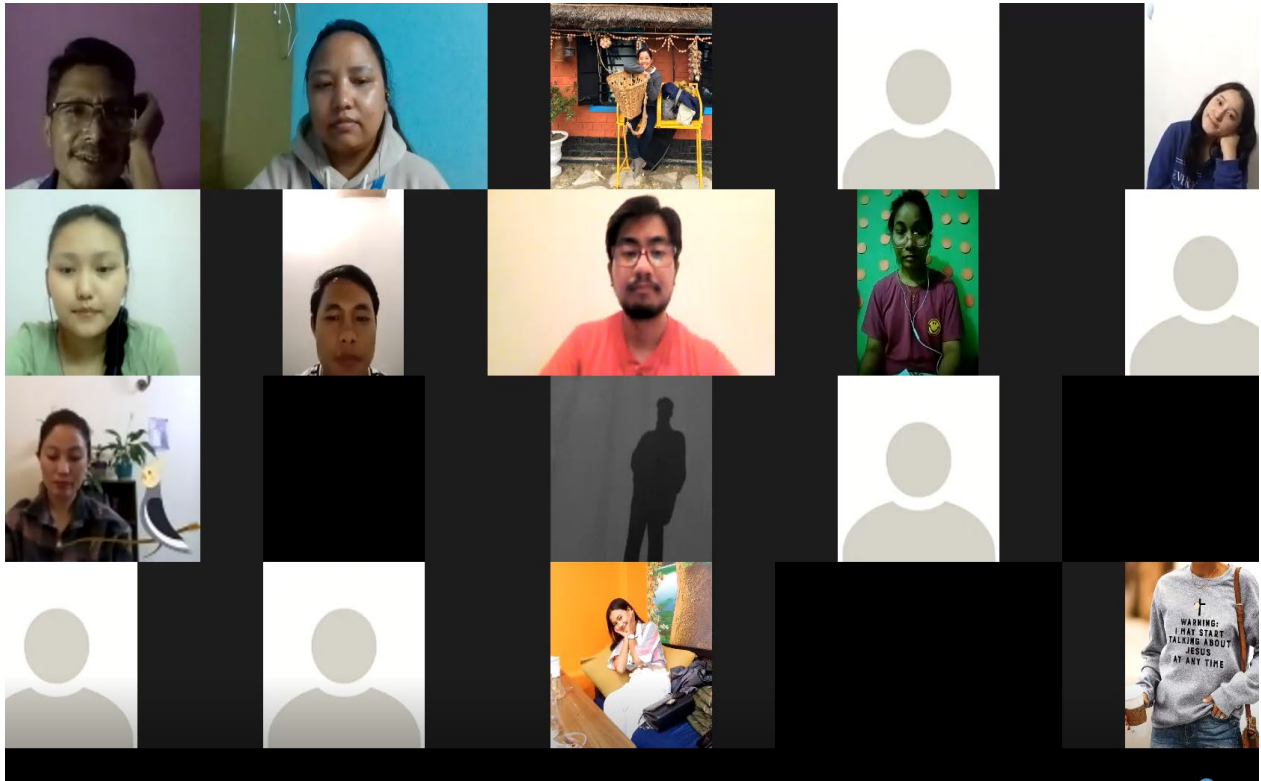


ANS Program Report from April to June 2021

“Mental health...is not a destination, but a process. It’s about how you drive, not where you’re going.”

“The session was helpful and really effective. It is necessary to have it, especially during pandemic. Through this session, I was able to understand more about how our thought actions can play an important role in our lives. It is necessary to renew our mind each day, where we can be healthy as well as positive. Once again Thank you for providing such an effective session.” shared by Anu Rai.

