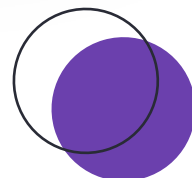




12th ANNUAL GENERAL REPORT

SEPT 2020-AUG 2021



CREDITS

Contributors

Abarta Pandey, Program Manager
Anu Dongol, Senior Program Officer (Active Citizenship)
Anuj Bhandary, Research Officer
Manish Maharjan, Program Associate
Nisha Adhikari, Vice-President
Rajendra Maharjan, National Coordinator (RHRN)
Riju Dhakal, President
Samin Rijal, PMEL Officer
Shreya Shrestha, Program Coordinator (SRHR)
Sneha Tamrakar, Senior CDL Officer
Urja Humagain, General Secretary
Youth Activist Leadership Council 2020-21
Youth Innovators 2021
Youth Champions 2021
Youth Advocates 2021

Compiled by

Sneha Tamrakar, Senior CDL Officer

Designed by

Suzal Gurung, Creative Officer

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[SEPT 2020- AUG 2021]

AT A GLANCE

- Active Citizenship
- Research Unit
- Sexual and Reproductive Health and Rights (SRHR)



5,318
Learners



1
Research published



5
Community welfare initiatives



1
Online ecourse launched



1
Youth Summit



30+
Videos produced



604
Peer educated

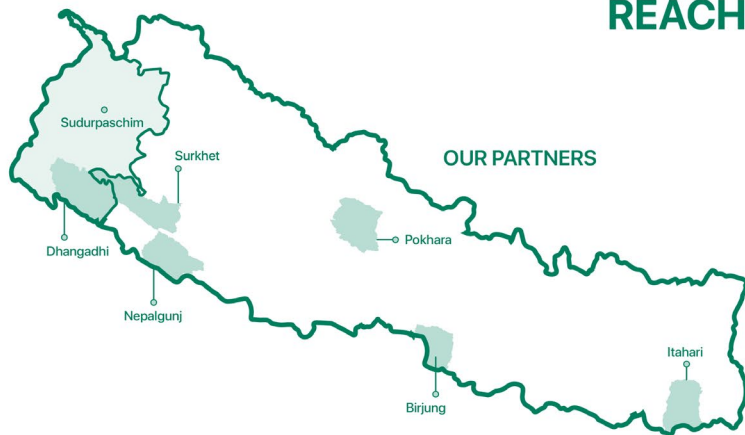
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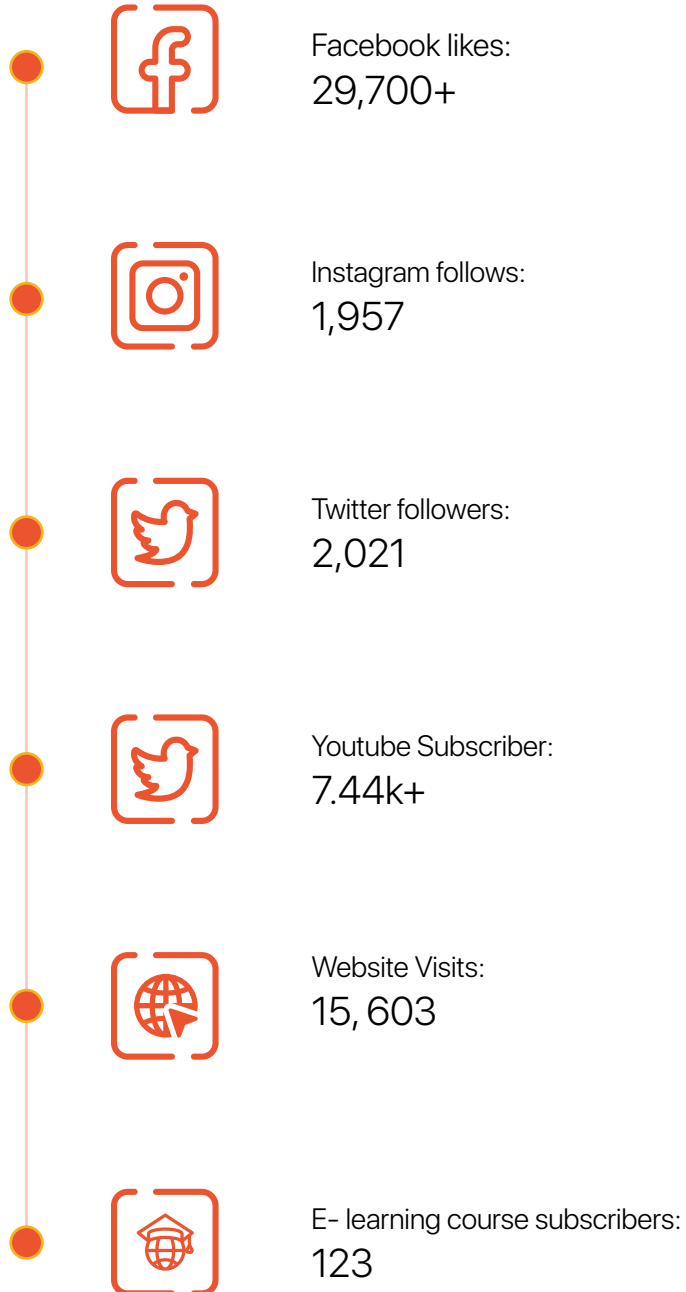
YOUTH REACH



Our Partners:



YUWA media outreach



Message from the Executives

Warm greetings to everyone!
It is with immense gratitude and excitement that I pen down this message.

The past year has been an interesting one, for the trajectory of learning and experiences. The newly assumed roles of the executive board have been both fun and challenging, but most importantly an experience of a lifetime, with relationships of professional and personal tangents ensured and maintained.

Due to the COVID-19 pandemic, it has been a complicated way to walk over a road with no expectation of certainties, little physical interaction, and a whole lot of the digitalization, but we have all tried our best to continue the good efforts of ensuring youth movements for leadership, accountability, advocacy and SRHR (Sexual Reproductive Health and Rights). Our efforts, big or small, have always been in line with the values and goodwill of YUWA and young people.

As we continue to embark on a journey for a strengthened support and action on young people's participation and meaningful engagement at all levels, it will always be a joint effort from the executives, staff, members, volunteers, interns, partners, and young people. We are grateful for the support received so far and expect continued guidance and support for the same.

The past year has given us with opportunities to explore our positioning in terms of youth organization, and this has been a revelation in many contexts, right from setting our priorities for the strategic planning to exploring a pool of new members of diverse communities. As much our efforts have been inclined towards ensuring an inclusive working and learning environment at YUWA, our priorities have always been young



On behalf of the Executive Board,
Riju Dhakal
President (2020-2022)

people with interest, passion, and energy for the greater good.

YUWA made its presence in national, regional, and international coalitions and platforms demanding young people's rights to Sexual and Reproductive Health in the past, and we have continued these advocacy efforts. The thematic priority of Active Citizenship department has been revitalized with an essence of the present context and need, whereby accountability and digitalization have been some important working areas. The research unit has also seen tremendous progress with the introduction of YUWA's very first research project. Internal system management and reforms, partnerships with other organizations and strengthened significance to diversity have been the core areas for the team in the year 2020/2021.

There are many gaps and crevices that need to be filled, and that is what we have been working for as a team. There have been challenges that we, as a youth organization have grown to always face systematically, and some new ones imposed of the current political will and context of reorientation towards COVID-19 pandemic management, but this has also been an opportunity for us to leverage our passion and energy to contribute to progressive trends with regards to the young people. This has not been an easy task, and will never be, but it has been a wonderful journey of togetherness and learning. With most of the modality shifted to digital platforms and the introduction of more innovative approaches to young people's engagement and participation in advocacy processes, this year will remarkable be the most unprecedented year. As we step into another year of YUWA, we as a team promise to continue to deliver our efforts in line with the priorities of the young people to ensure an introduction of a more strengthened youth participation at all decision-making levels. We are hopeful of continued support and maximum guidance.

EMPOWERING YOUTH, STRENGTHENING VOLVEMENT

Executive board Capacity Strengthening, Organizational Assessment and Strategic Planning

12th- 15th December 2020

At the start of their tenure, every executive board decides upon its strategies that will direct the board decisions and management activities. YUWA executive team 2020-22 hired consultants and had the strategic planning meeting in Pokhara. The main purpose of this was to conduct YUWA's organizational assessment using various different tools and methodologies and to design 4 specific documents namely Integrated Strategic Plan (ISP), Integrated Operational Plan (IOP), Theory of Change (TOC) and Monitoring and Evaluation Strategy (M&E strategy).

ISP is a guiding document which provides a pathway to strive towards YUWA 's vision and mission for the next two years. IOP provides a financial outlook to the action programs intended to fulfill the objectives set in the ISP. TOC is a specific document for YUWA with methodology for planning, participation, and evaluation that can be used in YUWA to promote social change as desired in the ISP.

Monitoring and Evaluation Strategy is a detailed plan for the programs of YUWA to be guided, reviewed and revised to meaningfully incline with the mission, vision and objectives of YUWA.

The objectives of the assessment and meeting are:

- identify gaps in YUWA's vision, mission and overall goal and necessary interventions
- Get the consultant's expert view on organizational assessment through SWOT analysis, stakeholder analysis, PESTLE analysis and allies mapping and safeguarding policy (by emphasizing on working environment and its analysis)
- Create strategic documents that will help in smooth running of the organization for the next two years
- Clarify the strategy and approach of advocacy related to Sexual and Reproductive Health and Rights and identified and narrow down the thematic area of Active Citizenship.

The planning and making of the documents was a long process undertaken with the help of the consultants and through the input of the staff.

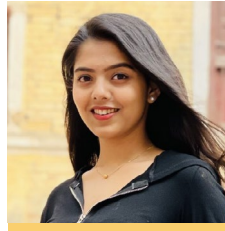
Introducing YUWA New Members



Aastha Subedi



Aman Manandhar



Anjali Tiwari



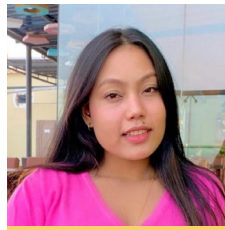
Asmita Rijal



Ayush Adhikari



Dibya Dahal



Ilasta Chaudhary



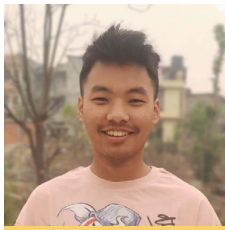
Manish Maharjan



Mohan Budha



Ojaswini Shah



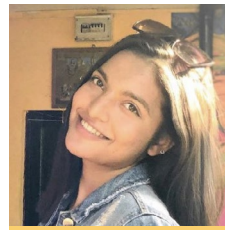
Prasan Rai



Ritendra Badu



Roshani Adhikari



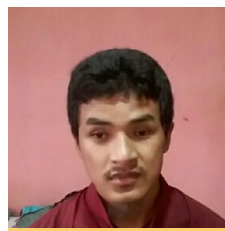
Surakshya Subedi



Swostika Thapaliya



Yojana Sharma



Yuvraj Lama

Active Citizenship

Active Citizenship is one of the three thematic areas of YUWA. It works to empower the youth to become more aware about the issues in the country also aims to make them into active citizens that work to improve their communities and the society as a whole. It focuses on building youth leadership and participation. Within Active Citizenship, we have various initiatives such as Prarambha, Pahichan, YUWA Awashar and YUWA Manthan.

