



13th ANNUAL REPORT

SEPT 2021 - SEPT 2022

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CONTENTS

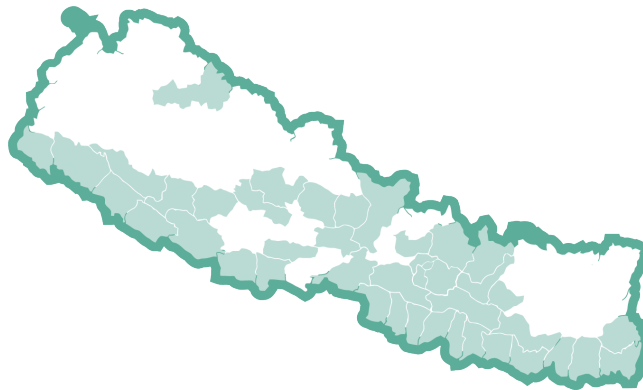
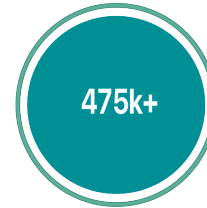
Glance	4
Message from the President's Desk	6
Active Citizenship	
• Prarambha	11
• Pahichan	13
• Youth with Migrant Worker for Advocacy and Accountability	14
• Civic Champions Shield	18
• Youth Lead	20
Sexual Reproductive Health and Rights	
• Advancing Youth SRHR: CSE for All	27
• National Comprehensive Sexuality Education Advocacy Coalition	28
• Youth Activist Leadership Council	30
• YouthHUB	45
• Right Here Right Now 2	48
• GEF Localization Campaign	54
• Youth Access	56
YUWA in International Spaces	62
Media and Publications	64

Glance

- ACTIVE CITIZENSHIP
- SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS (SRHR)
- RESEARCH UNIT

-  **36**
YouTube Videos
-  **10+**
Podcast with youtubers
-  **18+**
videos with celebrity
-  **10**
Internal Podcasts

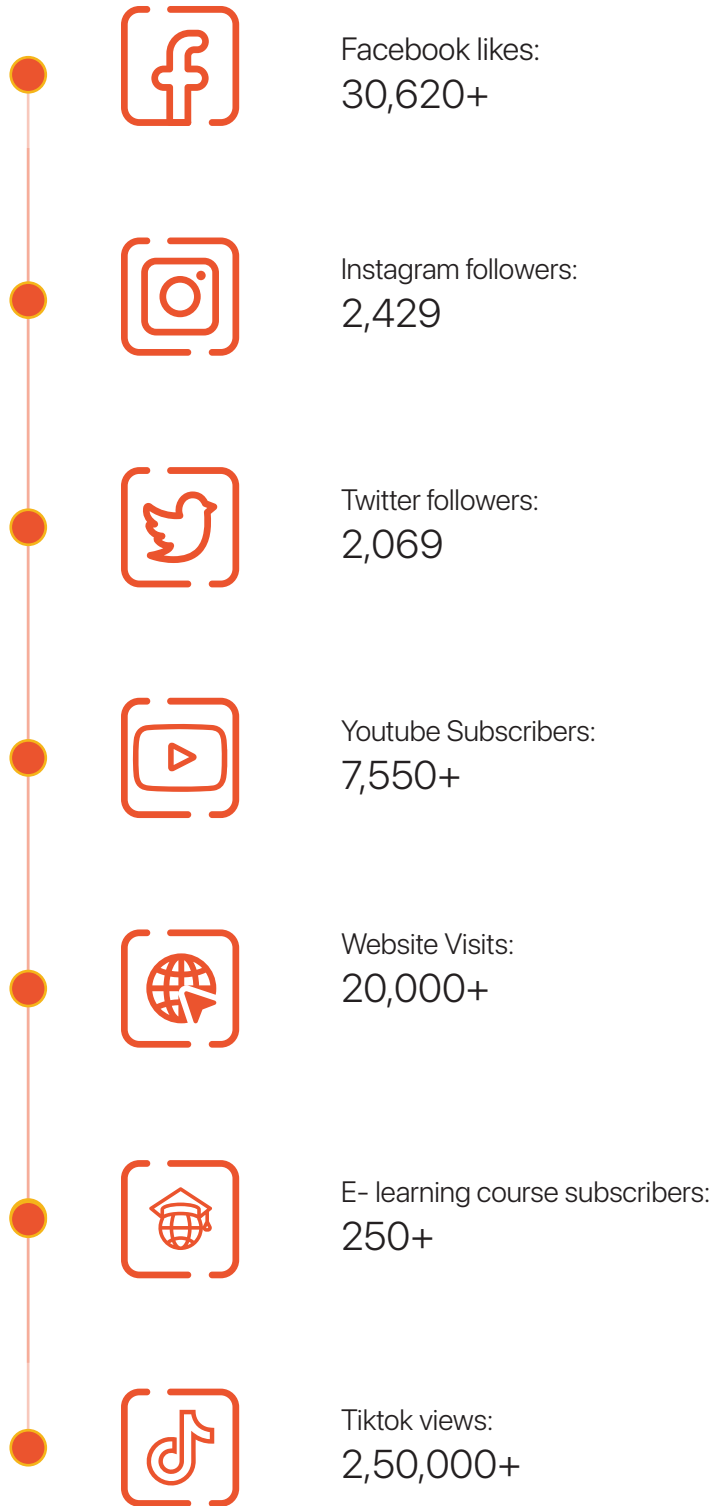
REACH



OUR PARTNERS



YUWA media outreach



Message from the President's Desk

I remember calling myself a leader while I took up class representative positions in school, and now coming to the end of two years of my tenure as the President, I am still in the process of myself to become a better leader. What's ironic is the fact that I have leadership as a trait in my CV as well, right?

While I am writing this message, I am unsure of how I should begin penning down my memories of the past two years, because no words can fully justify the blows and blasts of the last two years.

Following a year full of pandemic experiences and then getting back to physical forms of working was exciting for YUWA, and it was even more exciting for us to finally get back on the ground again with the young people. This was a year full of creating new possibilities, expanding our work horizon and of course, celebrating the diverse energies of young people, and I feel extremely lucky to witness this firsthand. It was more about revitalizing the energy, reassessing our potential, and bringing transformations in systems at YUWA, as it was a year full of highs, lows, fears and excitements. However, our efforts have been inclined towards strengthening meaningful engagement of young people from diverse backgrounds and communities in all different capacities. I am incapable of assigning an adjective that best describes this year for us, but I am proud to witness several journeys of young people as changemakers and thus create an impact.

YUWA's expansion through its volunteers in places outside Kathmandu, the exploration of digital platforms and engagements, leading coalitions, and the conduction of various in-house programs with changed modalities have been the highlights of our work. Similarly, local, provincial and national level consultations on identifying the needs of young people, taking these consultations to policy-making levels, strongly advocating for meaningful and inclusive youth participation at all levels of



Riju Dhakal
President (2020-2022)

Editor's Note: Cheers to the first female President

decision-making in local, national, regional, and international spaces, and working with partners across various fields to build a CSO system with strengthened youth participation have all been the standouts of this year.

