

# ARISE AND SHINE NEPAL



## QUARTER REPORT

2026

JANUARY - MARCH



*“Be a learner, not just a dreamer.”*

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# ACRONYMS

ANS : Arise and Shine Nepal

YC : Youth Centre

DZ : Drop Zone

CST : Come, See and Taste

SSF : School Students Forum

POD : Participant Of the Day

PC : Program Coordinator

LYC : Lalitpur Youth Centre

HYC : Hetauda Youth Centre

DYC : Dharan Youth Centre

CRIN : Crisis Response Initiative Nepal

SEE : Secondary Education Examination

YC2 : Youth Council, Youth Centre

CV : Curriculum Vitae

H.A.P : Homework Assistance Program

# Lalitpur Youth Centre

## Daily Drop Zone

After a long wait, a new junior YC square (Youth Council of Youth Centre) team has been assembled. The team has been assisting in supervision and managing DZ materials, making the program popular, especially for basketball. The youths participated in games like basketball, table tennis, badminton, and carrom, learning social values and building relationships. Regular rewards, including a free hour of futsal and dancing every Friday, and monthly activities like 3v3 basketball matches and evening walks, have been strengthening friendships and engagement.

## CST (Come, See and Taste)

The new "Flourish Life Skills" was introduced for junior youths, while Module 3 from the last "Flourish Life Skills" series was continued for seniors. Senior youths have learned about job applications, preparation, and CV writing, whereas sessions on developing core values, self-esteem, and confidence has been given to the junior youths. CST included fun and engaging activities like POD rewards, anti-bullying sessions, open mic, outdoor events, and quizzes, creating a dynamic environment for learning and personal growth.

## Career Guidance Workshop

Collaborating with the local five community schools in Lalitpur, we conducted pre-SEE workshops to help class 10 students prepare for their grade 10 exams. The sessions helped in building academic skills, time and stress management, and self-confidence through interactive activities and peer learning. By addressing exam-related stress and fostering a supportive environment, the workshops were effective in equipping students with the skills and mindset needed to face their exams with confidence.

## Vocational and Technical Skills Training

Regular vocational classes have been conducted to help them secure their jobs or become self-employed. Barista and keyboard training progressed well in the previous quarter, with the keyboard class continuing. One group from the barista training completed their 15-day course and graduated successfully. The training had a positive impact on the youths, and we plan for their continued growth in the future.

# Hetauda Youth Centre

## Drop Zone

The enjoyable events that DZ hosts every two months have promoted friendly competitions with prizes and gifts at the end. Notably, during the reporting period, fun activities were successfully held. The youths have improved their teamwork, personal development, and social skills. Additionally, the Homework Assistance Program (H.A.P.) continued to provide youths with a designated learning space, tutoring support, and growth in academic education. The program has succeeded in building rapport while offering snacks to the young people through ongoing support and involvement, which has resulted in positive relationships. The HYC celebrated its first anniversary with an event that encouraged bonding, celebration, and appreciation among participants.



## Weekly CST

The CST program was held weekly to support youths in personal growth and life skills. This quarter, storytelling was used to keep participants engaged, covering topics such as New Year, New Mindset; Self-Worth and Dignity; Breaking the Cycle; Turning Weakness into Strength; and Love, including a special Valentine's Day session. Four sessions of Flourish Life Skill Training were conducted, and occasional movies were shown to help youths relax, bond, and maintain interest in the program.

## Parenting Teenagers Program

On 22 February 2026, ANS conducted a highly impactful session on parenting teenagers, led by the Director of CRIN and Counselor, Mrs. Bandana Sharma, with active participation from youths' parents and representatives from Ward No. 11 in Hetauda. The presence of Ward Chairperson, Mrs. Juna Dahal, highlighted strong community support and commitment. The session empowered parents to better understand their children, strengthen parent-child relationships, and enhance family communication. Parents engaged actively, shared positive feedback, and valued the practical strategies provided. Additionally, stationery kits were distributed to support children's education, reinforcing the program's holistic approach to family and youth development.



