



Arise and Shine Nepal

QUARTER REPORT



April to June
2026

*"Small steps every day lead to big
achievements tomorrow."*

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CHALLENGES AND LEARNING

ACRONYMS

ANS : Arise and Shine Nepal

YC : Youth Centre

DZ : Drop Zone

CST : Come, See and Taste

SSF : School Students Forum

PC : Program Coordinator

LYC : Lalitpur Youth Centre

HYC : Hetauda Youth Centre

DYC : Dharan Youth Centre

CRIN : Crisis Response Initiative Nepal

YC2 : Youth Council of Youth Centre

H.A.P : Homework Assistance Program

YLD : Youth Leaders Development

PYD : Positive Youth Development

Daily Drop Zone

The key highlights of the DZ for this quarter included swimming for physical well-being, the introduction of the card game Phase 10, and a visit from a New Zealand team that also added much fun. The safe and supervised environment encouraged young people to connect with staff and volunteers while building meaningful friendships with their peers..

CST (Come, See and Taste)

Throughout the quarter, youths engaged in learning opportunities for holistic development. Senior participants completed the "My Profession" module, focusing on workplace readiness and financial literacy, while juniors explored life skills and personal growth through the "Flourish Life Skills" module. Additional activities such as health awareness, outdoor CST, team-building, and other fun/ recreational events promoted learning, well-being, and positive engagement. Young people demonstrated increased confidence and leadership by taking initiative, actively participating, and positively influencing their peers.

Parenting Teenagers Program

The parenting workshop has been successfully organized at ANS in collaboration with the Crisis Response Initiative Nepal (CRIN). The topic "Adolescence as a Transitional Phase" examined the physical, emotional, and social changes that teenagers experienced between the ages of 10 and 19. Another, "Making Your Teen's Transition into Adulthood," taught parents how to acknowledge and support their teenagers through open communication, guidance, responsibility, and healthy role modeling.

Young Leaders Development Mentoring

The Youth Centre Project was based on the research-driven Positive Youth Development (PYD) approach, using holistic activities to nurture well-rounded and transformational young leaders. Through mentoring, weekly sessions, and outdoor values-based teambuilding, they developed their self-awareness, strengths, core values, and leadership skills. As a result, they have become aware of their personality traits and become confident and expressive throughout the sessions. In addition, it has also fostered the mentor-mentee relationships and equipped the mentees to reach their goals.

Sports Tournament

The internal futsal tournament provided young people with opportunities to enhance their physical fitness, teamwork, and social skills while demonstrating enthusiasm and discipline. Youth volunteers played an active role in event management, ensuring its smooth execution. Participation increased with the involvement of new players, and teams from senior boys, junior boys, and girls promoted gender equality, inclusion, and positive youth engagement despite limited resources.

Mental Health Workshop

The mental health workshop has been successfully organized in community schools, led by Mr. Prajol Deuju, focused on "Me and My Mental Health." It addressed self-awareness, emotional regulation, and positive coping strategies. Participants engaged in discussions and reflection activities, enhancing their understanding of mental health, resilience, and communication skills. The participants learned to reduce stigma surrounding mental health and how to promote one's psychosocial well-being. The grounding technique introduced was helpful for them to practice being in the present/ at the moment.

Career Guidance Workshop

A two-day business startup process training was conducted to support aspiring entrepreneurs who have shown interest in starting their own businesses. The session was facilitated by Jiwan Rana Magar, a business leader with more than 15 years of experience. Participants learned the basic steps of starting and managing a business, including business planning, financial management, and cash flow control. The training helped participants gain practical knowledge and confidence to make informed business decisions and take the right steps toward building successful enterprises.

Vocational and Technical Skills Training

The regular vocational classes were continued to equip the interested young people in finding their dream work or businesses. Following the renovation of the barista training class, new youth groups enrolled in barista training, benefiting from an improved learning environment. One group successfully completed the 15-day barista course, while basic hip-hop dance training was introduced to engage and empower young girls.

