

ANS Quarterly Report from October to December 2021



“Youth smiles without any reason. It is one of its chief charms.”

“What could ever be more beautiful than the eyes with hope and the face with a smile!”

Arise and Shine Nepal works towards a vision of a safe, healthy and a peaceful community where all young people have a hope of a better future. During this severe pandemic period, being just hopeful seems to be the only option left. Many people lost their loved ones, people got unemployed, people were more anxious about their career and future. The signs of hopelessness could be seen in every individual's lives. Like a ray of sunshine, ANS could bring hope in the lives of vulnerable young people and their families with all support ANS could bring in tangible ways providing very essential services such as food, clothing, medicine, sanitary/ safety items as well as providing counseling and other practical help.

Now after a long battle with COVID in 2021, we all have finally survived and entered into this new year 2022. ANS has just started physical gathering again! Many informal yet interesting and surprising activities in this quarter have brought more freshness and joy in the lives of young people. At the same time, we combined programs that could fulfill their psycho-social needs and supported them to be more emotionally resilient.

Some of the main highlights of the activities in the last quarter have been given below:

1. Weekly CST program (Come, See and Taste)



ANS weekly CST program is back to physical now! It has been an exciting quarter for our young people! They had been looking for this. The sessions and activities this quarter were as follows:

Date	Topic	Facilitator
02 Oct 2021	Mental Health: Introduction	Joshua
09 Oct 2021	Mental Health: Understanding	Radhika
23 Oct 2021	Mental Health: Revision	Pramila
30 Oct 2021	Mental Health: Testimony	Dinesh
13 Nov 2021	Outdoor CST	
20 Nov 2021	Emotional and Mental Health Counseling Program	Joshua & Smriti
27 Nov 2021	Revisiting of ANS mission, vision and values	Joshua
04 Dec 2021	In collaboration with Nepalese Youth for Climate Action	Prakash and Team
11 Dec 2021	Sports day	
18 Dec 2021	Talent Show	

2. DZ program (Drop Zone)



Drop Zone facilities help young people explore arts, music, sports, games, fun and recreational activities that develop their socio-cultural awareness, athletic skills as well as keep them safe from getting into trouble and bad habits out in the community. Young people enjoy informal and fun activities that give them a sense of freedom and a common association.

3. Self-care for Mental and Emotional Wellbeing



Worldwide millions of young people are facing mental health issues in their daily lives. Likewise, In Nepal also, there are a lot of mental health concerns. In ANS mental health program, young people were highly encouraged to learn to know how to deal with stress, anxiety and other mental health issues in a very effective way. The trainers were experts in socio-emotional wellbeing and counseling areas.

4. ANS Cloth Distribution Program



In the cold season, many people die because of lack of warm clothes or shelter in Nepal. ANS explored a couple of needy areas for the distribution of clothes. They were mostly children in the slum areas as well as in a children's home. It has been possible due to generous people who gave their clothes to the needy ones this cold season. With so much hope and smile the children expressed their heartfelt thanks to all ANS team (staff/vols) and those who opened their hands for reaching out to them in need.

5. Awareness on Climate Change



Climate change has been a sensitive matter of concern especially to this generation of young people. ANS organized an awareness program in collaboration with Nepalese Youth for Climate Action (NYCA). In this short awareness session, they came to learn about the consequences of the effects of climate change. They learned about the significance of awareness that could minimize this common issue globally.

6. Counseling program for parents on Youth & Technology



According to a data from CWIN (Child Workers in Nepal) 82 percent of the children in Nepal use internet and how internet is connected with mental health, cyber bullying, pornography and suicides among the youths in Nepal. How much are parents aware of the devices their children are carrying in their hands? has been a matter of great concern for ANS. ANS regularly conducts parents training at different levels to empower parents of teenagers so that there is a quality relationship and a quality life for every young person.

7. Sports Day



Due to the government's strict rules and regulation of COVID, young people were unable to meet and gather with their friends before. But for now, the situation seems a bit normal here. Once again, every young person could join us through the sports day program where they had so much fun enjoying all indoor and outdoor activities. The number of young people participating on the sports day broke the track record of all the previous sports day at ANS (see data below on the table). They loved the games and were enjoying it a lot!

