

Arise and Shine Nepal

Social Audit Report 2022



**Bhainsepati, Lalitpur
Nepal**

Social Audit Facilitated by

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Executive Summary

Arise and Shine (ANS) Nepal is a youth focused social organization registered as an NGO in District Administrative Office (DAO) Lalitpur and Social Welfare Council (SWC) Nepal. It has been operating its programs since 2016 with the objective of creating a safe space for youths for their entertainment as well as for holistic development. However, it has been meeting most of the criteria and standards prescribed by SWC and has been renewed every year in time, it has not done its social audit since its inception which was also recommended by SWC during its last year renewal process.

For this purpose, ANS hired an independent external facilitator who has substantial experience in conducting social activities of NGOs/CSOs and organized a formal sharing program on Sep 4, 2022 inviting more than 64 participants in its premises. The plenary session was organized after having a mini-research collecting primary and secondary data through document review and conducting observations, focus group discussions, group interviews and key informant interviews with 39 different groups of stakeholders/respondents including government officials, journalists, local leaders, board members, parents and youths as primary beneficiaries.

The major finding of this social audit regarding programs: ANS has its authorized by-laws, HR/Admin and finance policies, long-term strategic plan, code of conduct for children to operate its organizational functions. Regular renewal in DAO and SWS with external auditing, General Assembly (GA) with proper recording and reporting is found. ANS also kept records of attendance of staff and youths attending its program activities.

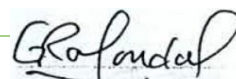
To meet its objective, ANS has been running six different types of programs like Come, See and Taste (CST) and Drop Zone (DZ) where adolescents and youths can participate in different outdoor as well as indoor physical activities such as foot-shall, basketball, carrom board, chess, music, dance and different creative games. In addition to these, ANS runs skill development vocational development training programs such as computer skills and arts classes. In addition to these, it has been running psycho-social and career counseling for growing youths and parenting sessions for parents of teenaged groups. It has been collaborating with some professional counseling centers as well. Overall, it has a very minimum admin cost (less than 18% in total).

From the interaction with different youths and their parents, there are a number of live witnesses of transformed lives who suffered either from drugs, mis-behavior or abuse and victims of mental and psycho-social problems. Many schools drop-out children rejoined school and graduated. Number of youths who have been participating in different programs has tremendously improved their leadership skills and competencies; few of them are going for international competition in indoor games. Many parents witnessed that they didn't know how to behave with teenage children; now they feel proud to have a healthy family where parents listen and understand adolescents' needs and youth also feel their responsibility to support their parents in need.

While doing interaction and discussion sessions, it was found that ANS has limited interaction with local people and local government which ANS should improve. This will help ANS to be more transparent, accountable and share its program and activities along with the achievement that will increase its goodwill in the neighborhoods. Another major observation is that ANS's

program activities are limited to only one location i.e., Bhainsepati. Local leaders, parents and youths mentioned that ANS should extend its scope and geographic location outside Lalitpur so that many needy youths could be benefited from its services.

External facilitator, Mr. Gobinda Raj Poudal wants to acknowledge ANS for their trust and giving this opportunity to serve as external independent auditor to conduct social audit of ANS, all government officials, local leaders, journalist, parents and youths who cooperate and gave honest response while conducting research and SA preparation committee members especially Ms. Radhika Lama, Mr. Bishnu Awasthi, Mr. Sushil Bhatta and ED of ANS Mr. Yohoshu Limbu for their untiring effort to make this complete process a successful one.



Gobinda Raj Poudal,
Independent facilitator (gpoudal@yahoo.com; 9851201075)

Abbreviations

AIN	: Association of International Non-Governmental Organizations
ANS	: Arise and Shine Nepal
CST	: Come See and Taste
DAI	: Development Associate International
DAO	: District Administrative Office
DZ	: Drop Zone
ED	: Executive Director
EMHC	: Emotional and Mental Health Counseling
F	: Female
FGD	: Focus Group Discussion
GA	: General Assembly
GI	: Group Interview
KII	: Key Informant Interview
M	: Male
MC	: Master of Ceremony
NEPAN	: Nepal Participatory Action Network
NGO	: Non-Government Organization
NPC	: National Planning Commission
PAN	: Permanent Account Number
PYDI	: Positive Youth Development Inventory
SA	: Social Audit
SDG	: Sustainable Development Goal
SLC	: School Leaving Certificate
SWC	: Social Welfare Council
TDS	: Tax Deducted at Source
UN	: United Nations
YC	: Youth Center
YGOS	: Youth Guidance Outreach Services



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I. Background of Arise and Shine (ANS) Nepal

Arise and Shine (ANS) Nepal is a non-profit making organization registered in Lalitpur on Oct 26, 2016 (2073/7/10). It is also affiliated with the Social Welfare Council (Regd. No. 44503) since (2073/07/23). Arise and Shine Nepal (previously known as “Deen Mitra Youth Center”) started developing in the year 2009. It was started by Yohoshu Limbu with the encouragement and support from some of his close friends. It was formally registered in 2016 in the name of “Arise and Shine Nepal” under the chairmanship of Mr. Keshav Nath Sharma. Mr. Yohoshu Limbu has been the main leader of core operations since its beginning. Publicly this is also known as ‘Youth Center’ and Mrs. Muna Bhandari is the current chairperson of this organization. ANS is led by compassion for the hurt and misled young people. Hence its vision is *“to provide a safe, healthy and a peaceful community where all young people have a hope of a better future”*.

The major objective of ANS is to prevent youths from negative or risky behaviors such as substance abuse, bullying, unsafe sexual activities by engaging them in positive activities like sports, arts and life skills as well as providing guidance and counselling related to their personal and career matters.

The organization contributes in achieving the UN SDG-3 (especially target 3.5) i.e., strengthen the prevention and treatment of substance abuse, including narcotic drug abuse, harmful use of alcohol and Goal-8 (target 8.6) i.e., by 2020 substantially reduce the proportion of youth not in employment, education or training also, with the govt. of Nepal Youth Vision: 2025-39 and Ten Years Strategic plan by ministry of youth and Sports.

According to the National Planning Commission (NPC) Secretariat, Bureau of Statistics, a majority of the hard drug users are from below SLC (grade 10) which is 70 percent. The main reason (more than 82 %) why they take drugs is due to peer pressure. More specifically about this target area: A baseline survey conducted in 2009 shows that the biggest problems young people are facing in this community are drug abuse, unemployment, alcoholism and other petty crimes such as theft, gang fighting. More than 80 % of the caregivers and community leaders unanimously agree that young people in this community need guidance to help them walk on the right track. In this context, ANS realized to commit its services for the youths and has been running different youth-focused programs such as entertainment (sports, games, dance, competitions,), career counseling, psycho-social counseling, after-school support classes, parenting teens, advocacy & campaign and others.

I.1 Vision, Mission, Goal, Objectives and values

Vision Statement:

We envision: ANS is a safe, healthy and peaceful community where all young people have a hope of a better future with a motto of ‘leading young people to a better adult life’.

Mission Statement:

The mission of ANS is to operate a Youth Center that provides a gathering place and a set of attractive programs for youths that is safe as well as develop them for better future career opportunities.

Objectives:

Arise and Shine Nepal developed programmatic objectives in its long-term strategic plan (2020-2025) to provide a better service to the youths:

- To develop a loving, learning and growing community of young people
- To provide safe gathering place for young people
- To develop a healthy relationship between parents and their teenagers
- To develop potential leaders early helping them to gain both life skills and confidence
- To engage youths, fuel their passion and prepare them for their dreams
- To increase chances for getting jobs for youths

Values:

ANS identified seven core values that guide it to operate its functions as well as make strategic relationships with other stakeholders. These core values are:

- | | |
|---------------|----------------|
| 1. Compassion | 5. Team work |
| 2. Integrity | 6. Stewardship |
| 3. Humility | 7. Excellence |
| 4. Creativity | |

1.2 Major Programs

To achieve its vision and mission, ANS has identified 8 major programs and has developed its corresponding program purpose along with the major activities with targets (detail in Section-3.4). The major program areas are:

- | | |
|-----------------------------|--------------------|
| ▪ Come, See and Taste (CST) | ▪ Arts |
| ▪ Drop Zone (DZ) | ▪ Sports |
| ▪ Parenting Teenagers | ▪ Computer Courses |

1.3 Target groups, beneficiaries and working areas of ANS

The main group of ANS and its programs are teenagers, adolescents and their parents. It has established its office and facilities in Lalitpur Municipality focusing on ward-18 of Bhainsepati Area.

1.4 Governance Organizational Structure of ANS

The organization started in 2016 and developed its long-term five years (2020-25) strategic plan. ANS is guided by an Executive Board of 9 persons comprising Chairperson, Vice-chair, treasures, secretary and 6 board members mandated by its General Assembly (GA) of 38 general members. The day-to-day operation has been carried out by management headed by Executive Director with program coordinator and Admin and Finance Officer and 10 staff members and volunteers. The overall responsibility of the organization falls under the leadership of Executive Director (Mr. Yohoshu S. Limbu) who has been operating the organization for 6 years.

2. Social Audit in Arise and Shine Nepal

To promote accountability, transparency of organization, government institutions including other service providers are also mandated to use social accountability tools such as public hearing, social audit, public audits, community score cards, citizen chartered and many more. The constitution of Nepal and Section 201 and subsection 1 of Local level (financial administration) regulation 2007 clearly provisions for using such tools. Along with this regulation, Nepal government has formulated local level social audit procedure 2010. On the basis of these provisions of Nepal government, Arise And Shine (ANS), Lalitpur conducted a social audit for the first time covering the major achievements and changes brought in the society since its inception and highlighting the progress of 2078/2079.



Objectives of Social Audit: To assess the social responsibility and contribution on social change brought by the organization and perception of youths and their parents regarding the program and services run by the organization.

Specific Objectives:

- To establish the system of assessment on development intervention and programs from the stakeholders of public agencies.
- To inform stakeholders, right holders on significance of the program, process, cost, budget and process as well as benefit to target beneficiaries.
- To recommend organization (ANS), stakeholders and beneficiaries regarding its operating functions, guidelines and further improvement

Significance of Social Audit (SA).