Drop Zone

The DZ continued to provide a safe and welcoming space where youths engaged in recreational activities and positive social interaction. Bi-monthly activities were conducted throughout the quarter, strengthening friendships and peer connections. We organized the first outdoor evening walk to engage them in an informal setting, which everyone enjoyed. Youths shared a good bond with one another and built a team spirit. And HAP continued to support youths with their daily homework/assignments, which contributed to building study habits and learning in a peaceful environment.



Weekly CST

Throughout the quarter, the CST program continued the Flourish Life Skills Training series, covering key topics such as self-confidence, goal setting, and adolescent development. Interactive activities, including a movie session, open mic, quiz competition, handicraft making, food preparation, and cleanup activities, complemented the training sessions. Together, these activities promoted active participation, strengthened peer relationships, and helped participants develop confidence, teamwork, creativity, responsibility, and other essential life skills in a supportive learning environment.

Kitchen Gardening (Kareshabari) Training

In partnership with Anchor of Hope, a kitchen gardening training was held for parents of beneficiaries and economically disadvantaged households. The training focused on vegetable cultivation, sustainable gardening practices, and efficient household space usage to improve nutrition and food security. Participants actively engaged and valued the skills acquired. To aid implementation, gardening tools, seeds, containers, and organic fertilizers were provided, enhancing participants' ability to establish home gardens and promote sustainable livelihoods.

Daily Drop Zone

Bi-monthly special activities, including competitions, ice-breakers, and art and craft sessions, were successfully organized, encouraging creativity, confidence, and peer interactions. New youths were oriented and supported with registration, while regular supervision helped strengthen trust and participation. We welcomed our first four youth volunteers, who expressed an interest in helping to build the ANS youth community and assist with program logistics. Youths developed a sense of belonging and ownership.



Weekly CST

The CST sessions such as “Reach Your Dreams” and “Understanding Changes in My Body” (Parts 1 & 2) supported youth learning on personal development and puberty. A special outdoor futsal program was also organized with active youth participation and parent consent, helping youths build teamwork and sports skills. Youths have demonstrated leadership skills, positive youth behavior, and respect for one another. CST allowed them to be expressive and showcase their creativity, talents and skills.

Youth Centre Inauguration

The Dharan YC was successfully inaugurated in June 2026 with the participation of the ward chairperson, neighborhood development committee (Tole Bikash Samiti) members, community leaders, parents, youth volunteers, and other key stakeholders. The initiative received strong appreciation and encouragement, while the ward chairperson pledged continued support, including the possibility of small grants for future program activities.

IMPACT STORIES

For the longest time in my life I have spent hours playing around and having fun at DZ. It's a ritual to come and have fun there as it's the most comfortable place I have been with friends and people that feel like a part of my family. From having indoor to outdoor activities DropeZone helps create fond moments that gives the feeling of being welcomed and appreciated. Thanks to YC's team for creating and managing such an incredible environment for the youth, we all appreciate you very much.



***Rushan Thapa Magar, 17
DZ, Lalitpur***



***Soni Bishwakarma, 14
DZ, Dharan***

Before I started coming to DZ, I had a huge lack of confidence. I also lacked a bit of discipline. But after I began attending DZ, I am now confident, and I have become disciplined. Before, I didn't use to accept my mistakes. Now, I admit that it is my mistake even without being told. By coming to DZ, I have also made new friends. I learned new games too; there were so many games that I didn't even know existed before.

Before joining CST at the Youth Center, I was very inactive, but CST has helped me learn many things. It has improved my thinking, built my confidence, and taught me valuable lesson. Through CST, I have made new friends, learned rules, and understood important values such as being a unique and precious creation, being an asset to my community, and respecting myself and others. CST has become an important and meaningful part of my life.