ANS IMPACT STORIES



"I came to know about Arise and Shine - Youth Centre through my friend. The event "Mental health counseling program" sparked interest within me because Mental Health is now one of the most crucial issues but there are very few programs being conducted. It was my first time attending a mental health counseling program. I was a bit nervous at first because of the new environment but the group discussion helped me to be more comfortable with others. Through this program, I became aware of the stresses and the sources of them. I also got some tools and techniques on handling and managing them. Even weeks after the program, I still use some breathing exercises to calm myself down and now I am more aware of my feelings when I am stressed or angry. All the fun activities conducted by cheerful members was a break to the stressful week I had. I got to learn about one of the most prevalent issues in my life "stress" and also made new friends for which I will forever be grateful."

Barsha Khatri, 18 years (a participant at Self-care for emotional and mental wellbeing program)



"I am Sahas's mother, one of the current youth volunteers at Arise and Shine. He is in his early twenties now. I really enjoyed learning many new things from Youth & Technology for parents of youth programs. I learned how technology has been impacting our young children in both positive and negative ways. During this adolescent phase, how can we possibly guide them on the right path? Also I learned how to even encourage them to contribute in making our community a better place. We all parents were taught on how to help our children to achieve their goals in life. I am very thankful to ANS for guiding parents like us step by step effectively."

Sharada Sunuwar, one of the participants at Youth & Technology for Parents of youth program



"The experience was phenomenal. The love and the care people still do have are amazing to witness. During this distribution program, I learned that the smallest things in our life could be so valuable to some people. The process of appreciating what we have is a huge attribute to our life. If we learn to appreciate we learn to be happy, we learn to be humble and especially we learn to give. I feel extremely honored to have been a part of this, Best wishes to Arise & Shine family."

Aakash Sunuwar, 20 years (a participant at ANS cloth distribution program)

Some of the glimpses of the ANS major activities of the last quarter



Recruitment of new four active volunteers



Two days ANS off-site strategic planning meeting (ANS Board & Execution team)



Redesign of Drop Zone hall in process

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

S.N.	Date (AD)	Program	Participants		
			Total	Male	Female
1	Oct to Dec 2021	Weekly CST Program	35	23	12
2	Oct to Dec 2021	Drop Zone Program	44	37	7
3	20 Nov 2021	Self-care for Mental and Emotional Wellbeing	33	22	11
5	26 Nov 2021	ANS Cloth Distribution Program	30	25	10
6	04 Dec 2021	Awareness on Climate Change	32	24	8
7	04 Dec 2021	Counseling program for parents on Youth & Technology	11	4	7
8	11 Dec 2021	Sports Day	67	53	14

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

S.N.	Date (AD)	Activities
1	08 & 09 Nov, 2021	Two Days ANS off-site Strategic Planning Meeting
2	03 Nov, 2021	Recruitment of new four youth volunteers
3	Nov and Dec, 2021	ANS Youth Centre Facility Improvement & Redesign Planning and Implementation
4	Oct to Dec, 2021	Publish ANS quarterly report from July to September 2021

Challenges:

- Looming Uncertainties
- Handling of some of the critical issues youths are facing related to career, relationship issues, anti-social activities, criminal activities in the neighborhoods
- Generating local income
- Effective management of volunteers
- Needed funds for the completion of ANS Youth Centre facility improvement & redesign

Conclusion:

ANS would like to express our heartfelt thanks to all our partners both local and international. Because of your partnership, ANS has been able to continue its mission until today. We need your partnership even in the year 2022 to continue to impact young people and their families positively in our communities. Together we can overcome the challenges and make this world a better place for us, for our families and for our communities.

Upcoming programs/activities for next quarter - Jan to Mar, 2022:

S.N.	Date	Program/ Activities
1	Jan to Mar, 2022	Weekly CST (both senior and junior)
2	Jan to Mar, 2022	Daily DZ (both senior and junior)
3	Jan to Mar, 2022	MOU with new intern
4	Jan to Mar, 2022	PYDI 2 nd batch team project
5	Jan to Mar, 2022	Update ANS youth profile information from last quarter
6	Jan to Mar, 2022	Introduce new series in CST
7	Jan to Mar, 2022	Conduct PYDI Pre Assessment for all enrolled youths at ANS
8	Jan to Mar, 2022	One and one counseling to young people
9	Jan to Mar, 2022	One and one counseling to parents of young people
10	Jan to Mar, 2022	First Aid Training for ANS staff and volunteers
11	Jan to Mar, 2022	Basic Counseling Training to ANS youth volunteers
12	Jan to Mar, 2022	Reach out to local schools for Career Guidance
13	Jan to Mar, 2022	Homework assistance to needy students

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