- Such assessment and study provide data and information to assess its long-term strategic plan as well as to assess whether its current program activities and operating modalities are aligned with its overall organizational purpose or not.
- The finding of such a study will provide relevant information and feedback to its long-term Strategic Plan (2020-2025).
- Regular social audit helps to update past and present progress and achievements from the programs for the organization.
- The social audit process gives organization clear ideas and approaches, positive aspects, areas of improvement, challenges and recommendation because of independent and impartial third-party social auditor

3. Method of Study and conducting Social Audit (SA)

ANS issued a notice to hire independent facilitators who have knowledge and experiences of conducting Community Social Audit.

The program staff find an independent consultant (Mr. Gobinda Poudal, the CV attached in the annex-7) who has substantial knowledge and skills as well as has been conducting a number of social audits for different organizations.

Upon consultation with ANS management, the consultant suggested forming a preparation committee to facilitate SA with the external facilitators. The SA preparation committee comprises: Ms. Radhika Lama, Program Coordinator, Mr. Bishnu Awasthi, Finance & Admin Officer and Mr. Shankar Datta Bhatta (Sushil), Secretary of ANS. In addition to them, Mr. Yohoshu Limbu, the ED of the organization has continuously supported the completion of SA of ANS in time.

Once the consultant was hired, they used the following methods to conduct research, facilitate the presentation of the preliminary report and finalize the report upon completion of the assigned tasks.

3.1. Document Review:

The consultant collected following documents from the organization in consultation with the Social Audit Preparation committee and reviewed them.

1. Bye law of the organization
2. Long-Term Strategic Plan (2020- 2025)
3. Admin & Finance Policy
4. Human Resource Policy
5. Audit Reports 2076/77 and 2077/78
6. Draft Annual Progress report of 2022
7. Webpage and social media
8. Event report of Project

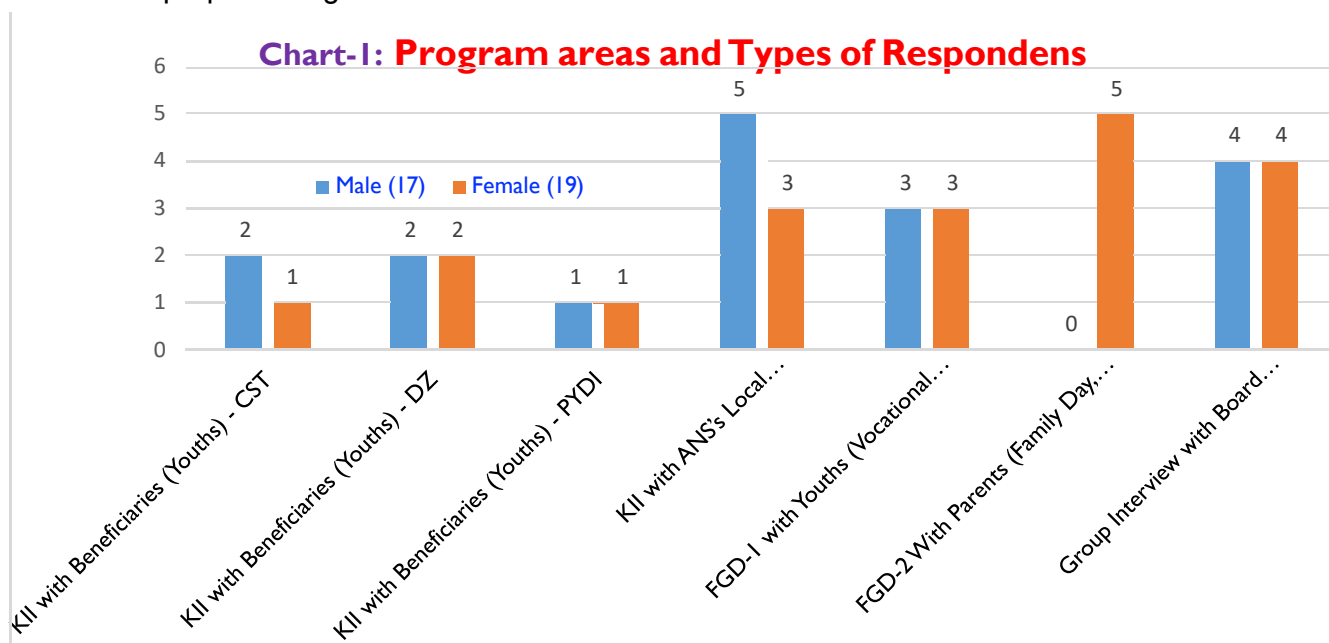
3.2. Meeting with SA support team:

First introductory meeting with the SA preparation committee was made on Aug 8, 2022 and discussed an introduction about social audit, its process, requirement, scope and limitation. A list of documents to be reviewed, stakeholders to be visited, participants to be invited during the plenary meeting, invitation process and other requirements and logistics were discussed. Facilitator also requested to provide a list of stakeholders and beneficiaries to be consulted during this social audit process.

3.3. Preparation of Data Collection Matrix

Once a list of programs and beneficiaries was received, the facilitator prepared a data collection matrix so that there will be fair representation from various groups of respondents in the study. Based on the available time, nature of programs and data to be collected; facilitator used various tools and methods such as Key Informant Interview (KII), Group interview, Focus Group Discussion (FGD), Observation and interaction with

different groups of respondents. The major groups of stakeholders were representatives from government institutions (SWC, Municipality, ward palika, metro-police), local leaders, parents, and youths. The data were collected from a total 39 respondents for different programs using different tools and methods. A detail of the data collection matrix prepared is given in Annex-3.



3.4 Focus Group Discussion

There were two focus group discussions; one with youths who have been participating in Young Leaders Development activities that include mentoring relationships, and next with parents of youths participating in different programs. These women groups have also been participating in parenting programs.

3.5. Interview with beneficiaries and local representative:

The organization provided a list of beneficiaries and possible stakeholders to be consulted to collect relevant data for this study. The consultant prepared a data collection matrix (Annex-3) and identified the respondents randomly selected from the list of beneficiaries. The office provided logistics support to organize KII, group interviews and FGDs with youths from different groups and parents.



Other major stakeholders consulted during the data collection were board members, neighbors, ward chairperson, representatives of SWC, and local leaders from. A summary of respondents is also plotted in a bar chart-1.



4. Limitation of SA

- Since ANS is organizing a social audit for the first time; some of the data and information presented here might be cumulative (for ex. Number of beneficiaries in CST and DZ), however, the facilitator tries to capture the actual data from the last FY (2078/79) as well.
- While collecting the data from different groups of respondents, the facilitator got a list of beneficiaries participating in different programs. However, the facilitator tries to select the respondents randomly for KII; it was difficult to invite for FGDs. Those who are quite near to ANS, frequently visiting and even working as volunteers were selected for FGD, hence they might be more familiar than average beneficiaries and information might be positively inclined towards ANS.
- Because of limited time and financial constraints; data and information collected and presented in the plenary was basically from the stakeholders and beneficiaries residing in Lalitpur district, especially located in Bhainsepati areas, however ANS' beneficiaries (youths) are from different districts (Kathmandu, Bhaktapur, Nuwakot, Ramechhap, Sindhuli). Although ANS had invited its main donors and collaborative partners during the representation of the preliminary report, they were not able to be present due to their own unavoidable circumstances and their organization's anonymity policies.

5. Detail of Social Audit Process in ANS

A formal program to share, discuss and publish the initial findings of SA was organized by ANS inviting major stakeholders and beneficiaries including Ward Chair Persons, representatives of local political parties, journalists and primary beneficiaries' parents-and youths. The program was chaired by vice president of ANS and the chief guest was the Chairperson of the local ward-18 of Lalitpur Metropolitan city. A detail of participants is given in Annex-1.

Date: 2079/05/19 (4 Sep, 2022)

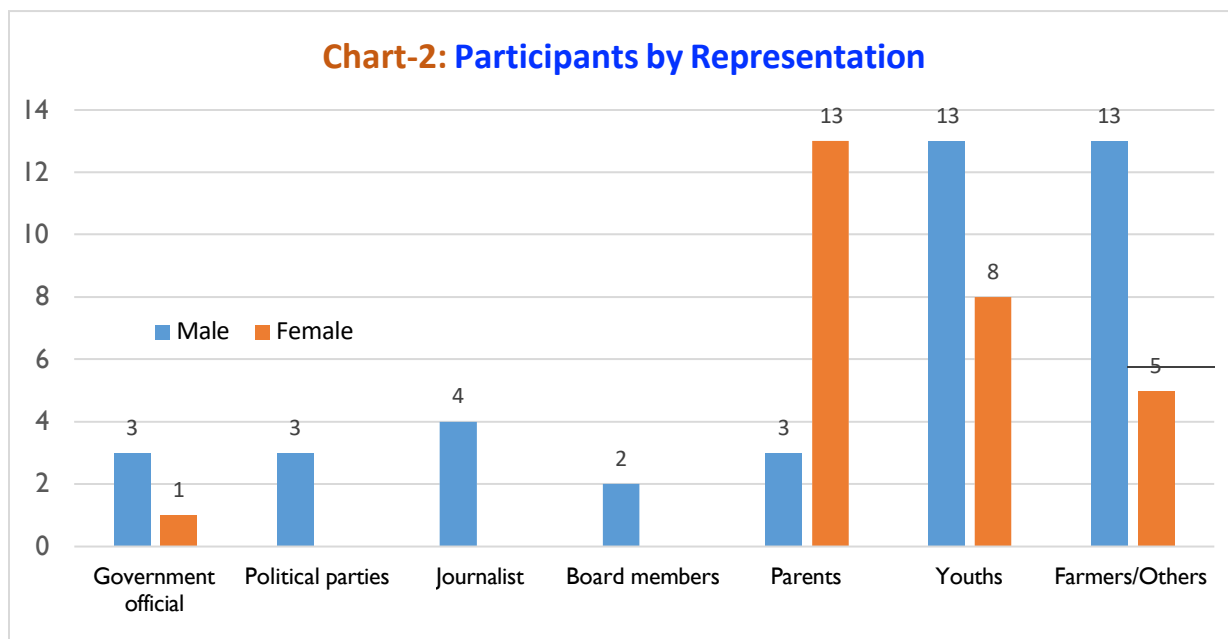
Venue: Meeting Hall of Arise and Shine Nepal Youth Center, Bhainsepati, Lalitpur

