

ANS Quarterly Report from October to December, 2022



“To understand yourself is the beginning of wisdom”

*“As I was growing up, there were times when I felt miserable, misled, and lost,
so I used to take a break from ANS time to time.
Despite my vulnerabilities, I never stopped visiting this place because
I knew I would always be accepted here.”
shared by Aakash, a regular youth.*

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

1.1 Introduction

"Flourish life skills" has been completed by the end of this quarter in CST. The series has been reviewed and evaluated by young people, who have realized how relevant and useful each session is to their lives. It has been almost a year since young people have been learning together. Compared to 2021, 2022 has been more successful in terms of providing quality sessions and having a larger number of beneficiaries attending every week.

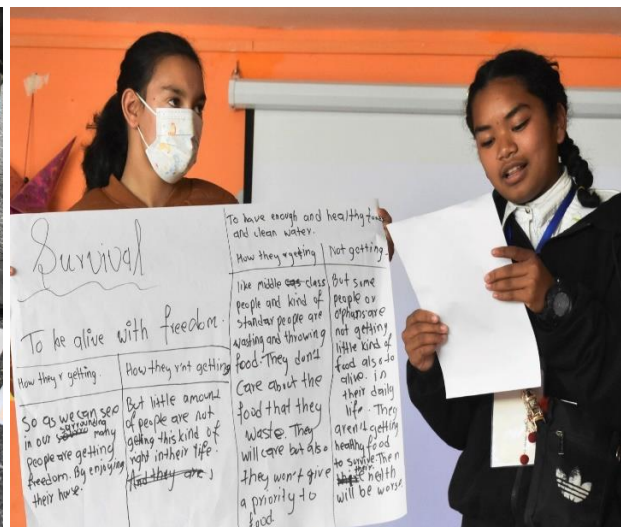
The sessions and activities were as following:

Date	Topics of Flourish Life Skills	Facilitators
Oct 01	Dashain Holiday	Joshua Radhika Martha Aashika
Oct 08	Welcoming after Dashain	
Oct 15	Consequences I	
Oct 22	Consequences II	
Oct 29	Keeping Safe I	
Nov 05	Keeping Safe II	
Nov 12	Debate	
Nov 19	Watch Out I	
Nov 26	Watch Out II	
Dec 03	A force for good I	
Dec 10	Quiz	
Dec 17	A force for good II	
Dec 24	Gift exchange/Talent Show	
Dec 31	New year resolution/ gift reward for high attendance	

1.2 Data

Total number of youths	Male	Female
232	166	66

1.3 Moments



2. DZ program (Drop Zone)

2.1 Introduction

Social interaction and sharing are important aspects of our nature as social animals. For young people tired of a hectic school/college schedule, Drop Zone has helped them build community through fun activities and services. Preventing young people from negative attitudes, especially those who have more leisure time and spend it doing nothing, while Drop Zone has provided them a platform to learn social ethics, attitudes, and social skills.

2.2 Data

Total number of youths	Male	Female
256	225	31

2.3 Moments



3. Career Guidance Workshop

3.1. Introduction

In teenage years, everyone longs to experience understanding one's own dream and choosing a path based on it. During the workshop, young people have been helped to understand what they want in life in terms of careers. Students have gained an understanding of how different careers and work areas work by analyzing their interests, goals, and gifts.

3.2 Data

Total number of youths	Male	Female
50	30	20

3.3 Moments



4. Parenting Teenagers

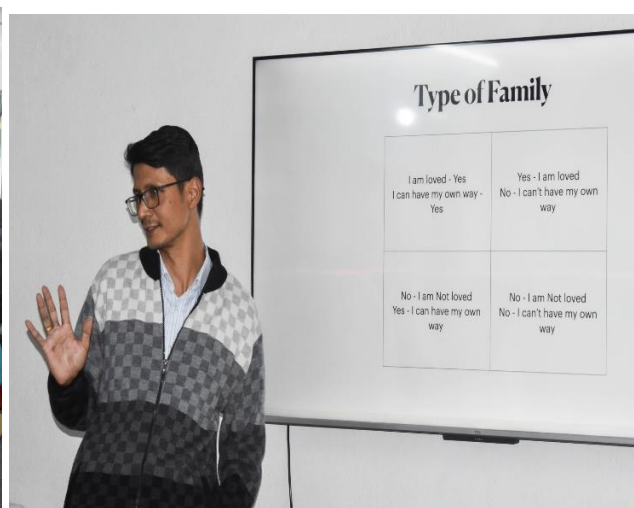
4.1 Introduction

For parents, learning parenting skills is an essential part of maintaining a healthy relationship with their children. Parents have learned how teenagers' brains work, as well as the stages of teenage development. The parents have been motivated to treat their children respectfully and with hearing.

