



QUARTERLY REPORT

July-September



2026

“A healthy mind needs rest, connection, kindness and care.”

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CHALLENGES AND LEARNING

ACRONYMS

ANS	: Arise and Shine Nepal
YC	: Youth Centre
DZ	: Drop Zone
CST	: Come, See and Taste
CRIN	: Crisis Response Initiative Nepal
PC	: Program Coordinator
LYC	: Lalitpur Youth Centre
HYC	: Hetauda Youth Centre
DYC	: Dharan Youth Centre
YC2	: Youth Council, Youth Centre
GA	: General Assembly
H.A.P	: Homework Assistance Program
HDCS	: Human Development Community Services

Lalitpur Youth Centre

Drop Zone



Throughout the quarter, YC2 provided a safe and welcoming DZ environment for youth. Regular activities such as table tennis, carrom, basketball, and card games encouraged teamwork, friendship, and healthy recreation. New games and activities, including Wooden Tic-Tac-Toe, Bluff Momo, and the Fun Food Challenge, increased participation and interaction. Evening walks, DZ Outreach, and Friday rewards such as free futsal and dance sessions also helped attract and engage more youths.

Overall, these activities strengthened youth participation, connection, and sense of belonging.



CST (Come, See and Taste)

Throughout the quarter, senior participants focused on career readiness through the “My Profession” manual, covering entrepreneurial mindsets, job applications, and time management. Junior participants explored friendship, peer pressure, respect for differences, and bullying through the “Flourish Life Skills” manual. A mental health awareness session was also conducted in collaboration with Vyakta, facilitated by Mr. Prajal Deoju.

Recreational activities, including Sports Day, movie screenings, team-building games, and Grand CST by YC2, encouraged youth participation, interaction, and engagement.



Mental and Emotional Health Counseling



ANS conducted mental health workshops in community schools and a two-day Youth Mental Retreat in collaboration with HDCS, CRIN and Vyakta under the theme “Rest, Reflect, Reset.” The activities focused on self-care, stress management, emotional health, coping skills, trauma and healing, and emotional intelligence. Participants also engaged in hiking, swimming, barbecue, team building, and relaxation activities, creating opportunities for connection and reflection.

As a result, participants increased their awareness of mental and emotional well-being and began reflecting on their lives and practicing self-care.

Parenting Teenagers

The Parenting Teenagers Workshop on "The Wellbeing of Parents" was led by Mr. Santosh Chhetri and Mrs. Rupa Chhetri. Parents took part in interactive exercises, group discussions, case studies, and icebreakers. A flowerpot activity at the end of the program served as a reminder to parents that children require love, tolerance, care, and a nurturing atmosphere in order to develop.

The session's main topics were stress management, identifying one's own needs, and taking care of oneself while simultaneously taking care of teens. In general, the program was engaging, significant, and beneficial to parents.



Hetauda Youth Centre

Drop Zone



The key highlights of the DZ for this quarter included regular youth activities that helped young people build stronger friendships, improve peer relationships, and participate more actively. Volunteers supported DZ activities, while skating and H.A.P. provided opportunities for recreation, learning, and teamwork.

25 stationery kits supported students in their education, and regular snacks helped create a welcoming space that encouraged participation.



CST (Come, See and Taste)

Throughout the quarter, trained facilitators conducted life-skills sessions on managing emotions, true friendship, self-awareness, and positive change. These sessions helped youths develop emotional well-being, confidence, healthy relationships, and a positive attitude toward themselves and others. Recreational activities such as open mic, movie sessions, games, birthday celebrations, snack-making and clean-up activities provided opportunities for youths to have fun, express themselves, develop creativity, and build positive peer relationships.

Overall, the CST program provided a supportive space for youths to learn, grow, connect, and enjoy positive experiences together.



Daily Drop Zone

Throughout the quarter, new youths were welcomed, oriented, and supported to participate regularly. Relationship-building and supervision strengthened trust, communication, and belonging. Special activities such as games, competitions, arts and crafts, the Young Writer Challenge, and cupcake decoration promoted creativity, confidence, and peer interaction.

Express Corner and youth volunteer engagement further encouraged self-expression and ownership. Overall, youths showed increased participation, positive behavior, creativity, and engagement in the YC.



CST (Come, See and Taste)

Throughout the quarter, CST sessions focused on personal development, emotional awareness, discipline, friendship, self-confidence, communication, and positive behavior. Youths actively participated in discussions, games, reflections, and activities. The sessions helped youths better understand and express their emotions, build healthy relationships, manage peer pressure, and practice positive communication and behavior. Activities such as futsal and group games, and quizzes also encouraged teamwork, cooperation, and mutual respect. Overall, youths showed active participation, greater confidence, leadership, creativity, and respect for others, supporting their development of positive life skills.