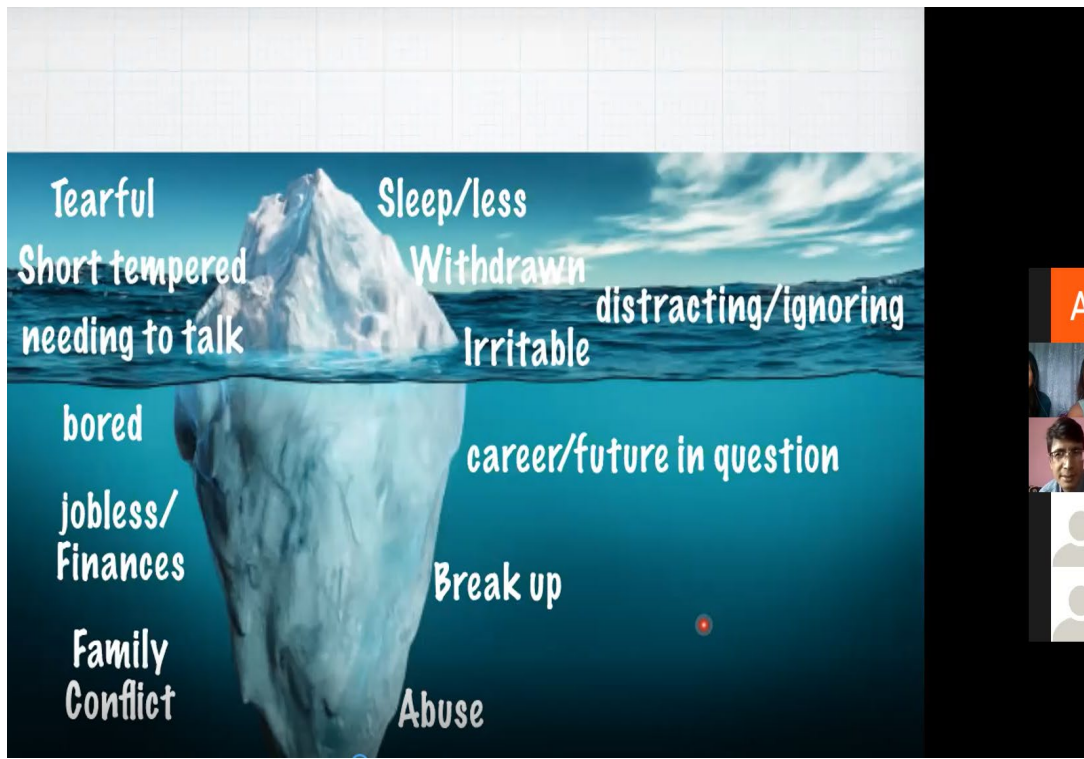
ANS Programs Updates from the last quarter**1. Weekly CST (Come, See and Taste) program on Emotional Resilience**

Unlike last quarter where relationship IQ level 5 was continued, this quarter we started CST on Emotional Intelligence and Resilience. Acknowledging the need of young people to understand their emotions and enable them to deal with it properly, was the purpose of CST this last quarter. The sessions were on different emotional aspects of a teenage mind, self-reflection, solitude and self-evaluation were carried out.

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

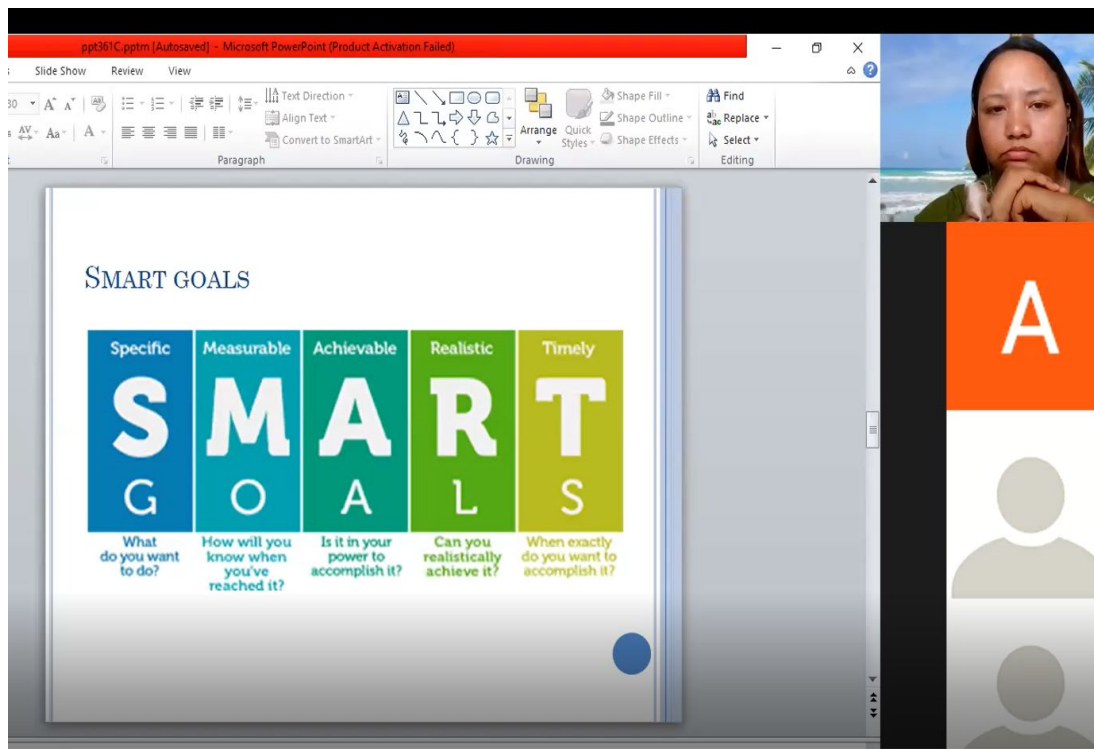
Date	Topic	Facilitator
03 Apr 2021	How the teenage brain functions (Teens Love)?	Joshua Limbu
10 Apr 2021	Whole person sexuality	Joshua Limbu
17 Apr 2021	Review learning from Relationship IQ series	Joshua Limbu

