

# Annual Progress Report

Sept 2019- Aug 2020

Eleventh Annual General Meeting  
September 12, 2020

Empowering Youth  
Strengthening Involvement



## Our Journey of Youth Empowerment

Greetings once again to all my colleagues, partners and fellow young friends. It is again with great pleasure and satisfaction that I write this message for the annual report of our final year as the executive board of YUWA.

Another terrific year has passed; a year full of exchanging ideas and bringing them into action through our team effort, all to continue our mission of empowering youth and strengthening involvement. What a great year it has been.

The first year of our tenure was driven by the motto- change, consistency and collaboration. This year, we strived to strengthen the organization's values and to build the new generation of leaders. Along with the new programs, our team emphasized on ensuring the impact of our programs as well as expanding our programs far and wide to those unreached. However, as we had been gearing up to do so, the COVID-19 pandemic happened and has severely affected our momentum. This unprecedented crisis has hampered our way of work but has also opened the door for innovative approaches. It's high time that YUWA changed its way of course to digitalization. Many young people are limited to their homes and we have stepped back due to this crisis. It's vital to change our programs to cope with the new normal and thrive to achieve what we have lost.

We also should focus on engaging with the government and strengthen our advocacy strategies. We now have to veer towards local government collaboration and aim to bring impact in the local level. This success story has to be advocated at the national level and connected to the global platforms. This way we could ensure youth engagement for global actions.

I am fascinated to see the team's efforts. The team, which are the executive board, the staff, interns and volunteers, and our dear members of YUWA; 70 youths with different ideas and from diverse backgrounds working for a mutual goal, coming together is indeed a great example of youth leadership. Their relentless effort with strong organizational values backed with the passion to work for the youth is truly amazing to witness. This has shaped the YUWA that is today.

Thus, alluding to all the above-stated reasons, I can, therefore, proudly say that YUWA is truly a youth-friendly and safe space for young people. A second home.

I take this opportunity to congratulate the 5th the executive board and our valued staff members for your unfaltering devotion and your service to YUWA. We as a team have achieved the goals that we strived for. YUWA is now 10 years old and within that decade of youth empowerment, we have achieved a lot. The end of this decade is beginning to new energy and hope. The torch of leadership has been passed to the youngest team in the history of YUWA. They are the beginning of the new decade. May you continue to carry the organizational values and wish you all the best for your journey.

Looking forward to many more years of empowering youths and strengthening involvement.

With sincere gratitude,

**Sulab Baral**

President

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## Active Citizenship

Youth have ideas, promote them

YUWA believes youths are active partners in the development process and transforming them into active citizens enabling them in translating their ideas into action. Active citizenship focuses on youth civic sense, development of youth leadership skills, generating youth employment and financial literacy and also focuses on youth with disabilities. YUWA through its youth leadership skills emphasizes on Team building, developing leadership, networking, generating action plans and advocacy.



### Prarambha

*Prarambha is a two-day non-residential workshop targeted towards youth between the ages of 16- 24. It's an effort towards a common platform for youth innovation and engagement. Participants undergo a series of discussions, games, and activities whereby new ideas are explored, organized and implemented, concurrently empowering and motivating youths. The main objective of the Prarambha is to create a platform for young people to share, create and implement their ideas for social innovation, development and transformation. It aims to teach leadership, teamwork, communication, idea generation, and implementation skills to the participants. It is conducted twice a month both in-house as well as in other locations such as colleges, youth clubs, and youth organizations.*

Between September 2019- August 2020, we conducted 3 Prarambhas. We reached a total of 74 youths through this workshop and have equipped them with team building and leadership skills to make them capable leaders and contributors to society.

**November 19-20, 2019:** Premier College, a total of 16 participants

**December 16-17, 2019:** K&K College, a total of 22 participants

**February 16-17, 2020:** Khwopa College, a total of 36 participants

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## **Yuwa Manthan**

*YUWA Manthan is a discussion program where an expert or a resource person is called in to discuss, analyze and advise on the issue. Here, youths gather to discuss the issues affecting them and their surroundings. Generally, a resource person who is emerging in a particular field will be called in and will share their journey of challenges and opportunities with aspiring youths. The main aim behind this discussion program is to provide a learning platform for youth to be encouraged to be a changemaker through the story of the resource person. Furthermore, to help youth build networks and linkages with fellow experts in their areas of interest.*



We conducted 3 Yuwa Manthans with 90 participants and equipped them with advice and insights from professionals/experienced people from their respective fields.

**September 13, 2019:** YUWA Manthan with Pradeep Khatiwada on “Lights On: Youth-led Campaign”, a total of 22 participants

**December 6, 2019:** YUWA Manthan with Swechchha Adhikari and Bimal Khadka on “Prospects of Engineering”, a total of 10 participants

**February 19, 2020:** YUWA Manthan with Fun Revolution TV, a total of 41 participants

**July 31, 2020:** YUWA Manthan with Dr. Garima Shrestha from SHE organization (Virtual), a total of 17 participants

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## **Khulla Aakash**

*“Khulla Aakash” is a unique discussion event; the main idea of which is to share ideas, experiences, perspectives, doubts, knowledge, and recommendations and just about anything that comes in our mind through an informal conversation. It provides a platform to discuss sensitive or controversial topics whereby youth with open mind talks freely about and discuss anything with no judgement or restrictions.*

In the area of Active Citizenship, we conducted 4 Khulla Aakash with a reach of 41 participants.

**January 10, 2020:** Khulla Aakash on Blood Donor Motivation, a total of 9 participants

**January 27, 2020:** Khulla Aakash on Caste System in Nepal, a total of 12 participants

**February 15, 2020:** Khulla Aakash on Sustainable Agriculture in Nepal, a total of 20 participants

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## Youth Empowerment- Youth Leadership and Data Project (YELD)



### Youth Leadership and Data Summit

September 29, 2019: YUWA conducted the Youth Leadership and Data Summit, a gathering of like-minded CSOs, youth, government, and organizations working in the field of open data & youth leadership to discuss the culture of evidence-based decision making at Hotel Himalaya, Kupondole. The main objective of the summit was to showcase the achievement of the Youth Leadership and Data Project conducted at two phases in 2018 and 2019. The project was conducted in 12 cities of 6 provinces (1,3,4,5,6 and 7) whereby the local youth through workshops got to learn about the concept of youth, open data, data visualization, mapping, advocacy, etc. YUWA also launched the Youth Studies Book, a book containing information on various concepts related to youth, during the summit. Furthermore, there was a panel discussion on 'Shaping lives through Data: Strengthening Accessibility and Accountability among Youths'. The panelist represented the CSOs, research and policy organizations, Ministry of Youth and Sports and a representative of YELD graduates. There was a total of 82 participants in the summit representing CSOs, open data organizations, academicians and students.