## Career Guidance Workshop

On 17 February 2026, ANS conducted a Pre-SEE career guidance session at Shree Shankar Jyoti Secondary School, led by Miss Radhika Lama, marking a landmark moment for the school's first SEE batch. The session received enthusiastic feedback from students and teachers alike, and stationery kits were distributed to inspire and motivate the SEE students. Building on this success, the program was extended to include Class 9 students. The workshop focused on stress management, effective study techniques, and disciplined study habits, introducing practical tools like the Pomodoro Technique. Students engaged actively, gaining valuable skills, confidence, and strategies to approach their exams with focus and self-assurance.

## CST (Come, See and Taste)

From February, CST was officially launched with the Flourish Life Skills series in Dharan YC. The sessions helped in empowering teens to recognize their potential, strengthen self-esteem, and foster personal growth through interactive and reflective activities. Youths described themselves as seeds, still growing and learning to flourish, understanding how healthy self-esteem and a growth mindset shape confidence and future success. Engaging activities like quizzes, games, group interactions, and shared meals had created an inspiring and supportive environment. Overall, the CST sessions equipped teens with the skills, mindset, and confidence needed to thrive personally and socially.



## Daily Drop Zone

Throughout the quarter, DZ provided a safe and engaging space for youths, who attended regularly with great enthusiasm. The program helped them use their time effectively, learn new games, and build friendships. Many youths improved in sports events through regular practice at DZ. Activities such as icebreakers, team matches, solo competitions, and reward distributions had been organized successfully. Indoor games like chess, carrom, UNO, and table tennis were fostered teamwork, skill development, and social interaction. Through these activities, youths learned to follow rules, stay safe, participate actively, build confidence, sportsmanship and positive relationships.



# IMPACT STORIES

*Youth Center has played a big role in shaping who I am today. Through this journey, I have grown in leadership, problem-solving, and many other life skills. Today, I serve as a volunteer in YC2 and lead my group as the president. This opportunity has helped me become more responsible and confident while working closely with my team under the guidance of the staff. I am truly grateful to ANS for providing me with these opportunities to grow and lead.*



**Anil Tamang, 16**  
**YC2 President**



**Bikram Tamang, 15**  
**DZ, Dharan**

*At Drop Zone (DZ), we have activities and competitions every Friday, and I enjoy participating in them. Being chosen as a leader with two of my friends made me feel more confident and helped me develop leadership skills. We also help organize competitions twice a month, which has improved our teamwork and coordination. One of the biggest benefits for me has been learning table tennis, which I couldn't play before. Overall, DZ has helped me grow and become more confident.*



**Aayush Limbu, 13**  
**CST, Dharan**

*CST has helped me develop new qualities and improve my relationships with my family and friends while teaching me important life lessons to become a better version of myself. I have learned to respect everyone, including myself, and I feel happy and satisfied with my personal growth. CST has also taught me the value of true friendship, not to bully others, how to stand up for myself, and to respect both elders and juniors.*

*The CST Senior sessions have been very helpful as they focus on preparing us for a better future, especially in our careers. One highlight this quarter was the session on preparing a CV and presenting ourselves in interviews. The facilitator was very experienced and shared practical and realistic tips. We learned that a CV should be presentable, well-organized, and easy to understand, while including skills and information relevant to the organization. It should also attract the reader's attention within the first 15 seconds.*



**Rehan Tamang, 19**  
**CST**



**Sunita Baraily, 20**  
**Barista Training**

*During my free time, I joined a 15-day barista training. I gained skills in coffee preparation, customer service, and workplace professionalism, including hand brewing and latte art, in a friendly and welcoming environment. Though I am not a coffee person, this experience has been truly valuable for both my career and daily life. I sincerely thank ANS for their patience, guidance, and encouragement throughout the program. This training has increased my confidence and inspired me to move forward in the hospitality field.*

*Attending my first counseling training was a transformative experience. Guided by highly skilled teachers, I gained a deep understanding of the adolescent mind and why they think and behave the way they do. It has already changed how I relate to my own brother. I've learned to trade "giving advice" for "walking in his shoes." While I still have much to learn, I finally feel equipped and ready to help young people in need.*