24 Apr 2021	Negative Self Talk (Signs/ Emotionally smart)	Joshua Limbu
01 May 2021	Area For Improvement	Radhika Lama
08 May 2021	Self-Awareness	Radhika Lama
15 May 2021	Pursue Happiness and Success	Radhika Lama
22 May 2021	Self-love and solitude	Martha Sunuwar
29 May 2021	Show interest in others	Radhika Lama
05 Jun 2021	Handling Criticism & Judgement	Hanok Tamang
12 Jun 2021	Non-verbal Communication	Ashika Achhami
19 Jun 2021	Interaction Program on Covid-19	Dr. Suryaman Menyango
26 Jun 2021	Mental health Interaction	Joshua Limbu



2. PYDI 2nd batch program

The PYDI students (young people) were given some career exploring sessions including interactions, self-reflection, evaluation, interest surveys, leadership personality, setting five-year goals, implementation plans and all. They were highly motivated to know what they wanted to be and what kind of personality they had.

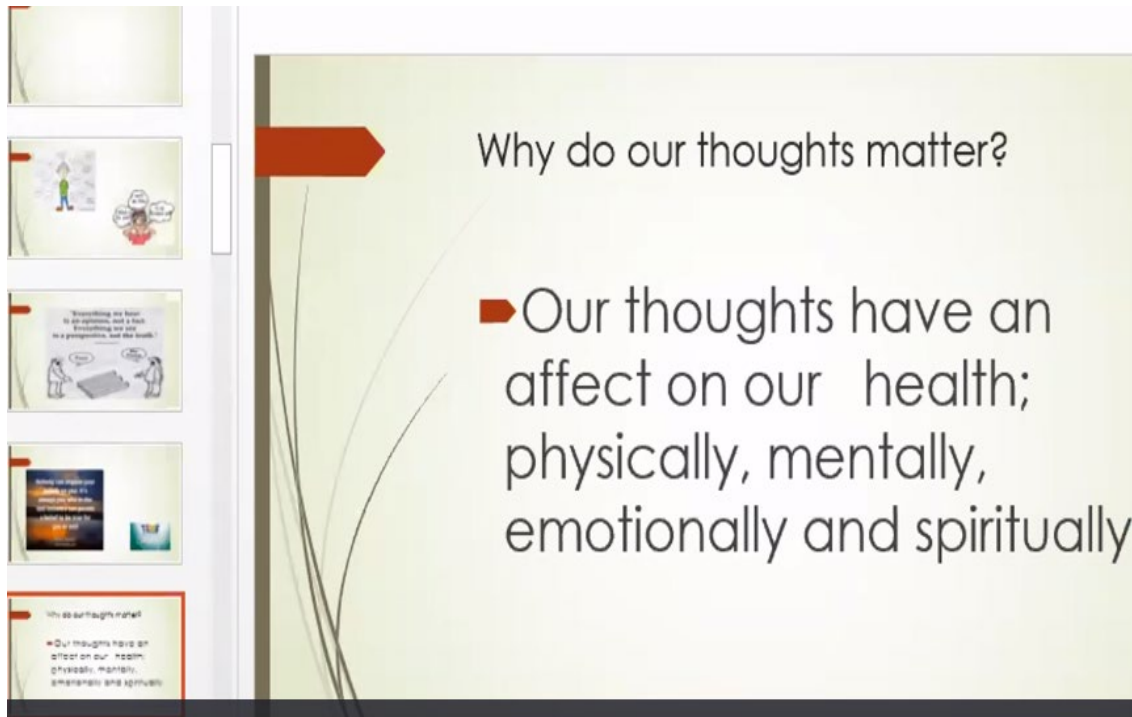


3. Special youth counseling (one and one)

Young people need someone safe whom they can share their lives with, without any hesitation. Many young people were supported from this special youth counseling on this quarter too. It was one and one meeting. They received counseling based on their daily activities, their thoughts and behavior. The main purpose was to let them know that ANS has always been interested in their lives and cared for all of them especially in this changing environment.

4. Thought, Action & Behavior of Covid-19 program

The consequences of Covid-19 has been highly neglected by the people in our community. As we might be hearing everything about covid we normally refuse to be more aware about it and it's negative effect on our mental health. So, the purpose of this program was to raise more awareness on the youths who were mentally disturbed, fatigued due to the current pandemic and also help to know how they can reduce the mental tensions and stresses they are having. The session was facilitated by an expert counselor Mrs. Rupa Pradhan Chetri.



5. Covid-19 awareness and interaction program by Dr. Suryaman Menyangbo

ANS conducted a special webinar for our youths to interact with a medical doctor to know more about the ongoing covid-19 crisis. The youths along with the staff actively interacted with the doctor to ask confusing and burning questions that they had. In the current situation, a lot of teens were looking quite confused and misinformed about the ongoing crisis. The webinar proved to be quite helpful and informative.



