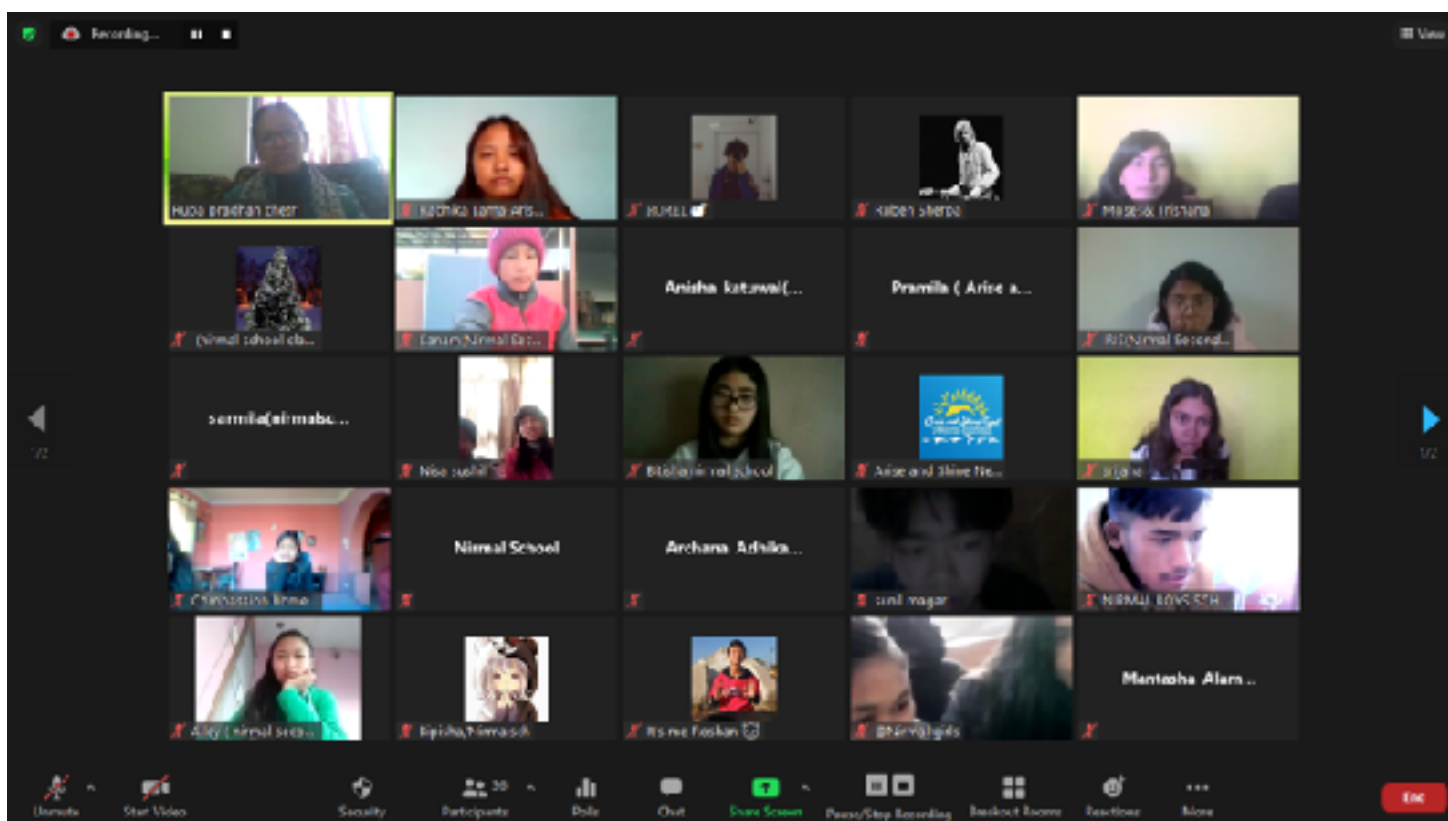


Arise and Shine Nepal Updates from October to December, 2020

“This career guidance program has brought positive impact on me. Before, I never took career as an important matter but I learned that having a career is mandatory. I have a specific goal now, which is becoming an actor and that is my passion. Moreover I like doing things whole heartedly without any force. This program guided me to have a career and work as hard as I can to make it successful. I would like to thank Arise and Shine for giving such an amazing opportunity. I believe, not only for me but every youth who were participating, this program has been so motivating. I am now clear about choosing my career. This program was very much effective for me personally, thank you.” shared by Rabina Silwal, a participant from Career Guidance Program

“Our job is not to prepare students for something but to help students prepare themselves for anything.”

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.