**Solomon Lepcha, 22**  
**Counselling Training**

*The topics and content shared about parents and children were very meaningful and practical. In our community, the environment can be challenging for young people, with many negative influences and practices that can affect their growth. This workshop helped me better understand my child's needs and what I, as a parent, should do to support and guide them. It helps raise awareness among parents so that we can better support our children during their youth.*



***Pream Syangbo, 57  
Parenting Program hetauda***



***Rakesh Ale Magar, 17  
CST, Hetauda***

*Before coming here, I was very introverted and often felt sad and depressed. I didn't have many people to talk to, and I used to keep everything to myself. But after joining the program, I started making friends and attending sessions, and that has helped me a lot in overcoming my sadness and negative feelings. Through one-on-one support and the friendships I've built here, I have changed so much compared to who I was before. Now I feel more confident, more open, and happier. Coming here has made a big difference in my life.*

*At first, I started coming here to attend DZ and play with my friends. Later, I learned about the HAP program and decided to join. HAP has been very helpful for me. I come here to do my school homework and also receive guidance in my studies. The mentors are very supportive, and they even provide us with snacks. One of the best things is that everything is free of cost, which is very helpful for us. This centre has become a very important part of my daily life, and I am really happy to be a part of it.*



***Khusi Maya Bal, 13  
DZI HAP Hetuuda***

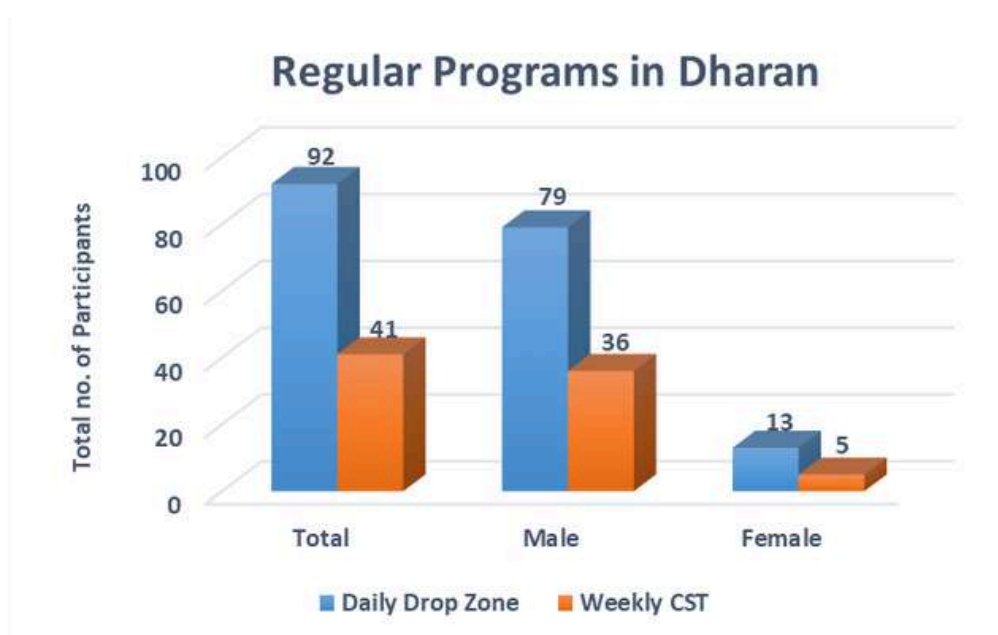
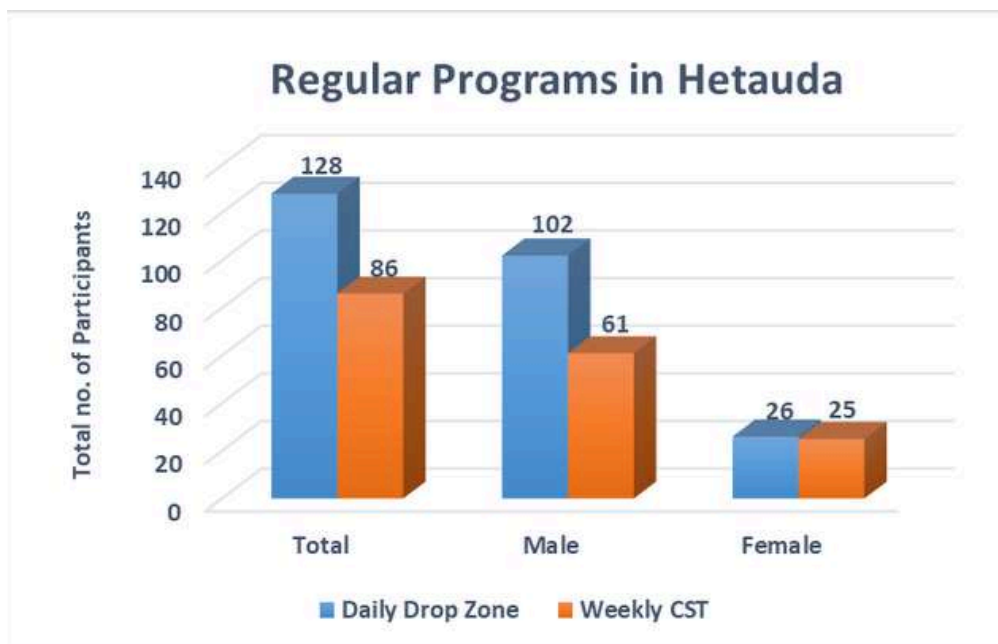
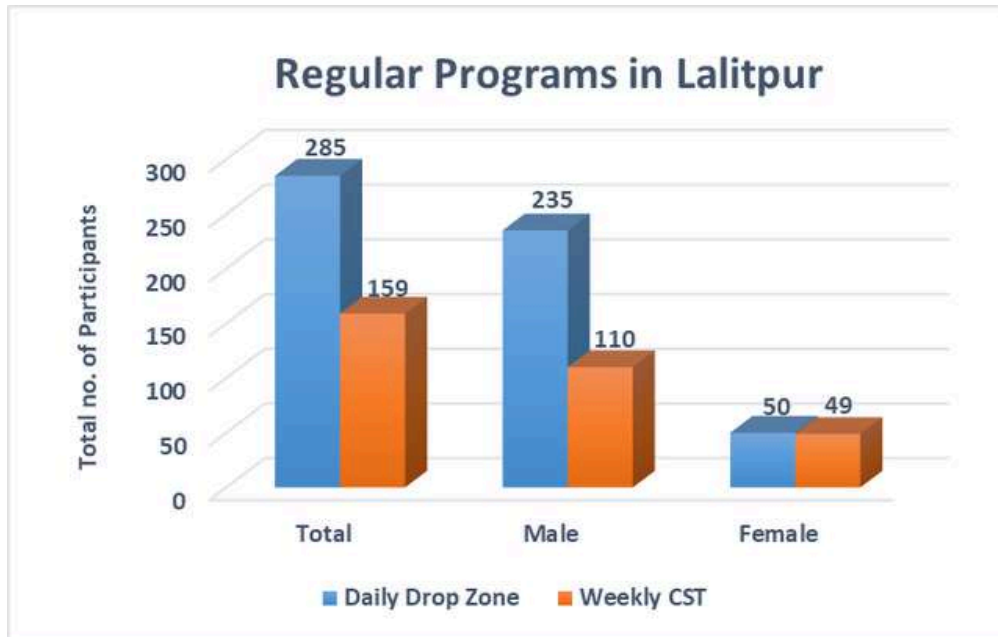
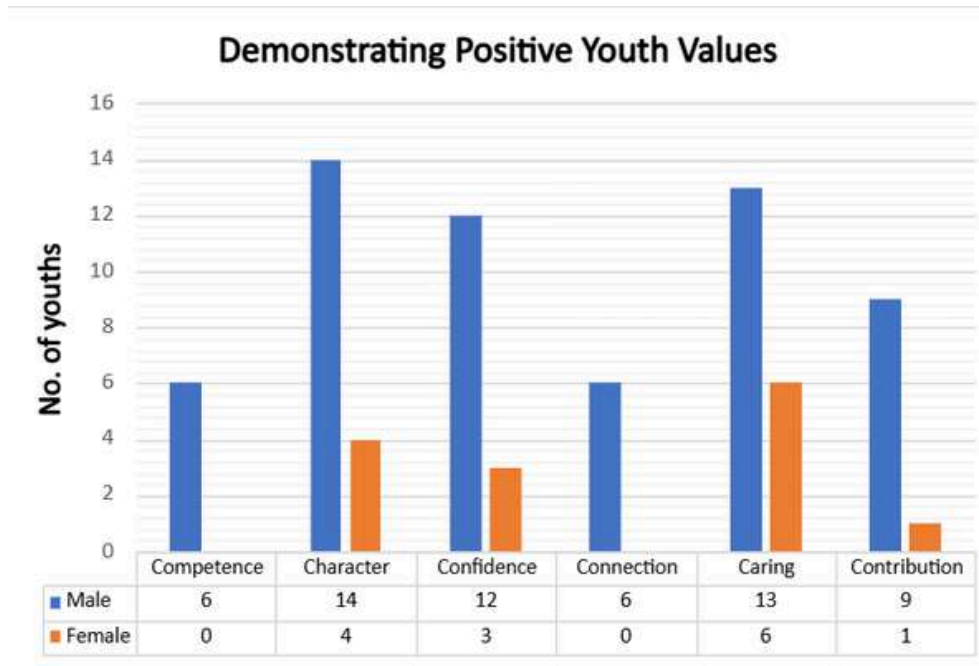


