

ANS Quarterly Report from January to March 2022

“I dropped out from my school when I was studying in grade 9 because of my major heart surgery. I could not continue because of my health. I came to know about HAP at ANS when I was preparing for SEE through a private institute. I had a long gap in my studies and I was struggling with it. I couldn’t afford to take extra tuition classes and when I started HAP (Homework Assistance Program), it helped me a lot in my studies. When I went to ANS I felt very anxious to socialize, and lacked self-confidence at first. Now, I work there as a volunteer, I supervise the youths that come there for various programs and it has helped me a lot. Working there as a volunteer and receiving a platform in front of youths, my confidence level has been improving. I got guidance and assistance from staff at ANS while working as a volunteer at the Drop zone. I want to thank ANS for providing such an opportunity.” shared by Neha Sunuwar, 23 years old (Volunteer at ANS)

“The young do not know enough to be prudent, and therefore they attempt the impossible, and achieve it, generation after generation.” – Pearl S. Buck

Arise and Shine Nepal provides a safe and helpful environment where youths can explore their potential through different recreational activities. After the pandemic, young people have been searching for normalcy and proper ways to utilize their leisure time at home. ANS could provide it to some degree to the vulnerable and startled youths of the community by its holistic development approach and facilities. In order to create a stable environment for the youths with proper supervision and guidance, certain guidelines still in practice, various anticipated programs have been carried out physically throughout this quarter. Keeping the essential needs of youths like refreshment and socialization, ANS also makes sure that young people are cared for and accepted at ANS.

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

This weekly CST had been highly anticipated by the young people due to the increasing number of new participants every week. Almost all the activities that were organized within this quarter have been enjoyed by young people. Similarly, a training course on ‘Flourish Life Skills’ has also been introduced in the session. Lessons were provided to help them make smart goals for their lives. Another, many relevant learning activities were compassed.





I got to know about ANS at my school where they had organized a small program. I didn't really like talking to new people, it made me feel nervous and shy. After coming to ANS, sometimes I regret coming here because I had to interact and play games with new people and it made me feel uncomfortable. In the beginning, I didn't tell my parents properly about the youth center which made my parents skeptical but when ANS organized a parents meeting and I took my parents to that program, my parents learned about the things ANS did and they felt good about me participating in those activities. I started to go there every Saturday and slowly, my curiosity for CST grew more and more. Every week there was a different session and I learned a lot of things like how to shape my life, self-growth, how to get rid of bad habits, how and where to gain knowledge that I required, etc. I have found all of the sessions I took very useful and knowledgeable. I think such programs should be done throughout the country so that youths like me can get such wonderful opportunities. CST feels very enjoyable, refreshing and it has brought so many changes in my life. I don't feel shy talking to new people anymore, I don't feel afraid to talk to older groups of people, rather, I enjoy talking with them. I used to come for games at first but now I look forward to CST. I found a platform where I can express myself and show my talent. CST is a place where I can learn as well as teach other people what I have learned.

Lukas Rai, (Participant at Flourish Life Skills in CST session)

S.N.	Date (A.D.)	Program	Total Participants	Male	Female
1	Jan to Mar, 2022	Weekly CST	45	28	17

The sessions and activities were as following:

Date	Topic	Facilitator
01 Jan 2022	New Year Resolution 2022	Radhika
08 Jan 2022	Introduction - Session Part 1	Joshua & Martha
15 Jan 2022	Introduction - Session Part 2	Joshua & Martha
29 Jan 2022	You Are Amazing Part 1	Joshua & Ashika
05 Feb 2022	You Are Amazing Part 2	Joshua & Ashika
12 Feb 2022	Believe In Yourself Part 1	Ashika & Martha
19 Feb 2022	Believe In Yourself Part 2	Ashika & Martha
26 Feb 2022	Outreach Program	
5 Mar 2022	Reach Your Dreams	Martha & Radhika
12 Mar 2022	Reach Your Dreams	Martha & Radhika
19 & 26 Mar 2022	Sports Day I & II	

2. DZ program (Drop Zone)

Drop Zone provides young people a meaningful way to spend their spare time under proper supervision and guidance. Sports, arts, music, games, recreational and fun activities have been contained in Drop Zone facilities in a way it develops their physical health as well as social health. Ensuring their safety, they were given an opportunity for socialization and enhancement of various skills like table tennis, basketball, foosball and many other exciting indoor and outdoor games as per the need.