## Other Programs in Active Citizenship

### 1. Workshop on “Ensuring effective communication through social media”

October 25, 2019: YUWA conducted a workshop on Ensuring Effective Communication through Social Media which was facilitated by Sabiya Shah, the General Manager at Infinity Digital Agency. It was attended by 15 participants from the communication and program staffs from various youth organizations including YoShan, Yuwalaya, Visible Impact, Jagriti Child and Youth Concern Nepal and Girls Empowered by Travel-Nepal as well as staff, interns and members of YUWA.

### 2. Effective Advocacy Workshop

December 24, 2019: Ms. Aakriti Ghimire, a third-year student from New York University, Abu Dhabi facilitated a workshop on “How to conduct an effective advocacy campaign” at the YUWA office. The 15 participants of the workshop learnt about ways to ensure that the campaign is representative of all the groups involved, using innovation in the campaign, selecting advocacy issues, identifying effective solutions, etc. It was a comprehensive session.



### 3. Health Camp and Educational Workshop

January 9-11, 2020: YUWA in collaboration with the World Korean Medical Students Organization (WKMSO) and Malpi International School, YUWA organized a two-day health camp for the residents of Panauti, Kavre. The health camp was conducted with 20 Korean Medical Students, 3 doctors, 13 youth volunteers and support of nurses, pharmacy personnel



and medical students and medical officers at Bhaleshwor Higher Secondary School at Panauti, Kavre. The health camp provided services on General health, Orthopedic health and Genealogical health. The camp reached over 155 local people.

In between the health camps, the Korean volunteers also delivered a workshop on health and hygiene management to the 9<sup>th</sup> and 10<sup>th</sup> grade students of the school which was attend by a total of 58 students. The workshop included sessions such as wound management, hygiene management, and healthy practices. In overall, the camps and the workshop were very successful with great response and support from the community.

#### **4. Let's talk about Acid Burn Violence!**

January 9, 2020: Astitwa Nepal and YUWA conducted a workshop called "Let's talk about Acid Burn Violence". This workshop aimed to let young people know about Acid and Burn violence with a story-telling component, which provided a space for the participants to hear directly from acid and burn victim survivors. A total of 17 participants attended the session.

#### **5. Session on Mindfulness Tips**

April 20, 2020: YUWA conducted a session on Mindfulness with Saurabh Lohani. During the virtual session, the participants talked about what they had been up to during the lockdown and Mr. Lohani gave tips about how to be mindful. The participants talked about productivity, media consumption, emotions, habits, discipline and self-image. A total of 13 participants attended the session. Full report available [here](#).

#### **6. Effectiveness of Online Classes and Work from Home (WfH)**

April 9, 2020: YUWA conducted a virtual conversation program on Effectiveness of Online Classes and WfH among youth students and professionals. The setting of the session was informal wherein students discussed online classes, it's promises and performances, as well as effectiveness of the WfH modality of working in the "New Normal" after the global COVID-19 pandemic. A total of 10 participants attended the session.

#### **7. Training on Basic CV Writing**

April 27-28, 2020: An online training session on basics of Effective CV writing was conducted by Ms. Sneha Tamrakar, Communication and Documentation Officer at YUWA. In the one-hour long session, the participants learnt about basics of CVs writing, how to prepare CVs according to the job, and various formats and templates for CVs. A total of 20 participants attended the session.

#### **8. Session on Email Etiquette**

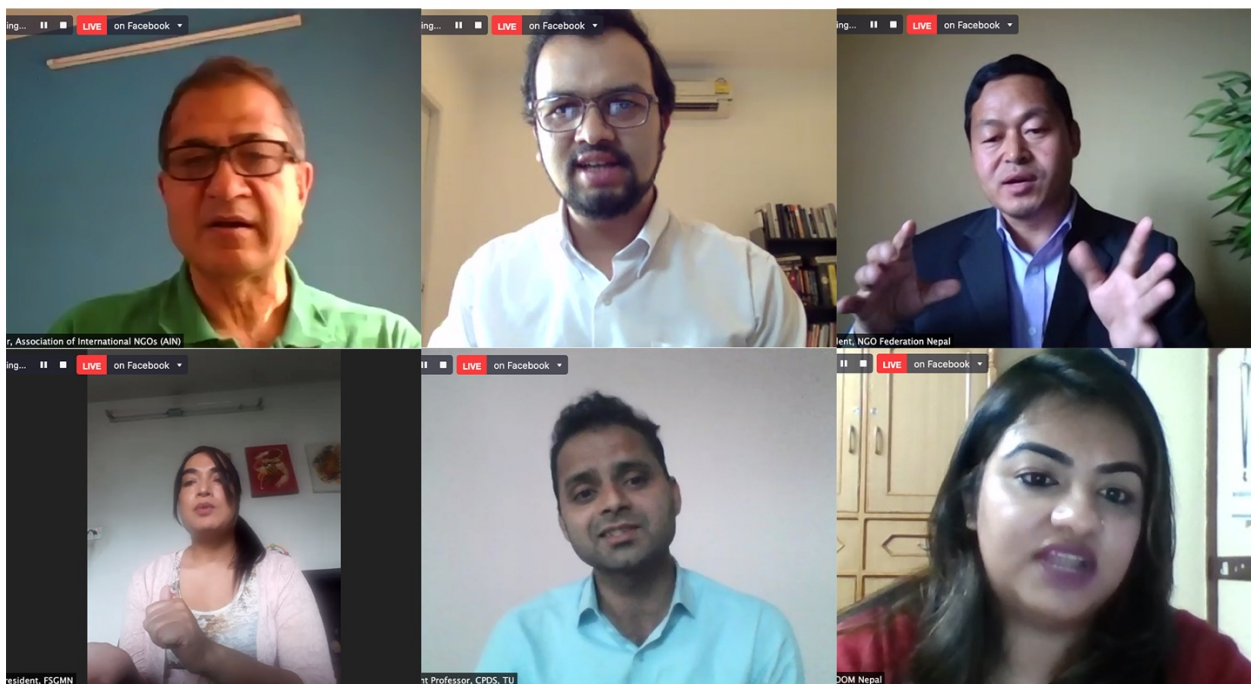
May 5 2020: YUWA held a session on email etiquette hosted by Ms. Anu Dongol, Senior Program Officer at YUWA. During the session, the participants learnt about the various platforms for sending emails, and the basic etiquette of conversing by email professionally. The session also included cross cultural communications and how to structure conversations based

on the cultural background of the counterpart. The session was a good starting point for those who are in the start of their professional careers as it will help them navigate professional conversations from the beginning. A total of 15 participants attended the session.