IMPACT STORIES

I felt truly refreshed, grateful, and blessed by this experience. I learned more about mental health, how to care for myself, and the importance of maintaining my own mental well-being. The sessions gave me a better understanding of self-care and reminded me to make my mental health a priority. I also had so much fun hiking with new friends, sharing conversations, and enjoying a BBQ together.



Purnima Sunuwar, 19
Mental health -Youth camp



Deep Khati, 15
DZ, Dharan

Before coming to Drop Zone, I didn't know games like table tennis and chess, but coming to youth centre regularly helped me learn new skills and control my anger and emotions. Being part of the volunteer team has taught me responsibility, leadership, and teamwork. With the support of the staff and friends, I have grown personally and become more confident. I'm proud to be part of Drop Zone.

Previously, I attended CST occasionally, but now I regularly take part in the Flourish Life Skills series, along with activities like Futsal and quarterly quizzes. My favorite session was "Be the Change," which encouraged me to become a positive role model and make a difference in others' lives. I also really enjoy the fun and learning opportunities through Futsal and GK quizzes.



Nikesh BK, 13
CST, Dharan

The most important thing I learned from the keyboard class was that understanding music theory and reading music is essential to becoming a better musician. I also learned the importance of proper finger placement and technique, along with the need to practice regularly to improve. The instructor explained everything clearly and created a friendly and enjoyable learning environment, which made the classes even more engaging. I know there is still much more for me to learn and practice.



Muna BM, 26
Vocational Training



Som Bahadur lama
Parenting counselling

Before joining the HAP program, I often left my assignments incomplete and found it difficult to study well. I spent most of my time using my mobile phone. However, after joining the program, I became more motivated to study and started completing my assignments regularly. I also reduced my mobile phone use and feel happy about the positive changes I have made in my life.

Today's session on Parenting Teenagers was very practical and informative. I appreciated how the trainer did not simply explain parenting principles but shared practical experiences and examples. Through this session, I learned to better understand my child's perspective and communicate with my child in a healthier way. I will definitely apply what I learned today in parenting my child.



Shajit Aalam , 13
HAP

My experience in the YLD class was very good and meaningful. Before joining this class, I was confused about how it would help me in my life. But after attending the classes, I learned many valuable things about caring, contribution, and the 6 Cs. I also gained more confidence and learned how to communicate and work better with others. Overall, YLD has helped me grow as a person and has given me lessons that I can use in my daily life



Aayusha Achhami, 18
YLD- Mentoring



Daniel Rumtel, 13
Drop Zone, Hetauda

Before coming to ANS, I used to spend most of my time with friends who negatively influenced my language and behavior. After joining ANS, I found a positive environment where I could learn, play, and develop good habits. Although following rules was difficult at first, I gradually became more disciplined, respectful, and responsible. I also learned the importance of choosing good friends and making positive decisions. Today, I feel more confident and aware of my behavior, and I am happy that the ANS has helped me grow into a better person.

I am currently 15 years old. I hold the position of Volunteer Leader at the Drop Zone. I am extremely happy to be a leader. As a volunteer, I have had the opportunity to learn new things, including leadership skills, communication skills, confidence, teamwork, and problem-solving skills. I have also been able to help other volunteers, work together as a team, and take on responsibilities in activities.



Soni Bishwakarma..15
Volunteer Leader

Date	Programs	Total	Male	Female
Jul - Sept 2026	Drop Zone (one timer)	319	273	46
Jul - Sept 2026	Weekly CST (one timer)	289	203	86
4 th - 5 th Jul, 2026	Mental Retreat - Youth camp	26	10	16
8 th - 9 th Jul, 2026	Mental health workshop - SSF	38	18	20
14 th Jul, 2026	YC2 Junior Review & Refreshment	5	5	0
19 th - 20 th Jul, 2026	Annual Retreat	21	8	13
1 st Aug, 2026	Facilitators Review & Refreshment	11	2	9
4 th Aug, 2026	YC2 4 th Batch Orientation	5	3	2
22 nd Aug, 2026	Grand Sports day - Youth Day	93	72	21
4 th Sep, 2026	Jump KTM	29	20	9
12 th Sept, 2026	Mental and Health with Vyakta	26	19	7
13 th Sept, 2026	Annual General Assembly	38	16	22
26 th Sept, 2026	Parenting Teenagers Workshop	21	3	18
Jul - Sept, 2026	Weekly YLD session	5	2	3
Jul - Sept, 2026	One and One with Youths	12	4	8
Jul - Sept, 2026	Guitar Classes	5	3	2
Jul - Sept, 2026	Dance Classes	5	-	5
Jul - Sept, 2026	Barista Classes	3	3	-
Jul - Sept, 2026	Keyboard Classes	8	1	7
Jul - Sept, 2026	Monthly Youth Issues	23	18	5
Jul - Sept, 2026	Monthly Youth Gathering	33	18	15
Jul - Sept, 2026	Open Mic/ Talent Show	118	97	21