Time: 3 to 6:30 PM (Program schedule attached in Annex-2)

Participants attended:

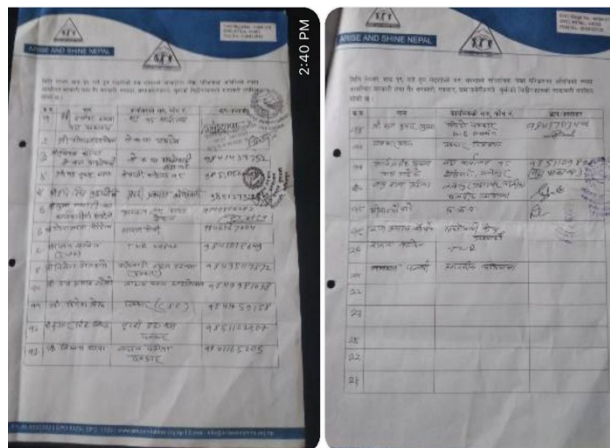
There were altogether 68 participants (41M/27F) in a formal program while conducting a social audit. The major stakeholders and beneficiaries presented in the sharing meeting including representatives from SWC, Ward Chairperson, representatives of local political parties,

journalists (from Ratopati, MAF-Nepal, Gorkhapatra, Annapurna and MB Khabar.com), and primary beneficiaries' parents-16 (3M/13F) and youths-21 (13 M/8F). A summary of participants representing organizations/groups is given in the following chart and the details of participants according to their age and ethnic groups is given in Annex-1.



6. Proceeding of Initial Finding and Sharing with Stakeholder:

Invitation: A formal invitation letter was sent to each of the local representatives (Ward Chairperson-18), Lalitpur Municipality, Metro-Police, Local leader of different political parties, Journalist, and different collaborating organizations such as: FIVE-14 Nepal, Development Associates Initiatives, Elijah Counseling and Training Centre one week prior to the interface meeting. A public notice is also posted on the notice board of wardpalika and municipality office. A reminder call has been given to special guests and chairpersons of CSOs.



Workshop on Primary Report Presentation and Discussion

- Seating arrangement was set up in a way that maximum participants can see each other and there is no hierarchy feeling among participants and facilitators. Chief guest and special guest were positioned on the dash with appropriate respects.
- A formal program was started with the welcome speech from the Secretary of ANS followed by the national Anthem.

- A brief overview of organization, its vision, mission, objectives, and the purpose of social audit was given by the Executive Director of ANS and facilitator was requested to present his findings to the plenary
- Facilitator, with his acknowledgements and brief overview of Social Audit; he highlighted the importance of social audit to increase and maintain social accountability, transparency and governance in accordance with the government provisioned and mandates given my constitution of Nepal 2072, Good Governance Act 2074, Local Government Act 2074.



- Facilitator also explained the process conducting SA and methods to collect data from a wide range of respondents and documents reviewed during this process.
- Before presenting the major findings, he read out the code of conduct of SA mandated by Nepal government in SA guidelines and after the consent from all participants, he presented the major findings in the plenary using PPT slides along with the testimony of the participants. He also shared the experiences while conducting SA and doing observation on its premises as well as doing interviews with different stakeholders.
- The facilitator also conducted a discussion session giving time to express their confusion, concerns, queries and evidence to validate the report he has presented during this session in plenary.
- Executive director and secretary gave some clarification and further explanation on some queries raised by the participants.
- Facilitator concluded his session and handed over the MC, who later closed the program with some formalities and opinions from chief and special guests followed by drama prepared by youths of ANS.
- The program was concluded by the chairperson of the program Mr. Ashis Rai (Vice-chair of ANS) with his remarks and vote of thanks.

7. Major Findings

7.1. Program and Activities

Major Programs: ANS runs five major programs: Come, See and Taste (CST), Drop Zone (DZ), Career Guidance Workshop, Vocational Training and Family Seminar. Major findings from the social audit on the basis of evidence and data obtained during the study is summarized according to the programs.



The targeted beneficiaries of ANS are: vulnerable adolescents/youths; students from secondary level, teenaged youths, unemployed youths, parents of vulnerable youths, Dalit marginalized and economically deprived families, local schools, college and communities from Lalitpur Bhainsepati areas.

Major Strategies: It was found that ANS applied eight major strategies to achieve its intended goal and objectives. These strategies are:

1. Provide safe space and meaningful recreational facilities that attract youths
2. Conducting awareness programs targeting to youth,
3. Conducting programs related to leadership and vocational skill development,
4. Parental Counseling workshop and Services,
5. Conducting programs related to social services,
6. Support program to the needy children for their education and development program,
7. Coordinating and partnering with organizations and government agencies that match the goals, objectives and values of ANS,
8. Enhancing public awareness through campaigns, interactions and dialogues.

Organizational Objective and Major Programs implemented It was found that ANS has been running different programs to meet its objectives. Table-1 represents major activities and programs run to address the intended objectives:

Table-1: Objectives and major programs implemented by ANS

Objectives	Major activists performed
1. Providing life skills for the youth	Life skills related training programs
2. Youth Leadership Development	Regular and frequent training, seminars, opportunities to lead in the sessions
3. Help to study difficult subjects	Tuition classes, counseling services, study materials
4. Provide guidance or counseling to at-risk youth	Vocational skills training, counseling services
5. Culture Exchange program	Art competition, cultural dance and cultural exchange program with national and international students
6. Cooperation with different communities in the work of country development	Relief distribution, cleaning campaign, material distribution, dialogues

Summary of Achievements Form the study (according to the annual and project reports) the number of beneficiaries benefitted from different programs and activities run by ANS is given in below Table-2.

Program and Activities	Achievement (no of beneficiaries)
1. Come, See and Taste (CST)	1234 (212*)
2. Drop Zone (DZ)	1193 (244*)
3. Mentoring	24 (15*)

Program and Activities	Achievement (no of beneficiaries)
4. Vocational Skills Training	191 (49*)
5. Parenting Teens	119 (27*)
6. Psychosocial Counseling services	320 (25*)
7. Covid Relief Support	405
8. Educational Assistance	49
9. Participating in sports events	839

** number in parenthesis is the achievement of FY 2078/79 only*

Internal Capacity of the Organization:

- ANS has developed its long-term strategic plan (2020-2025) and is being applied.
- Membership renewal: It has 38 general members (20 female and 18 male), out of which 37 has been renewed their annual membership in 2078/79
- Executive Committee: ANS has 9 EC members which comprises Chairperson, Vice-Chairperson, Treasurer, Secretary and 5 board members in which there are 5 female members including the chairperson.
- It has regularly conducted external audit, renewal in SWC with the recommendation of Lalitpur municipality and wardpalika endorsed by District Administrative Office (DAO).
- ANS has its Bidhan-2073, Human Resource Policy-2077; Finance and Admin Policies and Guideline-2076, beneficiaries selection criteria, and code of conduct for youths participating in the ANS' program.
- Good condition of social inclusion in staff and board members

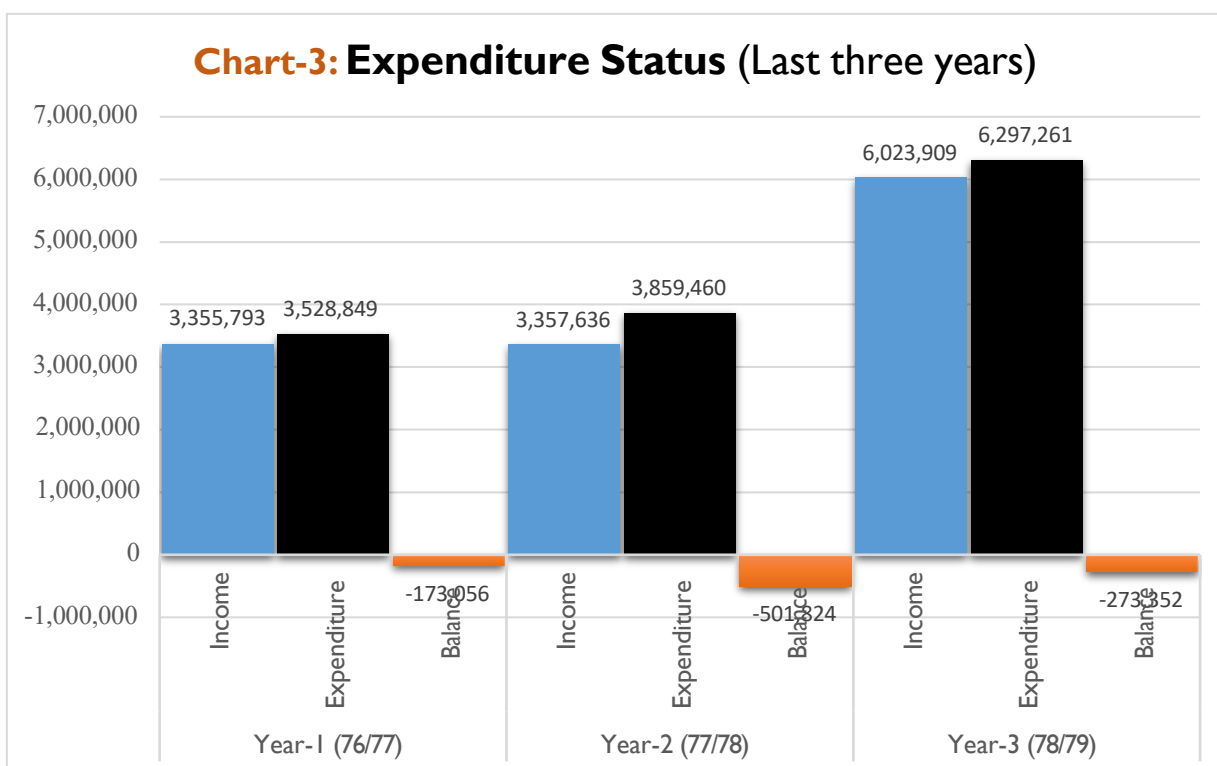
External Relation of the Organization:

ANS has been registered and affiliated with different government, national and international organizations. Table-3 shows its local, national and affiliation with different organizations at present.

