



*"Enjoy your youth:  
You will never be younger than you are  
at this very moment"*

FROM JANUARY TO MARCH 2023

## **Table of Contents**

- 1 Program Updates**
- 2 Stories of beneficiaries**
- 3 Data of programs/ activities**
- 4 Graphical presentation**
- 5 Photographs**
- 6 Challenges/ Learnings**
- 7 Plan for next quarter**



## Program Updates

### Drop Zone

It has been a safe gathering place for youths where lots of youth friendly indoor/ outdoor games and sports items are provided. Sports like basketball, table tennis, foosball and card games were loved by the majority of the youths coming to DZ on a daily basis. Sharing a bond, social interactions and friendship have been seen among the youths.

### CST (Come, See and Taste)

For the last quarter, youths have been provided weekly life skills training on self awareness, self acceptance, leadership. Youths have gained skill on how to view and solve their daily problems, build healthy relationships with others and make good decisions for life.

### Parenting Teenagers

The parents of teenagers have been taught and provided an overview of how parents perceived their teens in the context of Nepal. Sharing expectations as a parent and as children, group interactions and discussion have been a part of learning that led parents to be more aware of their actions and dealings.

### Culture Exchange Program (CEP)

Like always, Culture exchange has brought enthusiasm and smiles in the face of youths starting the year 2023. Throughout the five days, both the foreign youths and ANS youths have been learning from one and another. Sports, arts and crafts, English class, business class, dance and many more creational activities have been carried out successfully where all enjoyed to the fullest.

### Career Guidance

Youths have been misled by some social standards on how a proper job/ career should look like. Youths have been guided with some psychological ways to deal with their exam pressure and helped them look forward. "Prevention is better than care". Youths have received counseling support and guidance on how to prepare themselves for the future.

## Program Updates

### **PYD graduation (mentoring)**

Four female youths have graduated from the second batch of PYD (Positive Youth Development) mentoring course. The mentees have gained life skills on PYD values and also developed their leadership skills.

### **Vocational class**

For the last quarter, majority of the vocational classes like computer training, guitar, keyboard, dance, sewing and tailoring and youth sports training have been successfully carried out. At least one group in each class have benefited from the vocational skills and training provided by ANS.

### **Homework Assistance**

The students from grade 8 to 10 have received support in their hard academic subjects like Science, Maths, Account, etc. The Homework Assistance program (HAP) has been a great learning platform for those who struggled in studies.

### **Community services**

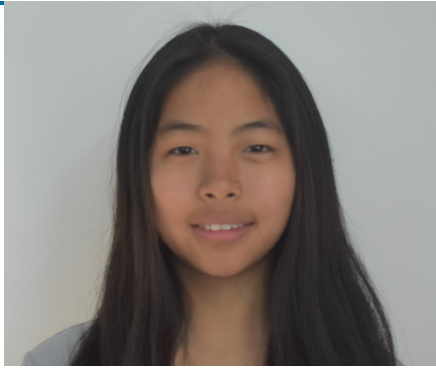
On the occasion of social work day, along with staff members and youths a community cleanliness program has been organized. Another cleaning program has been carried out within the ANS and nearby community.

### **Women's Day**

This year, ANS has celebrated with the staff and young female youths on the occasion of Women's Day. Games, dance, music, activity, movie, cake, snacks and gifts were some fun parts of the program that day.

### **Open Mic**

Open Mic is an informal stage platform where all youths can express their gifts and talents like dancing, poetry, singing, skit, speech, etc. Normally, ANS organizes it once in 6-7 weeks to promote and encourage them. Many youths have developed their self-esteem and enhanced their talent/ gifts.



**Purnima Sunuwar, 16 (HAP)**

*I was studying Math and Science in HAP since those were hard for me. Before, I was a bit nervous. They taught me in a way I became confident for my exam. There was a very healthy environment and we could study and do our assignments well. The best part was I recently cleared my class 9 with a good grade.*



**Abhishek Chaudhary, 19 (CST)**

*I learned many good things from CST sessions which helped us to grow up and could relate with other youths. Learning about “Decision Making” helped us to make the right decision. In our youth, many youths are struggling with many problems, but I also think we need to make the right choice.*



**Aayusha Achhami, 16 (Pre-SEE)**

*What I learned from the Career Guidance on pre SEE (grade 10 level examination) was helpful for me. It really helped me to prepare my study schedule. I learned how to study on time and how to maintain a balanced diet preventing possible illness during examinations. Everything was really helpful.*



**Aaryan lama, 17 (Keyboard class)**

*The music trainer has been very helpful from the very starting day. The experience and lessons I learned have helped me play guitar well and brought more knowledge in music. Now, I can play keyboard in most of the Nepali songs using basic chords and arpeggios. It helped me a lot to grow in music stuff.*