### **9. Session on Homecoming with Abhilash Acharya**

May 5, 2020: YUWA conducted a webinar on Homecoming with Abhilash Acharya, a coach and teacher in the areas of leadership, and communication through approaches that mainly include Emotional Awareness and Mindfulness as a strategy for personal change.

The session delved into applied Self-determination practice leading to coaching competency development for individuals seeking personal development. The program is centered on intrinsic motivation for Personal Development through mindfulness and emotional awareness and regulation of emotions. The participants talked about productivity and mental health during the quarantine, importance of self-awareness and discipline, etc. They also talked about various activities they practiced during the lockdown and how they can be harmful/beneficial to their mental health and self-improvement. A total of 33 participants attended the session.



### **10. Panel discussion on the "Role of CSOs in the present and post Covid-19 Pandemic"**

May 10, 2020: YUWA conducted a virtual panel discussion on the "Role of CSOs in the present and post COVID-19 pandemic." The discussion was moderated by Dr. Dipendra K.C, Assistant Dean for Academic Affairs at the School of Global Studies (SGS) at Thammasat University, Thailand. The speakers were:

Mr. Achyut Luitel who has an engineering background, has worked for different development agencies in the past and works as the President of AIN at the moment.

Mr. Pitambar Bhandari is an Assistant Professor and Acting Program Coordinator, Department of Conflict Peace and Development Studies, Tribhuvan University.

Ms. Ursula Singh is the Secretary of LOOM Nepal.

Mr. Jitram Lama is the President of NGOs Federation Nepal.

Ms. Manisha Dhakal is the Executive Director for Blue Diamond Society, President of Federation of Sexual and Gender Minorities Nepal and Founding Member of Asia Pacific Transgender Network.

The panelists discussed the problems that the civil society organizations faced, the criticism from the traditional as well as social media about the role of NGO's during this time, effect of the pandemic on marginalized communities and the need for a new development discourse. The panelists also talked about the major findings from a research conducted jointly by Thammasat University and Nepal Institute for policy research on the 'Impact of COVID-19 on Nepali civil society organizations. The following article is written based on the content of the panel discussion. Full report available [here](#).

### **11. No Tobacco Day Celebration**

May 31, 2020: YUWA collaborated with Nepal Development Research Centre for the occasion of World No-Tobacco Day 2020. The theme this year was "Protecting Youth from industry manipulation and preventing them from tobacco and nicotine use." The best way to do this is by providing accurate information and realities of tobacco use. Therefore, we published various info-graphics and stories of people who use tobacco through our social media platforms.

### **12. Online Session on Public Speaking**

June 6, 2020: YUWA conducted an online session on Public Speaking which was facilitated by Ms. Rojika Pokharel, Television host at Nepal Television plus. During the session, the participants were taught about various do's and don'ts of public speaking as well as given information that would help them become better public speakers in their own field. A total of 33 participants attended the session.

### **13. Online session on Academic Writing**

June 17, 2020: YUWA conducted an online session on the basics of Academic Writing which was facilitated by Ms. Sneha Tamrakar, Communication and Documentation Officer, YUWA. During the 1.5 hr. session, the participants learnt about different types and techniques of academic writing, tips to improve quality of writing, basics of academic research and referencing. The session focused on building the essay writing skills of the participants as it is an important foundation for all academic writing. In overall, the participants got a lot of information to incorporate when practicing academic writing. A total of 13 students attended the session.

#### 14. Session on Basics of Financial Literacy

June 20, 2020: YUWA conducted an online session on the basics of Financial Literacy, facilitated by Mr. Satish Karn, Finance and Admin Associate of YUWA. The objective of this program was to provide knowledge that is necessary to make financially responsible decisions. This program also provided the participants with insight on what are different types of financial products and how to differentiate it. They talked about aspects of money, saving, importance of financial decision, context of Nepal in Financial literacy, investing in stock market, financial behavior, influence, attitude, digital finance and financial tech solutions, unleashing youth entrepreneurship via financial literacy and so on. A total of 18 participants attended the session.

#### 15. Shaping our future together: a dialogue with the UN

July 20, 2020: YUWA collaborated with United Nations Nepal to host "Shaping our futures together: a dialogue with the UN". During the event, personnel from the UN came together with the participants to talk about the survey being conducted by the UN. In this survey, youth all over the world are asked about their ideas for the future of the UN. Since it was their 75th anniversary this year, they wanted to hear from the youth about what the UN must do in the coming 25 years up until their 100th anniversary. This dialogue was an extension of that survey where participants could talk directly with the UN personnel about their ideas. All the data from the survey and the UN dialogues will be taken to the headquarters during the General Assembly. A total of 20 participants attended the session.

#### 16. International Youth Day 2020

YUWA celebrated International Youth Day 2020 through various virtual programs given the COVID-19 situation. We collaborated with Nepal Development Research Institute and United Nations Nepal to conduct an online webinar and a dialogue as well as produced a video. We also conducted a basic financial literacy training and shared youth stories with the internal team.



- **Webinar on "Why Industries Target You Young. From Urges to Your Body and Into Your Life."**

August 12, 2020: YUWA in collaboration with Nepal Development Research Institute (NDRI) conducted a webinar on "Why Industries Target You Young. From Urges to Your Body and Into Your Life" marking International Youth Day 2020. This interactive webinar was about medically dissecting what tobacco is, the science behind how people get addicted and what it does to the body. The speaker of the webinar, Dr Anurag Marasini who is the copy editor at Nepalese Medical Journal and Journal of Kist Medical College shared his knowledge emphasized on the topic of why and how industries have attracted the youths in their young stage. A total of 67 participants attended the session. Also, a video was created and published on tobacco use and its repercussions. The video can be found in our [YouTube](#) channel.