Local and National	International
<ul style="list-style-type: none"> ▪ Ward Palika-18 of Lalitpur Municipality ▪ District Administration Office (DAO) ▪ Internal Revenue Department for Permanent Account Number (PAN) ▪ Social Welfare Council (SWC) ▪ Nepal Journalist Association 	<u>Basically Donor</u> <ul style="list-style-type: none"> ▪ ZIJN-Netherlands ▪ JETTA - Hongkong ▪ Development Associate International (DAI)-USA ▪ Youth Guidance Outreach Services (YGOS) Singapore for Capacity Building

7.2. Financial Status of the Organization

Income and expenditure details of ANS of last three financial years according to DURGA & Associates and RS & Associates audit finding is as below (Table-4 and Chart-):



Last three years financial status in figures:

Year-1 (76/77)			Year-2 (77/78)			Year-3 (78/79)		
Income	Expenditure	Balance	Income	Expenditure	Balance	Income	Expenditure	Balance
3,355,793	3,528,849	-173,056	3,357,636	3,859,460	-501,824	6,023,909	6,297,261	-273,352
	Year-1 (76/77)			Year-2 (77/78)			Year-3 (78/79)	
Admin	593,222	17%		733,402	19%		1,221,293	19%
Program	2,935,627	83%		3,126,058	81%		5,075,968	81%

Donor List and supporting partners

1. Jetta Fund Hong Kong
2. Five 14 Lalitpur
3. Development Associates International
4. ZIJN Netherlands
5. Other Individual donor/friends/gifts

Major audit findings from 2076/77

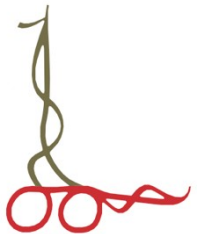

1. Late deposition of TDS
2. Labor audit not conducted
3. Financial information is not shared among beneficiaries
4. Social audit not conducted

Significant changes made after addressing the audit issues in 2078/79

1. Due to lack of enough human resources timely payment of TDS was not done but now TDS is paid on time

2. Planned for labor audit in near future
3. Financial information shared among board members and beneficiaries
4. Social audit is being planned (and is being conducted in Sep)

7.3. Some Significant Statement while conducting KII with Stakeholders: While collecting the data and information during social audit, the facilitator contacted 17 Key Informants from different organizations, institutions and beneficiaries. Few of them are mentioned here and other significant statements (otherwise are common) which are given in Annex- 5.


**सिफारिस पाएपछी हरायो, पारदर्शिता र सहकार्य चाहियो ।
पालिका, सबैठाउँमा पुग्न सक्दैन, के कसरी कार्यक्रम भईरहेछ,
पारदर्शिता कम भयो, जानकारी गराउनुहोस ।**

~ बाबुराजा महर्जन, सामाजिक महाशाखा, ललितपुर नगरपालिका,
~ दामोदर खड्का, वडाध्यक्ष, १८ नं, ललितपुर नगरपालिका

The organization disappeared after getting the recommendation from Ward and Municipality. ANS should come to Palika regularly and update. Government can't reach every office, hence ANS should come and update its activities; which will increase its transparency as well as find the areas for collaboration with Palika. ~ Babu Raja Maharjan (Social Development Section, Lalitpur Municipality) and Mr. Damoder Khadka (Ward Chairperson, Lalitpur-18)

**■ युवा केन्द्रित भएर कार्यक्रम सञ्चालन गर्दै गरेको नयाँ संस्था,
हालसम्म संस्था दर्ता ऐन अनुसार सबै प्रकृया पुरा गरेको पाइएको,
परिषदबाट गरिने नियमित अनुगमन मूल्यांकन- प्रकृत्यामा रहेको ।**

~ राम प्रसाद ढकाल, अनुगमन तथा मूल्यांकन शाखा
समाज कल्याण परिषद



A newly established youth focused organization, it has been found to have completed all the compliance as per the NGO Registration Act 2038. Regular monitoring and evaluation from SWC is under process.

~ Ram Prasad Dhakal (NGO Section, SWC).

Mr. Damoder Khadka was also present during the plenary session and gave his remarks. He has mentioned that even being close (*he has been staying just about 200 meters far from ANS*), he did not enter the ANS' premises. Now he observed the facilities and infrastructure constructed by ANS. Mr. Chairperson seems committed to finding some areas for collaboration and interested in working together in future.

7.4. Achievement according to the Program/Activities

Program-1: Come, See and Taste (CST)

CST is a program to bring all young people together and organize interesting and useful programs weekly. It creates a space for youths to interact with each other and provide opportunities for them to demonstrate and develop their talents, acquire important life skills, perform community services and develop leadership skills while remaining emotionally and mentally healthy.

Purpose:

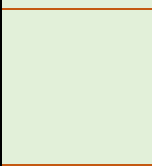
To connect all ANS youths by bringing them together on a weekly basis in order to develop a loving, learning and a growing community of young people.

Major Activities:

- Opening Circle
- Team building games
- Announcement Weekly Sessions Open Mic
- Bonus activities like dance hall, futsal, DZ games,
- Hike
- Sports Week
- Relationship building

Achievements:

- ◀ Increased in confidence and self esteem
- ◀ Improved mental health
- ◀ Improved relationships/ social skills

	<p>Nischal Kathayat I could come out of depression and demotivating factors which were slowly leading me to harm myself for many times. Thanks to ANS, after participating in its activities, I feel good and even working as civil servant worker (temporary).</p>
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Program-2: Drop Zone (DZ)

The Drop Zone is a space which operates daily in ANS that intends to prevent young people from engaging in potentially risky behaviors such as use of drugs, school dropouts, and petty criminal activities. While participating in DZ, it is expected that youths develop their social skills through various recreational activities (sports, arts and music) as well as receive guidance and counseling for the problems and struggles they are facing.

Purpose:

To prevent young people from risk taking behaviors such as substance abuse, school drop outs, minor crimes etc. as well as develop their social skills through various kinds of recreational activities.

Major Activities:

- Indoor games (carrom, chess, card, Table tennis, foosball, etc.)
- Outdoor games (basketball, Badminton, football etc.)

	<p>Neha Sunuwar I was a drop out student before. After participating in ANS DZ activities, I became very confident and passed the SEE this year with a good grade which I used to think was impossible for me. I developed social and leadership skills through Drop Zone.</p>
--	---

- Art Campaign
- Cultural exchange
- Mini library/ reading corner
- Homework Assistance
- Building friendships
- Hanging out with one another
- Music (singing, playing guitar, etc.)
- One and one with youths (counseling)

Achievements:

- ▶ Developed sports skills in Basketball, Table tennis, Football, etc.
- ▶ Developed friendship and interaction
- ▶ Developed social skills, relationships and confidence
- ▶ Developed positive thinking and social habits

Program-3: Parenting Teenagers

Purpose:

To empower parents of young people giving them skills and understanding to deal with their teenagers.

Major Activities:

- Games
- Knowing one another
- Info about Arise and Shine Nepal
- One and one with parents Discussion and interactions
- Sessions on parenting skills

Achievements:

- ▶ Became aware of teenage development
- ▶ Increased confidence handling their teenagers
- ▶ Improved relationship with their teenage children
- ▶ More engaged and connected with YC
- ▶ Improved mental health

Program-4: Vocational and Technical Skills Training

Purpose:

To provide vocational and technical training opportunities to youths so that they have increased chances to be self-employed or get employment opportunities.

Major Activities:

- Computer
- Guitar
- Sports



Pabitra Magar

My both teenage kids come to Arise and Shine on a regular basis. They were a bit rude before joining ANS, but now they have become more polite, disciplined and good kids.

I am fully confident with ANS that protect and build my kids.



Prashesh Mali

I personally liked the way computer class took place in such a peaceful environment. The trainer was amazing as he was very polite and skilled. Normally I used computers

for fun and for playing games but now prefer using photoshop for editing, practicing basic office packages in depth I know about computer systems in detail and significance of ms. word, photoshop, ms excel etc in working life.

- Dance
- Keyboard

Achievements:

- ▶ Increased chances of getting jobs
- ▶ Developed computer skills
- ▶ Developed sports skills
- ▶ Developed music skills

Program-5: Mentoring

Purpose:

To provide relevant guidance and support to young individuals so that they have increased chances to be successful in life.

Major Activities:

- One and one meetings
- Weekly sessions
- Games
- Activity led Learning activities
- Self-Training projects
- Monitoring and Evaluation

Achievements:

- ▶ Improved mental wellbeing
- ▶ Developed goals for life and career
- ▶ Improved relationships
- ▶ Employed
- ▶ Developed leadership skills
- ▶ Became contributors
- ▶ Developed their professional and personal goals
- ▶ Increased in confidence and self esteem



ANS has really changed my view about the world for the better. Along with my changed definition of courage, I have learned to take responsibility for my life and life

events rather than blaming another individual.

~ **Abhishek Rai**



I was sad and wanted to share my feelings with someone older than me. I received good suggestions support and healing from one and one. I believe I have overcome most of the hard things in the pandemic and become more resilient and decisive for my better mental health. Now, I am confident and know how to cope up with hard situations.

~ **Aashika Achhami**

Program-6: Emotional and Mental Health Counseling (EMHC)



Sajeena Sunuwar

I had a really vague vision for my career and steps that I needed to take. It made me clear about a lot of things. It helped me to deal with my thoughts and emotions in a healthy way.

Purpose:

To provide counseling, relevant guidance and support to young individuals making them aware of their feelings, process and manage their thoughts and emotions so that they become emotionally and mentally resilient.

Major Activities:

- One and one counseling
- Counseling workshops
- Safe space for sharing

- Games
- Learning activities

Achievements:

- ▶ Improved emotional and mental health
- ▶ Developed social skills
- ▶ Healthy relationships

7.5. Sustainability Plan of ANS

By now there is no formal sustainability plan or guideline developed by ANS, however it has started to generate income through renting out its facilities such as foot-shall, Dance Hall, projector as well as collecting registration fee (not the training fee) from participants. It has also a plan to generate income by advertising its facilities through social media and writing good proposals and submitting them to government authorities national (ward and municipal) and international donors.