***Saron Rai, 14
CST, Dharan***

I have really enjoyed my experience in CST so far because it has been both interesting and rewarding. Throughout the course, I have learned many new concepts and developed practical skills that I can apply in real-life situations. The lessons have helped me improve my problem-solving abilities, communication, and confidence. I also appreciate the hands-on activities, as they make learning more engaging and easier to understand. Overall, my experience in CST has been very positive, and it has helped me grow personally.



***Prathna Chemjong, 16
CST***



***Pawan Thapa Magar, 19
Barista Training***

Attending the Barista Class was a wonderful and enriching experience. I thoroughly enjoyed every session and gained valuable knowledge about the process of preparing a variety of coffee beverages. The trainer was friendly, supportive, and highly skilled. She explained each concept clearly and patiently, making the learning process both enjoyable and easy to understand. This training enhanced my practical skills and increased my confidence in coffee preparation.

Throughout the session, we learned about mental health and its importance. We explored what mental health is and its different aspects, such as emotions, feelings, psychological well-being, and social aspects. We also learned about the physical aspects of mental health and how they are connected to our overall well-being. This session was very helpful for us, especially because we are in our teenage years.



***Anjana Rai, 13
Mental Health- SSF***

In this session, I learned about menstruation, including what it is, when it usually begins, and the physical and emotional changes that can occur during the menstrual cycle. I also learned how the menstrual cycle works and the different menstrual products that can be used besides sanitary pads. The session explained the changes that both boys and girls experience during adolescence. In addition, we discussed how men can support the women and girls around them during menstruation



Pooja Nepal, 20
Menstrual Health



Ram Krishna Timalsina, 13
CST, Hetauda

CST is not just about studying; it also gives us opportunities to learn new things and have fun. Activities like movie sessions, open mic events, and games make every Saturday exciting and enjoyable. It has also helped me spend my Saturdays in a meaningful and productive way. I look forward to coming every week because I get to learn, share my ideas, make new friends, and experience something new each time. This program has increased my confidence, broadened my knowledge, and inspired me to keep learning and growing.

I always feel safe and comfortable when I come to DZ. It is a place where I can be myself, learn new skills, make friends, and enjoy fun activities. If I stayed at home, I would mostly spend my time doing nothing, but this program has given me the opportunity to learn more. The supportive mentors and welcoming environment make me feel valued and encourage me to keep coming back. This program has had a positive impact on my learning, confidence, and personal growth.



Krijina Ghimire, 14
DZ, Hetauda



Kamala Lama, 52
Kitchen Gardening Program - Hetauda

I really enjoyed today's Kitchen Garden Program. By participating in this program, I had the opportunity to learn many useful things that I did not know before. In particular, I learned how vegetables and other crops can be grown effectively even in a small space. I also gained valuable knowledge about different types of plants, their uses, proper care, and cultivation methods.

The program team also provided us with gardening tools, containers, vegetable seeds, seasonal fruit seeds, organic fertilizers, and many other essential materials needed for kitchen gardening. This support was truly impressive and will help us apply what we learned at home.

Overall, I found the program to be highly informative, practical, and inspiring. I sincerely appreciate the efforts of the organizers and am thankful for their generous support and valuable guidance.

Program Participation in Lalitpur Youth Centre

Date	Programs	Total	Male	Female
April - June 2026	Drop Zone (one timer)	432	357	75
April - June 2026	Weekly CST (one timer)	222	168	54
April - June 2026	Young Leaders Development	5	2	3
11 th April, 2026	Parenting Teenagers	24	8	16
16-18 th April, 2026	Sports Tournament	229	196	33
29 th May, 2026	Swimming	30	26	4
6 th June, 2026	Menstrual Health Awareness	29	17	12
13 th June, 2026	ANS cleanliness program	31	24	7
24-25 th June, 2026	Business Workshop	19	6	13
23 rd and 30 th June, 2026	Mental Health Workshop	37	24	13
April - June 2026	Futsal Training with Ward	11	11	0
April - June 2026	Barista Classes	5	5	0
April - June 2026	Keyboard Classes	10	3	7
April - June 2026	Guitar Classes	5	3	2
April - June 2026	Dance Class	5	0	5
April - June 2026	Monthly Youth Issues	10	10	0
April - June 2026	Monthly Youth Gathering	30	14	16