fig 1,2 & 3: Disclosing ANS regular programs in Lalitpur, Dharan and Hetauda

## PROGRAM OUTCOMES



A total of 50 regular youths participated in the survey from January to June, 2026, demonstrating progress in key positive youth development values. The program's mentoring, life skills sessions, and youth engagement activities have contributed to nurturing important qualities that help young people grow into responsible and compassionate individuals.

Among the participants, 38% (19 youths) demonstrated caring attitudes, showing empathy, kindness, and willingness to support their peers and others in the community. Similarly, 36% (18 youths) demonstrated strong character, reflecting honesty, responsibility, and respect in their behavior and interactions.

In addition, 30% (15 youths) showed increased confidence, indicating that the program is creating a supportive environment where young people feel comfortable expressing their ideas, participating actively in discussions, and taking initiative. The program also observed that 20% (10 youths) demonstrated contribution, actively engaging in activities that benefit their group and community.

Furthermore, 12% (6 youths) demonstrated competence, applying skills and knowledge gained through program sessions, while another 12% (6 youths) showed strong connection, building positive relationships and teamwork among peers.

Overall, these results highlight the program's growing impact in strengthening both personal values and social skills among youths. Through continued mentorship and engagement opportunities, the program is helping young people develop into confident, caring, and responsible individuals who are increasingly prepared to contribute positively to their communities.