7.6. Major Issues, concerns and clarification raised by participants during SA

After the presentation of the main finding, the facilitator gave chances and encouraged participants to put their concerns, issues or areas for clarification. There were 9 participants who spoke during the discussion session. Most of them are appreciations and acknowledgement for good works done by ANS in the life of their children. Three participating mothers also mentioned that the parenting sessions run by ANS were very helpful for them to raise their children in a balanced way.

There are some staff who believe in Christianity and persons who know these staff have some thinking that ANS is also a Christian organization. There were some youths as well as parents who witnessed that ANS never expressed such faith nor tried to impress youths coming to the programs. An active youth, Mr. Abhishek Chaudhari, who has been in ANS for more than three years, witnessed that he has been coming to ANS for more than three years and he never felt any sort of Christian activities within ANS premises.

Journalists (Mr. Noiroj Tolange) along with local leader (Mr. Ram Prasad Neupane) and parents (Mr. Ram Chaudhary and Mrs. Sharada Sunuwar mentioned that ANS should extend its program activities not only in other parts of the valley (Kathmandu and Bhaktapur) but also other remote districts as well. Mr. Prem Neupane (political leader) suggested that ANS should collaborate with Palika to run youth related programs and activities and should make wider awareness so that maximum youths can be benefitted from such useful programs.

The Secretary of ANS addressed the issues related to faith with the commitment that ANS is neutral and will remain neutral regarding the faith and is open for all youths in spite of their religious backgrounds.

The Executive Director of ANS mentioned that ANS will try its best to expand its coverage and has a plan to open its branches in different provinces. This year, a branch will open in province 2 (Dharan) soon and will prepare proposals for donors (national and international) to expand its programs and activities in other provinces as well. He also committed that there will be regular

communication and frequent meetings with wardpalika and local leaders to seek the opportunity to work in collaboration with municipal offices and ward offices.

The ward Chairperson has clearly mentioned that he will try to find any relevant opportunity to work in collaboration with this youth center (he mentioned the 'youth club').

8. Major Challenges faced by ANS

- Due to the pandemic effect of COVID-19, some programs that were planned to be conducted physically were not able to be completed on time.
- As per the priority and needs of youths as well as availability of resources, ANS has some challenges to advance all the program areas equally as per its strategic plan.
- Most of the guardians/ parents of youths are from underprivileged and marginalized communities. Due to lack of awareness, and the need to address daily needs, there is a challenge to get meaningful participation from the parents in some programs.
- Sometimes, stakeholders expressed unrealistic expectations which ANS could not address that also limits the active participation.
- Due to lack of long-term funding partners and limited budget, it is difficult to meet the needs of huge numbers of youths dropping-in at the center every day and ANS could not achieve the results as per its plan.
- Due to the workload of the staff, some programs could not be completed on time and they were found exhausted.
- Due to lack of regular interaction with local leaders, there is some confusion whether this organization is like a private club and the general public are hesitant to come, ask and clarify their concerns. This may create a space for making their perception judgmental towards ANS.

9. Summary of Findings

- ANS has done renewal, external audit and reporting on time as per SWC requirement.
- The organization has developed its five-year strategic plan (2020-25). It has been operating in accordance with its human resource policy and finance and administration policies and guidelines.
- The employee selection process is followed by its own recruitment guidelines as stated in its HR policies.
- It was found that there was good inclusion in the executive committee and staff.
- It has been organizing six types of major programs to achieve its organizational objectives.
- Among the different programs; CST, DZ, career counseling to youths and parental sessions are found to be the most effective ones.
- So far, the organization has been operating its programs from only one youth center located in Bhainsepati.
- ANS has kept all the categorical data of beneficiaries and youths participating in different programs.
- ANS has developed and created its recreational and learning facilities for youths in a rented land (the remaining contract period is for three years). After three years there is no guarantee

that the land owner will extend the contract in the same terms and conditions, which creates a risk of losing its huge investment in infrastructure.

Table-5: Summary of findings and Recommendations in different domains

Criteria	Level	Recommendations
■ Institutional governance	Good	Attention should be paid to implementation: Revise organogram; prepare sub-committees
■ Program planning and implementation	Very good	Programs should be increased in other areas
■ Financial management and performance	Good	To be maintained; minimize negative balance in every year
■ Relationship management	OK	To be further enhanced especially with local government (wardpalika and municipality)
■ Sustainability of the program	Poor	Develop sustainability plan, develop capacity of staff to write proposal, coordination and networking skills to generate funds

10. Conclusion and Recommendations

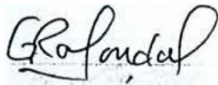
- For long-term sustainability of the program and increase in transparency, organize regular interaction programs with local government (wardpalika and municipal office), which may also create an opportunity and areas for collaboration and resource sharing.
- Frequent meetings and invitations of local leaders in some social functions will help to minimize the wrong perception towards ANS and there will be greater transparency and ownership of local people on ANS' programs.
- Considering the needs and the importance of the program organized by ANS, its services have to be extended from different locations (expand the geographic areas). This has been verified by many beneficiaries (youths and parents) and local leaders as well.
- ANS could improve the data recording format and system so that disintegrated data about its beneficiaries and programs can be extracted at any time as per the needs.
- It would be better to make an annual plan with targets and indicators, which could later at the end of the year be verified whether it has achieved according to the target.
- If ANS can mobilize its alumni that have been created from different programs, it would be more effective to create awareness about its importance, programs among youths and could be a means of sustainability to run small programs as well.
- If there is vacancy and advertisement for new employees, it would be good to circulate widely and post the vacancy in ward/municipal office so that there will be more

transparency in recruitment as well as ANS can get more competent and persons with diverse skills.

- Since the organization does not have its own land, to make maximum use of the invested resources, make lease contracts for 20-year or more. There is another possibility to coordinate with the ward office and the municipality to identify government vacant land which can be utilized with long-term contracts and be more secure.
- As the local government is also working with youths, there are some possibilities to find some common areas to work in collaboration.
- Review the long-term strategic plan as per the changed context to address the needs of the beneficiaries.
- However, ANS has a code of conduct, develops and endorses its own 'protection policy', orientated to the staff and volunteers. Keep record of consent from youths who are coming for long-term programs such as CST, Counseling session, vocational training and others.

Social Auditors:

Names: Gobinda Raj Poudal

Signature:  _____

Date: Sep 13, 2022

96 + 96

I I. Annexes:

Annex-I: Attendance of Participants

S. N.	Name	Sex	Age	Caste/ Ethnic Group	Representing organization	Role	Address	Contact Phone	Email	Signature
1.	Demodar Khata	M			ward chairman		Changpa			
2.	Gopal Dangol	M			ward representative					
3.	Rina Rai	F	37			parents			hikabai@gmail.com	Rai
4.	Minz Gurung	F	40			parents				
5.	Juntali Juvuwa	F	60			parents				
6.	Makal Rai	M	39		M8 Khokha com	journalist			Makal Rai@gmail.com	
7.	Babita Sarai	F	34			Parents Magargan				
8.	Rajesh Banta	M	59		Journalist Social Worker					
					Silam					

S. N.	Name	Sex	Age	Caste/ Ethnic Group	Representing organization	Role	Address	Contact Phone	Email	Signature
9.	Banta Khatri	F	19			Youth			hikabai@gmail.com	
10.	Hema Kumari Juvuwa	F	52			Parents				
11.	Tika Juvuwa	F	38			Parents				
12.	Ram Bhadur Chaudhary	M								
13.	Ashish Rai	M								
14.	Gopal Ram Paudel	M								
15.	Deepesh Khatri	M	19			Youth				
16.	Abhishek Kumar Chaudhary	M	19			Youth				

S. N.	Name	Sex	Age	Caste/ Ethnic Group	Representing organization	Role	Address	Contact Phone	Email	Signature
25.	Yamuna Juvuwa	F				visitor				
26.	Saru Paketi	F	23			visitor				
27.	Bibek T. Magar	M	20			Youth				
28.	Bishal Lama	M	20			Youth				
29.	Bhim Maktan	M	20			Youth				
30.	Lakpa Theng Thami	M	17			Youth				
31.	Ankash Juvuwa	M								
32.	John Givi	M								

S. N.	Name	Sex	Age	Caste/ Ethnic Group	Representing organization	Role	Address	Contact Phone	Email	Signature
41.	Abhishek Rai	M								
42.	Sudeshna Gurung Adhikari	F	29			visitor				
43.	Basanta Chaudhary	M	18						basanta.chaudhary.07044@gmail.com	
44.	Sharda Juvuwa	F								
45.	Devendra Prasad Thami	M	65			visited				
46.	Muna Adhikari	F	40			Parents				
47.	Rajendra Prasad Subal	M								
48.	Changa Lama	F	50			Parents				

Summary of Participants attended in the Social Audit

Total: 63 (36 Male /26 Female)

According to Age Group:

- Below 15 years: 1 (1 Male/0 Female)
- 15-25 years: 26 (15 Male/10 Female)
- 26-50 years: 26 (12 Male/14 Female)
- 51-75 years: 6 (3 Male /3 Female)
- Above 75 years: 0 (0 Male/0 Female)

According to Ethnic groups:

- Brahmin/Chhettri: 17 (13 Male/4 Female)
- Dalit: 3 (0 Male/3 Female)
- Madhesi: 4 (4 Male /0 Female)
- Janagati: 35 (10 Male/20 Female)
- Newar: 1(1 Male/0 Female)

According to Representative:

- Government official: 4 Male (3 Male/1 Female)
- Political parties: 3 Male(3 Male/0 Female)
- Board members: 2 Male(2 Male/0 Female)
- Journalist: 4 Male (4 Male/0 Female)
- Parents: : 16 (3 Male/13 Female)
- Youths : 21 (13 Male/8 Female)
- Farmers/Others: 18 (13 Male/5 Female)

Name of the organizations participating in the Social Audit.

