream for success and help them achieve their dreams so that they will be confident to explore themselves when the right time or opportunities come. We do not provide any jobs but of course we do prepare them, guide them and invest in them for the better career opportunities.

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

S.N.	Date (AD)	Program	Participants		
			Total	Male	Female
1	Jul-Sep 2020	CST program (Come, See & Taste) Senior	17	8	9
2	Jul-Sep 2020	CST program (Come, See & Taste) Junior	3	2	1
3	Jul-Sep 2020	PYDI life skills training & mentoring	10	7	3
4	Jul 28, 2020	Career Guidance Webinar (SEE appeared)	28	11	17
6	19 Sep 2020	Family Counseling (16-19 age group)	6	1	5
7	30 Sep, 2020	Workshop on online education (guidelines for students)	11	1	10

Other Activities carried out by ANS in the last quarter are:

S.N.	Date (AD)	Activities
1	Jul-Sep 2020	Weekly CST organizing (team building activities & personality types learning)
2	Aug-Sep 2020	Weekly level 10 meeting (planning and issues solving)
3	Aug-Sep 2020	Daily Strategic plan meeting for FY 2020-21
4	August 2020	Evaluation of the Career Guidance Webinar for SEE students
5	Jul-Sep 2020	Weekly discussion meeting on the ANS principles plus team building activities as an organization
6	August 2020	Presentation for ANS Project Approval (metropolitan) from the government
7	Aug-Sep 2020	Compilation and update of ANS youth profile FY 2020-21
8	Sep 2020	Developing ANS yearly calendar for FY 2020-21

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

From this quarter we have started life skills training series on ‘Relationship IQ Level 5’ for the young people who are 16 to 19. This resource was developed by Youth wellbeing Project, Australia. ANS is testing this course in the context of Nepalese teenagers. Most of the young people are struggling in their relationship with their girlfriend/ boyfriend, they are unaware about their perception and choices for life, seeking proper guidance and counseling in order to choose what is best for their relationship. There are altogether ten units covering the entire course and for this quarter we have completed five units and they are given as below:

Date	Unit	Topic	Facilitator
01 & 08 Aug, 2020	1	Media, Gender & Pressure to conform	Joshua
15 & 22 Aug, 2020	2	Integrity and smart choices for life	Martha & Pramila
29 Aug & 05 Sep, 2020	3	Respect = Consent	Nikesh
12 & 19 Sep, 2020	4	Proactive intervention for violence prevention	Asha
26 Sep & 03 Oct, 2020	5	Physical Responsibility	Dinesh

Stories of CST comers



Lanuma Limbu (16 years, Senior CST)

I was really confused about my career and I finally got the perfect choice with the help of ANS CST classes. The sessions are really effective and knowledgeable. CST has changed my life completely and has made me a better evolved person. I am really thankful to ANS for such a good guidance and for being so friendly.



Aryam Thapa Magar (12 years, Junior CST)

I love CST. I love it because we can learn many things there. Like, making many friends, playing games, lots of fun, when if we don't go CST I would be like fighting with friends before. We can't go there now and get good teachings because of the risk of social interaction. But we have zoom CST now. Even through zoom CST, I learn good things, see friends on screen, do drama and have lots of fun playing games online.



Purnima Sunuwar (14 years, Junior CST)

Attending junior CST was quite nice and helpful for me. We learn about how to be aware of from bad things in teenage. After talking that session I know how we feel in teenage. I felt very comfortable asking questions and knowing it properly.

2. PYDI course (mentoring and counseling)

For this quarter we focused on their individual goal setting that included preparation for making their goals SMART with implementation plans. They were trained on how their relationship and connection with one another could embrace themselves to achieve their goals effectively. They got skills on minimizing the risk of failure, how to prioritize their goals, how to overcome the fear of emotional instability, how to hold accountability within the close friend circle and we also got to explore the worldview on dating culture too.