6. Mental health webinar

Mental health is a very sensitive matter of concern. Most of the people experience sadness, hopelessness, depression and anxiety in their daily lives. We are in charge of our emotional and mental health, so we can always choose to mental health and resilience. Mental health issues if not dealt properly, it can ruin one's emotional and mental health with so much damage. The root causes like stress and anxiety make a person to experience wilderness in life. The more it is discussed and talked on the table the more it is beneficial for our mental health. The self reflection activities were so significant for one to know their mental state and have a positive approach to lives. The purpose of this webinar was to create mental health awareness for the youths, specially for teenagers who are at risk. They were really hit by the pandemic. So, this webinar was conducted to know how they they are doing emotionally/ mentally and also help them cope with stresses they are having.

7. Covid-19 awareness and interaction program (for parents of teens)

Mental health has been the greatest issue going on these days specially in this pandemic. Not only young people but also parents of young people were highly encouraged to join and learn about the consequences of Covid. The testimony shared by the speaker herself has been a powerful message to the parents in order to know the love language of their children and treat them accordingly. In these confusing times, we connected with the parents to help them understand the pandemic better and guide them through it along with their children. Parents have been convinced enough to start a new beginning with their children now.

8. Stationery kit distribution to lower secondary and secondary level students

In this world of uncertainty around, many young people have been stuck with their academic goals and do not know what step to take forward. The entire school has been limited to a small screen nowadys without any social interactions. Around ten students were given different stationeries such as notebooks, pencils and pens. They were in need of these basic stationery items. This program was carried out in collaboration with Sprout Technology. We believ it encouraged them to study and focus on their education again.