Ward office: Ward number 18

Journalist: Ratopati news MDF-Nepal , Gorkhapatra, Annapurna Post, MB Khabar .com

Political parties: Maoist, Nepal Communist Party-UML

NGO: Siloam

Others: Consultant

Journalist Present during Social Audit:

- Niroj Tolange Ratopati news .com Editor
- Narendra Kumar Saud Editor Annapuran post
- Raj Kumar Subba M.B Media
- Makal Rai M.B Media

Others significant figures:

- Government and Political Leaders
- Damodar Khadka Ward Chairperson
- Gopal Dangal Ward Member- 18
- Ram Prasad Dhakal, SWC
- Maoist Leader : Ram Prasad Neupane
- Local Leaders Gopal Ram Paudel, Social worker

Name List of Respondents in different process involved in Social Audit of ANS

S. N.	Name List	Gender
<u>KII with Beneficiaries (Youths) - CST (3)</u>		
1	Ms. Sarina Thami (9863246464)	Female
2	Mr. Abhishek Rai, Solokhumbu (currently in Gokul Aawas) (9742522069)	Male
3	Mr. Furpu Sandesh Lohami, Sano Khokana(9867064244)	Male
<u>KII with Beneficiaries (Youths) - DZ (4)</u>		
4	Ms. Ashika Achhami (9843516186)	Female
5	Mr. Bibek Thapa Magar (9803437944)	Male
6	Ms. Neha Sunuwar, Ramechhap (currently in Thapagaun) (9813652983)	Female
7	Mr. Abhishek Chaudhari, Bardiya (currently Naya Bazar, Bhainsepati) (9840112622)	
<u>KII with Beneficiaries (Youths) - PYDI (3)</u>		
8	Mr. Sahash Sunuwr, Hattiban (9813495776)	Male
9	Ms. Sarina Gole Lama (9842571447)	Female
<u>KII with ANS's Local Partners/Collaborations Organizations (8)</u>		
10	Mr. Ram Prasad Dhakal (NGO Section), 9841279243	Male
11	Mr. Damoder Khadka (Ward Chairperson, Lalitpur-18), 9851109891	Male
12	Mr. Babu Raja Maharjhan (Municipality Social Development Section), 9841336033	Male
13	Ms. Smirit Tamang, Counsellor (9843575877), ECTC, Lalitpur	Female
14	Ms. Sarika, Community Service Coordinator (9823442442), Cloud Factory	Female
15	Mr. Jiwan Magar, Managing Director (9851249646), Five14	Male
16	Mr. Narayan Khadka, National Director (9801156970), DAI	Male
17	Ms. Rita Sunuwar, Board Member (98511204940)	Female
<u>Name list of participants FGD-1 with Youths (Vocational Training and counseling) (6)</u>		
18	Saroj Tiwari (19 yr), Milaghar	Male
19	Basanta Chaudhari (18 yrs.) Magargaun	Male
20	Dipesh Khatri (19 yrs.), Bhainsepati	Male
21	Shristi Moktan (17 yrs.), Bhainsepati	Female
22	Bishnu Sunuwar (22 yrs.), Thapagaun	Female
23	Purnima Sunuwar (16 yrs.), Thapagau, Bhainsepati	Female
<u>Name list of participants FGD-2 With Parents (Family Day, Parental Counseling) (5)</u>		
23	Pabitra Magar, Bhainsepati	Female
25	Nirmala Chaudhary, Bhainsepati	Female
27	Tika Subedi Awasthi, Bungmati	Female
29	Usha Sunuwar, Thapagaun	Female
31	Maya Tamang, Shanti Marga	Female

Group Interview with Board Members and ED (8)		
32	Muna Bhandari-Chairperson (9869803157)	Female
33	Bindi Rajak, Treasurer (9841233141)	Female
34	Sushil (Shankar Dutta) Bhatta, General Secretary (9811626745)	Male
35	Saroj Tamang, Member (9808744242)	Male
36	Smirit Tamang, Member (9843575877)	Female
37	Saroj Chhetri, Member (988074801)	Male
38	Yohoshu Limbu, Executive Director (9810173299)	Male
39	Radhika Lama, Program Coordinator (9813484961)	Female

Summary of Group Meeting with EC Members



Annex-2: Program Schedule



अराइज एण्ड साइन नेपाल भैसेपाटी, ललितपुर सामाजिक परीक्षणको प्रारम्भिक जानकारी प्रस्तुति प्रस्तावित कार्यक्रम

स्थान : युथ सेन्टर, भैसेपाटी, ललितपुर
मिति : २०७९ भाद्र १९ गते
समय : दिउसो ३ बजे देखि
सहजकर्ता : सचिव, अराइज एण्ड साइन तथा स्वतन्त्र सहजकर्ता गोबिन्दराज पौडेल

समय	कार्यक्रम विवरण	जिम्मेवारी
	सहभागीको आगमन, • चियापान, रजिष्ट्रेसन, आपसी भेटघाट तथा कुराकानी र ग्यालरी वाक	सचिवालय
	औपचारिक कार्यक्रम प्रारम्भ • अध्यक्षता • अतिथि एवम् सहभागीहरूको आशन ग्रहण • राष्ट्रिय गान • परिचय आदान-प्रदान (संगीत) • स्वागत मन्तव्य तथा विषयबस्तु माथि प्रकाश कार्यक्रम आयोजनाको औचित्य र जानकारी • नृत्य सहजकर्तालाई कार्यक्रम अघि बढाउन अनुरोध	सचीव, अराइज एण्ड साइन यहोशू एस लिम्बु (कार्यकारी निर्देशक)
	कार्यक्रमको रूपरेखाका बारेमा जानकारी	सामाजिक परीक्षणको सहजकर्ता
	आचार संहिता प्रस्तुति	सहजकर्ता
	सामाजिक परीक्षणको प्रारम्भिक प्रतिवेदन प्रस्तुति सहभागीका भनाई / प्रमाण सहित	सहजकर्ता
	छलफल तथा सहभागीहरूबाट कार्यक्रम तथा गवाही प्रस्तुति	शरदा, पवित्रा, समिना, नेहा
	सहजकर्ताद्वारा धन्यवाद ज्ञापन	सहजकर्ता
	मनोरञ्जनात्मक प्रस्तुती	युवाहरु , नाटक
	बिशिष्ट अतिथिबाट मन्तव्य	अध्यक्ष
	मन्तव्यसहित अध्यक्षद्वारा कार्यक्रम सम्पन्न भएको जानकारी	अध्यक्ष

धन्यवाद !

Annex-3: Data Collection Matrix

Social Audit of Arise & Shine (ANS)

Period of performance to audit: till Aug, 2022

Respondents and Research Tools for Social Audit

Summary of Tools and Methods

◀ KII with Beneficiaries (Youths) - CST (3)	2 Male	1 Female
◀ KII with Beneficiaries (Youths) - DZ (4)	2 Male	2 Female
◀ KII with Beneficiaries (Youths) - PYDI (3)	1 Male	1 Female
◀ KII with ANS' Local Partners/Collaborations Organizations (8)	5 Male	3 Female
◀ Name list of participants FGD-1 with Youths (Vocational Training and counseling) (6)	3 Male	3 Female
◀ Name list of participants FGD-2 With Parents (Family Day, Parental Counseling) (5)	0 Male	5 Female
◀ Group Interview with Board Members and ED (8):	4 Male	4 Male
Total	17 Male	19 Female

Program Area: 1. [Come See and Taste \(CST\)](#)

Program Purpose:

To develop a loving, learning and growing community of young people

Key Informant Informants (KII)	Focus Group Discussions (FGDs) including Drop Zone	
Person with detail contact 1. Ms. Sarina Thami (9863246464) 2. Mr. Abhishek Rai, Solokhumbu (currently in Gokul Aawas) (9742522069) 3. Mr. Furpu Sandesh Lohami, Sano Khokana(9867064244)	<u>With beneficiaries Areas for discussion</u> 1. How the organization is known for them 2. Purpose and objective of the organization 3. Major Activities done by the organization 4. The most effective activities 5. Significant changes in life of youths because of these activities 6. Suggestion and recommendations	<u>Name list of participants</u> 1. Saroj Tiwari (19 yr), Milaghar 2. Basanta Chaudhari (18 yrs.) Magarghau 3. Dipendh Khatri (19 yrs.), Bhainsepati 4. Shristhi Moktan (17 yrs.), Bhainsepati 5. Bishnu Sunuwar (22 yrs.), Thapagaun 6. Purnima Sunuwar (16 yrs.), Thapagau, Bhainsepati

Program Area-2: [Drop Zone \(DZ\)](#)

Program Purpose:

To provide a safe gathering place of young people of Lalitpur and positively engage them in various productive and skill building activities.

Key Informant Informants (KII)	Focus Group Discussions (FGDs)
Person with detail contact 4. Ms. Ashika Achhami (9843516186)	

5. Mr. Bibek Thapa Magar (9803437944)	
6. Ms. Neha Sunuwar, Ramechhap (currently in Thapagaun) (9813652983)	

Program Area-3: *Family Day, Parental Counseling*

Key Informant Informants (KII)	Focus Group Discussions (FGDs)
	<p><u>With beneficiaries Areas for discussion</u></p> <ol style="list-style-type: none"> 1. How the organization is known for them 2. Purpose and objective of the organization 3. Major Activities done by the organization 4. The most effective activities 5. Significant change in life of youths because of these activities 6. Suggestion and recommendations <p><u>Name list of participants</u></p> <ol style="list-style-type: none"> 1. Pabitra Magar 2. Nirmala Chaudhary 3. Tika Subedi Awasthi, Bungmati 4. Usha Sunuwar, Thapagaun 5. Maya Tamang, Shanti Marga 6. Nirmala Giri, Kitchen

Program Area-5: *Emotional and Mental Health Counseling (EMHC)*

Key Informant Informants (KII)	Focus Group Discussions (FGDs)
<p>Person with detail contact</p> <ul style="list-style-type: none"> ○ Ms. Smriti Tamang, Counselor (9843575877), Eliza Counseling and Training Center (ECTC), Lalitpur 	<p>With beneficiaries:</p> <ol style="list-style-type: none"> 1. Group with Theme 2. Group with theme and areas to explore