Stories from the participants



Sahas Sunuwar, 20 years old

Before this session I wasn't serious about my goal in life after taking PYDI I started taking my life, goal serious. I used to judge people and their opinions but after taking session I came to know that people act/ think differently because of their personality. PYDI course has helped me at my decision making abilities too. I need to understand myself and think well before taking any kind of serious decision. Knowing the background of the people, we can make some level of right judgment why people do certain things the way they do. What I love the most about PYDI course is about goal setting because if we apply that session well then that can make us a successful person.



Arina Silwal, 18 years old

Before I had not thought of planning stepwise to achieve my life goals but with the help of PYDI class I could plan in details now. I have also been trying to be a good friend that I would sought in others.

3. Career Guidance Webinar

We provide career guidance and counseling program for young people so that they will be able to choose relevant subject as per their interests and goals. ANS provides a regular platform for young people to share their problems regarding their goals for life either short term or long term. We also provide one and one mentoring for those who really want to achieve their goals and seek support and guidance from ANS. Since this pandemic is going on, most of them were mentally distracted from their life goals and future plans. ANS

played a significant role to help them reach their dream job or goal and also making a right choice for better future.

4. Family Counseling program

Because of this ongoing pandemic ANS was not able to connect with the parents of the young people effectively. Thanks to technology, finally we were again able to connect family counseling. ANS organized this online event just to make sure the both parties (parents and youths). Many young people were found mentally disturbed according to the mini research we had on the last quarter. And as parents they also held the accountability for their youths' mental health. In this webinar they received awareness level of skills on how it looked like to be in their son's/ daughter's shoes, how to communicate in a very calm and effective way and how to respect their perspectives too.

5. Online workshop on online classes guidelines

Since we all have been engaged with technology in each and every sectors these days. ANS thought of providing online workshop regarding the guidelines for effective studies to those young people who were seeking some support and guidance too. Some of the secondary level and high school students were trained on how to be proactive and effective in terms of using different means of social media, knowing how apps like zoom, Google meet, Google classroom actually could help them in developing themselves for their better studies. Some families of youths for family counseling webinar. They are okay in this difficult time as well as find out if they are facing any kind of relationship difficulty.

Challenges:

- To run all the ANS programs smoothly
- Program planning for this FY because of this uncertain situation

Because of this Covid-19, we could only think of virtual programs for the beneficiaries. That is why we came up with the better option for providing online programs to the young people. But since this is also a very new experience for ANS we are still unable to reach and connect with the young people and their parents as effectively as we planned. Young people seem to be going through a lot during this time like mental disturbance, finance, technology, education, isolation, etc. ANS is willing to serve their needs through online trends despite this severe condition and its effect in all aspects of our lives.

Conclusion:

We are so glad that even in this severe situation we could provide life skills training, counseling and guidance for the young people as per their needs through varieties of programs. ANS would like to express its heartfelt thanks to all ANS both local and international supporters and well-wishers for their valuable contribution. Without your support, it would not be possible at all. ANS could connect with the young people and their families for their youths' mental health and social development. Thank you once again for your continued partnership, prayers and motivation for us to accomplish ANS vision.

Upcoming activities for next quarter Oct to Dec, 2020:

S.N.	Date	Programs/ Activities
1	Oct to Dec, 2020	Weekly online CST (both senior and junior)
2	Oct to Dec, 2020	Weekly level 10 meeting/ principle discussion meeting
3	Oct to Dec, 2020	Strategic plan meeting/ monthly staff meeting
4	Oct to Dec, 2020	Publish quarterly report of Jul to Sep, 2020
5	Oct to Dec, 2020	AGM (Annual General Meeting)
6	Oct to Dec, 2020	Smoking Cessations Training from partner organization, YGOS
7	Oct to Dec, 2020	PYDI graduation
8	Oct to Dec, 2020	Family counseling (13-15 & 16-19)
9	Oct to Dec, 2020	Flourish life skills training-I starts
10	Oct to Dec, 2020	PYDI course – II starts
11	Oct to Dec, 2020	Audit, renewals and tax clearance
12	Oct to Dec, 2020	Career Guidance Webinar for high school students
13	Oct to Dec, 2020	Covid-19 Relief Distribution Program

Submitted by: Miss Radhika Lama, ANS Program Officer
Dated: Oct 05, 2020