- **Shaping our futures together: A Dialogue with the United Nations (UN)**

August 12, 2020: YUWA collaborated with UN Nepal to conduct virtual dialogues with the youth so that their voices can be heard at the Headquarters during the General Assembly. We conducted a dialogue for the event of International Youth Day with Ms. Simrika Sharma from the UN Office as the speaker. The participants were told about the survey and they gave their own ideas and opinions as well. Participants enquired about the activities the UN is doing to engage the youth, their plans on making the survey inclusive, etc. A total of 32 participants attended the session.

- **Session on Basics of Financial Literacy**

August 14, 2020: YUWA also conducted a second round of financial literacy training in the event of International Youth Day in order to promote knowledge and empowerment within the youth. This program also provided the participants with insight on what are different types of financial products and how to differentiate it. They talked about aspects of money, saving, importance of financial decision, context of Nepal in Financial literacy, investing in stock market, financial behavior, influence, attitude, digital finance and financial tech solutions, unleashing youth entrepreneurship via financial literacy and so on. A total of 31 participants attended the session.

- **Youth Stories**

To celebrate youth success, we shared the stories of some amazing young people from different fields making a mark in the world in their own ways. We shared the stories of Dr. Garima Shrestha, Founder of SHE; Sudin Bajracharya, Visual Stories; Shailee Chaudhary, Chairperson of Sanskriti and Prasuj Mainali, Waste Management Worker. Read their stories [here](#).

## **17. Session on Effective CV Writing**

August 25, 2020: An online training session on basics of Effective CV writing was conducted by Ms. Sneha Tamrakar, Communication and Documentation Officer at YUWA. There were 67 participants for the training session. The participants learnt about the basic information to put in their CV and then they learnt how to customize their CVs according to the job they are

applying to. They also learnt about when they should or should not put hobbies, interests, achievements, certifications, etc. on their CVs. The training also included CV templates, language to use on CV, ways to format their CVs and more.

### **18. Session on Effective PowerPoint presentation**

August 30-September 2, 2020: YUWA conducted a training session for three consecutive days on effective PowerPoint presentation which was facilitated by Mr. Satish Karn, Admin and Finance Associate. The session discussed the common mistakes made in presentations, about ideal colors, fonts, animations, graphics, etc. The session also included tips on body language, eye contact, slide content, etc. to help the participants pay attention to smaller details to be able to deliver the best presentation. A total of 317 participants attended the session.

## **Sexual and Reproductive Health and Rights (SRHR)**

Youth health and rights matters, break the barrier

Sexual and Reproductive Health and Rights (SRHR) thematic area focuses on generating awareness and advocating for the issues pertaining to youth SRHR at national, regional and international advocacy spaces. YUWA's SRHR activities have been concentrated in mental health and self-care, Comprehensive Sexuality Education, Safe abortion and family planning and Menstrual Hygiene Management.

### **Reaching Out Young Minds**

Reaching out to young minds is a one-day workshop targeted to young people, especially college students. The objective of the workshop is to orient the new generation on issues related to HIV & AIDS, the concept and importance of SRHR through youth dimensions. It consists of sessions on the basics of SRHR, national and international policy environment, an overview of the youth dynamism in AIDS, advocacy through new media, issues of LGBTI, harm reduction, stigma and discrimination and documentary screening. In the past year, we conducted 5 ROYM sessions with a total of 104 participants.

**November 14, 2019:** ROYM on Consent at Ambition College, A total of 16 participants

**November 18, 2019:** ROYM on Body Image at Everest Innovative College, A total of 20 participants

**November 29, 2019:** ROYM on Menstrual Health Management, A total of 21 participants

**December 2, 2019:** ROYM on Consent at National Integrated College, A total of 17 participants

**December 5, 2019:** ROYM on Gender Based Violence at Shikshantar College, A total of 30 participants

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## Khulla Aakash

“Khulla Aakash” is a unique discussion event; the main idea of which is to share ideas, experiences, perspectives, doubts, knowledge, and recommendations and just about anything that comes in our mind through an informal conversation. Under the open sky, with an open mind, each individual feels free to talk about and discuss anything that comes in our mind. In the area of Sexual and Reproductive Health, we conducted 4 Khulla Aakash with a reach of 82 participants.



**November 26, 2019:** Khulla Aakash on Human Rights at YUWA, A total of 18 participants

**December 10, 2019:** Khulla Aakash on Consent at University School, A total of 17 participants

**December 29, 2019:** Khulla Aakash on 'Women and Empowerment in Nepalese Context', Sambriddhi College, A total of 17 participants

**February 20, 2020:** Khulla Aakash on Genderless Society, A total of 10 participants

**February 25, 2020:** Khulla Aakash on Bullying at Kanti School, A total of 20 participants

## Youth Activist Leadership Council

Youth Activists Leadership Council (YALC) is a group of 10 youth activists, aged 16 to 24, who advocate at the national and international level for improved sexual and reproductive health policies that support reproductive health, family planning services, comprehensive sexuality education and programs that support meaningful youth participation. Council members advocate by raising issues of SRHR and CSE through peer to peer approach, blogs, social media, and social campaigns. Through YALC, these young people are conducting programs like Khulla Aakash on issues relating to SRHR, celebrating International Days like Menstrual Hygiene Day, International Safe Abortion Day and also are conducting peer education sessions.



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## Comprehensive Sexuality Education (CSE) Workshops

Knowledge about sex and sexuality is integral to a healthy and informed life. With such workshops, young participants are made aware of different components of CSE. Through these workshops young people are empowered to know more about their sexual and reproductive health and wellbeing. This year, YALC conducted the workshops in 2 schools with a total of 309 participants.

**November 15-16, 2019:** Shree Siddheshwar School, A total of 180 participants

**January 23-Feb 2, 2020:** Tara Secondary School, A total of 129 participants



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## **Other Programs Under SRHR**

### **1. Public event on Challenging Criminalization of Young People's Sexuality**

October 19, 2019: YUWA, along with Kaalo 101, a local gallery studio collaborated in organizing the public event to challenge the criminalization of Young people's sexuality campaign at Kaalo Studio. The event was titled Touch Me//Dont Touch Me. The event was an art exhibition which showcased local as well as international artists whose visuals and displays showed the artists interpretation of Young people's sexuality and its criminalization.