9. Covid Relief Distribution program

This is the second time Nepal has been going through lockdown again. The negative effect this pandemic brought in peoples' lives with first lockdown has not even recovered yet and another lockdown happened. It has been more than a year now people have lost their jobs, struggled for daily breads and safety at the same time. ANS planned to distribute relief packages to the needy ANS youths and families in this community. A month long program was conducted through ANS to distribute relief materials for people in need. We had thorough communication with all the youths connected with ANS and their parents. We assessed their needs. It was a long process but we could connect with all the needy families and provided basic relief packages. The other benefit of this program was that we could further strengthen our relationship with families of the youths. The relief packages were as given below:

- food relief packages
- internet facility for students (online classes)
- mental and emotional counseling to youths and parents
- financial support (PCR test, medicine, sanitation, etc)
- house rent for the families living in substandard house
- educational support to the students (school/ college fees)



10. Career Guidance Program (SEE & +2 level)

The participants were from both government and non-government institutions. The program was conducted to guide the students that shapes their future. Those students were given ideas on choosing the right subject to pursue and decide their career paths. Despite virtual session the participants were aspiring and promising. We had quite a interactive session full of queries and expectation.

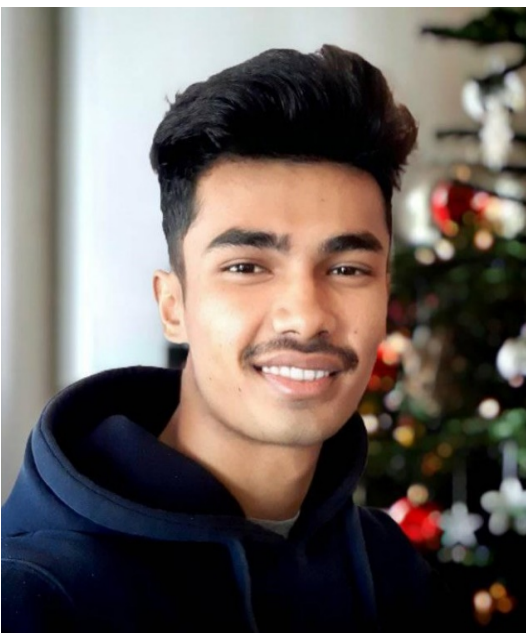
IMPACT STORIES

**Muskan Lama (Weekly CST)**

"I'm very fond of the CST as all ANS programs support youth growth and their mental wellbeing. CST helped me to be more aware about myself and practice self-solitary too. I learned more about anxiety and stress management. I felt welcomed, cared and loved by the people in CST. When I joined for the first time, I was pretty nervous but the friendly environment of CST (even in zoom) made me feel comfortable to express. It has supported youth like us to be a better version of ourselves and for that I'm really thankful to ANS."

**Samina Thami (PYDI class)**

"I thought it was just a normal course so did not hesitate to join since my cousin sister suggested me. Once I enrolled my entire perspective changed. This course helped me to know what my identity was. Every session has been really effective and fun to learn as well. We shared our individual perspectives on the related topic. The relective activities helped me to build my confidence towards life. This course has been really amazing as we found out where we were heading and what we wanted to be. I am very hopeful and looking foward to be the person that I have always dreamed of."

**Ashish Pradhan (Covid-19 awareness program)**

"I got a golden opportunity to participate in a Covid-19 program conducted by CST, where I learned a lot of unknown things about it. Program personally taught me a lot of things about how to prevent myself from Covid-19 and what to do after I got infected. The session was really fun and informative, at the same time. Thanks to CST, I hope to attend such a program in the future too."



Rabina Silwal (Mental health counseling)

"There was a time when I was in the moment of devastation. I didn't even know what was going on and ignored interactions with people. I didn't know why this lockdown hit me bad, I was so empty about my aims and confused what to choose for my future goal. It was such a hard time for me that I always used to be in a dark room. I was not this kind person before. I could keep on thinking negative things unnecessarily. I was out of contact with my friends circle, not totally but I was so depressed as hell. So all I wanted was somebody who could listen to my feelings. After having one and one counseling with one of the staff at ANS, I got hopeful and motivated again by the encouragement and support. That conversation was so effective and helpful for me. For many days I had not been able to get up but that day I threw all my emotions, feelings and I was actually getting positive vibes as if my burden has went off my shoulder. The way I was sticking to my past and all, I came to realize that I must let it go. It has been a turning point of my life that helped me to make a right

decision for myself and start fresh again."



Gita Karki (Parents of teens counseling program)

"I was blessed to be a part of the webinar. As a parent of teenager I learned so many new things. I also got the opportunity to learn about my daughters' perspective and how her brain functions at this very age. Before I was not able to understand my daughters properly but now I can get them. This webinar has also taught me how to treat my children. I also learned how to love them. I am very thankful to Arise and Shine for organizing this platform for parents."