Updates to internal programs

Internal programs in the Active Citizenship department have been modified to better fit the key strategies that YUWA executive board 2020-22 have identified for their tenure. The strategic priorities for the board are:

1. Reaching out young people from diverse background
2. Effective mobilization of Provincial Partners
3. Strengthening the research unit and evidence generation
4. Institutional capacity building and system reforms

The programs have been redesigned as such:

Prarambha

The modality for Prarambha has been updated with the following changes:

- Entry fee will not be taken.
- Programs will not be delegated to volunteers, interns or members without proper TOT
- The content of the training has been changed to be more problem identification and solving based to reflect the updated needs of the youth.
- Training of Trainers (TOT) will be mandatory for the organizer before conducting Prarambha.
- Seed money will be given to the best action plan.

Pahichan

The modality for Pahichan has been updated with the following changes:

- The content for Pahichan will be contextual and focused on specific issue based on geo location and age group of participants.

Center for Youth Studies

The modality for CYS has been updated with the following changes:

- Instead of various subjects being briefly covered in a week, CYS will be conducted on one specific topic for a shorter (3-4 days) time so that those interested will be able to learn in detail about the subject matter. The subjects will be youth issues.

Inhouse Program

Prarambha

Due to the pandemic, YUWA was not able to conduct Prarambha during 2020-21 as the structure of the program would not translate well virtually. In order to preserve the quality of the program, YUWA decided to focus on various skill based trainings instead.



Center for Youth Studies

7th-11th June 2021

From June 7th to 11th, YUWA conducted a virtual Center for Youth Studies course on **"Youth in the Job Market"**.

During this 5 day course, the participants learned some important skills they need to enter into the work force as young adults.

The course had sessions on Online job hunting, CV writing, Cover Letter Writing, Email Etiquettes, Job Interview etiquettes, Basic Report Writing and Work place etiquette. These courses were designed to train young people how to navigate the world of job hunting and to help them start their professional life on the right foot.

The sessions were given by:

Abarta Pandey - Program Manager, YUWA
Sneha Tamrakar - Senior Communication, Documentation and Learning Officer, YUWA
Shreya Shrestha - SRHR Program Coordinator, YUWA
Samin Rijal - PMEL Officer, YUWA
Manish Maharjan - Program Associate, YUWA

The sessions were intensive with daily assignments and final report writing. With a small batch of student, the course was successful as it was very interactive and the participants all learned many important skills.



"Thank you YUWA and all the facilitators for this wonderful session. It was very informative and hope these types of sessions will also be continued in coming days."

"Thank you so much for this wonderful session YUWA. These are the needed things of our life. I enjoy all the sessions and I learned a lot of things from this session. Thank you so much for this opportunity."

"I learned how to create LinkedIn, found the mistakes I was making in my CVs and Cover letter and learned how to job hunt!"

YUWA Manthan

YUWAManthan with Saunak Bhatta

30th September 2020

Saunak Bhatta is a Life Upgrading coach, Transformational trainer, Behavioral and Mindset Analyst. The YUWA Manthan was conducted to help the participants to deal with their fears and emotions during the challenging times caused by the pandemic. Mr. Saunak talked about the importance of fear and how to process it in a productive way. He answered questions from participants and helped them to deal with their emotions at the time. The questions were about overcoming challenges and difficulties in professional and private life, about dealing with judgement from others, etc. Overall, the session was incredibly insightful.



"When it comes to dealing with the judgements of others, I take the point of view that their criticisms, doubts and judgements are completely valid. Rather than trying to dismiss them, it is a much more productive way to deal with these judgements- by understanding from their point of view and improving self to prove yourself to them"

Training sessions

Session on the basics of Share Market

20th February 2021

YUWA had a session on "The Basics of Share Market" on 20th February. During the session, Mr. Raju Munikar, Technical Analyst and Mr Sunil Baral, Fundamental Analyst talked about

1. Introduction of Share Market
2. Benefits that could be taken from Share Market (Dividend and Capital Gain)
3. Types of Market: Primary and Secondary
4. Right Share, FPO and Auction
5. Accounts required to invest in Share Market
6. Factors affecting Stock Market
7. Forecasting and Prediction
8. Technical Analysis
9. Assumptions about Stock Market
10. Types of Chart: Line Chart, Candle Stick Chart, Bar Chart, Point and Figure
11. Candle Stick Reversal Patterns: Doji, Dark Cloud Cover, Bullish Effulging Candle, Bearish Effulging Candle, Evening Star, Morning Star, Hammer, Hanging Man, Inverted Hammer, Shooting Star
12. Risk and Profit

Full session can be watched [here](#).



Basics of Share Market

Youth with Migrant Workers for Accountability and Advocacy

Selection and Training of the Youth Advocates

December 2020: As part of the “Youth with Migrant Workers for Advocacy and Accountability” (YMWAA) project funded by Open Society Foundations (OSF), a total of 16 people from different backgrounds were interviewed to work as Youth Advocates (YA) in Sudurpaschim Province. After the interview round, 10 young advocates were selected to spearhead the data collection process of the project that has aimed to explore the needs and status of Nepali migrant workers affected by the COVID-19 pandemic.

After their selection, the YAs were trained on various aspects – all essential for their tenure. Neha Malla, Co-Founder and Program Manager at Social Changemakers and Innovators (SOCHAI), Sajja Singh, Program Officer at Tewa, and Sulab Baral, Program Officer at United Nation Volunteers Nepal (UNV) detailed the participants on Research Ethics, Advocacy, and Leadership respectively. Likewise, Accountability Lab, Kathmandu, and Anuj Bhandari, Research Officer at YUWA, delivered informative sessions on Accountability, and Videography.

19th March 2021: As a part of the project “Youth with Migrant Workers for Advocacy and Accountability”, a session on budget monitoring and Accountability Tracking was conducted for our Youth Advocates at four districts of Sudurpaschim Province (Dhangadi, Dadeldhura, Kanchanpur and Achham) in coordination with Tilak Pathak, Executive Director at Center for Media Research and Journalist at Nagarik Daily.

The session was about sharing ideas on how the policies and programs of the local government set forth for the returnee migrant workers could be collected systematically and track the implementation of it at the local level along with the budget monitoring.



8th-9th April 2021: YUWA conducted a training on leadership and tracking of policies and programs and budget monitoring of the government at the local level to our Local coordinator and Youth Advocates from four districts (Kailali, Dadeldhura, Kanchanpur and Achham) at Dhangadi, Sudurpaschim Province on April 19th and 20th, 2021 with an objective to capacitate them on accountability tracking of the local government and case story writing of the returnee migrant workers.

The training also included exercise on team building and teamwork for them together with different fun activities with an aim to increase good bonding among each other

Discussion Series with CSOs and local government officials

As part of the Youth with Migrant Workers for Accountability and Advocacy, YUWA conducted discussion sessions about migrant workers with experiences CSOs and local government officials. The discussions conducted were:

- **25th January 2021:** Discussion with Ms. Sushila Mishra Bhatta, Deputy Mayor of Dhangadi Sub Metropolitan City about the plans and programs for Returnee Migrants made by the local Level government in Dhangadi.
- **16th February 2021:** Discussion with Laju Ram Chaudhary- Chairperson, Kailari Rural Municipality, Kailali & Ms. Tulasi Pandey- Coordinator, Women and Children Department about the municipalities's plans and policies for returnee migrant workers and current situation with the pandemic.
- **19th April 2021:** Discussion with Mr. Suresh Chand, Program Manager at Accountability Lab Nepal about various issues faced by the migrant workers, their access to information on the policies and programs of the government and how they are deprived of such programs.
- **21st May 2021:** Discussion with Mayor Bisheshwor Prasad Ojha (Bipin) of Amargadhi Municipality, Dadeldhura about Covid cases in the municipality, the management of Covid cases, municipal plans for the fiscal year, and programs and opportunities for returnee migrants in the municipality.
- **June 2021:** Discussion with Mayor Kul Bahadur Kunwar of Sanfebagar Municipality, Accham on the topic of Covid -19 cases in the municipality, the management of the cases, government programs for returnee migrants, fiscal year plans and needs from the federal government
- **June 2021:** Discussion with Angshu Neupane, Case Support Officer and Bibhuti Kiran Ghimire, Research Officer at Center for Migration and International Relation on the topics of problems faced during Covid 19, collaboration with the government, disparities in issues faced by male and female migrant workers and recommendations to the Local government.
- **July 2021:** Discussion with Mr. Guna Bahadur Aryal, Community Frontline Associate, Civic Action Team on Migrant workers, Covid 19 situation, work happening in the grassroots level, and recommendations for the government and organizations working for migrant workers in Dhading.
- **18th August 2021:** Discussion with Mr. Bikash Dhungana, Project Coordinator at Pravasi Nepali Coordination Committee (PNCC), non-profit and non-governmental social organization formally registered in 2009 who works for the rights of distressed migrant workers especially in gulf countries, Malaysia and Middle East Countries. The discussion revolved around identifying migrant workers in distress, types of problems migrant workers face, the situation of female migrant workers, and effects that Covid-19 has had on migrant workers.

Community Initiative Fund

Community Initiative Fund is an initiative of the YMWAA to partner with local organizations in Municipalities in Sudurpaschim region to provide relief materials and dispense information in the region.

- Bolanya Thali-Bolanya Thali have provided relief-materials consisting of nutritious foods in five different municipalities and rural municipalities in Dadeldhura. During the project duration, the group reached out to 75 families that included returnee migrant workers affected by the Covid-19 pandemic and individuals from marginalized population among others.
- Sangai sangai is a female-led youth volunteer campaign in Kanchanpur. YUWA assisted the group through the CIF with which, the group was able to provide for 125 people with nutritious food packages (rice, lentils, grams, egg, etc) and covid essentials (masks, gloves, thermometer, etc)
- COVID Bishesh Nurse Samuha reached out to returnee migrant workers to provide tele counseling services related to Covid-19. Despite difficulties in finding authentic data about real migrant workers, they reached out to 103 returnees and are reaching out to monitor their situation. Along with tele-counseling, the group also worked on spreading awareness messages related to the prevention of COVID-19 through local radio houses.
- Sunset Nepal set up 2 help desks at the Nepal- India border point in Kanchanpur to collect the data and information of returnee migrant workers. Along with data collection, the organization helped the returnees with hygiene kits that consisted of masks, sanitizers, soaps, gloves, etc. The materials were also distributed in Primary Health Care Center, Kanchanpur. The Data of 1,100 individuals collected by Sunset Nepal is being utilized to reach out to the returnees for the tele-counseling provided by Bishesh Nurse Samuha.