### **2. Speed Date**

February 13, 2020: Youth Activist Leadership Council (YALC) organized a 'Speed Date' on the occasion of Valentine's Day on the titled 'Maya ka Kura', a program in which the participants had in depth, personal discussions with YALC members on the seven aspects of Romantic Relationships- Love, Marriage, Intimate Partner Violence, Ideal partner, Privacy, Consent and Pleasure. The participants rotated tables and talked about each of the topics with the YALC members. It was a fun and insightful program wherein a total 16 participants attended.

### **3. Youth Consultation on the Comprehensive Sexuality Education Curriculum Framework.**

May 15, July 31 and August 25, 2020: Virtual youth consultations were held as a part of Right Here Right Now to collect feedback on the national curriculum framework on Comprehensive Sexuality Education. The consultation is a vital part in making the framework more comprehensive and inclusive as it accounts for individuals from various backgrounds giving valuable input to make sure that the framework and in turn the curriculum is age appropriate and accurate in light of the socio-political context of Nepal. The virtual consultations were led by SRHR program officer Ms. Shreya Shrestha. A total of 40 participated in the consultations.

### **4. Panel Discussion on Menstrual Health and Hygiene in the 21st century**

May 27, 2020: In celebration of Menstrual Hygiene Day, YUWA organized a panel discussion on Menstrual Health and Hygiene in the 21st century to explore the work done in this sector, the success and strategies associated with it. The panelists were from different sectors all working on MHM in Nepal; Mr. Anuj Bhandary, Sochai/YALC, Ms. Maya Devi Khaitu, Days for Girls Nepal, Ms. Medha Sharma, Visible Impact and Dr. Sara Parker, Dignity without Danger. A total of 40 participants attended the virtual panel discussion.

### **5. Webinar on Curiosities, Contemplation and your cups: A Cup conversation**

May 29, 2020: A webinar on Curiosities, Contemplation and your cups: A cup conversation was organized in partnership with the Embrace the Cycle Campaign. The session was delivered by the cofounders of ETC, Ms. Shreya Paudel and Ms. Aniska Shakya. During the webinar, they provided the participants with a lot of information regarding menstrual cups which are a

confusing and new concept to many people. The concerns and questions of the participants were addressed and information, courage and support were given to the participants to help them make the switch to menstrual cups. The participants were taught how to use the menstrual cups, about the myths and realities of using them and given answers to any questions they had. Since most women in Nepal prefer to use menstrual pads, the concept of a menstrual cup is a new and often scary one so this webinar was conducted to inform people and take away any confusions and fears they had. A total of 20 participants attended the webinar.

## **6. Impacts of COVID- 19: How can we ensure LGBT Rights?**

June 30, 2020: On the last day of Pride Month, YUWA organized a panel discussion on the Topic "Impacts of COVID- 19: How can we ensure LGBT Rights?". The speakers for the session were Bibek Susling Magar, Program Officer at FSGMN; Pushpa Lama, Project Coordinator at Empower Nepal, Nawalparasi West; Sujana Panta, Assistant Professor of Law at Midwestern University and Legal Advisor at Blue Diamond Society & Anuj Rai, Program Coordinator at Blue Diamond Society. The discussion revolved around national level CSOs roles, local level impacts and challenges, youth perspective on LGBTI during the COVID-19 pandemic and so forth. Similarly, there was discussion about Pride Month celebration and also about some solutions of how we can address the LGBTI Rights during Pandemic on an individual and local level.

## **7. Webinar on Population Dynamics and SRHR**

July 10, 2020: On the occasion of World Population day, YUWA partnered with Population Connections, an NGO based in San Diego, USA with the support of UNFPA Nepal to organized a webinar on Population Dynamics and SRHR. The session was facilitated by Ms. Shreya Shrestha, SRHR program officer and Ms. Hannah Evans, Communication Manager at Population Connections. The one-and-a-half-hour session included 45 participants from all over Nepal and dealt with components such as population dynamics, drivers of population change and linkages of population growth and SRHR. The second session led by Ms. Evans talked more about climate change due to population dynamics and its interlinkages with zoonosis diseases like the COVID-19 and its impacts on SRHR services.

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## **Right Here Right Now (RHRN)**

### **1. Organizational Development Workshop**

September 8-10, 2019: Organizational Development Workshop was organized by YUWA in partnership with RHRN. There were 27 participants from the 15 Right Here Right Now platform and the sessions were facilitated by Mr. Kapil Neupane. From YUWA, Ms. Sajja Singh attended the workshop. The training was focused in overall aspects of the institutional strengthening process. The major content covered during 3 days training; understanding of organization and institutional strengthening process, components of institutional development components,

understanding of basic tools for participatory organizational assessment, resource mobilization and fundraising, and roles and responsibilities of various offices.

## **2. Planning Meeting**

September 21, 2019: The country planning meeting of RHRN Nepal took place in Nagarkot, Kathmandu, Nepal. A four-days' workshop was held where all the platform member organizations working on diverse issues of SRHR such as Comprehensive Sexuality Education, Safe Abortion, and Marriage Equality attended

## **3. RHRN Finance Training**

November 26-27, 2019: RHRN Nepal finance focal persons participated in a two-day finance training organized by RHRN Bangladesh at Kathmandu. A total of 20 people participated in the training which was facilitated by finance officer of Rutgers, RHRN Bangladesh Host finance person and RHRN Nepal Host finance person, Ms. Susmita Karmacharya.

## **4. UPR Writeshop and Gender Transformative Approach Workshop**

December 4-7, 2019: Visible Impact in collaboration with Rutgers, ARROW and Dance4Life, organized two consecutive workshops on UPR submission and Gender Transformative for the RHRN platform members. Nisha Adhikari, General Member of YUWA and Saurav Tamrakar, YALC member from YUWA participated in the workshop. Besides, Rajendra Maharjan, National Coordinator and Sanskriti Shrestha, PMEL Officer from RHRN Secretariat also joined the workshop. The workshop aimed to draft an outline for RHRN submission to UPR and sensitize and clarify the values of Gender Transformative Approach. This workshop was co-facilitated by a consultant from Rutgers, Samreen Shahbaz from ARROW and Robin from Dance4Life. At the end of the workshop we had a draft outline of the RHRN UPR submission. The roles and timelines for further actions were discussed. Sanskriti was assigned the lead role for CSE thematic issue. She was involved in formulating the zero draft of the section and working on feedback and finalizing the CSE section of the report.