The thing we learn in our early age, has a huge impact in every decision we make in life. Providing career guidance program for secondary level students has been a great achievement of this quarter. ANS in collaboration with local school were able to do this. ANS organized a platform where the students could ask questions or curiosities regarding their aim and career plan for future, interact and know others’ perspectives, learn the importance of education in our lives and more. For any student, their teachers and elders play vital role in directing and molding their youth into good characters. In order to make the student look forward to their aim

and focus on their education, ANS is proud to take that initiation and enable those students to prepare themselves for their better career ahead.

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

S.N.	Date (AD)	Program	Participants		
			Total	Male	Female
1	22, 29 Sep & 06 Oct 2020	Smoking Cessations Intervention Program	10	6	4
2	03 Oct 2020	Family Counseling (13-15 age group)	10	4	6
3	14 Oct, 2020	PYDI life skills training & mentoring	9	6	3
4	12 Dec 2020	Family Counseling (13-19 age group)	5	4	1
5	19 Dec, 2020	Career Guidance Webinar (8-10 grade students)	50	32	18
6	Oct-Dec 2020	CST program (Come, See & Taste) Junior	3	1	2
7	Oct-Dec 2020	CST program (Come, See & Taste) Senior	14	5	9

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

S.N.	Date (AD)	Activities
1	Oct-Dec 2020	Weekly CST organizing (team building activities & personality types learning)
2	Oct-Dec 2020	Weekly level 10 meeting (planning and issues solving)
3	Oct-Dec 2020	Weekly discussion meeting on organization principles
4	Oct-Dec 2020	Preparation for Annual ANS General Assembly
5	Oct-Dec 2020	General Assembly meeting FY 2020
6	Oct-Dec 2020	One and one mentoring with mentees
7	Oct-Dec 2020	Program Planning
8	Oct-Dec 2020	Preparation for second PYDI batch enrollment

ANS Programs Updates from the last quarter

1. Online Weekly CST (Come, See and Taste) Program

The same series on ‘Relationship IQ Level 5’ has been continued in this quarter. We discussed about the sexuality and sexual identification, understanding sexuality and variations. The participants were aware of

the importance of their own sexuality, dimensions involved and aspects that could lead to negative sexual decisions as well. Some of the sessions were as given below:

Date	Unit	Topic	Facilitator
03 Oct 2020	5	Physical Responsibility	Dinesh
10 Oct 2020	6	Pregnancy choices	Mrs. Manju
21 Nov 2020	7	Whole person's sexuality	Radhika
28 Nov 2020	8	Whole person's sexuality	Radhika
05 Dec 2002	9	Valuing individuality and diversity	Joshua
12 Dec 2020	10	Valuing individuality and diversity	Joshua
19 Dec 2020	11	Valuing individuality and diversity	Joshua

2. PYDI Course

We could finish this PYDI (six months course) in this quarter. The participants got chance to know their strength and potential, examine their personality and goal, evaluate themselves and plan more, understand their true self and also understand others around. This was the first batch and they were also given some assignments regarding their entire training learnings, stories, reflections and evaluations too.

There were reasons behind delaying the graduation program for the first PYDI batch. First, that was the season of Nepali festival (Dashain & Tihar) and second, they had their high school examination coming. So, ANS could only think of certification ceremony (physical gathering) in the next quarter.

3. Career Guidance Webinar

For the first time, ANS could organize career guidance program for the 8th, 9th and 10th grade students in order to help them identify their potential, aim or goals in life. The facilitator was an expert counselor and psychologist who helped those students realize what awaits them after completing their 10th grade and what their future career look like. There were participants from both government and private schools from the local community. The more interesting thing happened was, along with participants there were some teachers from the interested school participating in this program and willed to learn from program and ANS too.

4. Family Counseling Program

The purpose of this family counseling (family meet) program was to help the parents understand their teenagers as they were also struggling mentally with this pandemic. We could connect with some of the parents and listened to some of their problems. It was great time for both the parents and ANS to know more about the mental and social state of the particular youth. Since after lockdown, young people seem to have lost or stuck in their lives in terms of study or career, we encouraged them to have a regular communication and sharing with their teenagers acknowledging their mental health situation.

5. Smoking Cessations Intervention Program

Arise and Shine organized 5 hours online program on Smoking Cessation. The program was facilitated by Daborah Tao from YGOS (Youth Guidance Outreach Services) Singapore, ANS partner organization. She is a counsellor at YGOS. YGOS has been doing this program for at risk youths in Singapore for a long time. Some of the tools and techniques that we learned from this program was very much relevant since youth smoking has been rampant in Nepal. This program was not only for smokers but for the youth workers and elders who could encompass the issue of smoking and find ways to help those smokers to cease it (get rid of addiction). So this program was very useful for youth workers, counsellors, pastors and teachers.