सर्वप्रथम त म युवा संस्थालाई धेरै धन्यवाद दिन चाहान्छु । यो संस्थामा आवद्ध भइ युथ एडभोकेट भएर काम गरे को मलाई ६ महिना भएको छ । यो संस्थामा आवद्ध भइसकेपछि मैले अहिले थुप्रै क'राहरु सिवन पाएको छु । बिगत देखिनै अन्य कामहरु गर्दै आएको भएपनि य'वा सम्वन्धिका काम यो संस्थामा आवद्ध भएपछि मात्र ख'ला रुपमा गर्न सके । डडेल्धुरामा रहेका स्थानीय तहका सम्वन्धित व्यक्तीहरुसंग यसअघिनै सम्वन्ध र जोडो भएको भएपनि युवासंग आवद्ध भइसकेपछि अझ सो सम्वन्ध प्रगाढ भएको छ ।

स्थानीय तहका सम्वन्धित व्यक्तीहरुसंग अहिले हरे क कामकाजका लागि सहज भएको छ भने बेरोजगार अवस्थामा रहेका युवाहरुको हरेक सवालहरु पनि निष्पक्ष रुपमा बाहिर ल्याउन पाउँदा म आफैलाई गर्व लाग्छ । मलाई यहाँसम्म र यि कामकाजमा सहजता ल्याउनका लागि युवाले ठुलो भूमिका खेलेको छ । मलाई यो संस्थाका लागि सक्षम ठानेर छनौट गर्नु भएकोमा पुनः संस्थालाई धन्यवाद दिन चाहान्छु । र आगामि दिनमा समेत यस्तै साथ सहयोगको अपेक्षा यो संस्थासंग छ ।

- Bhawana Paudel,
Youth Advocate, Dadeldhura



Youth Advocate Testimonials



मेरो अनुभव

मेरो नाम अंकित जैशी हो र म धनगढीमा बस्ने गर्छु युवा सँग जोडिनु अति म विभिन्न समाजिक कार्यमा संलग्न हुँदै आइ रहेको थिए । युवा सँग "Youth with migrant workers for advocacy and accountability" परिचो जना मर्फत जोडिन पाउदा धेरै खुशी र भाग्यमानी मानेको छु । सयाद यदी युवा सँग काम गर्न पाएको भए मैले धेरै कुराहरु छुटाउने रहेछु जस्तो लाग्यो किन भन्दा युवाले मलाई छुटा नेतृत्वमा हुनु पर्ने सही कला वारे सिकायो र मलाई आषनो स्थानिय तह सँग नजिक रहेर युवाको क्षेत्रमा काम गर्ने मौका दियो र सबै भन्दा ठुलो कुरा मैले म मा लुकेको कलालाई पहिचान गर्ने मौका पाए त्यो नै मेरो ठुलो अनुभव रहयो । युवा बाट प्राप्त भएका अनुभवले मलाई थप सकारात्मक उर्जा प्रादन गर्ने छ ।

- Ankit Jaishi, Youth Advocate, Kailali

कञ्चनपुर जिल्ला उ बेदकोट नगरपालिका वार्ड नं ३ दैजी वस्ने वर्ष २९ को एक युवा रमेश दमाई दण्डन मदनचक्रवर्त दइ मा युवा नामक संस्था मा कञ्चनपुर जिल्लाका ४ वटा स्थानिय तह माहाकाली नगरपालिका , मिमदत नगरपालिका , बेदकोट नरपालिका तथा बेलडाँडी गाउँ पालिका मा कार्यक्षेत्र भई बमस्यअबतम को रुपमा काम गर्ने अवसर दिएको हुँदा युवा नेपाल नामक संस्था लाई आभार व्यक्त गर्दछु । यसमा आवद्ध पश्चात: यहाँका स्थानिय निकाय जनप्रतिनिधि एवं युवा सँग विशेष रूपमा जोडिने अवसर पाइएको छ र काम गर्ने वातावरण सृजना हुदा कामको सिलसिला मा स्थानीय निकाय जनप्रतिनिधि सँग सम्बन्ध विस्तार तथा सम्मन्वय वातावरण सिर्जना भएको छ । हरेक स्थानिय तहको बललगाबि बअतस्वस्थ को जानकारी पाउनुको साथै अन्य क्रियाकलाप को जानकारी र विशेष गरेर ऋकगलस्तथ क्षलक्षतस्वभंगलम को मार्फत युवामा युवा सशक्तीकरण अभियान का साथ यूवा नेपाल लाई विशेष धन्यावाद दिन चाहन्छु यसले मलाई अशल नेतृत्व सिकाई भएको छ विगत ६ महिनाको सिकाइले मेरो जिवन मा धेरै परिवर्तन आई व्यक्तिगत विकाश भएको आफूमा अनुभूति भएको छ ।

- Ramesh Damai, Youth Advocate, Kanchanpur



Collaboration with Binayak Kuikel to produce video

August 2021

As part of YWMAA project, YUWA reached out to Youtuber, Mr. Binayak Kuikel to make a video about the situation of the migrant workers during the pandemic. The video talked about the struggles faced by migrant workers in gulf countries and unrecorded migrant workers in India when the pandemic struck, they lost their jobs and borders were sealed. It mentioned the further difficulties faced by the workers due to the unmanaged lock downs implemented by the government. At the same time, it also talked about the new initiatives taken by the returnee migrant workers by making a living in Nepal itself. The video cited case stories that were collected by Youth Advocates of the YWMAA project. The informative video was very successful on social media garnering over 66,000 views on Youtube alone.



Source: Why So Offender? (Youtube Channel)

Collaborations

Podcast series on "Youth's Role in Localizing SDGs" for Global Goals Week.

September 2020

YUWA collaborated with UNV to create a series on podcasts on the theme of "Youths Role in localizing SDGs". The episodes were moderated by Ms. Priyanka Khadka, General Member of YUWA. The different guests in the podcast episodes were:

- Aditya Rai, Differently Abled Gay Rights Activist.
- Jyoti Sah, Activist, Local Champion of Child Friendly Local Governance for UNICEF Nepal.
- Anju Pariyar, Rural Development Student, Teach for Nepal Fellow
- Roshani Adhikari, Board Member at Blind Youth Association Nepal.
- Samrat Gurung, Director of SDGs Network Nepal

National Volunteers Award

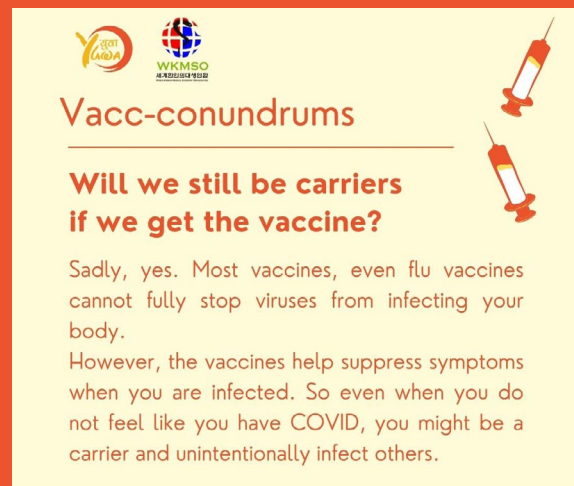
5th December 2020

In collaboration with UNICEF, UNV Nepal, Canopy Nepal, National Youth Council and Girls Empowered by travel, YUWA undertook one of the many activities "National Volunteer Award 2020" to appreciate and thank volunteers for their contributions to a society on the occasion of International Volunteers Day (IVD). YUWA formulated a call for nomination and shared through the different social media. We received 202 nominations. After rigorous screening, 5 top volunteers were selected as awardees.

Collaboration with World Korean Medical Students Organization

March 2020

YUWA collaborated with WKMSO to collect questions and myths about the Covid-19 Pandemic and different vaccines being developed at the time. The questions were then thoroughly researched and answered by the Korean medical students. YUWA created informative posts and flyers with this information in order to help quell myths and spread accurate information.



YUWA is collaborating with World Korean Medical Students Organization to answer common questions regarding the covid vaccine.



Sexual and Reproductive Health and Rights (SRHR)

SRHR is an important thematic area that advocates for youth issues on sexual and reproductive health and rights. It works to increase awareness about Comprehensive Sexuality Education, HIV/AIDS, LGBTQI rights and gender equality. There are many initiatives under SRHR- Khulla Akash, Reaching Out Young Minds, Youth Activist Leadership Council and Right Here Right Now.

Khulla Aakash

Khulla Akash on 'उत्पिडनका कथाहरु'

16th October 2020

YALC members conducted a Khulla Aakash on 'उत्पिडनका कथाहरु'. The Khulla Aakash had 18 participants who shared their stories and opinions on gender based sexual, physical and virtual cyber harassment.

With the increasing perpetuation of rape, cyber based bullying, domestic violence and many other gender based violence and harassment incidences amidst this pandemic, we decided to conduct this khulla akash with the motive of providing a non-judgmental and lively platform for interested participants to put forward their experiences and thoughts on the agenda.

The participants talked about the different kinds of harassment they face in different situations such as public vehicles or home and also about social stigmas and stereotypes that contribute to facilitate such situations.

Khulla Aakash on Body Shaming and Bullying

24th February 2021

Youth Activist Leadership Council members Anjila Pandey, Manoj Panthi, Aastha Subedi, Aman Awale, Pari Adhikari and Ojasbi Bhattarai also conducted a Khulla Aakash at Kavresthali Secondary School for 18 grade 7 students.

The Khulla Aakash consisted of participants sharing their own experiences with body shaming and bullying, body image in media as well as body positivity. The program was conducted with the aim to:

- Increase participant's knowledge about body shaming and bullying
- Increase participant's knowledge about body positivity(accepting yourself for your appearance).
- Discuss and conceptualize the difference between joking and bullying
- -Make participants capable of saying no to bullying or body shaming.



Khulla Aakash on Body Positivity

19th December 2020

YALC 2020 organized a Khulla Aakash on Body Positivity on 19th December 2020. The discussion was undertaken with the objectives to Initiate discussions around ideal body standards and their toxic impacts, Share experiences that we have had and learn through these shared experiences and embrace ourselves and navigating through body positivity. Discussion revolved around body shaming between peers, bullying in schools, representations of bodies in media and culture.

"When I was younger, I applied garlic and lemon paste on my face to get rid of acne as I was extremely insecure about them and I thought that would help. But it only ended up burning my face and giving me scars"

"Not only will I try to be more accepting of myself but also be accepting of everyone else"

- Participant at the end of the session



Khulla Aakash on Moral Policing in Schools- Abuse or Discipline?

30th April 2021

Youth Activist Leadership Council conducted a Khulla Aakash which is an open discussion session on the topic of Moral Policing in schools. They talked about their good and bad memories from schools, good and bad policies in their schools, traumatic experiences they went through in the name of discipline, and about their personal views on what constitutes appropriate discipline and what is abuse.

"Just because I was a boy I could not grow hair at school and if I did, very sexist comments were passed on to me"

"one of my friends was made to stand up during the whole class just because she had not braided her hair from 2 sides."

"feedback on the school policies should be taken from the students because the policies are meant for them and they should be able to have a say on it"



Pic: khulla Aakash body shaming.

Other in-house Programs and Sessions

Breaking the Binary

7th April 2021

Miss Shreya Shrestha, Program Officer at YUWA conducted a session called 'Breaking the Binary' about gender and sexuality. It was an interactive session in which the participants discussed about gender, social norms, sexuality, sexuality education, Nepali culture, etc. They dissected the binary view on gender and sexuality and explored alternate, open perspectives on the subjects.



Session on Menstrual Hygiene Mangement

4th March 2021

General Member, Lirisha Tuladhar and Vice President, Nisha Adhikari conducted a session on Menstrual Hygiene Management to class 4 & 5 students of Corona School. During the session, they discussed about the different changes during the adolescent period, basic physiology of menstruation, different menstrual products and societal concepts of menstruation.



Prolife vs. Prochoice podcast

5th December 2020

As a remaining activity from the earlier phase of the NOREC project, YUWA produced a podcast on the topic of "Prolife vs. Prochoice". The participants of the podcast were: Mr. Soman Rai, Founder, Voice of Fetus Nepal and Ms. Sabina Pokhrel, Program Officer, Visible Impact Nepal. The session was moderated by Ms. Sneha Tamrakar, Senior CDL Officer, YUWA.

Abortion is a heated topic that has been highly debated. In fact, the issue of Abortion is extremely politicized in the mainstream media and has become a buzzword or hot topic of sorts.