## **5. Session on Emotional Intelligence with Mr. Sagar Satyal**

June 18, 2020: RHRN Nepal organized an online session on Emotional Intelligence. The session was facilitated by Mr. Sagar Satyal, a co-founder of My Emotions Matter and a consultant that has been working in the field of emotional intelligence since 2018. Emotional intelligence in general is being smart with feeling to solve interpersonal relationship problems. The facilitator emphasized on how workplaces are the places that require most human interpersonal communications and thus, emotional intelligence is important to weigh the various aspects of communication like impacts and intentions. He also talked about why it is important to be intact with one's own impact and intentions and regulate our mindsets in accordance with the feelings that are strong and impactful.

There were two breakout sessions as well, where participants talked to each other in a private manner to discuss various situations and consequences. Mr. Satyal also talked about two

different kinds of mindsets which are the inward mindset and the outward mindset. Inward mindset helps individuals see others as objects and outward mindset helps individuals consider others as people like themselves. There were sessions of experience sharing, critically analyzing situations, and rating oneself and one's feelings. All in all, it was a very interactive and informative session. A total of 19 participants attended the session.

## **Youth in Asia: Sharing Action towards Youth SRHR**

'Youth in Asia: Sharing Action towards transforming Education on Comprehensive Sexuality Education" exchange program is a space for the participants to learn, grow to contribute to the delivering of Comprehensive Sexuality Education through activities such as workshops, blogs/articles, digital storytelling, and action research. As part of this project, Nepali volunteers from YUWA and Cambodian volunteers from Khmer Youth Association work together for 3 months in each of the countries. The first phase of this project was conducted in 2019 with 3 participants from each side and the second phase in 2020 with 4 participants from each country.



### **1. Workshop on SRHR and Mental Health**

December 29, 2019: Participants from the first phase of the NOREC exchange program who spent 3 months working and learning in Khmer Youth Association, Cambodia in early 2019 completed their action plan by designing curriculum and hosting a workshop on Mental Health and SRHR. The workshop was organized at Kathmandu University School of Arts, Lalitpur.

The workshop included introduction of Sexual and Reproductive Health, introduction of Mental Health and Mental Health Issues, issues of mental health affecting SRH and vice versa, mental health-SRH related problems among youth, strategies for promoting Positive Mental Health in relation to SRH (Educational Intervention and CSE, Skill Building Intervention, Mentorship Program, Social marketing and Internet based intervention), as well as Mental Health First Aid (Responding to mental health issues, Counseling and Reference to professional, Self-awareness, stress management and self-care). A total of 10 participants attended the session.

## **2. Youth Camp**

January 8-11 2020: As a part of Norwegian Agency for Exchange Cooperation (NOREC), four Nepali volunteers and four Cambodian volunteers from YUWA and Khmer Youth Association (KYA) attended Youth Camp in Hurdal, Norway. NOREC invited the youth exchange fellows from all the exchange organizations to brief them on the exchange program. The four-day camp included various trainings and sessions for the participants to learn and grow. The sessions scheduled for this camp were on Leadership, communication, inequality and intercultural communication. Four different workshops were also organized which were on photography, sustainability, gender and democracy cake. The participants were also engaged in other activities such as cultural nights and networking events.

## **3. NOREC Preparatory Course**

January 13-26, 2020: Hotel Bhadgaon: After the Youth Camp, the Nepalese and Cambodian volunteers joined for a 2 weeks long preparatory course in Nepal, organized by YUWA. Each day during the preparatory course various sessions were organized that helped the participants in their personal development and also capacitated them with the technical skills to implement their action plan. The sessions planned for the participants were Leadership, Team building, Networking, Life skills, Youth culture, Youth and Governance, Public Speaking, First Aid Training, Cultural sensitivity and assimilation, Conflict Resolution, Emotional Intelligence, Videography and Editing, Research Methodology, Safety and Security, Self Defense Classes, Blog Writing, Advocacy Brief, Social Media Strategies, Training Manual Development, Value Clarification on CSE and lastly on working mechanism, timeline development, and reporting framework.

## **4. Gender and Sexuality Workshop with Niranjana Kunwar**

February 4, 2020: Mr. Niranjana Kunwar from Counter Culture Nepal delivered a session on Gender and Sexuality. The participants were our NOREC volunteers, YALC members and general members. During the session, Mr. Niranjana discussed with the participants about the terms gender, violence, intersex, sexual orientation and transgender. The session was a value clarification on gender and sexuality. It helped the participants to align their values with the concepts and see the roles of these concepts in society. A total of 19 participants attended the session.

## 5. World of CSE

Under the NOREC exchange program the fellows have launched their media advocacy campaign called 'the World of CSE'. This campaign is operated by the fellows and uses Facebook, Twitter and Instagram as its medium. Under this campaign, the fellows will be posting contents that relate to the general understanding and importance of CSE to general audience. The campaign posts new content every Monday and Friday.

## 6. International Condom Day

February 13, 2020: The NOREC Youth Exchange Fellows participated in the International Condom Day program organized by We for Change in collaboration with Aids Healthcare Foundation Nepal.

## International Opportunity and Advocacy

YUWA believes that the voices of youth must reach all advocacy spaces on all levels. Presence of youth on International advocacy spaces and opportunity for their voices to be represented and heard is extremely important. YUWA's presence on these advocacy spaces help amplify youth voices as well as cement the name of YUWA in the arena for international organizations to acknowledge.



### **1. CEDAW-SDG Learning Exchange**

September 7-9, 2019, Bangkok Thailand: Asia Pacific Alliance (APA), Realizing Sexual and Reproductive Justice (RESURJ) and International Women's Right Action Watch (IWRAP) organized a three-day learning exchange program that focused on International bodies (treaty and charter based), their origins, processes, special procedures, articles and the interlinkages between them. There was a total of 20 participants from 9 countries. Ms. Shreya Shrestha, Program Officer (SRHR) participated from YUWA.