While years at YUWA are more about experimenting and learning, this year in particular was also more about polishing ourselves and the organization as the prominent youth organization of Nepal. The team building, capacity strengthening sessions, indefinite numbers of celebrations, and lots of fun is what make YUWA a workable space that is also safe enough for most of us to share our ideas, initiate discussions and strengthen our principles. This year the team experienced a lot of challenges in terms of the high numbers of turnovers, 12 standing projects in the year, newer systems and guidelines, partnerships and much more, however, while we recollect these challenges, we also recollect all the lessons learned during the past year and this makes us realize the worth of YUWA as a platform for young people like us.

The message this time will be a personal one from me, because my journey at YUWA is just going to cross another milestone, and while I am proud of being the president at YUWA for the past two years, I am also excited, nervous, and scared about the possibilities and trajectory that my life will uptake in the future days. Despite the waves of uncertainty that I am looking forward to, I am grateful for the transformation into a more humble, capable and fierce Riju at YUWA. And this is to each of you, who have been a part of my journey in the last two years, you've all been a part of me, thank you!

As I write my name as the President for one last time, I would like to thank our executive members, staff, general members, alumni, interns, volunteers, partners, donors and all the young people for their contributions at and for YUWA. We appreciate and value your time, energy and effort.

P.S. We have a new section filled with the portrayal of our staffs creativity: I hope you enjoy that too.

Thank you and have a very happy reading!

EMPOWERING YOUTH, STRENGTHENING INVOLVEMENT



THE YUWA FAMILIA



YUWA STAFF



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Reshu Mali



Sijan Gelal



Sumesh Khadgi



Sumanjari Pradhan

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.



Prarambha

Prarambha is a two-day non-residential workshop targeted towards the youths between the ages of 16-24 to empower by enhancing their leadership, team building and problem-solving skills. It is a flagship program of YUWA conducted by staff, members and interns. During the workshop, they are taught about leadership skills, team building, problem solving, idea generation, resource mapping, budgeting, etc. The students are then divided into groups where they come up with action plans for problems they have in their surrounding and the team with the best action plan receive seed money to implement it.

Prarambha: Everest Innovative College

6th- 7th Dec 2021

Between 6th-7th Dec 2021, Prarambha was conducted at Everest Innovative College. There were 14 participants in total from Bachelor's 1st year and 2nd Year from. Among which, three of them were male and rest of them were female. The sessions were on Idea Generation, Problem Mapping, Scenario Analysis, Approaches to Solutions, and Timeframe for the Plan of the Action and Reporting, Resource Mapping, Strength Weakness Analysis, Expected Outputs and Formulation of a Week Plan and Logistics and Management. They presented their problem with solution the next day with proper timeline with the help of Gantt chart and budget report.



Prarambha at Everest Innovative College

Participant's Feedback

"Reporting, Resource Mapping, Strength Weakness Analysis, Expected Outputs and Formulation of a Week Plan and Logistics and Management."

Prarambha: Herald College

6th- 7th May 2022

Between 6th-7th May 2022, Prarambha was conducted at Herald College. During this Prarambha, the students were divided into 4 groups and their action plans were: Waste and garbage management- Install different bins for degradable and non-degradable waste, Menstrual Hygiene and Sanitization- Conduct awareness about menstrual hygiene in schools and teach them how to use menstrual hygiene products, Street Animal Welfare- Raise awareness to people about not harming street animals and provide treatment to injured animals, Emotional Health Management- Conduct sessions about emotional health and raise awareness among young school students about dealing with emotions in a healthy way.

Group 2 and 4 were awarded with the seed money for their action plans. Group 2 conducted their Menstrual Hygiene and Sanitization sessions at: Herald International School 03/06/2022, Manjari Secondary School 05/07/2022. Around 200 students in total were reached with these sessions. Group 4 conducted their Emotional Health Management sessions at: Herald International School 17/06/2022 Bansbari Higher Secondary School 24/06/2022 Odyssey School 21/06/2022 Basundhara National Academy 21/06/2022 Gyan Jyoti School 23/06/2022, Around 500 students in total were benefited from this session.



Prarambha at Herald College



Prarambha at Herald College



Prarambha at K and K college College

Prarambha: K and K college

30th-31st May 2022

On 30th May 2022, Prarambha was conducted at K and K College. During this Prarambha, the students were divided into groups as well. Group Robot was awarded the seed money and they will be conducting election awareness sessions in different colleges along with mock elections.

Participant's Feedback

*"This program has taught me how to analyze and solve problems through small initiatives." - Jasmin
(Student of bachelors in social work)*



Pahichan

Pahichan means identification. This workshop is focused on capacitating the leadership skills of the participants and identifying the resources available, yet not productively used in their communities. Also, the participants will develop an action plan to intervene in the identified social challenges.

Pahichan: Mahendra Multiple Campus

4th- 5th July 2021

YUWA conducted its flagship workshop 'Pahichan' on the 4th and 5th of July, at Mahendra Multiple Campus located in Nepalgunj, Banke. The two-day workshop was designed to provide various essential skills to the participants. Along with the presentation and group discussion, different recreational activities were conducted to make the workshop interactive. Participants were focused on generating an idea, analyzing their surrounding area, figuring out the existing problems, and generating its solution. Further, each group formulated their action plan to eradicate the problem and YUWA's team selected the best idea that was more convincing in terms of immediate necessity in the present context. The selected idea was from group 4 which was conducting election awareness sessions among 100 youths of their community along with the mock elections. As all the participants were aged 18 to 25, this workshop helped them to put their ideas forward, work in groups, and implement their theoretical knowledge in a practical setting.



Pahichan at Mahendra Multiple Campus



Youth with Migrant Workers for Advocacy and Accountability

Discussion series about returnee migrant workers

As part of the Youth with Migrant Workers for Advocacy and Accountability (YMWAA) project, YUWA had a series of discussions and meetings with local level government representatives as well as returnee migrants from Sudurpaschim region to learn about the steps being taken to help the returnee migrant workers. The details of the sessions are as below:

YUWA had a discussion session with Ms. Chitra Kumari Chaudhary, Deputy Mayor of Belauri Municipality to talk about the Covid-19 situation, management of cases, opportunities for migrant workers and plans for the federal year.

We have supported returnee migrants in any way possible. Our main priority is agriculture as we have supported the workers in their agricultural businesses with grants and technical support. We have separated wards according to their agricultural characteristics and possibilities, in turn supporting the public.

Chitra Kumari Chaudhary 6th September 2021

YUWA had a discussion with Mr. Ganga Ram Sapkota, Chief Administrative Officer, Ajaymeru Rural Municipality where Mr. Sapkota explained about the various issues caused by the pandemic such as food shortages, unemployment, etc.