To encourage open dialogue rather than heated arguments, we decided to have a conversation where people from both sides of the issue can discuss with each other and see from each other's perspectives. The discussion was civil, engaging and eye opening for both sides. It brought together more similarities than differences of opinion between the participants despite both having very different stances on the subject. The podcast can be accessed [here](#)

The image is a title card for a podcast. It has a solid orange background. At the top center, the text 'YUWA PODCAST' is written in white, with a white icon of a microphone with sound waves above the letter 'O'. Below this, the text '- PRO-LIFE VS PRO-CHOICE' is written in white. Below the text, there are three square portrait photos of the participants. Under each photo, their names and titles are listed in white text. The first photo is of Soman Rai, Founder of Voice of Fetus. The second is of Sneha Tamrakar, C&D OFFICER at YUWA (Moderator). The third is of Sabina Pokhrel, Senior Program Officer at Visible Impact. The card is decorated with yellow wavy lines and vertical bars.

YUWA PODCAST
- PRO-LIFE VS PRO-CHOICE

Soman Rai
Founder
Voice of Fetus

Sneha Tamrakar
C&D OFFICER
YUWA
(Moderator)

Sabina Pokhrel
Senior Program Officer
Visible Impact

Youth Activist Leadership Council (YALC)

Webinar on Safe, Stigma Free and shameless abortion

28th September 2020

On the occasion of "International Safe Abortion Day" the Youth Activist Leadership Council (2020/21) organized their first webinar on the topic "Safe, Stigma-Free and Shameless Abortion" on September 28, 2020. The theme for this year was "Self-Managed Abortion".

Webinar on 'Dissecting Gender Violence' with Grishma Paneru

22nd October 2020

YALC 2020 organized a webinar on 'Dissecting Gender Violence' with Ms. Grishma Paneru, Mental Health Counsellor at SWOT (Smart Way of Training),

Program Associate at Skill Lab. During the webinar, the participants and the facilitator discussed what gender based violence is, everything that could come under it, and how especially in our context, it was women that were more frequently the victim. The discussion then led to questioning why it was mostly women that were targeted and what exactly made them so vulnerable to such acts. The participants were introduced to a number of psycho- social factors, all of which directed at one thing: the gender gap in our society and how we are unconsciously made to believe in the divide from a very early age. They also discussed causes of abuse, especially from the abuser's side.

The take away message was- everyone has to first take care of their mental health and then look out for and support those in need. Only then, atleast a safer, violence- free community if not world, is within our reach

Session on Body Positivity

The YALC conducted sessions on the subject of Body Positivity for young adolescents. The objectives of the session were:

- To assess the status of knowledge of the participants regarding the topics.
- To provide information on body positivity.
- To discuss the ideal body standards and their impacts .
- To share experience that we have had related to body image, body shaming
- To provide knowledge on how media portrays ideal body type and how it influences societal functioning and norms.
- To promote the acceptance of all bodies and helping people build confidence and acceptance of their own bodies.

The discussion revolved around the topics such as, what body positivity is, 'ideal body', body and representation in media. Participants also talked about their personal experiences during the sessions and supported one another.

The sessions conducted were:

17th February 2021: Session for 8th Grade students at Bansbari Secondary School by Priyanka BC.



Session on Good touch – Bad touch

The YALC conducted sessions on the subject of Good Touch- Bad Touch for young adolescents. The program was conducted so that the students could be familiar with the concept and have the knowledge which helps in making informed decisions. During the session, the students were given information about their body parts and the concept of privacy. Then they were taught about the concepts of good and bad touch, how to recognize them and finally, how to prevent or handle instances of bad touch taking place.

The Sessions conducted were:

18th January 2021: Session for students from class 3 & 4 at Paardi School, Mustangchowk, Pokhara by Anjila Pandey

30th January 2021: Session for students from class 1, 2 and 3 of Nibu Gaun School by Aastha Subedi

24th February 2021: Session for students from class 3 & 4 at Kavresthali Secondary School by Anjila Pandey, Manoj Panthi, Aastha Subedi, Aman Awale, Pari Adhikari and Ojasbi Bhattarai



Session on Adolescent Sexual and Reproductive Health and Rights

YALC members conducted sessions on Adolescent Sexual and Reproductive Health and Rights for the young adolescents where the participants were informed about the various aspects of Adolescent SRHR so that they are empowered to make well informed decision regarding their lives and sexuality. The Sessions conducted were:

30th January 2021: Session for the students of class 9 & 10 of Jalpa Devi Maha Vidyalaya

Comprehensive Sexuality Education session at Shivapuri School

26th March 2021

Youth Activist Leadership Council (YALC) 2020-21 had their first Peer Education session on 26th March 2021

They went to Shivapuri Secondary School where they conducted sessions for students from class 4-12. The sessions were as follows:

Grade 4,5,6:- Menstruation, Menstrual Hygiene Management & destigmatization of associated taboos on menstruation.

Grade 7,8,9:- Body Image and Peer Pressure with its overall impacts.

Grade 10,11,12:- Gender, Sex and Sexuality including gender expression, sexual orientation and gender expression also, Contraceptive Devices and their description& demonstration.

It was a great experience for this YALC batch to be able to give in person CSE session and have engaging sessions with the students!

16 Days of Activism- Spread the word campaign

November 2020

YALC 2020-21 produced 9 videos on the occasion of 16 days of activism. The videos were shared through YUWA's Social media channels.

Spread the word campaign videos can be found here:

- [Day 1](#)
- [Day 2](#)
- [Day 3](#)
- [Day 4](#)
- [Day 5](#)
- [Day 6](#)
- [Day 7](#)
- [Day 8](#)
- [Day 9](#)



Youth Activist Leadership Council Retreat

1st March 2021

Youth Activist Leadership Council 2020-21 went to Dhulikhel for a retreat on 1st March 2021. The members had the time to get to know each other more on a personal level, play team building games, have fun and get better at working together.

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 campaign.



Focus Group Discussion on Abortion

24th May 2021

YALC conducted a Focus Group Discussion on Abortion with the women of Bhotechaur-4 Sindhupalanchowk. The women talked about their perception on abortion and abortion in the context of the culture and society.

Pride Month activities with UNV

June 2021

For the celebration of Pride Month 2021, YUWA collaborated With United Nations Volunteers (UNV) Nepal to conduct a webinar called "Learning to unlearn" after which the participants got the opportunity to become volunteers to conduct more programs throughout the month. YALC worked at coordinators for the volunteers and helped to manage online activities conducted by the volunteers.

YALC closing

30th June 2021

The Tenure of Youth Activist Leadership Council 2020-21 came to an end on 30th June 2021. Due to the circumstances, the closing was done virtually but a physical ceremony will also take place when the pandemic situation improves.

The 9 members of YALC conducted various virtual as well as physical programs such as Khulla Aakash, CSE training, Focus Group Discussions, Radio programs, blog writing, video making, etc in the past 10 months. The members and YUWA have all grown and learned from each other from the program.

Thoughts on YALC as a platform:

"I didn't have much expectation going in, I thought working in a team virtually would be challenging and full of conflict but that wasn't the case. We are bonded so well with one another and have an amazing connection"

"YALC helped me grow so much professionally and personally. Shreya didi was amazing- always there to support us when we needed it, yet never micromanaging us."

"I was scared while joining YALC as an introvert- I was not sure about getting along and working with the team but I actually gained amazing lifelong friends while learning so much at the same time"

"YALC 2020/21 has shaped me into a more responsible and mature individual with the values that shall remain with me for the rest of my life. To be very honest at the beginning, I thought the scope of Sexual and Reproductive Health and Rights was limited and that it wouldn't interest/challenge me as much and that after a year, I shall not only be out of the YALC but also change the field of work. And now, the situation is different. My prejudice was smashed and I am here, still working in the ever-evolving field of SRHR that challenges me, puts me into the work settings where it is very difficult to convey the message, makes me work with saturated mindsets, altering them is very tough and not altering shall keep society at the conservative mode and so on. YALC gave me understanding and open-minded friends, introduced me to the working culture of YUWA which I liked so much that I applied for membership at YUWA too, opened doors of opportunities for me and gave me a mindset that takes intersectionality into account while making any decisions and planning anything. All in all, August 2020 to June 2021 was the best time of my life and I shall forever cherish it."

- Aastha Subedi YALC 2020-21



Right Here Right Now (RHRN)

Closing of RHRN 1

Right Here Right Now 1 which was a platform of 15 like minded organizations working for the advocacy of marriage equality, safe abortion and comprehensive sexuality education came to a close in January 2021. In the 5 years of running, the Long Term Outcomes (LTOs) and achievements of the platform were:

LTO 1- By 2020, Marriage Equality is legalized

Achievement: Under the long-term outcome one, there has been several significant accomplishments during the past five years. One of the most successful achievements is the discovery of the long lost report on Same Sex Marriage in the Ministry of Women, Children and Senior Citizen. The report has been forwarded to the Ministry of Law and Justice.

Similarly, another remarkable achievement was when Former Prime Minister, Dr. Baburam Bhattarai, during his speech in the House of Representative of Federal Parliament, suggested to remove the discriminatory language in the definition of marriage in the recently amended Civil Code of Nepal to legalize marriage equality. That was the first time a Parliamentarian and a prominent political leader had spoken and urged to legalize Marriage Equality in the Parliament.

LTO 2- By 2020, quality, stigma free and youth friendly safe abortion services are accessible and available at all public health institutions with adequate budget allocation and proper monitoring mechanisms

Achievement: The right to safe motherhood and reproductive health act was enacted in 2018 accomplishing the short-term goal and recently its regulation has been passed which is essential for the implementation of the act that fulfils the objective of ensuring right to safe abortion

service. Both the act and regulation ensure youth friendly stigma free safe abortion service maintaining the confidentiality and privacy of the women and The Government of Nepal shall make a provision of mandatory budget allocation for the providing the services free of cost. Also, the victim, who is denied services as per the existing laws and rules, shall be entitled to compensation from the perpetrators in accordance with the law.

LTO 3- CSE curriculum for in school young people are implemented effectively with proper monitoring mechanisms, and CSE curriculum for out of school children is drafted by 2020.

A detailed age specific CSE curriculum has been developed for grades 1-12 and are based on guideline of ITGSE. However, the CSE Curriculum has been labelled as teaching-learning booklet for CSE as per the recommendation received from the representatives of Curriculum Development Centre and Ministry of Education. The change in the name was done so as to ensure the acceptance of the document by CDC. The finalized booklet has been handed over to CDC with an official request letter to use the material made under this activity as reference material on their ongoing periodic review of the national curriculum.



Grant Management Training

4- 6 September 2020

Training was organized on Grant Management for platform members especially finance focal person from 4- 6 September 2020. The training was facilitated by Mr. Lakpa Lama, former YUWA executive. The training covered following contents;

1. Basic of grant management and its process. (very basic definition only)
2. Grant contract review and negotiation.
3. Implementation-Adapting systems and managing project funds to meet donor
4. Reporting and monitoring \Closing off-tying up loose ends and ensuring compliance.

Since RHRN1 was in closing phase, participants were able to understand the grant closure. Also facilitator mentioned key considerations for the preparation of closure of the grant The training was able to increase understanding of all participants on the overall perspective of Grant Management. Participants enhanced their knowledge and skills on reviewing contracts; grant terms and conditions and negotiations with donor, financial review system, procurement system.

YUWA staff and executives also had the opportunity to participate in the training which served as a great capacity strengthening exercise for the team.

Launch of Comprehensive Sexuality Education Online Course

May 2021

As part of RHRN, YUWA produced and launched an online CSE course which is based on the ITGSE guideline. The course was developed with the help of Ms. Medha Sharma as consultant. It contains lessons on different aspects of CSE such as

- Tolerance, Inclusion and Respect
- Long term commitments and parenting
- Media Literacy and Sexuality

- Gender Equality, Stereotypes and bias
- Sexual and Reproductive Anatomy and Physiology- life cycle approach to SRHR
- Infertility
- Human Immunodeficiency Virus
- HIV experiences.