Other program areas: *Networking, Coordination, Government and Donor Relation*

Key Informant Informants (KII)	Group Interview (GI)
<p><u>With ANS's Local Partners/Collaborations Organizations:</u></p> <ul style="list-style-type: none"> ○ Mr. Ram Prasad Dhakal (NGO Section), 9841279243 ○ Mr. Damoder Khadka (Ward Chairperson, Lalitpur-18), 9851109891 ○ Mr. Babu Raja Maharjan (Municipality Social Development Section), 9841336033 ○ Ms. Smriti Tamang, Counselor (9843575877), ECTC, Lalitpur ○ Ms. Sarika, Community Service Coordinator (9823442442), Cloud Factory ○ Mr. Jiwan Magar, Managing Director (9851249646), Five14 ○ Mr. Narayan Khadka, National Director (9801156970), DAI 	<p><u>With Board Members and ED:</u></p> <ul style="list-style-type: none"> ▪ Muna Bhandari-Chairperson ▪ Bindi Rajak, Treasurer ▪ Sushil (Shankar Dutta) Bhatta, Secretary ▪ Saroj Tamang, Member ▪ Smriti Tamang, Member ▪ Saroj Chhetri, Member ▪ Yohoshu Limbu, Executive Director ▪ Radhika Lama, Program Coordinator

Time Planning:

Activities	Date	Aug	Aug 8	Aug ..	Aug ..	Aug ...	Aug ...	Aug ..	Aug ..	Aug ..	Aug ..	Aug ..	Sep 1	Sep 4	Sep	Sep	Sep
Preliminary Meeting and Introduction																	
Contractual Meeting with Board and Senior Staff/ Orientation on Social Audit Procedure and requirements																	
Literature Review																	
Preparation of Interview Guide (KII, FGD and Observation guide)																	
FGD with CST team (youths)																	
Interview with CST, DZ and PYDI, Counseling and mentoring groups																	
FGD with parents																	
Interview with government representatives, other Key informants																	
Interview with government representative (Ward/ SWC/ Partners/ Donors)																	
Meeting with Board/Senior Staff to finalize preliminary report																	
Preliminary Finding Presentation (Social Audit Day)														1 day			
Review Reflection and Get feedback on Report															(2.5 day)		
Report Finalization and Submit																(1 day)	

Annex-4: Number of Beneficiaries from different program till 2078/79

S.N	ANS Programs	2016-17 (2073-74)			2017-18 (2074-75)			2018-19 (2075-76)			2019-20 (2076-77)			2020-21 (2077-78)			2021-22 (2078-79)		
		Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F
1	Daily Drop Ins	17	13	3	429	311	118	402	203	109	196	164	32	69	63	6	467	386	81
2	CST	20	14	6	156	102	54	114	108	32	144	114	29	133	53	80	349	231	118
3	Basic Computer Course	14	2	12	26	14	12	16	11	5	-	-	-	-	-	-	-	-	-
4	Basic Guitar Course	5	0	5	3	0	3	9	6	3	-	-	-	-	-	-	-	-	-
5	Futsal and Fitness Training	17	17	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
6	Drop Ins Orientation	29	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
7	Women Health Seminar	10	0	10	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
8	Hiking	19	13	6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	Dance Workshop	19	11	8	6	2	4	-	-	-	-	-	-	-	-	-	-	-	-
10	Photography Workshop	13	7	6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
11	Table Tennis tournament	6	6	0	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
12	Volunteer Honoring	64	40	22	-	-	-	-	-	-	-	-	-	-	-	-	6	6	0
13	Cultural Exchange	20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
14	Post SEE seminar	22	11	11	47	8	39	27	16	11	-	-	-	-	-	-	-	-	-
15	Homework Assistant Program	-	-	-	7	5	2	-	-	-	-	-	-	-	-	-	12	9	3
16	Web Development Course	-	-	-	8	0	8	-	-	-	-	-	-	-	-	-	-	-	-
17	Advanced Guitar Course	-	-	-	3	2	1	-	-	-	-	-	-	-	-	-	-	-	-
18	Career Guidance Workshop	-	-	-	15	2	13	15	7	8	-	-	-	-	-	-	-	-	-
19	Pledge United Football Training	-	-	-	13	13	0	-	-	-	-	-	-	-	-	-	-	-	-
20	Precious Football Training	-	-	-	5	0	5	-	-	-	-	-	-	-	-	-	-	-	-
21	Staff Retreat	-	-	-	-	-	-	10	5	5	-	-	-	-	-	-	-	-	-
22	Training on Master of Ceremony (MC)	-	-	-	-	-	-	14	4	10	-	-	-	-	-	-	-	-	-
23	Training on emotional Quotient and Critical Thinking (EQ&CT)	-	-	-	-	-	-	13	4	9	-	-	-	-	-	-	-	-	-

S.N	ANS Programs	2016-17 (2073-74)			2017-18 (2074-75)			2018-19 (2075-76)			2019-20 (2076-77)			2020-21 (2077-78)			2021-22 (2078-79)		
		Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F
24	First Parents Seminar	-	-	-	-	-	-	18	2	16	-	-	-	-	-	-	-	-	-
25	Second Parents Seminar	-	-	-	-	-	-	11	3	8	-	-	-	-	-	-	-	-	-
26	ANS Youth CAMP	-	-	-	-	-	-	18	10	8	-	-	-	-	-	-	-	-	-
27	Third Parents Seminar	-	-	-	-	-	-	8	1	7	-	-	-	-	-	-	-	-	-
28	Facilitating Learning: TOT Workshop	-	-	-	-	-	-	-	-	-	14	7	7	-	-	-	-	-	-
29	Sport Day I	-	-	-	-	-	-	-	-	-	49	37	12	-	-	-	-	-	-
30	Family Day I	-	-	-	-	-	-	-	-	-	49	25	24	-	-	-	-	-	-
31	Training on Helping youths at Risk (Youth mentoring and Counseling)	-	-	-	-	-	-	-	-	-	5	2	3	-	-	-	-	-	-
32	Volunteers Day	-	-	-	-	-	-	-	-	-	11	7	4	-	-	-	-	-	-
33	Sports Day 2	-	-	-	-	-	-	-	-	-	41	32	9	-	-	-	-	-	-
34	Family Day 2	-	-	-	-	-	-	-	-	-	30	5	25	-	-	-	-	-	-
35	CEP on Leadership	-	-	-	-	-	-	-	-	-	24	18	6	-	-	-	-	-	-
36	PYDI (Positive Youth Development Inventory) Course	-	-	-	-	-	-	-	-	-	10	7	3	9	6	3	4	0	4
37	Cleanliness Program With Cloud Factory Team	-	-	-	-	-	-	-	-	-	22	16	6	-	-	-	-	-	-
38	Sport Training	-	-	-	-	-	-	-	-	-	12	8	4	-	-	-	-	-	-
39	Covid-19 Awareness and Counseling Support Program (Parents Webinar)	-	-	-	-	-	-	-	-	-	-	-	-	150	49	101	-	-	-
40	Covid-19 Awareness and Counseling Support Program (Youths Webinar)	-	-	-	-	-	-	-	-	-	-	-	-	125	44	81	-	-	-
41	Covid-19 Awareness and Counseling Support Program (Parents Webinar)	-	-	-	-	-	-	-	-	-	-	-	-	25	5	20	-	-	-

S.N	ANS Programs	2016-17 (2073-74)			2017-18 (2074-75)			2018-19 (2075-76)			2019-20 (2076-77)			2020-21 (2077-78)			2021-22 (2078-79)		
		Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F
42	Career Guidance Counseling Webinar	-	-	-	-	-	-	-	-	-	-	-	-	123	54	69	-	-	-
43	Covid 19 Relief Distribution Program	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
44	Smoking Cessation Intervention Program	-	-	-	-	-	-	-	-	-	-	-	-	10	6	4	-	-	-
45	Selfcare For Mental and Emotional well-being	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	33	22	11
46	ANS Clothes Distribution Program	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	30	25	10
47	Awareness on Climate Change	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	32	24	8
48	Counseling Program For Parents on youth & Technology	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11	4	7
49	Short Hike to PIA Park	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	16	8	8
50	Outreach Program	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	80	42	38
51	Sports Day I & 2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	86	55	31
52	ANS press Meet	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	15	12	3
53	ANS Staff Team Building	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7	3	4
54	Mental Health Counseling Campaign	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	35	19	16
55	Futsal Tournament (groups)	-	-	-	-	-	-	57	-	-	-	-	-	-	-	-	-	-	-
56	Food Fest	-	-	-	210	-	-	-	-	-	-	-	-	-	-	-	-	-	-
57	Basic Keyboard Course	-	-	-	-	-	-	9	4	5	-	-	-	-	-	-	-	-	-
58	Basic English Class	-	-	-	-	-	-	6	6	0	-	-	-	-	-	-	-	-	-
59	Dance Class	-	-	-	-	-	-	6	1	5	-	-	-	-	-	-	-	-	-
60	CEP	-	-	-	-	-	-	175	114	52	49	39	10	0	0	0	0	0	0
61	CEP (Foundation of Counseling Work)	-	-	-	-	-	-	12	10	2	-	-	-	-	-	-	-	-	-
62	SEE Counseling Program	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8	4	4

S.N	ANS Programs	2016-17 (2073-74)			2017-18 (2074-75)			2018-19 (2075-76)			2019-20 (2076-77)			2020-21 (2077-78)			2021-22 (2078-79)		
		Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F	Total	M	F
63	Shirt Hike Kirtipur	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	31	19	12
64	Blood Donation Program	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	78	53	15
65	Parents Seminar	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	14	8	6
66	Cultural Exchange Program	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	47	35	17
67	Art Campaign	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	75	32	43
68	Mental Health counseling campaign (Parents)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	31	4	27
69	English Class	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	8	3	5
	Total	275	134	89	928	459	259	940	515	295	656	481	174	644	280	364	1475	1004	471

*1 Average number of participants on daily drop zone program

*2 Average number of participants on weekly CST program.

Annex-5: Some important reflection from the Respondents

Stakeholders and Beneficiaries Remarks:



Mr. Ram Prasad Neupane, Political Leader (Nepal Communist Party, Maoist)

The state should create a youth friendly policy and implement it effectively as well as youth-targeted programs and the participation of the young generation at leadership level. ANS has been doing exemplary works in the areas of youths and one of the examples is managing its admin cost less than 18% which normally we do not find in any other organizations; I wish ANS will continue to maintain in coming years too.