For the fiscal year, we haven't developed any new program meant for the returnee migrants. Instead, we are continuing the previous programs which will include poor people, youths and migrant workers as a whole. We have allotted around 40 lakhs for the programs.

Ganga Ram Sapkota 12th September 2021



YUWA had a discussion with Mr. Arjun Kharel, Research Fellow, Center for the Study of Labour and Mobility, Social Science Baha. The discussion was about the impact of Covid-19 on migrant workers, the situation of female domestic workers, and about the plans and policies needed to deal with the situation.

After the onset of the pandemic, migrant workers were treated harshly. They have no food, and their employers pay no wages. Some of them had to be assisted by their family in Nepal to pay for their return. The government must prioritize decreasing the charges related to migration that the migrant workers pay for. Although the visa and tickets are free on paper, workers have to pay quite a bit for foreign employment. The government should also work for the welfare of the workers in other countries through collaboration and coordination with other countries. Covid-19 is under control right now. There are health centers under operation in case of any emergencies. We are collaborating with different organizations and wards to distribute health equipment, food and ambulance services to needy people.

Arjun Kharel 27th September 2021

YUWA had a discussion with Mr. Bikram Chaudhary, Chief Administrative Officer, Lamkichuha Municipality about Covid-19 cases, differences between 1st and 2nd waves, opportunities for migrant workers and suggestions for the government.

Covid-19 is under control right now. There are health centers under operation in case of any emergencies. We are collaborating with different organizations and wards to distribute health equipment, food and ambulance services to needy people.

Bikram Chaudhary 30th November 2021

Paradygm Podcasts

YUWA collaborated with Paradygm podcasts to produce podcast series with Journalist Manmohan Swar and Deputy Mayor, Ratna Kadayat.



Paradygm Podcast with Ms. Ratna Kadayat, Deputy Mayor, Godavari Municipality Dhangadi



Podcast with Mr., Manmohan Swar, Journalist

Community Interaction Meeting in Sudurpaschim

24th December 2021

YUWA conducted a Community Interaction Meeting on December 24, 2021, between the Provincial and Local Governments, and the returnee migrant workers of Sudurpaschim Province under the project 'Youth with Migrant Workers for Advocacy and Accountability' at Dhangadhi, Kailali. The event was attended by the Minister of Internal Affairs and Law of Sudurpaschim Province, Hon. Purna Joshi, the Minister of State for Social Development of Sudurpaschim Province, Hon. Mana Kumari Saud, and Hon. Tek Bahadur Raika, Provincial Assembly Member of the Province. The event also included Prem Singh B.K., executive member of the executive body of Dhangadhi Sub-Metropolitan City, and Him Karna B.K., Central Secretary of the Nepal Journalist Federation, as guests.

The meeting was conducted with the objective of bringing together the government, returnee migrant workers, youth advocates, journalists, and locals. It included the YMWAA project's results sharing and an interaction meeting between the speakers and returnee migrant workers. The returnees shared their concerns related to the government's workings as well as asked questions related to the plans and policies put forth by them. The participants also had queries related to training and grants for self employment meant for the returnees.



Project completion video can be watched [here](#).

Over the period of more than a year, YUWA implemented the project Youth with Migrant Workers for Advocacy and Accountability (YMWAA) in the four districts (Kailali, Dadeldhura, Kanchanpur, and Achham) of Sudurpaschim Province. It had the objective of exploring the status and needs of high-risk migrant workers affected by the COVID-19 pandemic and increasing the visibility of the initiatives taken and expected by different bodies to support them. The major activities of YMWAA consisted of:

1. Accountability tracking and Budget Monitoring
2. Discussion Series
3. Case Stories
4. Stories of Change
5. Community Initiative Fund

As part of the Youth with Migrant Workers for Accountability and Advocacy project, YUWA conducted activities through the Community Initiative Fund (CIF). The video is developed in collaboration with Creative Makura as Stories of Change which portrays the overall activities of the CIF. YUWA collaborated with four organizations (Bolyanya Thali, Covid-Bishes Nurse Samuha Sangsangai and Sunset Nepal) under this activity at different local levels of Sudurpaschim Province serving people and communities with the purpose of providing immediate help during the time of pandemic.

[Video on Community Initiative Fund](#)



Anuj Bhandari

Youth Coordinator

Why do I not use social media?

"I am too old for TikTok."

All your senses are suddenly triggered. You feel a rush of joy and are tempted to pick up your phone as your brain receives a hit of dopamine. Elation and happiness increase as you feel your self-worth skyrocketing. It's been a while since I decided against feeling such feelings. Also, I just read-baited (is this even a word?) you because I still use a couple of social media applications. But it is partly true. Well, let's just say I do not use social media platforms that go by the names of Facebook, Instagram, and TikTok. "Why do you not use social media?" That's a common question I get, along with a strange look from some. Recently, someone even said I could be doing something illegal or be hiding something from the public which is why I chose to delete my social media accounts. But such comments do not bother me, as deleting social media is something that you can brag about to people. But is that reason enough for me to delete all of my social media accounts and only use Twitter in ghost mode? Not really. I got the idea of disowning my accounts a few years back. However, I still have not gotten into deleting them completely (another read-bait) as I have had to re-activate the accounts a couple of times for various reasons (which might also continue in the future). Still, not wasting hours and hours of my time watching momo-related videos and Family Guy clips on Instagram and Facebook feels really good. I do not hold the guilt of wasting my time on my phone as much. Gone are the days when I used to spend over ten hours of my twenty-four

just on socials. Spending such a chunk of my day on something basically useless also meant I was going back to being anxious about time-wasting. Time-wasting is only fine in football when it's 90 minutes and your team is in the lead. There I said it! The toxicity that Facebook and Instagram hold is also long gone. I do not have to worry about likes and comments. I disliked such feelings, and nowadays, I feel free. Also, why should I watch stories about XYZ walking somewhere with clips that are worthy of r/KillTheCameraman? However, all of this is still overshadowed by the "Oho kasto learned manche jasto" comments I get from people. 😏 I am also too old for TikTok. But the developers over on that side sure know how to create an algorithm! As a person who loves running sessions on digital advocacy, I always suggest people to create TikTok videos. I do talk about digital security along with it too, as the codes of social media applications are the actual Komolikas of our lives!



Civic Champions Shield

5th August 2022

YUWA and GET-Nepal collaborated to organize a futsal tournament, the UNESCO Civic Champions Shield, supported by Plan International, at Samakhusi Futsal in Samakhusi Chowk to commemorate International Youth Day. The purpose of the event was to bring together various civil service organizations and other institutions in order to strengthen networking. UNESCO supported us financially as a title sponsor, Plan International Nepal as a diamond sponsor, and Creasion, Outside, Softnep, and World Food Program as silver sponsors. In addition to the sponsors, 11 other organizations took part in the event. Youth of Shangri-la clinched first place, while YUWA finished second. The event focused on highlighting the theme for International Youth Day 2022 "Intergenerational Solidarity: Creating Safe Spaces for All Ages."