Purnima Sunuwar, (Covid-19 Relief distribution program)

"I would like to thank ANS for all the support you have provided to us. My mom and dad are patients of diabetes. So they are supposed to take their medicine on a daily basis. Since there was no any income source, we were not able to buy medicine. In that very vulnerable situation we were worried about food too. We are so grateful towards ANS for everything you have done to us, we love you ANS."



Sarina Lama (Career Guidance Webinar)

"I know what's my aim but still was confused to choose the right career. I have a lot of questions and war on my mind. What happens if my plan and career step does not go as planned? Such questions always used to bother me and trouble me. But in the career guidance session learned so many things which helped me to clear my mind to achieve my goal. I got my answer now. Rupa ma'am and her husband both helped us to make a decision and know which sector is good as per our abilities and interests. We got counseled from those people who have experienced and faced such a situation in their lives. It's the best choice to consult and take suggestions from other people who have experience. They also told us about other different sectors which really gave us an overview of the future career. Thank you so much for that wonderful session which was very helpful for me."

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

S.N.	Date (AD)	Program	Participants		
			Total	Male	Female
1	03 Apr to 26 Apr 2021	Weekly CST program (Come, See and Taste)	16	8	8
2	01 Jan to 12 Apr 2021	Special youth counseling (one and one)	15	10	5
3	11 Jun 2021	Thought, Action & Behavior of Covid-19 program (Sp. Counselor)	48	10	38
4	12 Jun 2021	Covid-19 awareness and interaction program (Sp. doctor)	41	15	26
5	13 Jun 2021	Mental health webinar	72	40	32
6	25 Jun 2021	Covid-19 awareness and interaction program (for parents of teens)	15	3	12
7	29 Jun 2021	Stationary kit distribution to lower secondary to secondary level students	10	8	2
8	25 Feb to 15 Jul 2021	PYDI program (2nd Batch)	5	1	4
9	15 Jun to 15 Jul 2020	Relief Distribution program (covid-19 affected families)	150	75	75
10	15 Jul 2021	Career Guidance Program (SEE & +2 level)	34	10	24

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

S.N.	Date (AD)	Activities
1	Apr to Jun 2021	Weekly CST organizing team building meeting
2	Apr to Jun 2021	Weekly meeting on the organization principles
3	Apr to Jun 2021	Planning for covid relief program
4	Apr to Jun 2021	Preparation for stationery distribution program collaborating with Sprout Technology
5	Apr to Jun 2021	Quarterly report of Jan to Mar 2021

Challenges:

- ☐ Mobilizing youth volunteers effectively
- ☐ Need for adequate funds
- ☐ Difficulty in program planning and management due to uncertainty

Conclusion:

ANS would like to express its heartfelt thanks to all ANS both local and international organizations, individual supporters and well-wishers for your faithful support. Because of that we have been able to accomplish our planned programs and activities for this fiscal year. ANS could reach to many young people and their families through covid-19 counseling support and help them to become resilient. Similarly, many youths and families of this community were provided relief support from ANS during this hard times.

Upcoming programs/activities for next quarter Jul to Sep, 2021:

S.N.	Date	Program/ Activities
1	Jul to Sep 2021	Weekly CST (both senior and junior)
2	Jul to Sep 2021	Daily Drop Zone program
3	Jul to Sep 2021	PYDI mentoring program
4	Jul to Sep 2021	Weekly Level 10 meeting/ principle discussion meeting
5	Jul to Sep 2021	Monthly staff meeting
6	Jul to Sep 2021	Publish quarterly report of Jan to Mar, 2021
7	Jul to Sep 2021	Cloth Distribution Program

ANS Qtr (Apr to Jun) Report 2021

8	Jul to Sep 2021	Ongoing One and one meeting with parents of teenagers
9	Jul to Sep 2021	Career Guidance Program for 12 running students
10	Jul to Sep 2021	ANS volunteer refresher
11	Jul to Sep 2021	Ongoing Relief Programs
12	Jul to Sep 2021	Organization renewal/ project approval processes
13	Jul to Sep 2021	Training ANS youth leaders and volunteers

Submitted by: Miss Radhika Lama
ANS Program Coordinator
14 Aug, 2021