### **2. RHRN Regional Forum**

September 9-11, 2019, Kuala Lumpur, Malaysia: A regional Youth Forum on Youth advocates was conducted representing Asia regional RHRN platforms, namely, Indonesia, Bangladesh, Nepal, and Pakistan participated in the three days capacity strengthening and value clarification workshop. There was a total of 20 participants and they were engaged in interactive sessions on The Sexual Orientation and Gender Identity and Expression (SOGIE), Meaningful Inclusive youth participation and value clarification of safe abortion. Mr. Sulab Baral, President of YUWA, Mr. Rajendra Maharjan, National Coordinator of RHRN Nepal, Mr. Laxman Bhattarai, Program Officer, Visible Impact. Ms. Tara Rai, Secretary of Youth Development Center and Ms. Kabita Basnet, Yuwalaya were the participants from RHRN Nepal.

### **3. Theory of Change Workshop**

October 15-17, 2019, Utrecht, Netherlands: Rutgers under the Right Here Right Now Project organized a Theory of Change Workshop. The workshop brought together young people from Asia, Africa, Latin America and the Caribbean Region where they were provided the platform to share their country's context on Young People's Sexual and Reproductive Health and Rights and also allowed the participants to practice the formulation of theory of change. Sajja Singh, Vice President of YUWA attended the workshop.

### **4. Seventeenth International Dialogue on Population and Sustainable Development**

On October 24-25, 2019, Berlin, Germany: 17th International Dialogue on Population and Sustainable Development was organized in Berlin, Germany. It focused on the "Universal Health Coverage & Sexual and Reproductive Health and Rights for all: A mutual relationship". The dialogue brought together governmental representatives, development partners, civil society, and the private sector to maximize synergies between the UHC and SRHR agenda. Sajja Singh, Vice President, YUWA participated in the dialogue. She also facilitated a workshop on Prevention and Health Promotion. The workshop discussed how prevention and health promotion aids to accelerate works of sexual and reproductive health and rights.

### **5. South Asia Youth Skills and Solutions Forum**

October 29-31, 2019, Mumbai, India: South Asia Youth Skills and Solutions Forum held in Mumbai, India brought together government, business, international organizations, development partners, civil society and youth leaders from all South Asian countries to identify

solutions for youth skills and quality employment. One of the major highlights of the forum was Youth Panel Session which included young people from South Asia presenting findings of a study called “Voices of Youth” conducted by UNICEF. In the same youth panel, an intergenerational dialogue was carried out titled “Rethink Perspectives from Workforce of Future”. The panel shared how young people in South Asia are facing gaps to link their education for their employability. In this dialogue, Sajja Singh, Vice President, moderated the session.



## **6. Nairobi Summit on International Conference of Population and Development**

November 12-14, 2019, Nairobi, Kenya: Nairobi Summit on International Conference of Population and Development 25 (ICPD25) was held in Kenyatta International Convention Center, Nairobi, Kenya. From YUWA, Rajendra Maharjan, National Coordinator, Right Here Right Now Nepal, Sanskriti Shrestha, PMEL officer and Sajja Singh, Vice President were part of the summit. Sajja Singh was also part of a concurrent session “Localizing ICPD: Young People and Communities” where she shared the learnings from reaching out to young people with the right information through Comprehensive Sexuality Education.



## Opportunities for members

Members are a very important part of YUWA and we believe in giving opportunities for our young members to learn and grow through active participation. We give members opportunities to represent YUWA at events, conduct sessions and also participate in the organization of any and all programs.

### **1. Software Freedom Day**

September 21, 2019: On the occasion of Software Freedom Day, Kathmandu Living Labs organized a program to celebrate free software. Mr. Bimal Khadka, general member of YUWA attended this program.

### **2. UNDP – Talk Programme on Social Good Summit**

September 25, 2019: Ms. Sunita Bhandari, General Member of YUWA participated on a talk programme organized by UNDP on the occasion of 10th Social Good Summit 2019 and Global Goals Week 2019.

### **3. National Adolescent Health and Development Strategy**

November 6-7, 2019: National Adolescent Health and Development Strategy 2017 IP Development Facilitators Workshop was organized by Family Welfare Division (Department of Health Services) and World Health Organization (WHO). Sajja Singh, Vice President of YUWA and Lirisha Tuladhar, General Member of YUWA attended the program.

### **4. Workshop on Accelerated Action for the Health of Adolescents Nagarkot**

November 13-15, 2019, Nagarkot: The three day National Adolescent Health and Development Strategy 2075 Implementation Plan Workshop was held in collaboration with the Government of Nepal and WHO which had the participants and representatives from multi-sector organizations including MoHP, MoEST, MoHA, MoWCSC, FWD, NHEICC, NHTC, EDCC, UNFPA, UNDP, UNICEF, ADRA, YUWA, SISO, PSI, etc. The workshop was systematically held in the supervision of Dr. Valentina Baltag (WHO) following the key steps as per the AA-HA guidelines. Lirisha Tuladhar, General Member of YUWA attended the workshop.

### **5. Sanskriti Model United Nations (SMUN)**

November 17, 2019: Sanskriti Model United Nations was conducted by Youth Thinkers Society and Sanskriti International School, Sano Bharyang. Ms. Surakshya Dhungana attended the closing ceremony of SMUN as a special guest representing YUWA. She shared her insights of working at YUWA, leadership experience relating it to MUN.

### **6. Sessions delivered at Girls Empowered by Travel- Nepal**

November 21, 2019, GET-Nepal Office: GET- Nepal conducted a workshop on leadership, team-building and life skills. Mr. Namgyal Ghale, former program officer of YUWA, and Bhanu Bhakta Pandey, General Member of YUWA delivered sessions on Leadership and Team building.

### **7. Idea Generation and Design Thinking Workshop**

November 25, 2019, YUWA: Ms.Surakshya Dhungana and Nhujala Maharjan, General Members of YUWA gave sessions to the HITAISHI- 6 participants of Girls Empowered by Travel (GET).

### **8. Peace-First Proposal Writing Workshop**

December 2, 2019, YUWA: Ms. Sushmina Vaidya from Peace-First Organization conducted a workshop on proposal writing at YUWA on 2nd December 2019. Peace First is a non-profit organization that works to transform young people into peace makers. This workshop was a part of their initiative in which they called out for ideas from young people. The selected ideas and proposals would be funded with 250 USD individually and has the scope of scaling up to 2500 USD.