The futsal event was a huge success because of the participation of diverse youth and was inclusive as it brought together the LGBTIQ community, people with disabilities, and women. The provision of a running shield provided an opportunity to collaborate with various other organizations to conduct futsal in the coming years.



Financial Literacy at St. Xavier's College

13th June 2022

Satish Karn, Treasurer of YUWA facilitated a session on financial literacy to students of St. Xavier's College. The sessions were designed to help the students understand how money works and how to develop their ability to make appropriate and informed financial decisions.



Upcycling and Recycling Workshop

25th-26th June 2022

YUWA, in collaboration with We for Change and Nepal Soka Gakkai International held a recycling and gardening workshop for 20 young participants of Kathmandu Valley. In this workshop, they learned how to recycle their used plastic bottles, how to beautifully paint them, as well as important techniques of gardening to promote sustainability and climate resilience.



Nepal Mental Health initiative

Nepal Mental Health Initiative is a collective effort by six local organizations (Global Shapers Kathmandu Hub, ANTARANG, YUWA, Happy Minds, Nirc Nepal and Pahilo Kadam) to de-stigmatize mental health in our community. The initiative launched its website containing a publicly generated directory of mental health professionals on Sunday, 08 August 2022, among attendees from mental health professionals, representatives from different mental health organizations, and colleges in a program held at National College Auditorium Hall.

Please visit the website, here <https://nepalmentalhealth.com/>

The website represents a first step by the



Nepal Mental Health Initiative with coordinated advocacy efforts planned to promote awareness across the spectrum of issues under mental health in the coming days. The initiative also plans to partner with other organizations to create a broader network to address mental health issues.

Y-Lead Nepal

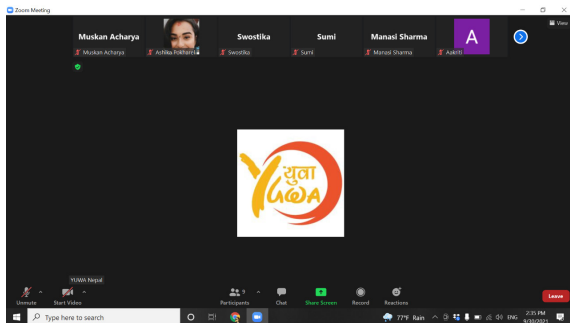
YOUTH LEAD

Khulla Aakash on stigmas of divorce

30th September 2021

A virtual Khulla Aakash on “The Stigma of Divorce” was conducted by Youth Innovators on 30th September, 2021.

One of the prime focuses of the participants was empowering women and ensuring that they are financially independent before they are married as well as not imposing marriage as a universal compulsion to justify romantic relationships.



Khulla Aakash on stigmas of divorce

Design Thinking Training for Youth Innovators

25th-27th September 2021

YUWA conducted a month-long design thinking training course for Youth Innovators. The objectives of this course were:

To recognize and specify the best problem to solve and restate as a function of its mutually exclusive & collectively exhaustive different dimensions.

Design thinking helps to execute leadership, creative solutions and innovative ideation. With the help of mechanism tools from design thinking will help the project for generating the ideas and solving problem within the limited resources. The course helps to focus on empathy. The design thinking course helps the project for analytics with creative solutions to occur harmoniously and to appear in a strong deliverable.

Participant's Feedback

"It is difficult for divorced women to access sexual and reproductive health services due to the associated stigma".

"The divorce is stigmatized in the society because of Nepali society is patriarchal. Women suffer more because separation with their spouses is somehow linked to their bad character and their inability to adjust in a marriage."

Email Etiquette Training

11th November 2021

A virtual training on email etiquette was conducted for the Youth Innovators of YUWA. The session was facilitated by Satish Karn, Treasurer of YUWA. The session was conducted to capacitate the participants to convey information in a clear and concise manner, minimize errors and learn about the various factors to take into consideration while corresponding through email.

Youth Consultation on Solid waste management

30th November 2021

YUWA's Youth Innovators conducted a youth consultation program on the topic of solid waste management. The objective of the program was to bring the diverse Nepali youths to discuss a common concern in our community. The program provided an open platform for the youth to share their ideas and established new and creative ways of effective waste disposal and its management. It followed an informal conversation format where all participants contributed to the conversation and to the objective of the program-seeking recommendations from diverse youth which has been documented in the Position Paper submitted to the concerned authorities. The session continued with the information and data from WASTE MANAGEMENT BASELINE SURVEY OF NEPAL 2020.

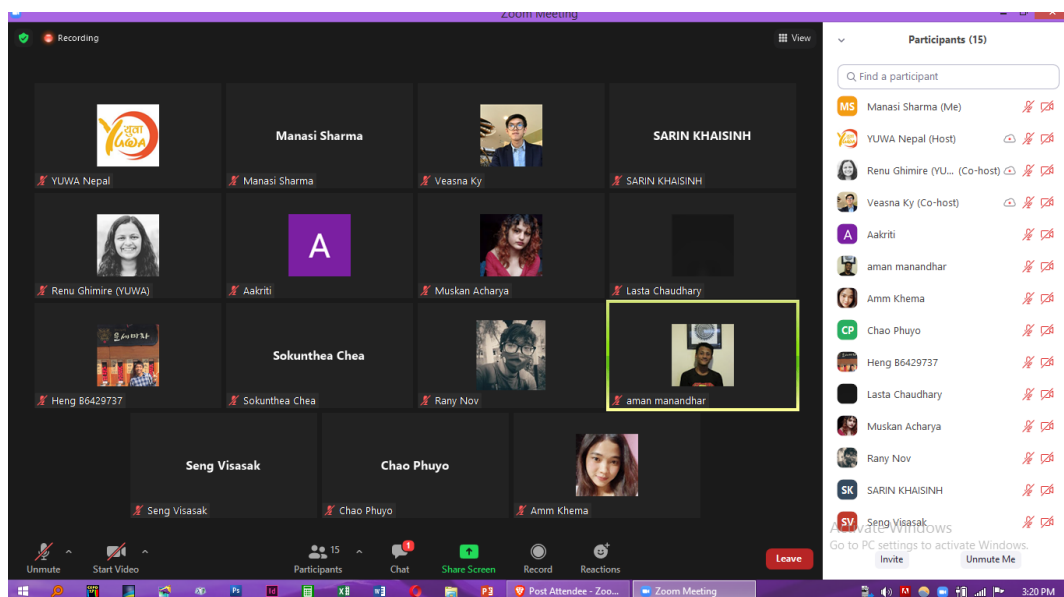
Discussion session on education system of Nepal and Cambodia

19th December 2021

NOREC Youth Innovators from KYA, Cambodia and YUWA had a discussion session on the educational system of Nepal and Cambodia.

The youth innovators from Nepal learned a lot of new things about the Cambodian education system such as, for the first 12 years, general education is free in Cambodia. Also, their education system includes 12 years of general education followed by 3 years of secondary level of education with 3 years of higher secondary level and 4-5 years of bachelor's degree and so on.