The online course is self-paced and the students can learn according to their schedule with the condition to complete the course within 1 month to receive the certificate. So far, the course has 123 subscribers. The reviews from the course participants have been very positive

"The session is really good and somehow interesting. Even though I have some knowledge about the topic, it helped me to enhance it more and learn something new. Thank you for the opportunities. This course can play very important role in adolescents"

- Saru Deshar (Course participant)

"Because of our culture, I was hesitant when talking about sexuality. While going through each course, it gave answers to my curiosity and it opens my view towards the false myths about sex and gender. Also, this information will help me to take right decisions in the future."

-Sushma Sunuwar (Course participant)



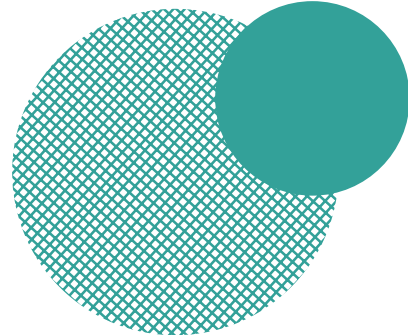
RHRN 2 planning meeting

The planning meeting for RHRN 2 was held at Hotel Sabrina, Bansbari on 20th and 21st March 2021. This event was the first official consultative meeting for work plan finalization for Right Here Right Now 2. The meeting was attended by focal persons and representatives from the 3 organizations in the consortium: Beyond Beijing Committee, Blue Diamond Society and YUWA. The main agendas of the meeting were:

- Look into and properly frame Long term Outcomes and Short Term Outcomes for the next 5 years
- Make project plans and budget plans for the activities as well as operational and staff budget.
- Brainstorm new activities to match up with the LTOs and STOs of each pathway.
- Rethink activities that were roughly planned out in the informal meeting.
- Create a statement for long term impact.
- How to present ourselves and work with stakeholders such as UN agencies, INGOs, etc.
- Create an agreed upon budget and structure.
- Create a programmatic agreement within the consortium.

Right Here Right Now 2

After the conclusion of Right Here Right Now 1, YUWA has again become the host organization of Right Here Right Now 2. This time, there are 3 organizations- Blue Diamond Society, Beyond Beijing Committee and YUWA which are the platform organizations and the main agenda of the platform will be to advocate for Comprehensive Sexuality Education



Pic- RHRN 2 planning meeting

Increasing Youth Access to Safe Abortion Services Through Stigma

Selection and training of Youth Champions

June 2021

YUWA selected 10 young people from Birgunj to form "Youth Champions" under the project in collaboration with Sanskriti, an NGO based in Birgunj.

The youth Champions will be engaged through the different phases of Human centered design approach and generate different interventions to increase young people's access to safe abortion related information and services.

Orientation to the Youth Champions

On 17th June 2021, YUWA conducted an orientation session for newly recruited Youth Champions from Birjung under the project "Increasing Youth Access to Safe Abortion Services through Stigma Reduction in Nepal". Orientation started with the Introduction of team members from YUWA and the Youth Champions followed by the project activities, concept of Human Centered Design and roles and responsibilities of each Youth Champion during their tenure.

Value Clarification training on safe abortion

YUWA organized three days online value clarification training on safe abortion to the ten Youth Champions from Birgunj under the project "Increasing youth access to safe abortion services through stigma reduction in Nepal" from 20th to 22nd June, 2021. Overall training session was facilitated by Ms.Pusha Joshi (Co-founder, Yo SHAN).

Youth Champions



Aarti Gupta



Aayush Pokhrel



Anuj Kumar Karn



Ashish Gupta



Bibek Kumar Karn



Ganga Shrestha



Indu Kumari Mahato



Jyoti Sah



Pinky Sarraf



Rekha Kumari Singh

The three-day training was organized and facilitated by YUWA through a virtual medium i.e. zoom. All the ten Youth Champion participated in the training. First day of the training session was focused on concepts of gender and sexuality and linkages of gender roles and patriarchy with the safe abortion. Along with this young people were also oriented on basic human rights and different conventions and conference which has outlined young people's access to sexual and reproductive health and rights.

Day 2 was more focused on safe abortion, its legal status and its implication on health service in Nepal and different methods of safe abortion services available in Nepal whereas on day 3 it was more of the value clarification where young people were given counter statements against the abortion and they had to choose whether they agree or disagree with the statements and then discussed the impact social 'values can have on individual rights

Sessions for Ideation phase

From 11th July to end of the August, six different sessions of ideation phase was conducted amongst the Youth Champions to facilitate the process of generating ideas, creating prototypes and finalizing the interventions

Session 1: Sharing of Research Finding and reflection

Session 2: Sharing of the possible solutions from the research

Session 3: Sharing the design challenge and Prioritizing barriers

Session 4: Discussion around possible solutions (target population)

Session 5: Bundling of ideas and looking from different lens (key message, total number of reach, risk analysis, potential impact, sustainability)

Session 6: Voting on the ideas generated and finalizing

Finalized Interventions

1. Creating a Facebook page
2. Translation of 2 YouTube videos from Amaze related to safe abortion into local language (Bhojpuri)
3. Three episodes of radio series
4. Mapping health facilities providing safe abortion services at Birgunj Metropolitan city
5. Mobilization of local youth clubs
6. Activity on International Safe Abortion Day

Workshop on Detail Implementation plan

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“YUWA has been a wonderful platform for me to learn, grow, connect and explore. Coming from a small city like Birgunj we don't have the opportunity to work with such organizations closely on such topics of Abortion, Reproductive health and stigma reduction related to it but Yuwa gave me this opportunity and also taught me a lot about it. This project has contributed a lot to my personal and professional growth as it has become a learning platform for me where I learn new things everyday from the regular sessions to the meetings with Youth Champions. This project has taught me the importance of time management and team work which has definitely helped me improve my professional career.

There are some challenges I have faced during this project but teamwork & coordination from my teammates of this project has made it easy to overcome them. Though we have a small team on this project we all work together to resolve any issue & that has been one of the best part of this project.

Honestly saying, I have worked with dozens of organizations since I started working but very few of them have such wonderful & easy environment to work. Teammates at YUWA are professionals and are helping. They understand your issues. I would love to continue working with YUWA in future projects that will be implemented in Birgunj and outskirts.



- Aashu Kumar Saraf
Local Coordinator for the Project



NOREC Fellowship

Selection and orientation

As part of the NOREC exchange fellowship program, YUWA selected 10 young people as "Youth Innovators". Due to the pandemic, the NOREC project could not take on the same modality of the past years where participants from Khmer Youth Association (Cambodia) and YUWA have an exchange program. Therefore, this year, 10 participants from each organization were chosen to work as fellows in their respective countries on the topics of SRHR and Climate Change.

After the selection of 10 candidates from a pool of over 100, the fellows were given an orientation on YUWA and the program.

Trainings by YUWA

To prepare the young team to work on this project, YUWA conducted many trainings or skills that they would need. The trainings conducted were:

- Financial Literacy by Satish Karn, Treasurer, YUWA
- Digital Communication by Sabiya Shah, General Manager, Infinity Media
- Digital Accessibility by Surakshya Dhungana, General Member, YUWA
- Training on Graphic Design by Mr. Suzal Gurung, Creative Officer of YUWA
- Training on Blog Writing by Ms. Lirisha Tuladhar, General Member of YUWA

Trainings in combination with KYA

- Training on Leadership by KYA
- Training on Digital Advocacy by Sajja Singh, Former Vice President and General Member of YUWA
- Training on Sexual and Reproductive Health and Rights by Shreya Shrestha, SRHR Program Coordinator, YUWA
- Training on CSE by Aastha Subedi, Former YALC member and General member of YUWA

Youth Innovator



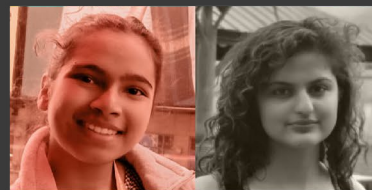
Aakriti Maharjan

Aman Manandhar



Ilasta Chaudhary

Manasi Sharma



Oshin Panta

Muskan Acharya



Smritee Neupane

Sumi Budhathoki



Suvam Chaudhary

Swostika Thapaliya

Programs conducted by Youth Innovators

Khulla Aakash on Challenges of Monsoon

30th June 2021

The Youth Innovators conducted their first program- Khulla Aakash on the Challenges of Monsoon. The monsoon this year has been one of the heaviest that the country has seen and it has caused lots of major and minor problems for people. The goal of the session was to create a platform where people could discuss the challenges and possible solutions.

"As youths are more technology friendly, development of apps, gadgets, whether predict venture key apps can be facilitated which can provide real time data in figurative way with the promotion of the websites and apps."

Khulla Aakash on Unsafe Street: My story of Sexual Harassment

20th July 2021

The Youth Innovators conducted a Khulla Aakash on "Unsafe Streets: my story of sexual harassment". The main objective of the session was to provide a platform where people could come talk about their personal experiences, thoughts and feelings about the subject.

"Teenage is such an age when you might feel like they're teasing me because they like me or have a crush on me"

"The most susceptible are teenagers as the harassers think that they are incapable of raising their voice"

"What if he holds a grudge and harasses me again? Or something worse could happen. The fear of facing a similar situation in the future is always on my mind."

Training on the "Art of selling yourself"

24th July 2021

The Youth Innovators conducted a training session for "The art of selling yourself". The objectives of the session were:

1. Provide basic ideas of the "art" of selling to the individual in every related platform and organizations
2. Give ideas about self-promotion to the participants
3. Articulate one's experience with a value
4. Grasp ideas about presenting yourself to others



Online Webinars and collaborations

Lyrics and Laingikta

7th December 2020

In collaboration Hami DAjuVAi, Youth HUB and Plan International Nepal YUWA organized a discussion program called "Lyrics and Laingikta" where we discussed tones of Gender Based Violence in lyrics from various hindi, nepali and english songs. The entire program had a diverse range of participants, from different background including Public Health, MBBS, BBA, BASW who had different insights on the topic of music. Every participants felt that they were connected somehow through the music as well.

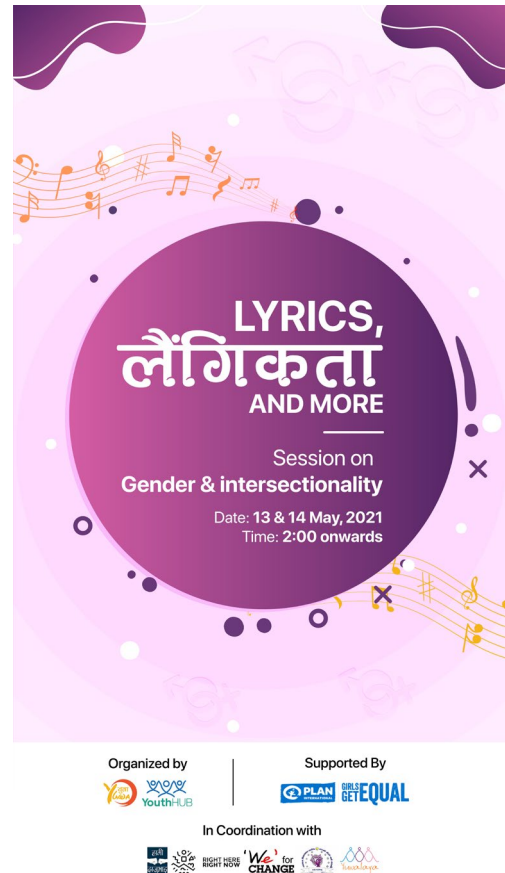
We discussed along the few famous songs in English, Nepali and Hindi, that has been trending yet when we look into the lyrics it somehow has initiated some kind of disturbing meaning. The participants discussed whether the songs were problematic, their possible impacts, if anything needs to be done about it and how to be more mindful of the media we consume.