## Data of Program and Activities

06

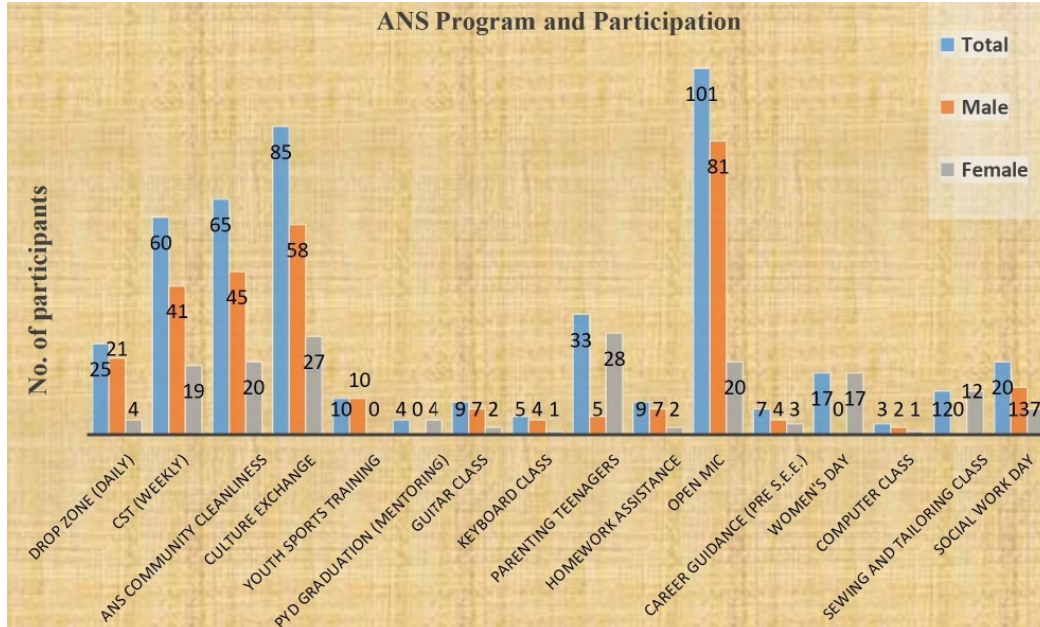
Date	Program	Total	Male	Female
Jan-Mar	Drop Zone (one timer)	266	215	51
Jan-Mar	CST (one timer)	237	180	57
Jan 07	ANS Community cleanliness	65	45	20
Jan 9-13	Culture Exchange	85	58	27
Jan 10 - Feb 05	Youth Sports Training	10	10	0
Jan 21-22	PYD graduation (mentoring)	4	0	4
Jan 23	Guitar class	9	7	2
Jan 23	Keyboard class	5	4	1
Feb 11	Parenting Teenagers	33	5	28
Feb 13 - Mar 28	Homework Assistance	9	7	2
Mar 04	Open Mic	101	81	20
Mar 08	Career Guidance (Pre S.E.E.)	7	4	3
Mar 08	Women's Day	17	0	17
Mar 14	Computer class	3	2	1
Mar 21	Sewing and Tailoring class	12	0	12
Mar 21	Social Work Day	20	13	7

Daily **25** youths use DZ services (Male **21** and Female **04**)

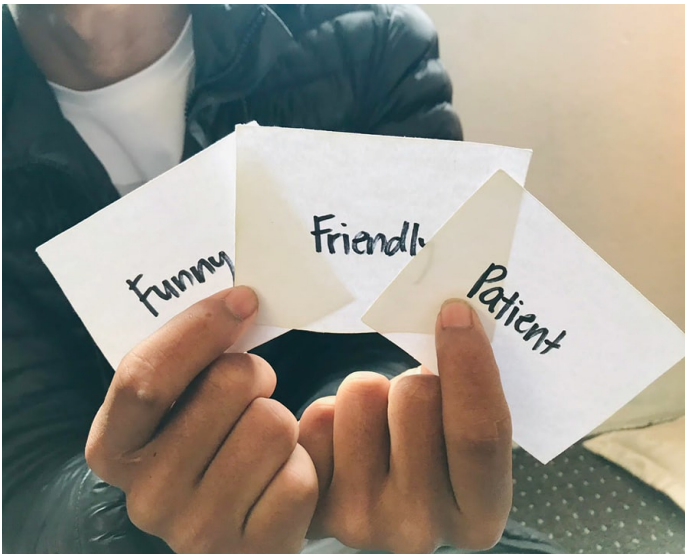
Weekly **60** youths join CST (Male **41** and Female **19**)

**Arise and Shine Nepal**

## Graphical Presentation



***fig: Disclosing all the major programs along with the no. of participants***



***Altogether 428 participants (Male 340 and Female 88) have been benefitted from various programs run by ANS.***

# Photographs



*Youths playing basketball at DZ*

*Youths taking computer class*



*Youths at Career Guidance (Pre SEE)*



*Youths cleaning ANS premise and community*



# Photographs

*Youths taking CST session*



*Youths coloring at Culture Exchange*



*Youths taking keyboard class*



*Youths taking guitar class*



# Photographs



*Youths graduating from mentoring course*

*Parents in parenting teens program*



*Farewell to ANS Board Secretary*



*Staffs and youths on social work day*



## Photographs



*Women celebrating women's day together*



*Youths at sports training*



*Youths working at social work day*



*Youths enjoying Culture Exchange*

S.N.	Programs/ Activities (April to June, 2023)
1	Career Guidance
2	Parenting Teenagers counseling
3	PYD Mentoring course for new batch
4	Sports week/ training
5	Youth mental health counseling
6	Barista Training
7	ANS Interaction with community government school teachers
8	Revision on budgeting and evaluation
9	Planning on programs and budget for FY 2023-24
10	Donor report and communication
11	Preparation for project approval
12	Quarter report/ Annual report
13	Capacity building (volunteers)
14	Audit preparation
15	Initial YC project set up at Dharan (East Nepal)
16	Explore YC project at Hetauda (Central Nepal)

## CHALLENGES

- Generating local income
- Establishing YC project at Dharan
- Unplanned programs
- Inadequate funding for life skills and training

## LEARNINGS

- ANS has been collaborating with local ward and government officials
- ANS has been building relationship with teachers from local community schools
- ANS has been sharing its vision to the neighborhood and community

## CONCLUSION

ANS expresses its heartfelt thanks and appreciation towards all the ANS supporters, local and international group, community schools, government, individuals as well as well wishers. Without your love and support, ANS would not have been here working for the youths out there in the community.

## "Leading young people to a better adult life"

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April 12, 2023**