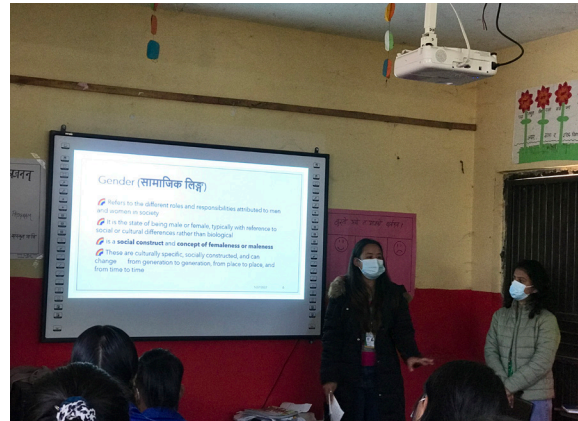
They also talked about the impacts on students of the current education system from both sides. They got to know that a lot of Cambodian students take two major degrees at the same time at university level, one of which is English literature. They also learned about a web page which encourages Cambodian students for entrepreneurship which grants them funds and helps them to implement their ideas.



Program on ASRH

28th January 2022

Youth Innovators from NOREC project of YUWA conducted sessions on Adolescent Sexual and Reproductive Health in two schools in Nuwakot, 'Shree Sahid Jagat Prakash Jung Shah Sanskrit Secondary School' and 'Shree Chandrajyoti Secondary Schools to the students of class 8,9 and 10. The session comprised of certain topics of CSE. The two hours session provided a general overview on topics like puberty and changes during the stage, difference between sex and gender, consent, body positivity, body shaming, SOGIESEC and also included the process of menstruation and its management.



Focus Group Discussion on Uterine Prolapse

28th January 2022

Youth Innovators conducted a focus group discussion on Uterine Prolapse for middle aged women in Pipaltar, Bidur 5, Nuwakot. The session was conducted because Uterine Prolapse stood to be one of the top ten problems in ward number 5 of Bidur municipality. Overall, it was a very insightful session where we got to see how the problem of uterine prolapse has been present and perceived by society.

Session on Nutrition and Menstruation

8th February 2022

Youth innovators conducted an event on "Nutrition and Menstruation" under the project "Redefining Gender Norms, Preventing Violence and Menstrual Health Management: Project on the components of SRHR and its relation with Health" at Banepa -13, Bhainsepati, Kavre. The event was organized to raise awareness against Menstrual Flow, Hygiene Management and diet during menstruation.

One to one counselling was given by nutritionist Mrs.Anjita Budhathoki to the participants. Further knowledge and information sessions on nutrition and menstruation were given to every participant. Various activities were carried out to increase the engagement of participants such as healthy food plate demonstration, listing of



healthy unhealthy food and food games. Quiz was played within them and the winner was distributed with walnuts.

The event ended with the distribution of sanitary kits.

Campaign to replace plastic bags with recycled bags

The Youth Innovator's Climate Change Team started a campaign to recycle sarees and bedsheets to turn them into reusable cloth bags that can be used to replace single use plastic bags. They then conducted awareness programs at shops on the value of such cloth bags over plastic bags. The awareness programs drew many customers. For this, all of the Youth Innovators, including the mentor, took turns explaining the primary idea of the project to the consumers, encouraging them to use cloth bags instead of plastic bags for a longer period of time by educating them on the environmental risks of using plastic extensively.

Customers were encouraged to utilize the cloth bags and were notified by phone of post-project follow-up and a survey. Customers' names, numbers, genders, and ages were also recorded for storage and survey reasons. Some customers were willing to donate old saris and other clothing items to the youth innovators. The idea was well appreciated by the local vendors and other nearby shops as well. The collection of old pieces of clothing could be continued and run into a sustainable model by charging a small price. Many who visited the stalls were also willing to pay for the reusable bags that were distributed for free at that period of time.



Workshop for creating Gender Responsive Classrooms

28th January 2022

Youth Innovators from the NOREC project conducted a virtual Workshop for creating a Gender Responsive Classroom to six teachers of Pashupati Mitra Maha VidyaLaya. The session provided a general overview on topics like gender, power, patriarchy, discrimination and stereotypes, prejudices, privileges and intersectionality.

This was followed up with a physical session on 26th February which included crucial exercises on how to ensure a gender responsive classroom, skills required for it, gender responsive lesson plan, use of gender responsive language, and adapting the teaching materials to be gender responsive.

Finally, a monitoring visit was conducted on 10th March 2022 to assess the impact of the workshop in the classrooms. This was done through interviews with the teachers and students.

Furthermore, to practice and implement the skills useful in gender responsive classrooms, a pair teaching strategy was used where three pairs of teachers were formed. Teachers assessed each other's teaching style through the learner centered teaching skills assessment card and provided feedback to each other to ensure effective implementation of Gender Responsive Classrooms.



Educational session on adolescent friendly health service and facility visit

21st February and 11th March 2022

Youth Innovators conducted an online educational session on 'Adolescent-friendly Health Services in Nepal' to the grade 11 and 12 students of Pashupati Mitra Ma. Vi. The session was facilitated by Mr. Binod Joshi, who is a Monitoring and Evaluation Officer at the Family Welfare Division at the Department of Health Services, Teku, Kathmandu.

In the session, students were taught about adolescence and the physical, mental, emotional and social changes one experiences during puberty. They were sensitized about their sexual and reproductive rights as adolescents and, were also informed about the present scenario of Nepal regarding adolescent health problems and our government's efforts in addressing them by introducing adolescent-friendly health services in health facilities. The students, however, mentioned not knowing the provision of such services before the session and showed their excitement in visiting the health facility in the coming days.

On 11th March, the students were taken to Ramghat Primary Health Care Center so that students could practically observe and experience how adolescent-friendly services are being provided in the health facilities. In the facility, Ms. Chandra Bhatta oriented the students about the meaning and importance of adolescent-friendly health services. During the health facility tour, students got to observe the sub-sections of the PHC designated for adolescent counseling, couple counseling, pregnancy checkup and uterine checkup under Safe Motherhood and Family Planning section. The most common contraceptives including male condoms, pills, IUCD, Norplant, and Depo were also exhibited mentioning their mode of action, indications and contraindications. The students showed their meaningful participation by questioning their sexual and reproductive health. One of the students also mentioned how our traditional society has been grooming the new generation the wrong way by stigmatizing open discussions related to sexual and reproductive health.





Ashriya Pradhan

CDL Officer

Why is effective communication important in the workplace?

Employee morale, engagement, productivity, and satisfaction are all increased through effective communication in the workplace. For improved teamwork and cooperation, communication is essential. Effective workplace communication ultimately contributes to improved performance for individuals, teams, and organizations. To go even further, developing strong communication skills provides significant short- and long-term advantages for your business as a manager. A team led by an excellent communicator can do more with better outcomes and fewer misunderstandings. And who doesn't want a reduction in miscommunications? These factors can all help the business succeed as well as you personally as a leader. Few points on reasons to practice effective communication at work setting are:

Increased participation

An important indicator of staff productivity and possible retention is employee engagement, which is increased through better communication. It demonstrates once again how important your employees are to the business and how much the company regards their specialized knowledge and experience. In other words, their participation and contribution are actually significant.