Youth center is a place where an initiative of a group of youths to address the needs among youths which helps people perceive themselves as an extracurricular superstar as well as an independent and confident individual. The allure of this locale is its location, far-reaching and extensive opportunities it supplies and the events that are organized here from which I adore their drop zone program (especially basketball). This is the whereabouts I commenced my basketball journey. This place as an institution encourages you to learn and grow as an energetic youth and a role model for everyone. Thanks to the environment, motivation and support I received from this place, I've been able to amend my overall basketball skills and win a tournament conducted here. I'm also grateful to their management team for helping me and other buddies to flourish beautifully. It is a place for every youth seeking self-development where everyone will hold your hand through the process and help you move further and achieve something admirable. In addition to building this go-getter attitude, entertainment and motivation in this place, there are incredible opportunities here to connect with the world and thrive.

Dishant Ghimire, (Participant at Drop Zone program)

S.N.	Date (A.D.)	Program	Total Participants	Male	Female
2	Jan to Mar, 200	Drop Zone	12	9	3

3. Hiking

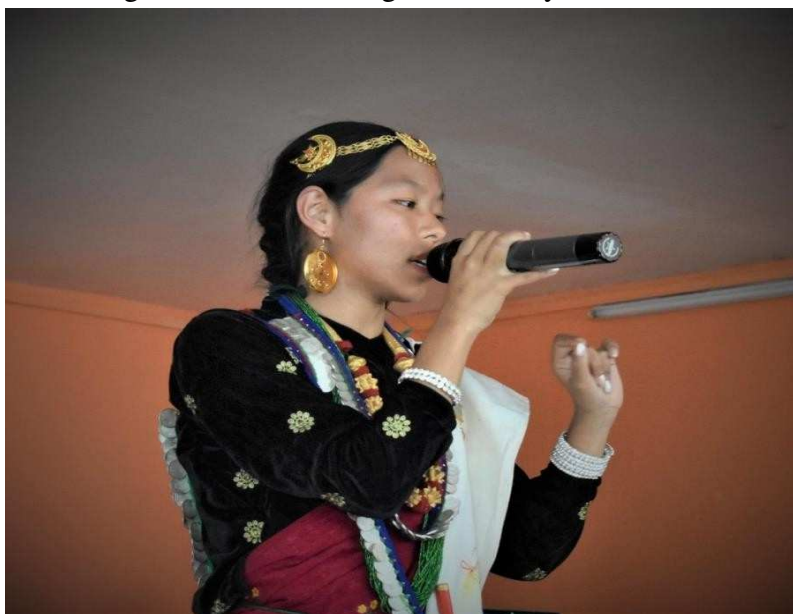
A refreshing hike to the nearest beautiful place named PIA Park has been immensely enjoyed by young people. That was a quick refreshment plan for the young people after the third lock down again. The short hike enabled them to experience the wilderness with opportunities of socializing and create great bonding with each other along with food, walk, photos and more exploration.



S.N.	Date (A.D.)	Program	Total Participants	Male	Female
3	08 Feb 2022	Short hike	16	8	8

4. Outreach program

Young people after a long time got an opportunity to feel how Culture Exchange used to be in those back days. The sessions and activities that had been presented were commendable from the Singapore team. Young people have been able to learn about crucial questions like “Who am I?” & “What is wrong with this world?”. The testimony was also shared by the team which helped young people to have an overview of the entire world with the significance of seeking self-identity.





The outreach program organized by Arise and Shine Nepal was really helpful and brought self-reflection to me. The society we are living in is very good at pointing out our weaknesses and flaws. But on that day, I realized that neither society nor its people can define me but the one who can do it is 'me'. It should only be me who can say who I am. Like Po from Kung Fu Panda, I may be in dilemmas, I may have setbacks but I know that somewhere inside me, there is that capacity and power that can make me go through every thick and thin. Thank you so much for that session. Really grateful.

Monika Hamal, (participant of an Outreach program)

S.N.	Date (A.D.)	Program	Total Participants	Male	Female
4	26 Feb 2022	Outreach Program	80	42	38

5. HAP (Homework Assistance Program)

Homework Assistance is a study program that under comes DZ facilities, helps those students who are highly in need of guidance in their academic section. They get assistance in their secondary level studies and home assignments by the qualified class tutor. Needy young people were privileged to get guidance in their daily studies with learning environment and materials needed.



S.N.	Date (A.D.)	Program	Total Participants	Male	Female
5	07 to 31 Mar, 2022	Homework Assistance	12	9	3

6. Sports Day

Young people were able to refresh their mind after weeks of CST Sessions with the beginning of sports day. They participated in sports like futsal, table tennis, basketball, foosball, carom, etc passionately and enjoyed thoroughly regardless of victory or defeat. For this time, more interesting free games were also included for the higher and equal participation among young people for the events.