4.2 Data

Total number of youths	Male	Female
22	7	15

4.3 Moments



Type of Family

I am loved - Yes I can have my own way - Yes	Yes - I am loved No - I can't have my own way
No - I am Not loved Yes - I can have my own way	No - I am Not loved No - I can't have my own way

5. Facilitation Training

5.1 Introduction

We believe in quality over quantity when it comes to teaching and learning at Arise and Shine Nepal. A four-day facilitation training has been organized especially for ANS young people to facilitate weekly CST sessions. The goal has been to create a loving, fun, and learning community by motivating the young people to contribute. As ANS hoped to produce competent youth facilitators in the future, few yet committed young people have been trained.

5.2 Data

Total number of youths	Male	Female
12	7	5

5.3 Moments



6. Winter Camp

6.1 Introduction

“Discovering... ``The best friend within me” was the theme of Winter Camp last December. At a young age, we try HARD to be people pleasers in order to achieve happiness from others. It has been an involuntary action for me to listen to others' needs, be there for them, and share my knowledge and experience with them. But what about the person within me who also deserves care and understanding? As a result of Winter Camp, many young people have been successful knowing their inner self, passion and self-love. Sessions, activities and movies were some significant aspects of Camp which has been highly appreciated by young people.

6.2 Data

Total number of youths	Male	Female
25	21	4

6.3 Moments



Testimonies from participants



Prabina, 15 years (Weekly CST)

I was the person with the talent but could not express myself in front of the people as I was very shy. Due to the motivation I got from the ANS, now I am confident. I am very proud of myself that I chose to learn things from CST which is relevant for youths like me. One of the sessions “Different is okay” played a vital role in building my confidence. Because of the Life changing sessions and platforms like talent show, I am able to express my talent interact with the people confidently.



Bilap, 16 years (Drop Zone)

When I was in grade 9 my friend suggested that I go to a ANS to kill leisure time. Though it was far, I decided to go because it was better than staying at home. Right after my visit, I started learning how to play basketball and socialize in a community. I made many friends who had also helped me learning basketball. Today I am so happy because I have lots of friends who help me to take over from difficult situations and I am so grateful.

 <p>Elina, 14 years (Career Guidance)</p>	<p><i>A while back I took part in a career guidance workshop at my school. Prior to taking these subject areas, I was a little unsure about my career, but after that, I was aware of choosing a career. The class was also excellent. Both ma'am and sir took the lesson incredibly well, showing how they grasped our future aspirations and guidance and advised us. I would suggest this to all the young people out there since they were extremely friendly and the session was excellent.</i></p>
 <p>Pawal, 16 years (Winter Camp)</p>	<p><i>I met new friends and really enjoyed being with my brothers. I loved the movie "Soul Surfer" which was basically about not giving up on our passion. Then another session was about loving yourself. I learned who I was, what my strength and my talent were. I learned that I needed to write my success stories in order to keep motivating me to move forward in life.</i></p>
 <p>Abiral, 18 years (Facilitation trng)</p>	<p><i>The training session was very fun and I got a lot of knowledge from the facilitator. For instance, before the training I didn't really know how to keep up a good communication with strangers but after the session I was able to learn different methods. The training has helped me a lot and it was an essential course in my life. Due to the training my life has changed significantly. Nowadays I can talk with everyone and I have become an excellent person who can talk and help others.</i></p>
 <p>Rahel (parenting teenagers)</p>	<p><i>I loved that the session was equipped with a new topic that allowed me to develop a new perspective to go about my life as a parent. The explanations were clear and concise. To top it off, the presented a skit to really portray a common habit of a parent. It allowed me to compare myself to the character and self-analyze on a deeper level. This was truly a great experience and I am thankful along with my fellow parents.</i></p>

Glimpses of major programs



Counseling training



Annual retreat to Pokhara



Talent Show



Mentoring from YGOS team



Sharing testimony



Reward for CST high attendee

The program data of participants are given below:

S.N.	Date (A.D)	Program	Participants		
			Total	Male	Female
1	Oct-Dec	Drop Zone	26	24	2
2	Oct-Dec	Weekly CST	58	39	19
3	Oct 31	Career Guidance Workshop	50	30	20
4	Nov 08	Parenting Teenagers	22	7	15
5	Nov 29-Dec 05	Facilitation Training	12	7	5
6	Dec 29-30	Winter Youth Camp	25	21	4

Other major activities carried out are given below:

1	Oct-Dec	Basic Counseling Training for staff/ vols	11	5	6
2	Oct 12-14	ANS Annual Retreat	12	7	5
3	Nov 14-17	Mentoring from Singapore YGOS (Youth Growth Outreach Service) Team	8	4	4
4	Dec 15	Finance Training	1	0	1
5	Dec 10	Open Mic	43	29	14

Graphical presentation:

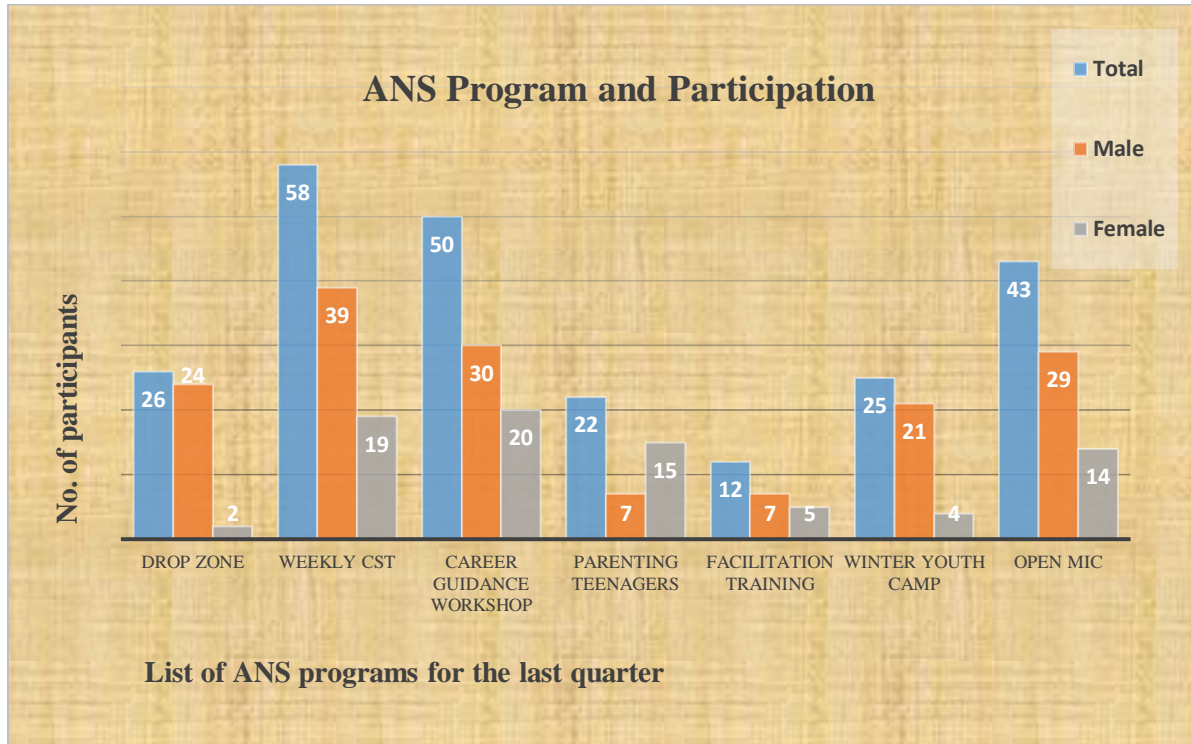


fig: Disclosing all major program along with number of participants

Challenges:

- Generating local income
- Needed funds for the completion of ANS Youth Center facility improvement & redesign
- Establish youth centre in Dharan (eastern part of Nepal)

Conclusion:

ANS expresses its sincere gratitude to all ANS supporters, including both local and international groups and individuals as well as well-wishers. The ANS team is thankful for every individual and organization that believes in what we do and puts their trust in us. Thank you for all of your love, prayers, and support which motivates us day after day towards our vision. We would not have been able to complete this journey without you.

Upcoming for next quarter (January to March, 2023):

S.N.	Programs/ Activities
1	Weekly CST (both seniors and juniors)
2	Daily Drop Zone (both seniors and juniors)
3	Parenting Teenagers
4	Outdoor Hike
5	PYDI II batch graduation
6	Futsal Training and Futsal tournament
7	Cultural Exchange
8	Review and Reports: Quarter, semiannual and donor report
9	Pre SEE (psychological preparation for grade 10 students)
10	Vocational classes (computer, dance, keyboard, guitar, tailoring, etc)
11	Rapport building with community schools/ colleges

The total number of beneficiaries from all of the programs for last (Oct to Dec) quarter:

Total	Male	Female
427	353	74

**Submitted by: Miss Radhika Lama
ANS Program Coordinator
Jan 07, 2023**