Enhanced morale

Team members who are not happy at their jobs take more time off, are less productive while at work, and frequently have an adverse effect on the productivity of other workers. A worker, however, brings greater enthusiasm and pride to their task when they are aware of the importance of the work they are doing to the team's ultimate performance.

Increased output

Improved communication methods aid in workers' better understanding of their jobs, which in turn aids in workers' improved performance of their assigned

tasks. By using these methods, resources and time can be saved, allowing for increased productivity and decreased stress.

Enhanced loyalty

Long-term employee retention can strengthen the work and have an effect on the bottom line. Before an individual has the expertise needed to foster innovation, address pressing issues, and lead others, they may need to work in several different professions for years. The degree to which an employee feels valued and treated personally affects how loyal they will be to the organization.

More effective teamwork

The majority of work nowadays make use of technology that doesn't require team members to be present in the same space, structure, or even nation. Since this change creates new communication difficulties, managers should encourage collaboration by assisting teams in using the most up-to-date tools to communicate successfully.

Less conflict at work

Miscommunication is the root cause of many disputes. Negative relationships and even toxic or violent work settings can result from poor communication. Building effective communication can enhance workplace culture and avoid miscommunications between management and staff. This entails honing and improving communication techniques that emphasize hearing others out, evoking empathy, and taking into account individual variations.

Stronger determination

Psychologists have discovered that people are less likely to comprehend or retain a concept unless they know the "why" behind it. One essential management communication ability is listening to the "why" and responding with a "reason." Your staff will respond well to this strategy.

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.

Advancing Youth SRHR: CSE for All

23rd April 2022

YUWA in collaboration with Family Planning Association of Nepal and with the support of International Planned Parenthood Federation- SARO, YUWA organized 'Advancing Youth SRHR: CSE for All' which was a conference that aimed at bringing together young people of diverse backgrounds and identities along with the stakeholders concerning SRHR for an interactive dialogue on Comprehensive Sexuality Education. The event included a panel discussion on Necessary steps/interventions to be taken by different stakeholders for CSE with:

1. Dr Rajendra Bhadra, CSE and SRHR expert
2. Ms. Dibya Dawadi, CEHRD
3. Ms. Nisha Joshi, Family Welfare Division
4. Ms. Anu Bista, FPAN Nepal
5. Ms. Angel Lama, Blue Diamond Society Nepal.

It also included breakout sessions on:

- Sexuality in Comprehensive Sexuality Education- YUWA
- Session on Pleasure- Feminist Futures Nepal
- Session on SOGISEC/LGBTIQ – Blue Diamond Society
- Stigma around Safe Abortion- FPAN Nepal.

Alongside the panel discussion and the breakout sessions, the event also had quizzes, performances, interactive booths, etc. It was a successful event with active participation from different young people, civil society organizations, government agencies, bi-lateral and multi-lateral agencies.



National Comprehensive Sexuality Education Advocacy Coalition

National CSE Advocacy Coalition was convened under YUWA's leadership to propel youth-led advocacy for CSE. The first Strategic Planning Meeting of the National CSE Advocacy Coalition was organized on 22-23 August, 2022 at Dhulikhel Mountain Resort, Khawa, Dhulikhel along with CSE allies, core working group members, experts and was technically and financially supported by UNFPA.



Multistakeholder Meeting on CSE

9th December 2021

YUWA as part of RHRN Nepal, conducted a multistakeholder meeting to initiate formulation of CSE advocacy coalition - a collective effort to create an enabling environment for quality implementation of CSE for in and out of school adolescents and young people. The Government of Nepal has started the process of creating a supportive environment for the implementation of comprehensive sexuality education (CSE) through integrating it into several policies and strategies including the School Sector Development Plan (SSDP 2016-2022/23) and the Adolescent Health and Development Strategy 2018. Nonetheless, the implementation of CSE in Nepal remains weak. With Nepal's transition to the federal system of governance, there are both challenges and opportunities for strengthening the enabling environment for CSE at both the policy and implementation level. To create an enabling political and cultural environment, and promote CSE implementation, UNFPA in partnership with Right Here Right Now (RHRN), is aiming to develop a CSE advocacy coalition at national and sub-national level. The meeting presented the participants with a way forward for the effective initiation of the coalition.



SERAT Assessment Consultation Meeting

15th August 2022

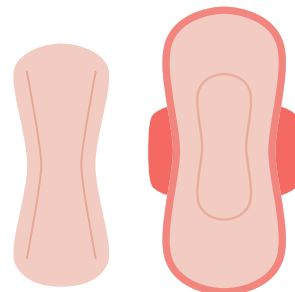
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Reusable Pad Making Session

15th July 2022

On 15th July, YUWA conducted a 'Reusable Pad Making Session' to education officers, school mobilizers, and fellow teachers of United World Schools, Nepal. Further, the participants will be hosting training sessions at Gulmi and Sankhuwasabha to the students of the Girls' Club and Mothers' Group of UWS schools.





Youth Activist Leadership Council (YALC)

Youth Activists Leadership Council (YALC) is a group of 10 youth activists, aged 16 to 24, as part of the RHRN advocacy academy, working at the community level to disseminate SRHR information through peer-based education to in-school and out-of-school children. They 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. In addition, YALC participants write monthly blogs about SRHR and CSE-related topics. Members of the YALC are required to create a position paper or issue brief on a subject of their choosing that relates to CSE and SRHR. The members will be YALC members for a period of ten months.

YUWA has had two major YALC cohorts for the year 2022. One is in Kathmandu, while the other is in Banke. They have the same roles and responsibilities to work under the SRHR and CSE components.

They manage the 'CSE can't wait' digital advocacy campaign, which is active on Instagram: [@csecantwait](https://www.instagram.com/csecantwait).

YALC being one of YUWA's flagship program, many other organizations, institutions, and networks ask YUWA to include YALC members in their programs and invite them to participate in collaborative action.

Inception training was given to both the YALCs.

YALC Member's Feedback

"The 4 days of inception were one of the most beautiful days of my life. The members are all super amazing! And for me, the best part was our mentors: Shreya di, Sneha di, Bipana di, Milu di and Sushma di. I have worked in different organizations, but I never got such mentors! Thank you so much for being so cool and making these 4 days full of learning, memories, and entertainment "
-Puja Bisunke

"The inception provided an opportunity to learn, grow and have fun along with learning. The program provided a moment to know your best version and learn from a diverse group of people." -Rita Puri

YALC KATHMANDU



Aanchal Adhikari



Ashma Sapkota



Barsha Sedhain



Monika Koirala



Puja Bisunke



Rita Puri



Shambhawi
Adhikari



Shristi Garu



Simran KC



Sumanjari
Pradhan

YALC BANKE



Anjana Chaturvedi



Nelisha Giri



Ojaswi Joshi



Pooja Kumari
Baishya



Manju Thapa
Magar



Rhitik Shah



Suchina Rana



Suraj Gurung



Sweta Gurung



Pratap Gurung

Former Finance and Admin Officer

Are bodybuilders Healthy?