Stories from the participants

“We learned so many things from this training. We came to know that even a single cigarette contains over 7000 chemicals and 43 chemicals are known for cancer causing and 400 are toxins. We came to know the reasons and aspects involved for smoking which were psychological (stress), behavioral (play tricks) physiological (to get pleasant and energy).”

“We learned that smoking could cause 16 types of cancers. Smoker could also be like non-smoker after sometime. The interesting fact we found out was if we were near to a smoker and even if we did not smoke a cigarette, it could actually cause us a health problem. We came to know that it would decrease our living age more than we imagine.”

Stories from this quarter



Sarina Gole (Senior CST)

The sessions about sexuality was so relevant and knowledgeable at the same time. I used to think there were only two gender which is male and female but when I learned about the types of sexuality, I just came to know about the third gender i.e. LGBT (lesbian, gay, bisexual and transgender). We have listened people bullying other by ‘gay’ word but actually it was about their sexuality. We learned that person’s sexuality is expressed their feelings and sexual orientation as well. We have seen people expressing and exploring their sexuality but in Nepalese society, there might be very few to accept their child as third gender. Through this session my perspective over third gender has been changed, we need to approach them with empathy and support them if they are in distress.



Sahas Sunuwar (Smoking Cessation Training)

I was so excited for smoking cessation training because I was so confident that if I took this training it would help me to encourage my friends to stop taking cigarettes. Training was really awesome. I learned a lot of things there. I found that even if we started taking cigarettes for years then quit, we could be fully recover like non-smoker in a few years. From this training I learned each and every step how we could help smokers to quit smoking. Our trainer showed us a few videos about smokers who were facing huge problems then and some even died

because of smoking. I learned that smoking could take half of our lives. This training would be very helpful for me for my future.



Samuel S. Rai (PYDI course)

Coming to Arise and Shine was already a great start to my life journey. Learning about ongoing situations, knowledgeable sessions and many more. But after I participated on this PYDI program, I was able to recognize myself, and know who I really am. I was always confused why I've been like this or why I've been lacking behind. Truly my confusion was being slowly cleared away, like I dropped a big stone off my shoulder. Recently, I've been different than usual, and I like this new version of me. For me CONNECTION was the most difficult thing to do or make with people. Just talk with the people I know, thought making relation was not a big deal and not important. Slowly I've been able to chit chat with people, connect with them, got to know their stories. I think being able to do that is something I'm thankful towards ANS and PYDI trainer.



Nisha Tamang (Career Guidance Program)

I got opportunity to take part in Career Guidance Program which was hosted by Arise and Shine with Rupa ma'am as a facilitator. I got chance to think and decide in which field I was interested and what could make me happy with my own willingness and desires. I realized that knowing about career is not just the thing but I should try figure it out what strategic steps I shall take to accomplish it. We should be clear about our dreams, goals and also figure out things to make it successful. I am really thankful toward Arise and Shine for organizing such platform for students like us and also the facilitator for helping us out to know our dreams and plan ahead accordingly”

Challenges:

- To run online programs smoothly
- Program planning because of uncertain situation

Considering the demands of young people (physical programs) to meet physically for activities as well as the situation of the locality and regulations from Nepal government in terms of meeting physically in small numbers, ANS has decided to partially and gradually reopen the physical facilities for young people ensuring their safety during this pandemic.

Conclusion:

ANS would like to express its heartfelt thanks to all ANS both local and international supporters, well-wishers and our partner organization YGOS for their valuable contribution. We are so glad we still could provide life skills training, counseling and guidance for the young people as per their needs. We could also connect with the parents of teenagers, teachers and elders through our life skills programs. Without your support, it would not be possible at all. ANS is grateful for your continued partnership, prayers and motivation for us to accomplish the vision.

Upcoming activities for next quarter January to March, 2021:

S.N.	Date	Programs/ Activities
1	Jan to Mar 2021	Weekly online and onsite CST (both senior and junior)
2	Jan to Mar 2021	Weekly level 10 meeting/ principle discussion meeting
3	Jan to Mar 2021	Strategic plan meeting/ monthly staff meeting
4	Jan to Mar 2021	Publish quarterly report of Oct to Dec, 2021
5	Jan to Mar 2021	ANS board meeting
6	Jan to Mar 2021	Drop zone reopening
7	Jan to Mar 2021	PYDI second batch starts
8	Jan to Mar 2021	Both online and onsite family counseling (13-19 age group)
9	Jan to Mar 2021	Both online and onsite flourish life skills training-I starts
10	Jan to Mar 2021	Career Guidance Webinar for high school students
11	Jan to Mar 2021	Covid-19 Relief Distribution Program
12	Jan to Mar 2021	One and one counseling with youths
13	Jan to Mar 2021	One and one meeting with parents of teenagers

Submitted by: Miss Radhika Lama, ANS Program Officer

Dated: Jan 10, 2021