Daily 23 youths using DZ services (20 Male and 3 Female)

Weekly 45 youths joining CST (35 Male and 10 Female)

Hetauda Youth Centre

Date	Programs	Total	Male	Female
April - June 2026	Drop Zone	107	81	26
April - June 2026	Weekly CST	86	61	25
April - June 2026	Homework Assistant Program	20	12	8
30th June 2026	Kareshabari Training Program	43	0	43

Daily 21 youths joining DZ (16 Male and 5 Female)

Weekly 25 youths joining CST (19 Male and 6 Female)

Dharan Youth Centre

Date	Programs	Total	Male	Female
April - June 2026	Drop Zone	65	52	13
April - June 2026	Weekly CST	40	33	7
21 st June 2026	Dharan Inauguration	34	23	11

Daily 10 youths joining DZ (8 Male and 2 Female)

Weekly 12 youths joining CST (10 Male and 2 Female)

Altogether - 832 youths (610 Male and 222 Female) have benefited this quarter

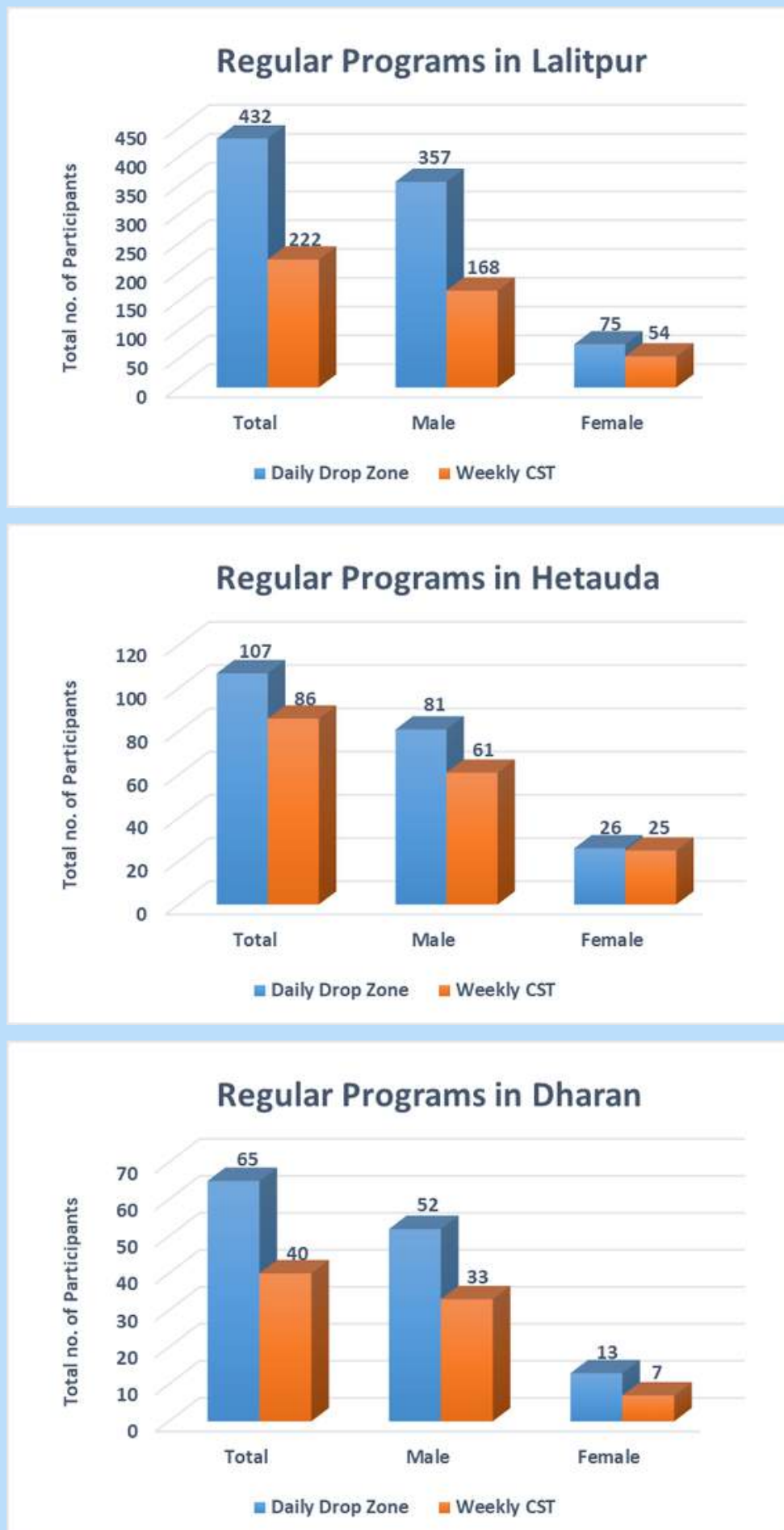


fig 1,2 & 3: Disclosing ANS regular programs in Lalitpur, Dharan and Hetauda



Indoor DZ Games



Outdoor Basketball Sport



CST Game Time



Quiz Time



CST Session Presentation



YLD Outdoor Session on Character

Photographs



YLD Session Activity



Quarterly Birthday Celebration



Activity in Parenting session



Futsal Tournament



Monthly Youth Issues Discussion



Swimming



Monthly Youth Gathering



ANS Cleanliness



Business Workshop on Lean Canvas



Mensural Hygeine Workshop



Barista Training



Keyboard Class



Guitar Class



Butterfly Hug- Mental Health Workshop



Movie Time



Dharan Indoor Drop Zone



Treasure hunt DZ Activity



CST Activity



Futsal training collaboration with Ward 18



Hetuda Bimonthly Activity



Farming Program Hetauda



Dharan CST Activity



Dharan Outdoor CST



CST Session

GOAL FOR THE NEXT QUARTER

S. N.	Programs/Activities (July to September, 2026)