Daily 23 youths using DZ services (18 Male and 5 Female)

Weekly 64 youths joining CST (47 Male and 17 Female)

Hetauda Youth Centre

Date	Programs	Total	Male	Female
Jul - Sept, 2026	Drop Zone (One timer)	86	66	20
Jul - Sept, 2026	Weekly CST (One timer)	72	55	17
Jul - Sept, 2026	Homework Assistant Program	30	19	11
Jul - Sept, 2026	One-on-one Counseling	5	3	2
12 th Aug, 2026	Skating - Youth Day	26	16	10

Daily 23 youths using DZ services (17 Male and 6 Female)

Weekly 29 youths joining CST (21 Male and 8 Female)

Dharan Youth Centre

Date	Programs	Total	Male	Female
Jul - Sept, 2026	Drop Zone (One timer)	80	68	12
Jul - Sept, 2026	Weekly CST (One timer)	51	40	11
Jul - Sept, 2026	One-on-one Counselling	9	7	2
22 nd Aug, 2026	Futsal - Youth Day	28	21	7

Daily 11 youths using DZ services (9 Male and 2 female)

Weekly 13 youths joining CST (10 Male and 3 female)

Altogether 815 youths (593 male and 222 female) have benefited this quarter

PROGRAM ACHIEVEMENTS

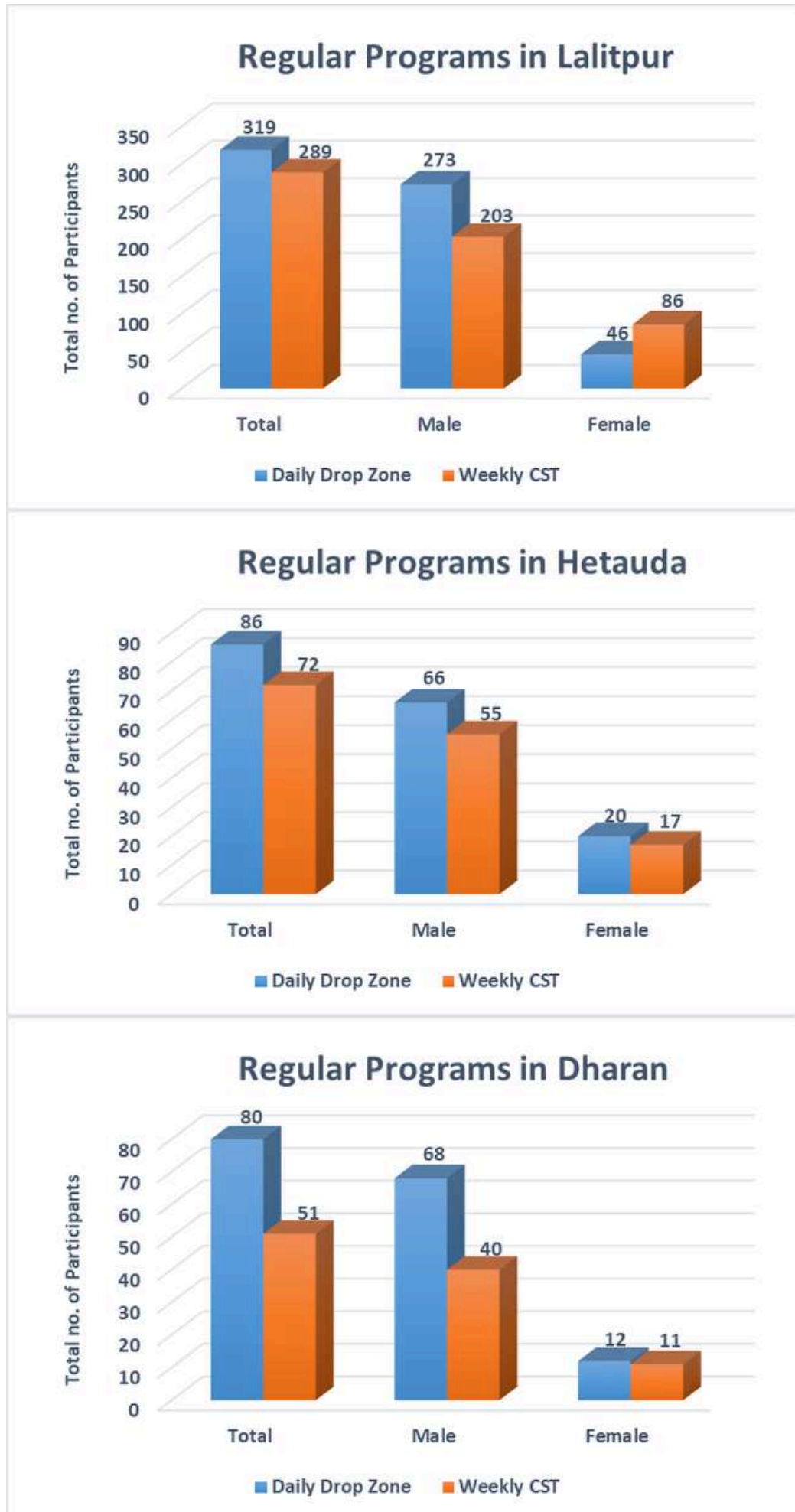


fig 1,2 & 3: Disclosing ANS regular programs in Lalitpur, Dharan and Hetauda



4th Batch of YC2



Creative Corner - Colouring



After CST Team Building



Drop Zone Outreach



Mental and Emotional Health Workshop



Facilitator's review and refreshment



Food Challenge in DZ



Mental Retreat - Youth Camp



Outdoor Activity: Jump KTM



Daily Drop Zone



SSF Mental Health Workshop



Parenting Teenagers Program



ANS Annual Staff's Retreat



Monthly Youth Gathering Activity



ANS 11th Annual GA



YLD Outdoor Session - Flier Distribution



Monthly Youth Issues Meeting



Quarterly Staff Teambuilding



Open Mic



Dance Class



YLD Outdoor Session on Confidence



Barista Training



Guitar Class



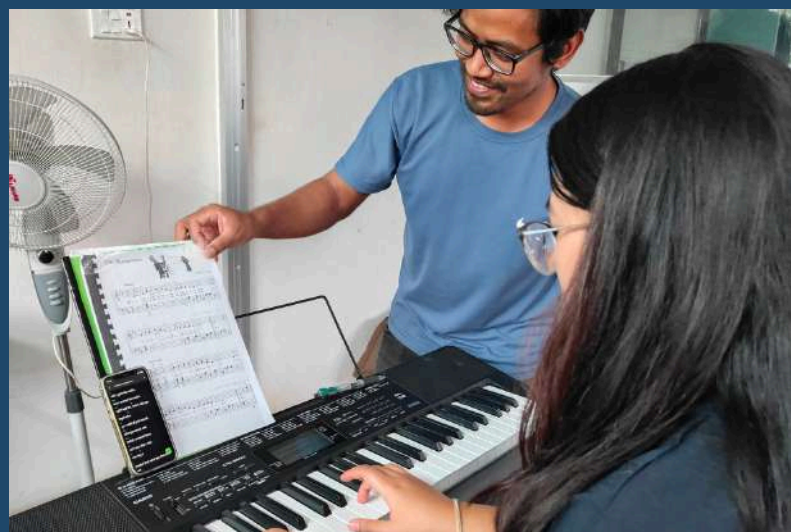
YC2 Junior Review & Refreshment



Grand Sports Day - Youth Day