According to a study presented at the American Urological Association's 2016 annual meeting, bodybuilders have a mortality rate 34% higher than that of the age-matched U.S. male population.

The concept of bodybuilding was first introduced in the late 19th century, promoted in England by German Eugen Sandow, now considered as the "Father of Modern Bodybuilding". At initial phase bodybuilding was the definition of what a perfect human body should look like but as the trend kept evolving most of the bodybuilders started to involve drugs in this field leading to one of the unhealthiest practices in any sport.

The concept of bodybuilding as we know now is not recognized as a sport anymore but is more viewed as the beauty pageant and is not included in the major event of the world like the Olympics and rather have created their own show named Mr. Olympia. Participants competing in these shows are highly in influence of drugs like steroids and growth hormones which help them to grow bigger and look dry in stage while performing.

Most of the competitors competing in these shows are well aware about the side effects of such drugs and does the regular checkups to avoid the bitter outcome but even so many of them loss their life in process as when growth hormones injected in their body doesn't just grow their muscles but also their internal body parts. For example: Famous Bodybuilder and influencer "Rich Piana" died at the age of 46 and



according to his autopsy report, both his heart and liver weighed twice the average amount for an adult male due to high influence of different type of drugs in this body. Recently a lot of similar cases are being heard in this year of 2022.

Not only drugs the way they train and keep their diet on point is also not very healthy for the human body as the sudden weight gain and loss in short period of time effects the natural flow of how human body works.

Not all people engaged in fitness industry are same and maintaining good physic and health is actually different from being bodybuilder from the prospective of definition and lifestyle but as the industry if highly exposed with gear those who are natural seems faded in front of them who are in gear and seems like the game of bodybuilding has completely accepted the fact of use of such substance.



Khulla Aakash

YALC Kathmandu

"Khulla Aakash" (Literal translation: Open Sky) 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 around topics of Sexuality and SRHR. It is purely a discussion-based program with an objective to destigmatize and normalize conversations on SRHR and sexuality. In no way or form does this program deal with generating solutions to the problems, however, focuses more on internalization.

Our motto of this program: Under the open sky, with an open mind, each individual feel free to talk about and discuss anything that comes in our mind.

Khulla Aakash on Self-love and Body Positivity

22nd February 2022

"Everybody type is beautiful. There is no tag as an ideal body. Happiness is a social construct that is influenced by human psychology. Happiness is a relative term that is both simple and ambiguous. I used to believe that being perfect was the key to acceptance. But no matter what we do, society will still gossip about you." - Dipesh Kholi, Bagmati Province

"Self-love and body positivity is not just about accepting your physical appearance but also emotional well-being." - Sarala Tiwari, Gandaki



Khulla Aakash on Step to Equality #breakthebais

19th March 2022

"Change should start from oneself and only we can change others.

- *Women aren't getting equal opportunities like males.*
- *The generation gap is still creating issues of inequality." - Rewati Raman Upadhyaya*

Khulla Aakash on Cultural Values: Boon or Bane?

9th April 2022

"In my field visit to Rukum, I was devastated to see how culture has created discrimination between girls and boys. Girls were bound to stay quiet and talking about menstruation was still considered as a taboo. Talking about SRHR was against their moral values in some communities till date." - Monika Upadhyay

Khulla Aakash on Curriculum and CSE

7th May 2022

"Though sexual and reproductive health been included in our curriculum for years if the teachers who are responsible for teaching those subject matter aren't ready to teach what's the point of including it in the curriculum. Similarly, I have seen parents complaining about the teacher who taught about sexual and reproductive health in school. So it's important to educate parents and train the teachers about sexual and reproductive health."- Aliya

Khulla Aakash on Healthy Relationship

19th June 2022

"We usually feel uncomfortable to speak about romantic relationship with our siblings, cousins as they might share it to our parents without letting us know. It's hard for us and I guess to every student to talk with their parents to talk about relationships, share our interest."

Khulla Aakash on "Exploring the hidden you" Let's reflect on the status of LGBTQ+ community in our society

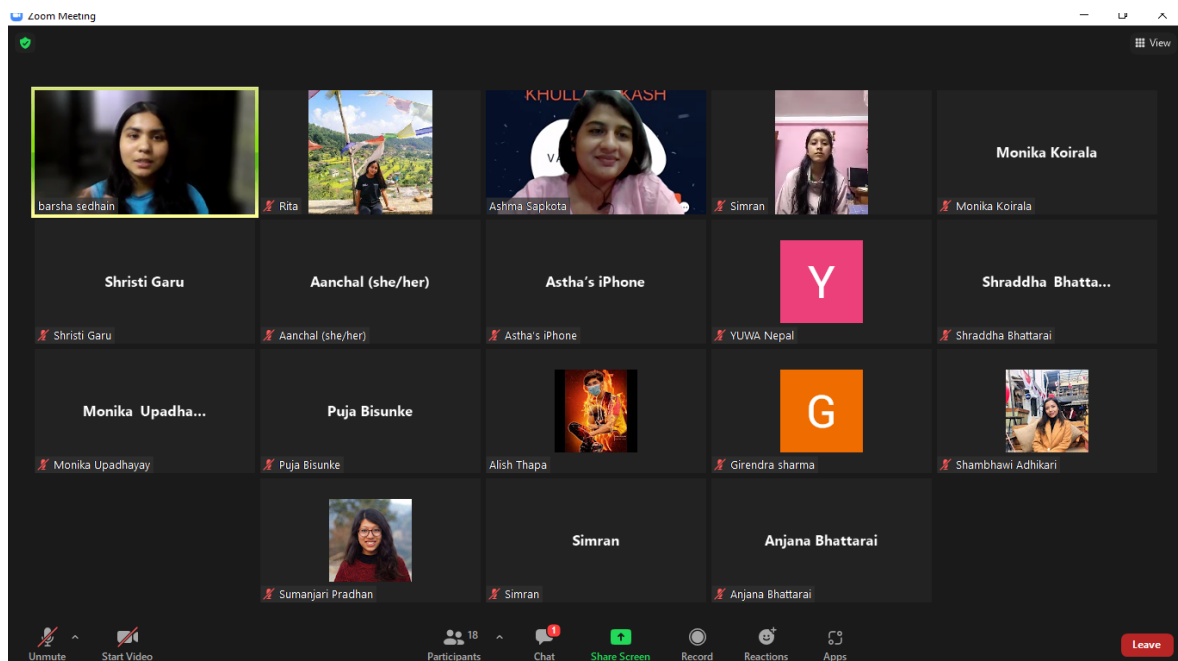
9th June 2022

"I have had sleepless nights thinking about my gender and sexuality. There would be times when I would be thinking even when I was asleep because I used to be very disturbed. I would overthink about every small thing, and I suffered from anxiety. Although I am certain enough to identify myself as someone from the LGBTQ+ community, I don't think I will ever be able to live that way because I crave for my family's acceptance and their words, emotions matter to me." -Chesang

Khulla Aakash on Relationship during Adolescence

28th July 2022

"Apologizing, making compromises, not repeating the same mistakes are what makes a great relationship."