1	Daily Drop Zone
2	Weekly Come, See and Taste
3	Vocational and Technical Skills Training
4	Youth Camp (Mental Retreat)
5	Mental Health Workshop
6	One-to-one and Youth Counseling
7	Monthly Youth Gathering
8	Survey/ Need Assessment
9	Young Leadership Development Mentoring
10	Reports (Monthly, Quarterly, Semi-annually, Annual)

LEARNINGS

1. Successful collaboration with Lalitpur Ward 18 has expanded opportunities for youth through futsal training initiatives.
2. Strong rapport and collaboration with stakeholders have contributed to the successful operation of the Hetauda Youth Centre.
3. ANS Dharan YC was successfully inaugurated with the encouraging presence of government representatives, community leaders, parents, and youths as the key stakeholders.

CHALLENGES

1. Adequate and sustainable funding for effective program implementation
2. Enhanced local resource mobilization to ensure long-term financial sustainability.
3. Sufficient human resources across branch offices for quality program delivery
4. Diversified funding sources to reduce dependency on a limited number of donors.

CONCLUSION

Arise and Shine Nepal extends its heartfelt appreciation to all individuals, government agencies, community schools, national and international organizations, partners, donors, and well-wishers whose trust, collaboration, and unwavering support have been instrumental in advancing our mission of leading young people to a better adult life. Together, your partnership continues to inspire positive change and create lasting impact in the lives of young people and the communities we serve.



"Leading young people to a better adult life"



Scan for more information

**Report
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