*Basic Adolescent Counselling Training*



*Barista Training*



*Quarterly Birthday Celebration*



*CST Activity time*



*Anti-Bullying Session*



*Youth Issues Meeting*



*Indoor Drop Zone*



*Evening Walk*



*DZ Activity: 3v3 basketball competition*



*Farmer's Market Open Mic*



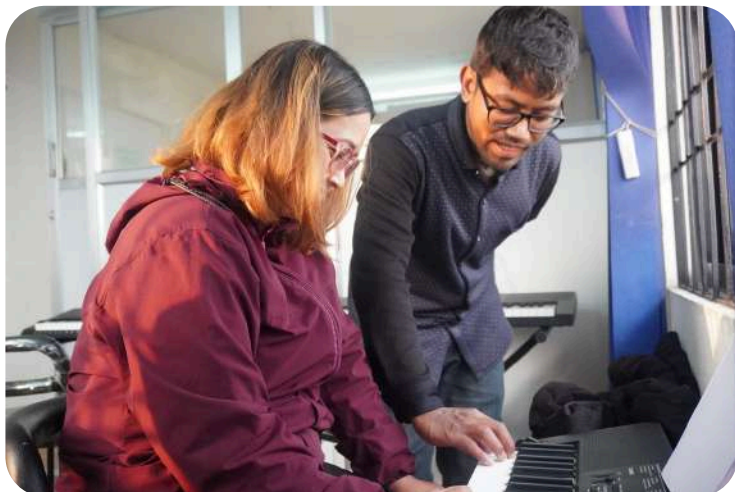
*CST Session Facilitators' Review*



*Quiz Organized by Volunteers*



*Valentine's Session on Healthy Relationship*



*Keyboard Class*



*SEE Counseling Workshop*



*Open-Mic*



*Farmer's Market*



*Youth Gathering*



*Outdoor CST*



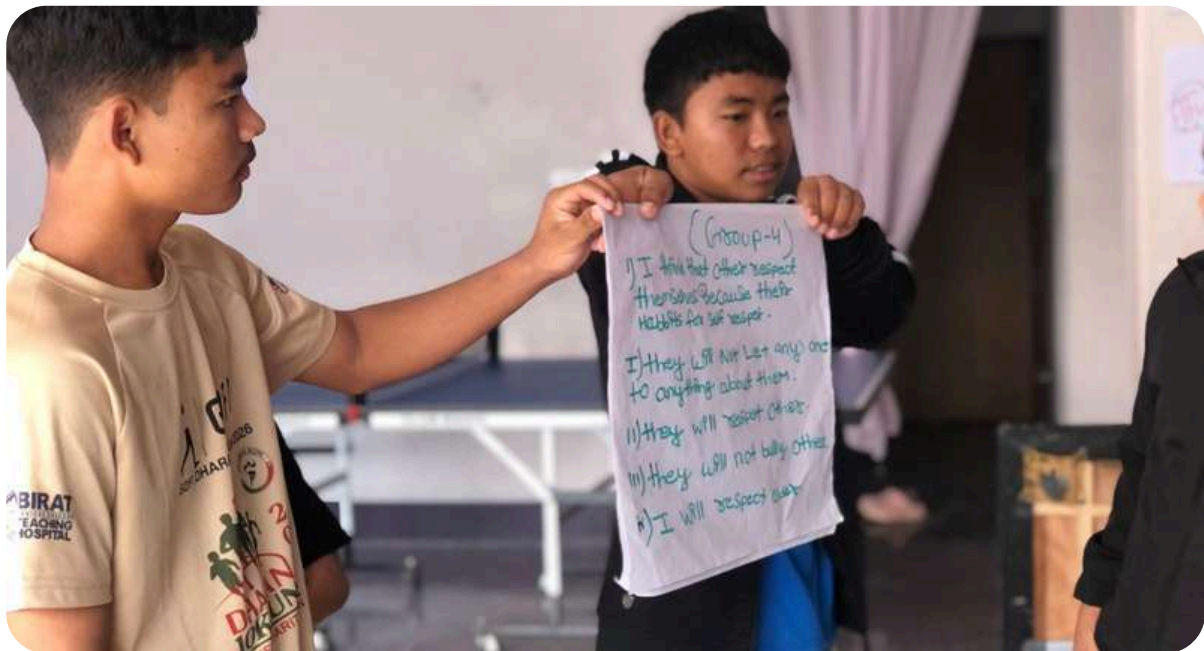
*Mini Futsal Competition*



*CST Session*



*Youth Enjoying Lunch*



*Group Sharing Activity*



*Ludo: Drop Zone*



*UNO: Drop Zone*



*DZ Activity: Ribbon Bouquet Crafts*



*CST Session*



*Career guidance workshop in school*



*Open Mic*



*Parenting Session*

## CHALLENGES

1. Budget constraints and limited materials for effective implementation.
2. Delay in the Youth Centre project administrative procedures and approval from the government bodies with all the branches respectively
3. Limited income-generating opportunities hindered long-term sustainability and the continued impact of project outcomes.
4. Decreasing number of senior youths in regular programs.

## LEARNINGS

1. Regular mentorship from the counseling expert has enabled the ANS youth care staffs to be more efficient dealing with youth's vulnerabilities.
2. Youths have shown high interest to volunteer and are committed to serve.
3. Rapport building and cooperation with the stakeholders in Hetauda Youth Centre has been work of success

## CONCLUSION

Arise and Shine Nepal sincerely expresses its heartfelt gratitude to all supporters—individuals, government agencies, community schools, national and international organizations, and well-wishers—whose continuous support, partnership, and encouragement have made it possible to advance its vision and mission of empowering and developing youths within the community.



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



Scan for more information

**Report  
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April 10, 2026