This is an exemplary work that ANS has been conducting Social Audit for the first time. Now, I came to know that you have done marvelous works to serve Nepali youths. We are eager to support and share the information.

You should initiate the campaign against any social issues, we are here to support you from our side.



~ Mr. Niroj Tolange, General Secretary, Media Advocacy Forum



Mr. Damoder Khadka, Chairperson Ward No. 18

From your presentation and interaction with you, now I came to know that you have been doing many good things focusing on youths. Protecting youths from addiction, career counseling and parenting classes are some good examples of social responsibility you are doing for the community. Wardpalika is also interested in supporting youths in developing vocational skills through which they will become independent in the future.

Let ANS share its program and activities with available funds, then we can find some areas where we can work together, wardpalika is ready to collaborate and even interested to support financially.

Another good thing is that you have done a good 'parenting program', which helped to develop social responsibility.

Wardpalika is interested in supporting children who develop skill and income through vocational skills.

Palika runs football training, day care center for senior citizens.

In condition of good governance and transparency, wardpalika is ready to collaborate and even interested to support financially.

When I attended the parenting teens session organized by ANS, it was an eye-opening session for me, I never expect ANS had such good facilities and dedicated team and staff to provide best place for our children. Only playing they have learned social skills: obeying and respecting parents and elderly people, loving and being kind to younger brothers and sisters. Moreover, my kids have learned self-confident and leadership skills from her. I am very much grateful to ANS team and management.

Let it have collaboration with government and extend its program in other parts of Nepal.

~ Mr. Ram Chaudhary, Parent of youths



Annex-6: Code of Conduct

- विषयवस्तुमा मात्र केन्द्रित रही छलफल गर्ने ।
- तथ्यांक र सूचनाको आधारमा रही विचार राख्ने ।
- निजी वा व्यक्तिगत कुरामा टिप्पणी नगर्ने तथा व्यक्तिगत आक्षेप नलगाउने ।
- व्यक्ति वा संस्थाको सार्वजनिक मर्यादा र शिष्टाचारलाई कायम राख्ने ।
- सहभागीहरूलाई विचार राख्न प्रोत्साहन गर्ने र विचारका लागि धन्यवाद दिने ।
- सामाजिक परीक्षकले बोल्ने समय दिएपछि मात्र सहभागीहरूले आफ्ना कुराहरू राख्ने ।
- बोल्दा पालै पालो बोल्ने र एउटा व्यक्तिले एकपटक मात्र बोल्ने ।
- आफ्नो कुरालाई छोटकरीमा स्पष्ट रूपमा राख्ने र बीचमा अर्काको कुरा नकाट्ने ।
- लिङ्ग, जात, धर्म, संस्कृति, उमेर आदिका आधारमा कसैलाई दुव्यवहार नगर्ने ।

Annex-7: Profile of Consultant/Facilitator

Gobinda Raj Poudal (Current CV of Facilitator)



Gobinda CV_July
22.pdf

Annex-8: List of the References

सन्दर्भ सामग्री तथा सामाजिक परिक्षणका संवैधानिक तथा कानुनी आधारहरू

- नेपालको संविधान, २०७२
- स्थानीय सरकार संचालन ऐन २०७४
- स्थानिय निकाय सामाजिक परिक्षण कार्यविधि, २०६७
- सुशासन प्रवर्द्धन रणनीति तथा कार्ययोजना २०७४
- सुशासन ऐन, २०६४ तथा सुशासन नियमावली २०६५
- अन्तर्राष्ट्रिय गैरसरकारी संस्थाहरूको सङ्घ, सामाजिक आई एन जि ओ, लेखाजोखा निर्देशिका
- अराइज एण्ड साइनको बिधान, २०७३
- अराइज एण्ड साइनको लेखा परीक्षण प्रतिवेदन-वि.सं. २०७६÷७७ देखि ७८÷७९
- अराइज एण्ड साइनको आर्थिक प्रशासन नियमावली २०७६
- अराइज एण्ड साइनको रणनीतिक योजना २०२०-२०२५
- आर्थिक प्रशासन नियमावली २०७६

Annex-9: Questionnaires (Guide for KII and FGD)

- How long have you known this organization Arise and Shine, Lalitpur?
- What is the purpose of establishment of this organization?
- What different programs and activities has it been conducting?
- In your experiences, what are the three most relevant programs and activities it has been running in this year?

- What are the changes you have seen from its program or do you experience any benefits from this among the youths and in the society?
 - Are you satisfied with the program and activity run by Arise and Shine ?
 - Do these programs contribute to your overall wellbeing? If yes how/ (to the youths)
 - Do these programs contribute to the overall wellbeing of your children? If yes how/ (to the parents)
 - Do these programs contribute to the overall wellbeing of your children? If yes how/ (to other stakeholders)
 - To what extent Arise and Shine, Lalitpur has maintained coordination, collaboration and communication effectively? (to local leader, ward SWC representative)
 - What are your expectations towards Arise and Shine? Do you think it has the capacity to meet your expectations? (If yes, how/If now what need to be change/improve)
 - Do you have any suggestions to make it more useful in the days to come?
- Thank you !

Annex-10: List of General Members

SN	Name	Entry Date	Membership type	Areas of Expertise	Status (Active/ Passive/ Expired)
1	Prabha Sunuwar	Sep 11, 2022	General Member	Business	Active
2	Sarah Moktan	Sep 11, 2022	General Member	Handicraft	Active
3	Anita Limbu	Sep 11, 2022	General Member	Developing sector	Active
4	Asha Thapa Magar	Sep 11, 2022	General Member	Ministry	Active
5	Aashish Tiwari	Sep 11, 2022	General Member	NGO	Active
6	Maya Tamang	Sep 11, 2022	General Member	Ministry	Active
7	Sharada Sunuwar	Sep 11, 2022	General Member	NGO	Active
8	Samiksha Moktan	Sep 11, 2022	General Member	NGO	Active
9	Kabin Sunuwar	Sep 11, 2022	General Member	NGO	Active
10	Asmita Bujhel	Sep 11, 2022	General Member	Business	Active
11	Abhishek Rai	Sep 11, 2022	General Member	IT	Active
12	Pramila Sunuwar	Sep 11, 2022	General Member	NGO	Active
13	Saroj Kumar Tamang	Sep 11, 2022	Board Member	Ministry	Active
14	Heman Rai	Sep 11, 2022	General Member	Teaching/ Training/ Media Advocacy	Active
15	Radhika Lama	Sep 11, 2022	General Member	NGO	Active
16	Bindi Rajak	Sep 11, 2022	Board Member	Social	Active
17	Mahima Singh	Sep 11, 2022	General Member		Active
18	Ram Prashad Neupane	Sep 11, 2022	General Member	NGO	Active

SN	Name	Entry Date	Membership type	Areas of Expertise	Status (Active/ Passive/ Expired)
19	John Chettri	Sep 11, 2022	General Member		Active
20	Romi Tandukar	Sep 11, 2022	Board Member	Sports Ministry	Active
21	Noel Budhathoki	Sep 11, 2022	General Member	Printing and Agricultural farm	Active
22	Rajendra Prashad Dulal	Sep 11, 2022	General Member	Good news mission	Active
23	Smriti Tamang	Sep 11, 2022	Board Member	NGO/ Counseling	Active
24	Saroj Chettri	Sep 11, 2022	Board Member	Ministry	Active
25	Sarju Rijal	Sep 11, 2022	Board Member		Active
26	Titus Karmacharya	Sep 11, 2022	General Member		Active
27	Tika Subedi	Sep 11, 2022	General Member	Handicraft	Active
28	Xiwan Rana Magar	Sep 11, 2022	Board Member	Business	Active
29	Keshav Nath Sharma Adhikari		General Member	Ministry	Expired
30	Ashis Rai	Sep 11, 2022	Board Member		Active
31	Pun Kumari Magar		General Member	Business	Passive
32	Rita Sunuwar	Sep 11, 2022	Board Member		Active
33	Punam Paheli		General Member		Passive
34	Padma Lama		General Member		Passive
35	Shankar Datta Bhatta	Sep 11, 2022	Board Member		Active
36	Gyan Narayan Shrestha		General Member		Expired
37	Laxman Chaudhary		Board Member		Passive
38	Radha Gurung		General Member		Passive
39	Muna Bhandari		Board Member		Active
40	Muna Achhami		General Member		Passive

There are 40 GA members

Male 18

Female 22

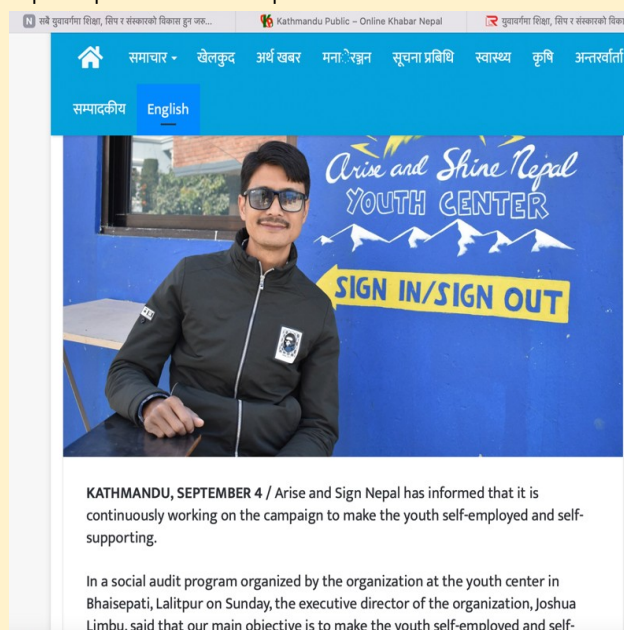
Annex-II: Some official documents and appreciation of ANS



Figure 1

Annex-II: Some clips from online newspaper about SA of ANS

<https://nepalnewshub.com/?p=20423>



<https://ratopatinews.com/?p=22274>



<https://turahi.com/news-details/474/2022-09-04>



<https://newsdolakha.com/?p=1410>



Thank you!
This is the end of this document.