CST Session



Intermediate Keyboard Class



Psychosocial Support for Flood-Affected Children in Nuwakot



Quarterly Staff Teambuilding



Outdoor Program: Skating



CST Games



Youth Day Celebration



Outdoor CST: Futsal



Youth Volunteers



Quarterly Birthday Celebration



Quarterly Staff Teambuilding

GOAL FOR THE NEXT

S. N.	Programs/Activities (October to December, 2026)
1	Daily Drop Zone
2	Weekly Come, See and Taste
3	Vocational and Technical Skills Training
4	Entrepreneurship/ business Workshop
5	Career Guidance Workshop
6	Sports Tournament
7	Alumni Reunion
8	Mental Health Workshop
9	One-to-one and Youth Counseling
10	Monthly Youth Gathering
11	Youth Hike
12	Young Leadership Development
13	Reports (Monthly, Quarter and Donor)
14	Parenting Teenagers

CHALLENGES

1. The fund commitment process has been slower than expected, resulting in delays in progressing planned activities within the quarter.
2. Inadequate income generation during the quarter created financial constraints and affected the timely implementation of planned activities.

LEARNINGS

1. Strengthened coordination and collaboration with likeminded organizations for effective program implementation.
2. Improved teamwork, communication and coordination through teambuilding activities.

CONCLUSION

Arise and Shine Nepal (ANS) sincerely appreciates all individuals, government agencies, community schools, national and international organizations, partners, and well-wishers for their continued support and collaboration. Their valuable contribution has been instrumental in advancing ANS's mission of empowering and developing youth and strengthening communities.



"Leading young people to a better adult life"



Report
submitted by:
Radhika Lama
Program Coordinator
Arise and Shine Nepal
Oct 7, 2026



Scan for more information