### **9. SDGs 17 partnership for the Goals Facilitator! At Action for SDGs**

December 7, 2019, Hotel Radisson: Ms. Surakshya Dhungana, the Secretary of YUWA facilitated a session on making business canvas and networking alongside Mr, Sanjog Koirala, an entrepreneur at the workshop on SDGs 17 partnership organized by AISEIC Nepal. There was a total of 30 participants at the workshop.

### **10.Nepal Development Institute Training**

December 10-11, 2019, Sauraha, Chitwan: Youth Policy Forum phase 3 was held where two general members of YUWA, Ms. Ojaswi Bajagain and Ms. Nhujhala Maharjan attended the forum.

### **11. Panel Discussion and Film Screening**

December 12, 2019, Rastriya Sabha Griha: PLAN international organized a Panel Discussion and Film Screening regarding the portrayal of LGBTQI community in Nepali media. Ms. Birsana Shrestha, General Member of YUWA attended this program.

### **12.Discussion on the situation of "Access to CSE For Out of School Children, Adolescents and Youths"**

December 14, 2019: A discussion on the situation of "Access to CSE for out-of-school Children, Adolescents and Youths" was organized by LOOM Nepal. From YUWA, Ms. Lirisha Tuladhar, General Member attended the program.

### **13. Interaction Program on 2020 (Kushal Nepal)**

January 6, 2020: The National Youth Council in collaboration with KUSAL NEPAL organized the "Interaction Program on 2020" on 6 January 2020. Bhanu Bhakta Acharya, General Member of YUWA attended the program.

### **14. Webinar on The Impact of COVID-19 on LGBTI People**

May 18, 2020: Lirisha Tuladhar, General Member of YUWA participated in an online seminar on The Impact of COVID-19 on LGBTI people which was organized by the UN LGBTI Core Group. The panellists were Amrit Bahadur Rai - Permanent Representative of Nepal, Jorundur Valtysson - Permanent Representative of Iceland, Billie "bee" Bryan - Founder of Colours Cayman in the Cayman Islands, Chawla Bouaziz - Secretary General of Mawjoudin, and Luis Salazar - Presidential Commissioner for LGTBI Population Affairs of Costa Rica. The discussion revolved around the situation of the LGBTI population in these regions before as well as during the pandemic, the unique and new challenges being faced by them and the possible solutions.

## **Provincial Partners**

Nepal has stepped into the federal structure and it's important to reach out to the provincial levels to empower and strengthen youth. YUWA with the hopes to extend its programs to the provincial level through collaboration with the like-minded youth organizations/clubs. Thus, to do so, provincial youth partners are the official long-term partners of YUWA stationed in all provinces of Nepal. These provincial partners are the focal points of YUWA to conduct programs, establish networks and decentralize its programs.

1. Youth Development Centre (YDC)- Province 1
2. Jiwanta Nepal- Bagmati Province
3. Aarambha Foundation- Gandaki Province
4. District Youth Club Network- Province 5
5. CDS Park- Karnali Province
6. Youth Initiative Kailali- Sudurpaschim Province

On the occasion of YUWA's Tenth year anniversary, we announced the provincial partners from 6 provinces of Nepal. There's yet to be find a feasible partner from province 2.

## COVID Response

The COVID-19 pandemic has wreaked havoc all over the world and changed the reality of the world. As a response to COVID in Nepal, YUWA started by introducing a 'Work from Home' policy for the staff. We started focusing on online programs and informative social media posts to reach the youth and engage them. Furthermore, we also conducted Community Projects to help those that were most in need due the loss of daily wages.



### Relief Package Distribution

April 2020: COVID-19 pandemic disrupts the conventional way of working as Government of Nepal started nation-wide lockdown. All of the programs went online. Amidst the lockdown and the hardship challenges faced by the migrant workers, daily wage workers and economically poor communities, YUWA carried out the distribution of relief materials through the collection of information about individuals and families in need of basic essential supplies via google form. By collaborating with a food delivery company, Khaanpin.com, YUWA sent these families relief packages containing of rice (10kg), cooking oil (1 liter), soyabean (1 packet), salt (1 packet), vegetables (onion and potatoes), lentils (3 kg), flour (2 kg). The campaign is limited to Kathmandu and its surrounding areas as it was not possible to reach further. A total of 10 respondents have registered for 67 beneficiaries. The total worth of Rs. 94,769 was spent for the relief distribution.

### **Distribution of relief materials with support of Malpi International School.**

May 12, 2020, Teku & Chabahil: YUWA, Federation of Sexuality and Gender Minorities Nepal (FSGMN) and Blue Diamond Society collaborated to distribute relief food packages to 20 families in the Teku and Chabahil area. The 20 beneficiaries were family members from the LGBTIQ community. FSGMN coordinated the distribution through its local networks and prepared a list of beneficiaries.

## **Publications**

As part of our work in advocacy, YUWA publishes many documents such as position papers and advocacy briefs which we hand over to concerned authorities and disseminate to the public.

### **Training manual for CSE**

March 2020: The fellows from NOREC exchange program created a training manual for various components of Comprehensive Sexuality Education such as Gender, Relationship, Body Image, Understanding Violence, Skills for Health and Wellbeing, etc.

### **Position Paper on CSE friendly environment in School Setting**

March 2020: The YALC batch of 2019-2020 produced a position paper on the situation of CSE friendly environments in teaching-learning practices at school. The position paper includes their experience and observations from delivering CSE in three schools around Kathmandu Valley and the overall perception of CSE among school administrations as well as the school students. The position paper includes the call for the importance of a friendly environment for effective CSE delivery and includes case stories as well as recommendations to the school administration based on their observation.

### **Advocacy brief of CSE**

March 2020: Under RHRN, an advocacy brief titled 'Bringing Intersectionality into Comprehensive Sexuality Education' has been developed which studied the existing national curricula of Nepal and highlighted the lack of CSE contents within it. The Advocacy brief was developed post multiple KII and FGDs with relevant CSOs and stakeholders as well as school administration and school students. The document gives an overall overview of the National curriculum in respect to CSE contents and also provides recommendations on the basis of observations.

### **Issue Brief on Covid-19 Pandemic: An SRHR lens**

June 2020: The fellows from the NOREC exchange program publishes an Issue brief on Covid-19 Pandemic: an SRHR lens. The issue brief touches upon the impacts of COVID-19 on SRHR issues such as Maternal Health, Gender, Domestic Violence and Abortion Services.