Lyrics, Laingikta and More

13-15 May 2021

YUWA in collaboration with YOUTH HUB with the support of Plan International Nepal under its Girls Get Equal Campaign organized a Training session on Gender, Sexuality and Media followed by a discussion session under the same theme with the title 'Lyrics Laingikta and More' on 13-15 May 2021.

The three-day program was organized and facilitated by YUWA through a virtual medium i.e. zoom. A total of 44 participants which included young girls from Girls Get Equal Campaign of Plan International Nepal and Youth Activist Leadership Council Members of YUWA. Day one was the training session facilitated by former president and current board member of Youth Coalition for Sexual and Reproductive Rights, Mr. Amit Timilsina. The session was focused on concepts of gender and sexuality and its representation in the media.



The following 2 days were the discussion session where the participants were divided for management purposes. The discussion session built on the ideas received during day 1 of the session and involved the active participation of the participants in putting forward their views and ideas about why and how different forms of media (movies, TV, Magazine, Songs, social media, etc) perpetuated certain gender norms and how to push beyond that narrative.

"Unequal distribution of work is creating barrier in socio economic development of women"

- Quote from participant

Youth Summit on Generation Equality Forum

12th August 2021

On the occasion of International Youth Day, YUWA with the support of UNFPA Nepal conducted a Youth Summit on Generation Equality Forum and Action Coalition on Bodily Autonomy Sexual Reproduction Health and Rights.

The Generation Equality Forum is a global gathering to accelerate equality, leadership and opportunity for women and girls worldwide, convened by UN Women, Mexico and France.

In addition to spurring a bold new agenda with financial and political commitments for gender equality, the Forum launched six 'action coalitions'. For this event, we focused on the 'Bodily Autonomy and SRHR' Action Coalition.

The objectives of the session were:

- To start a youth movement in Nepal for Generation Equality with the focus on the 'Bodily Autonomy and SRHR'
- Sensitize young people and include them as essential actors for the generation equality processes.
- To have young people at the forefront of advocacy following up on the commitments of the Generation Equality Forum.

Social Media Contest

May 2021

To showcase the creativity of the youth and highlight the issues related to Gender and its presentation on media, YUWA under the Youth Hub Nepal along with Plan International Nepal conducted a Social Media Contest where youth had the opportunity to submit poems, stories, videos, artwork, photos, etc on the components of Gender, Sexuality and Media.

10 of the submissions were selected and the winners were given cash prizes and showcased on YUWA's social media.

with detailed answers by experts in the field.

Ask an Expert videos and posts

May-June 2021

With support of Plan International Nepal, YUWA produced 5 informative videos and 5 social media posts about dealing with various health problems during the Pandemic. The questions regarding the health problems were collected via social media and then answered by experts in the field. The topics and experts were:

- The Covid- 19 Pandemic- Answered by Dr. Ramu Kharel, MD, MPH Emergency Medicine & Founder, HAPSA Nepal
- Psychosocial Health- Answered by Hashana Shrestha, Mphil Clinical Psychology, Founder, Samantha Psychosocial Care.
- Pregnancy during Covid- Answered by Dr. Sabina Aryal, MBBS, MD, Obstetrics and Gynaecology
- Telemedicine during Covid- Answered by Dr. Prem Raj Sigdel, Mch, Urology
- Nutrition during Covid- Answered by Bonita Sharma, Nutrition Activist, MA, Food and Nutrition.

The videos and posts were extremely informative with detailed answers by experts in the field.

Click [here](#) to view the playlist of Ask an Expert!



Research Unit

Research Unit focuses on youth empowerment. With this wing, we conduct 'Center for Youth Studies' and 'Center for Gender & Sexuality Studies'- courses based on credit hours once a year. Through these programs, youth can learn and conduct research about various youth and gender issues. The participants of these courses also conduct desk research on various issues. Center for Youth Studies is a 30- credit hour course during which the participants will learn about concepts such as Socio-political issues, Open Data, Research methods, Networking, Entrepreneurship, Advocacy, Life Skills, Public Speaking, etc. Center for Gender and Sexuality Studies is a 12 credit hour course during which, the participants will learn about sex, gender, patriarchy, gender socialization, micro-aggression, etc.

Violence against women in Parliament in Nepal (VAWIP, ALIGN)

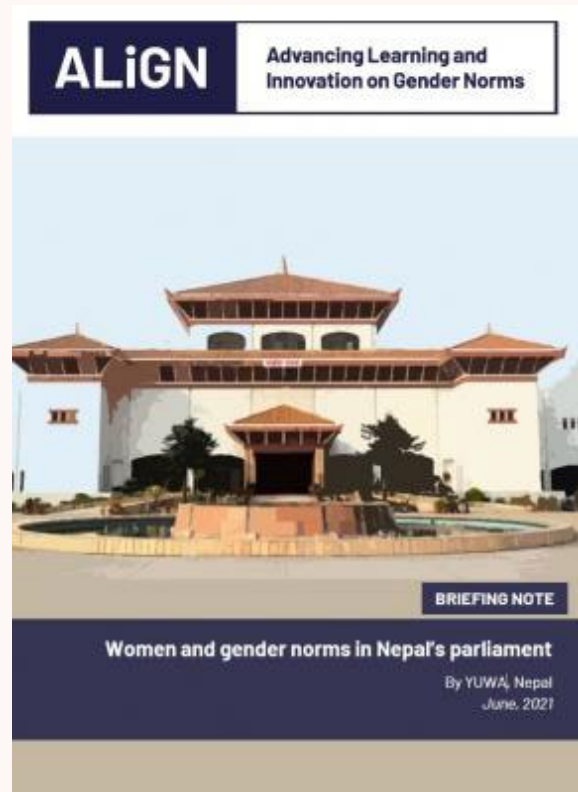
ALIGN is a digital platform and programme of work that is creating a global community of researchers, practitioners and thought leaders, all committed to gender justice and equality. ALIGN provides new research, insights from practice, and grants for initiatives that increase our understanding of – and work to change – discriminatory gender norms.

With the support of Align, YUWA conducted a study on how gender norms in Nepal influence the roles of female parliamentarians in the House of Representatives (HoR). The study was primarily conducted with female parliamentarians and examines personal stories of inequalities, suppression, and verbal or emotional abuse. The full study can be found [here](#).

The research 'Women and gender norms in Nepal's parliament' explores the influence of gender norms in the day-to-day workings of the female members of the House of Representatives (HoR). Following a qualitative means of data collection, this research has brought out information and case stories of female parliamentarians, while also talking to male parliamentarians and other related stakeholders.

Objectives of the project:

- To understand parliamentarians' perception of gender roles and their significance.
- To explore the roles of male and female parliamentarians in the decision-making process.
- To identify whether parliamentarians have experienced any form of violence during their work and, if so, how these experiences are shaped by gender norms.
- To understand the level of knowledge among parliamentarians on legal aspects of gender-based violence (GBV).



Achievements of the project:

- The research was the first of its kind to look into gender-based violence solely based on Nepal's House of Representatives (HoR).
- The researchers found out how even the Nepali women at the law-making body have to go through gender norms and gender-based violence inside the HoR.
- The recommendations of the project include national level recommendations to ensure a zero-tolerance policy in Nepal and in the HoR itself.
- The research opens a wide range of possibilities for further research projects in Nepal in regard to gender, gender norms and women parliamentarians in Nepal.

Mini Pilot: Comprehensive Sexuality Education (CSE) Teachers Training in Nepal

March 2021

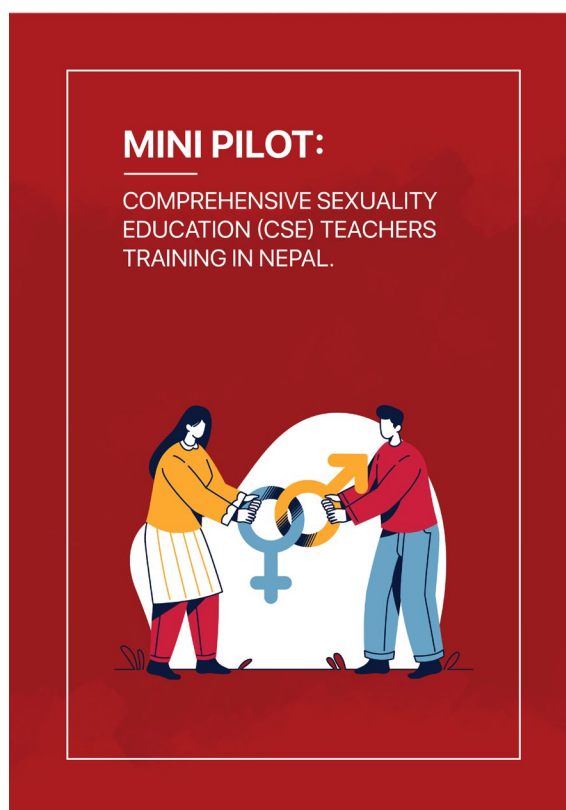
Comprehensive Sexuality Education (CSE) as a concept is relatively new however few parts of CSE related topics have been incorporated in the syllabus of the formal education system in Nepal for a long time. A very limited content on CSE is also being taught in out-of-school education programs. Center for Education and Human Resource Development (CEHRD) in collaboration with UNFPA in 2017/18 developed a Teacher's Resource Material and Trainer's Guide Book on Comprehensive Sexuality Education streamlining with International Technical Guidance on Sexuality Education (ITGSE) 2009.

Teachers from government schools are being trained on CSE by UNFPA within its working districts based on the Resource Material and Guide Book on CSE. This report presents evidence as to how impactful has the training been and also highlights upon the scope of advancement. A sample of 32 respondents were interviewed through phone calls, out of which 20 of them were trained teachers, 10 of them were untrained teachers of the same school and two of them were the trainers of CSE. The teachers represented two provinces of Nepal i.e. Province 1 and Sudurpaschim province and were proportionally considered with regard to their gender and their residence in urban or rural settings.

The report can be found [here](#).

To be Published:

1. Desk research to analyse the situation of safe abortion services in Nepal, at the country level, in order to have detailed information on abortion status including unsafe abortion, existing abortion stigma, and utilization of Post Abortion Care services



- The research aims to produce a comprehensive synthesis of evidence concerning status of abortion services utilization, associated stigma and other barriers to access safe abortion services, especially among young people of Nepal.
- The specific objectives of the desk research were to-
- Conduct comprehensive literature review and analysis of existing data in relation to abortion, abortion stigma and tools of measurement, availability and the quality of safe abortion services;
- Identify key districts with high rates of unsafe abortion and post abortion care (PAC) for complications from unsafe abortion, existing abortion stigma and barriers to access safe abortion services;
- Identify and consult with relevant experts (from civil society, hospitals, and institution providing safe abortion services, government, and other relevant bodies) to develop the content and narrative of the report.

International Advocacy

Asia and the Pacific Sexuality Education Virtual Exhibition

31st December 2020

YUWA was selected as an exhibitor at the Asia and the Pacific Sexuality Education Virtual Exhibition, 2020 (APSEVE-20). The booth featured sexuality initiatives from YUWA through videos and posters and also highlighted upon the status and provision of CSE with reference to the national curriculum. We also made a video to document the relevance of Sexuality Education in Nepal as well as the past and future initiatives YUWA wants to approach to explore the horizon of CSE in both in-school and out of school contexts.