I came to Arise and Shine as an intern and with passion to learn new things. Soon after my arrival, I was provided with a very healthy environment to learn and experience new things. My curiosity was being fed and I was enjoying the process too. I heard about one-on-one counseling while working with ANS staff and I was very curious about it. The one-on-one counseling was the very first counselling I ever received and I really appreciated it. I had been searching for a place to confide my thoughts and feelings which I found in one-on-one counselling. I had a really vague vision for my career and steps that I needed to take. Talking with my counsellor made me feel very clear about a lot of things. When I said the thoughts I was having verbally, it made me feel heard and understood. I was able to share my feelings confidently knowing that it would remain confidential and that I would be provided with advice which benefited me. It helped me to deal with my thoughts and emotions in a healthy way. I am very grateful to ANS.

Sajeena Sunuwar, 21 years (Participant at one on one counseling program)

S.N.	Date (A.D.)	Program	Total Participants	Male	Female
6	19 & 26 Mar 2022	Sports Day	86	55	31

Some glimpses of major activities of ANS in this quarter



*ANS
Youth Centre
Press
Meet*

*ANS
Staffs
Team
building*



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

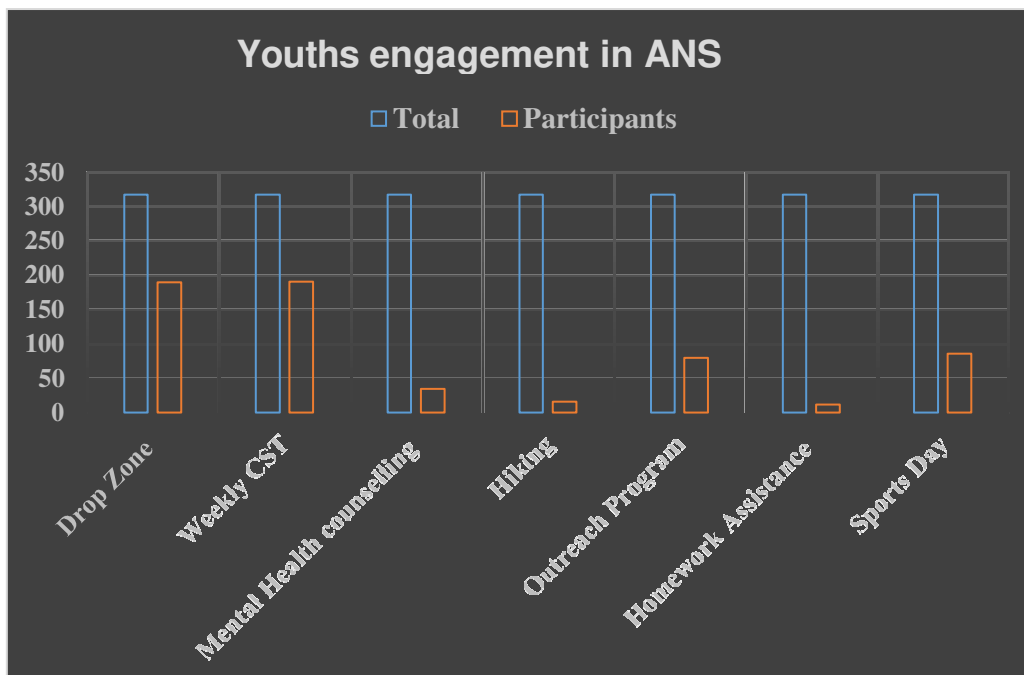
S.N.	Date (A.D.)	Program	Total Participants	Male	Female
1	24 Feb, 2022	ANS Press Meet	15	12	3
2	20 Mar, 2022	Staff team building	7	3	4

Challenges:

- Generating local income
- Effective management of volunteers
- Needed funds for the completion of ANS Youth Center 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 2023 to continue to impact young people and their families positively in our communities. We are grateful for your regular support and prayers to make this world a better place.



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

S.N.	ANS major program/ activities
1	Daily Drop Zone
2	Weekly CST program
3	One and one counseling to parents of teenagers
4	Youth volunteers offsite meeting
5	Quarterly report (Jan-Mar, 2022)
6	Basic counseling training for staff/ vols
7	First Aid training for staff/ vols
8	Pre SEE counseling program
9	Youth Art Campaign
10	Hike for junior youths

Submitted by: Miss Radhika Lama
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 April 13, 2022