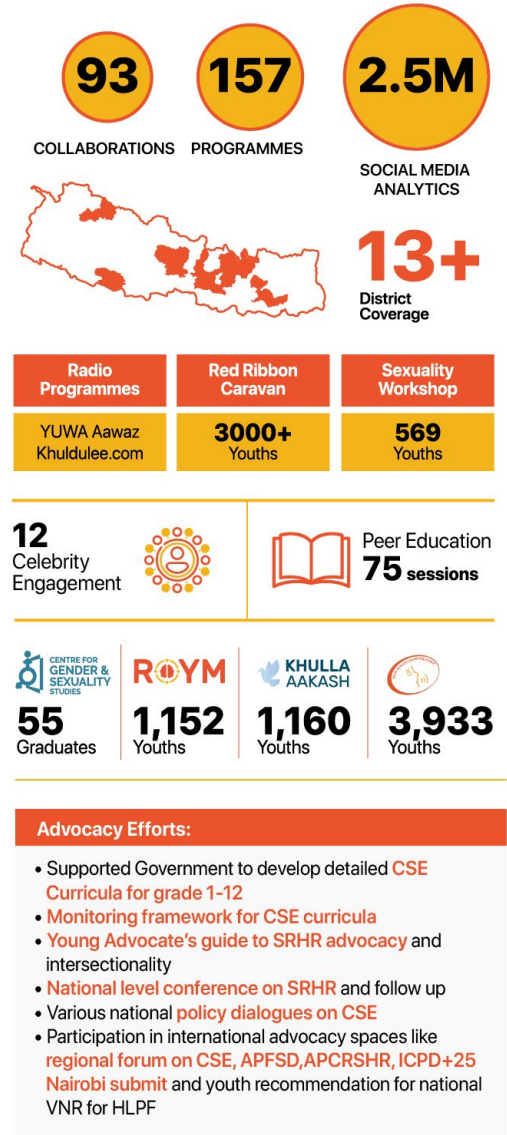
Generation Equality Forum 2021

Riju Dhakal, President of YUWA, represented YUWA to give our statement at the Generation Equality Forum 2021. The Generation Equality Forum is a global movement for gender equality, convened by UN Women and co-hosted by the governments of Mexico and France. The Forum brings together governments, corporations, NGOs, youth led groups and Foundations to secure concrete, ambitious, and transformative commitments for gender equality. These are shaped by the Action Coalitions. They are the world's roadmap for gender equality.

Nepal Universal Periodic Review (UPR)

Riju Dhakal, President of YUWA gave YUWA's statements on recommendations on behalf of the Asian Pacific Resource and Research Centre for Women (ARROW) and Right Here Right now Nepal to the government regarding laws and legislation pertaining to Youth SRHR during the Nepal Universal Periodic Review (UPR). The statement was delivered at the Human Rights Council (HRC) on 8th July 2021. The UPR is a unique process which involves a review of the human rights records of all UN Member States. The UPR is a state-driven process, under the auspices of the Human Rights Council, which

YOU-TH-RIVE FOR CSE



provides the opportunity for each state to declare what actions they have taken to improve the human rights situation in their countries and to fulfill their human rights obligations.

47th Session of the Human Rights Council

8th July 2021

Ms. Shreya Shrestha, SRHR Program Coordinator, YUWA delivered a joint statement with Asian Pacific Resource and Research Center For Women (ARROW), RHRNNepal and RHRN Indonesia at the 47th Session of the Human Rights Council (#HRC) Interactive dialogue with the Special Rapporteur on protection against violence and discrimination based on sexual orientation and gender identity.

The statement focused on young lesbian, gay, bisexual, transgender and intersex persons who face multiple forms of violence and discrimination based on their identity and are further marginalised due to their sexuality. It emphasised that criminalisation of sexuality prevents young people from various sexual orientations, gender identities, expressions, and sex characteristics from having equal access to civil, political, social and economic rights including quality and comprehensive sexual and reproductive health services.



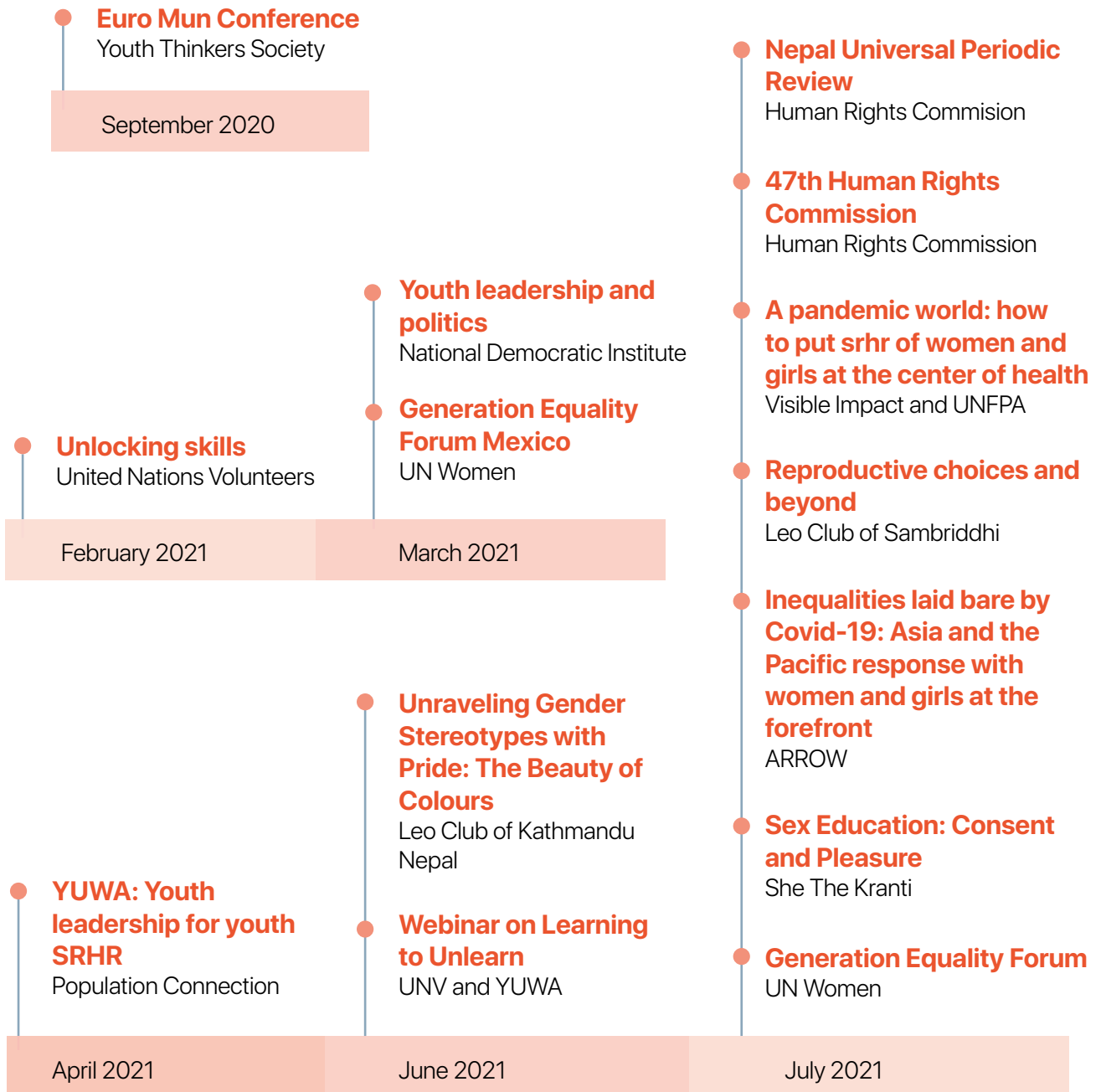
ARROW's HLPF 2021 side event- "Inequalities laid bare by COVID-19: Asia and the Pacific response with women and girls at the forefront"

12th July 2021

YUWA's president, Ms. Riju Dhakal participated in Asian Pacific Resource and Research Center For Women (ARROW)'s High Level Political Forum (HLPF) side event in which the speakers discussed about inequalities further widened by the COVID-19 pandemic and the challenges in the implementation of Goal 3 of Agenda 2030, with a focus on the SRHR of women and girls in Asia and the Pacific region.

The event also included also include the launch of the Asia-Pacific Youth Call to Action and the Sub-regional/national Youth Call to Action!

Expanding YUWA's horizon



Trainings and Opportunities

PRB PACE Youth Training Fellowship for Policy Advocacy Fellowship

YUWA was selected as one of the three fellow organizations for a fellowship organized by PRB, a nonpartisan research organization focused on improving the health and well-being of people globally through evidence-based policies and practices. The PACE (Policy, Advocacy, and Communication Enhanced for Population and Reproductive Health) Project is funded by the United States Agency for International Development and led by Population Reference Bureau (PRB). The PACE Youth Multimedia Campaigns training program aims to support youth advocates in telling compelling health, environment, and development stories and building movements for policy change within their communities and countries through innovative digital campaigns. Using fact-based storytelling, video making, and social media tools in combination with dialogue-based community events, youth participants in the program will collaborate with their peers to share powerful advocacy messages targeting local populations and key decision makers.

From YUWA, Riju Dhakal, President, Jenisha Mainali, General Member, Manish Maharjan, Program Associate and Sneha Tamrakar, Senior CDL Officer have been participating in the fellowship which consists of weekly sessions with assignments to create an advocacy campaign. Team YUWA is working on advocating to local government of Province 3 to delegate more budget for CSE purposes to increase the quality of CSE received by the students.



YUWA Core

Staff Retreat

13-15 January 2021

YUWA executives organized an annual Staff Retreat for the YUWA staff from 13th-15th January at Balthali Village Resort, Panauti. The retreat was planned to be long as it was also planned to be a planning meeting where the staff and executives sat together to discuss YUWA's programs and projects, figure out ways to improve on them and bring necessary changes. As the key strategies for YUWA's programs the current board are:

1. Reach out to young people from diverse background
2. Effective mobilization of Provincial Partners
3. Strengthening the research unit and evidence generation
4. Institutional capacity building and system reforms

It was important to deep dive into all of YUWA's programs and make sure that the programs were fulfilling the organizational missions, were reaching the target beneficiaries effectively and were in accordance with the organizational vision.

On the first day, the team sat together and discussed the programs from Sexual and Reproductive Health. The team discussed the ideal goals and ideal beneficiaries for these program which were different from the existing one. The existing theory of change was kept in mind, and they told that few changes could be revised of exiting TOC. Suggestions were made to change certain aspects of the programs such as:

- CGSS can be developed for younger people (less than 18) as well and content can be developed accordingly
- YALC can be expanded to other provinces and be made more inclusive
- Collect more participant experience and testimony after Khulla Aakash.
-

All the programs were discussed in great detail by outlining the SKS (Start doing, Keep Doing and Stop doing) for them.

On the second day, the team discussed programs in the Active Citizenship department. The programs in this department were all



modified in many different ways. The biggest changes were:

- CYS modality would change to have courses on particular topics
- Stop Khulla Aakash in this department
- Work on proper TOT for prarambha trainers

Overall, the team decided that rather than the quantity of programs, it was time for YUWA to focus on the quality of programs so that we could attract participants organically rather than having to get people associated with YUWA to join.

Along side these brainstorming sessions, staff also had the opportunity to play games, barbeque, hike and enjoy time with eachother during the retreat!



Mental Health Unconferencing Sessions

25th-27th May 2021

During the peak of the second wave of Covid, people all over Nepal were going through many psychological and emotional difficulties. YUWA staff were also struggling at the time with many loved ones getting sick and even staff themselves getting badly sick. To help the staff to cope with this, the executive organized a 3-day training session on stress management, self-care and basic psychosocial support. YUWA reached out to TPO alliance for the sessions.

The sessions covered major practical tips on self-care, stress management, coping mechanism and basic tips of psychosocial support. Practical tips such as relaxation exercise and number of energizers were also applied during the session.

They were facilitated by Mr. Bharat Gautam (Clinical Supervisor); Ms. Sabina Maharjan (Clinical Psychologist).

The session was very interactive with active engagement from all the participants. The training session capacitated YUWAs staffs, members and executive on identifying and managing stress through various process such breathing exercises, self-appreciation, grounding techniques and relaxation exercises. The training also taught us on being mindful, maintaining work life balance, peace of mind and selfcare along with enhanced psychosocial ability to deal with stress.

Opportunities for members

Man ko Chautari sessions

Man ko Chautari is a series of discussion sessions designed by YUWA's members to create a non-judgemental platform where participants can freely share their ideas, problems and anxieties while having a mental health professional there to help them through their difficulties. This program was designed with an 'unconferencing model' which is meant to be participant driven. The objectives of the sessions were :

- To create a non-judgmental environment to talk about mental health issues.
- To discuss social media consumption and its effects on mental health.
- Enhancing de-stigmatization relating to mental health issues.
- To provide appropriate information and direction regarding mental health issues to the youths by expert

Man ko Chautari: The agony of loneliness with Hashana Shrestha, Founder, Samantha Psychosocial Care 29th May 2021

The session was designed to help participants to open up about their problems after which they were also provided appropriate solutions by the expert. Ms. Shrestha equipped the participants with different techniques like grounding, acting on values, etc.

Man ko Chautari: Social Media and its effects on mental health with Ms. Grishma Paneru, Freelance Trainer of mental health, emotional intelligence and child psychology. 12th June 2021

The session was designed to talk about social media addiction, fear of missing out, instant gratification, algorithms, body image issues, social media relationships, toxicity in social media, etc. Ms Paneru also talked about destigmatizing mental health issues and provided directions to the participants about mental health issues.



Man ko Chautari: Perception of Mental Health around family with Ms. Iwa Bhattarai, Mental Health Advocate and medical professional. 27th June 2021

The session was designed so that the participants could have a space to talk about the Mental Health issues they struggle with and the way their families respond to it. The participants opened up and said that some of their families had no concept of "mental health" and they struggled with having to educate and explain to their family all the time. Ms. Bhattarai gave advice to the participants from her perspective.

Man ko Chautari: Dealing with Covid Related Grief with Ms. Sujita Baniya, Clinical Psychologist, Project Coordinator at CMC-Hospital. 10th July 2021

The session was designed with the objective to create a space where participants could freely talk about the grievances and losses they experiences due to Covid. Ms. Sujita Baniya then helped the participants by giving suggestions on how to deal with their feelings and also talked about the Grief Cycle so that the participants could navigate their emotions with awareness and knowledge.

Brainstorming session on CSE innovation and implementation

5th-6th August 2021

"Brainstorming session on CSE Innovation and its implementation" was a 2-day long program organized by Marie Stopes Nepal and UNFPA Nepal. The program aimed to get a group of stakeholders together to consult 10 innovative projects from Kapilbastu, Achham, Bajhan, Rukum (East and West) and Baitadi. The purpose of the consultation is to make the projects more inclusive and innovative. Marie Stopes Nepal has been implementing UNFPA's Comprehensive Sexuality Education (CSE) project in the above-mentioned districts.

Aastha Subedi, member of YUWA; Asmita Rijal, member of YUWA and Manoj Panthi, YALC member 2020/21 represented YUWA at the program. Likewise, there were members from other organizations- Yohan, YPEER, and Federation of Women with Disability- Nepal.

During the duration of 2 days, participants consulted 2 projects, one each day. First of all, 2 participants were put together in a group and given a project to consult. They were connected to the innovator of the project from the respective districts. Upon discussion with the innovator and brainstorming session in a group, a modified layout was formulated. Thus formed layout was presented on the second day and feedbacks from stakeholders and a representative of UNFPA was incorporated and the final layout was prepared.

Sharing a platform with stakeholders from various backgrounds was a profound opportunity to learn intersectionality and inclusivity that must prevail in CSE projects and programs. We also learned the importance of listening and consulting with each other for the betterment of the projects. Meanwhile, networking and communication, important aspects of any program, were also strengthened during this program.



Covid Response

Covid Care with Arambha Foundation

YUWA worked with the Arambha Foundation on the "Covid care" project. YUWA made financial contributions to the Arambha Foundation by donating equipments and medicines to be donated to those in need. In total, YUWA contributed:

- 13 oximeters
- 15 thermometers
- 18 sanitizers
- 15 packets of sanitary pads
- 15 packets of masks

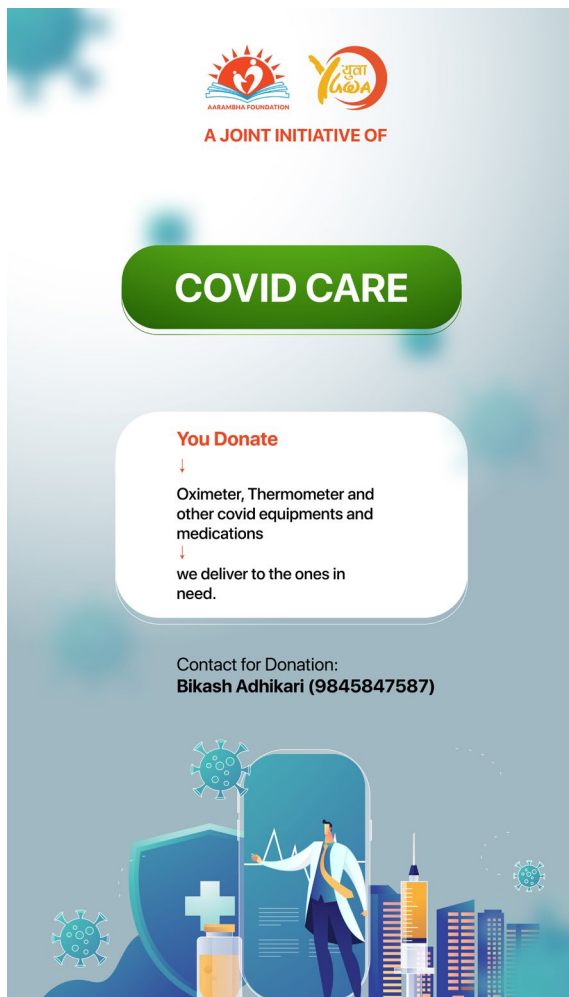
Alongside the financial contribution, YUWA also supported the project with social media content and outreach.

South-East Asia Youth Health Action Network (SYAN)

YUWA is a part of SYAN with three other Nepali organizations and other seven organizations across South-East Asia. SYAN is a youth-led, youth run network which aims to provide young people working in the SEAR region with a platform to perform advocacy on issues which affect them and their communities. With the support of WHO SEARO, The YP Foundation established a network for youth advocates in the South-East Asia Region. The network strengthens the capacity of adolescent and youth groups in this region for effective advocacy and engagement in national adolescent health programmes from the stage planning to implementation to monitoring evaluation.

As a part of SYAN, YUWA conducted its COVID-19 impact study on young people collecting qualitative data regarding the effects, aftermaths and challenges incurred by the pandemic. The study highlighted the effect in reaching to adolescent and youth-friendly health services, specifically SRH services and problems of mental health among the study group. Regional analysis of the COVID-19 impact is ongoing, and the report is expected to be released soon.

With monthly meetings of SYAN, and regular communication regarding the impact of COVID-19 and the ongoing challenges for youth organizations, SYAN has been a resource and networking center for organizations of the SEAR region. It is expected that as part of the network, we will be engaging in advocacy related capacity strengthening processes next and will thereby, build a country level knowledge centre for advocacy related experiences, practices and information on Adolescent Health



Youth Against Covid

During the height of the second wave of the pandemic, YUWA joined in the coalition of Youth led organizations that were working together to form "Youth Against Covid". The coalition had more than 44 organizations from many different fields of work and had decided to come together to work on their expertise to create more impact. YUWA contributed in the brainstorming meetings and by creating the logo, branding guidelines and communication guidelines for the coalition. Alongside, this coalition was a great opportunity for YUWA to explore potential for future collaborations with other participating organizations.



Media and Publications

[Comprehensive Sexuality Education Curriculum grade 1-12 \(Nepali and English\)](#)

[Comprehensive Sexuality Education Review Report](#)

[Comprehensive Sexuality Education Advocacy Brief](#)

[Study on Violence against women in Parliament in Nepal](#)

[Animated Video on Accessing SRHR services during Covid 19](#)

[Animated Video on safe sexual relations during Covid- 19](#)

[Animated Video on Pregnancy and Covid-19](#)

[Animated Video on the future of SRHR after Covid](#)

[Animated Video on society's perception on gender norms](#)

[Animated Video on Microaggressions](#)

[Animated Video on the problem that is social media](#)

[Podcast series on youth Localizing SGDs](#)

[Ask an Expert video series](#)

[International Youth Day video series](#)

[International Nurse Day](#)

[Prolife vs. Pro Choice](#)

Conclusion

The past year for YUWA was extremely challenging due to the pandemic but also very rewarding. YUWA worked on many new projects and made our presence known in national and international spaces. Alongside that, we also redesigned and implemented our Core programs using whatever means possible. All the work done during the year was done with the intention of working towards the strategies that the executive board had put forth during the strategic planning meeting. The work done by YUWA has managed to contribute to the strategies in the following ways:

Strategy 1- Reaching out young people from diverse background

- The Youth with Migrant Workers has increased YUWA's reach to Sudurpaschim province.
- The newly recruited members and volunteers include people from LGBTQI community and differently abled community as well as from different academic backgrounds.
- The participants from NOREC project are from different academic backgrounds and also includes those from the LGBTQI community.
- The Increasing Youth Access to Safe Abortion Services Through Stigma project increases YUWA's reach to Province 2.
- Due to the pandemic, almost all of YUWA's programs were conducted virtually which gave opportunities for diverse participants from different age group, location and backgrounds to join the programs without difficulty.

Strategy 2- Effective mobilization of Provincial Partners

- To better mobilize the provincial partners, YUWA is working on including DCYN, Banke while working on the upcoming YALC.
- YUWA is also working on including Youth Development Center and potentially other partners in the upcoming year.
- YUWA is also exploring building partnership in Province 2 while working on the Increasing "Youth Access to Safe Abortion Services Through Stigma".

Strategy 3- Strengthening the research unit and evidence generation

- The study conducted on Violence against women in Parliament in Nepal as part of the ALIGN project has helped increase YUWA's arsenal of evidence generation.
- The Center for Youth Studies is being developed as a self-paced e-learning course with various topics to strengthen the research unit of YUWA.

4. Institutional capacity building and system reform

- At the very beginning of the executive board tenure, YUWA went through a detailed organizational assessment with the help of professional consultants to figure out the gaps, areas for employment as well as plus points of YUWA's programs, organizational culture and structure. The assessment has further helped us strategize ways to improve YUWA.
- The staff and executives participated the very informative grant management training which part of RHRN 1.
- YUWA's participation in the PRB fellowship where 4 team members are receiving weekly sessions on various aspects of multimedia uses for advocacy has increased the capacity of the team.

- YUWA's youth champions, YALC, youth advocates and youth innovators all received many trainings designed to help them grow, improve the quality of programs they conduct and to help build YUWA's institutional capacity.
- The TPO 'mental health unconferencing' session to help the staff deal with COVID related difficulties and anxieties was an initiative to increase institutional capacity and to prioritise the health and wellbeing of the staff.

In the upcoming year of programs, YUWA plans to continue to work on projects and programs by designing them around the 4 strategies to take YUWA to greater heights.