Khulla Aakash on Step to Equality

Khulla Aakash

YALC Banke

Community Discussion

20th April 2022

A community discussion among Madheshi community to child club, Kishori club and to women's group also in Karkando ward no. 18 Banke. Including us there were 20 participants.

Discussion on the following topics were held:

- About Gender Equality.
- Open discussion on LGBTIQ.
- Importance of education in our daily life.
- Love and respect all gender.



The participants were given a clear idea about the people belonging to LGBTIQ and the use of appropriate languages to address them.

Khulla Aakash on Menstruation

27th May 2022

"I thought my family had strict rules to be followed during menstruation but when I got my first period, I was surprised that my mother did not impose any such rules on me. She allowed me to carry out all my daily activities like cooking food, going to the temples etc. without any restrictions."

"I had to take many medicines to delay my periods to attend by father's funeral rites which has led to my periods becoming more irregular and painful"

Khulla Aakash on Healthy Relationship

11th June 2022

"My marriage was fixed with a girl in childhood, I was very close to her during my childhood. But now we have grown older, and we are engaged in our own activities. She is now taking higher studies and she is not interested in getting married. I am happy that we did not get into child marriage as we have both developed over time and our relationship and feeling towards each other has changed over time."

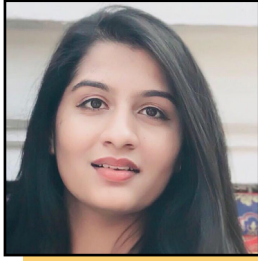
Khulla Aakash on Consent

27th July 2022

It was the first physical Khulla Aakash where YALC Banke discussed about consent. Different aspects of consent were discussed including informed consent, written consent etc. The participants also shared their experience relating to consent. This discussion helped participants have a clear view about the importance of consent.



Khulla Aakash on Consent



Ashma Sapkota

Program Assistant

Something is alluring about the peace and vibrance of colors

Something is alluring about the peace and vibrance of colors, and they signify a multitude of emotions from gratification to melancholy. These make me feel love as tender as dusk's light. I have always found peace working with colors, and immense bliss when letting them fill the blank canvases. Each painting I make guides me one step closer to understanding society, a society that is the product of history. If we look through the glass of history, one can find that activism has been often linked with art, contributing to activism.

Since the Upper Paleolithic age, art has been evolving our actions in every aspect of life, which in turn has evolved art. Art has the power to potentially create an impact on our culture, economy, and even politics. It is a medium where people can reflect thoughts, opinions, feelings, perceptions, outrage, culture, empathy, and many other aspects of life. Likewise, it can also show different socially existing dreadful scenarios and help spread awareness. Different forms of art can bring changes in people's behavior. For instance, a movie can bring change in people's attitudes or even form a mindset regarding something. Observational learning can be done when witnessing different forms of art. When we let ourselves discover the meaning behind a piece of art, we get to explore different views and that is the point where art can truly bring a change to an individual as well as the entire society. When observing an art, we build up a

sense of awareness, open ourselves to evolve our creative as well as critical thinking, build a connection with the art, or even express how we feel about it. Art does not necessarily develop an urge to act but it plays a role vital in balancing one's actions, emotional state, and senses. It is more like a lens through which we see our society that elucidates reality and changes the way we perceive the world I believe art is the vehicle for change and artists are the ones to drive it.



Art by: Ashma Sapkota

Comprehensive Sexuality Education

YALC Kathmandu

Comprehensive sexuality education (CSE) is a curriculum-based process of teaching and learning about the cognitive, emotional, physical, and social aspects of sexuality. It aims to equip children and young people with knowledge, skills, attitudes and values that will empower them to: realize their health, well-being and dignity; develop respectful social and sexual relationships; consider how their choices affect their own well-being and that of others; and, understand and ensure the protection of their rights throughout their lives.

The YALC members regularly conduct "Comprehensive Sexuality Education" sessions. During the CSE Sessions, the members educate school going children about CSE components based on ITGSE curriculum. YALC members conducted numerous peer-to-peer based CSE sessions in different schools in Kathmandu and Banke.

CSE Session at Jana Prabhat School

12th March 2022

YALC KTM conducted their first CSE peer education session at Jana Prabhat School for 7th Grade Students.

The session covered topics like Adolescent Health, changes during adolescence, good touch and bad touch, Knowledge on menstrual hygiene, etc. The sessions delivered were based on ITGSE curriculum and were designed to be interactive rather than theoretical. The students were very enthusiastic and expressed their happiness at learning new concepts.

"CSE session was insightful, and it was a wonderful experience to be connected with the students. Seeing them curious and interested in the session was our biggest achievement. We learned how to make participants comfortable to talk about sensitive topics such as sex, relationships, etc., how to engage with a large audience, how to manage time during a session and how to get people to open up." - YALC Members

CSE Session at Albert High School

21st March 2022

YALC KTM also conducted a CSE session at Albert English Boarding School for grade 9 and 10. The students were taught about the components of CSE, bodily autonomy and consent. They were very engaged, and the session was very interactive. They shared their own opinions and experiences with an open mind.

CSE session and Art Competition at Srijansil Children Welfare

16th April 2022

CSE session and an art competition was organized at Srijansil Children Welfare, Gothatar. 25 students between the ages of 5 and 17 were taught about good touch-bad touch, body positivity and human development. Then, an art competition on the theme 'My safe space' was conducted.

"I have the right to decide on what changes I want on my body. If I said yes yesterday, it does not mean it is a yes today."

"You want a hug? Ask my permission first!"
- CSE session participants

Session Elegant Pearl School

6th May 2022

Students of class 6-10 were given age-appropriate sessions on good touch-bad touch, menstrual hygiene, changes during adolescence, sex & gender and early marriage and teenage pregnancy.

CSE Session at Kamana School

5th June 2022

Students of class 7 and 8 were given sessions about menstrual hygiene, bodily changes, and sexual harassment. Our facilitators also talked and had a session with the school teachers on how to create a safe space in schools regarding various ways in promoting CSE in school.

CSE Session at Centennial School

13th June 2022

Students of class 6, 7, 8, 9, and 10 were given session on topics like good and bad touch, sex and gender, gender-based violence, menstrual hygiene, love, and romantic relationship.

CSE session of United World School

27th August 2022

CSE session on good and bad touch was given to the fellows of the United World School. YALC Kathmandu demonstrated ways and shared ideas to the fellows of United World School for facilitating the CSE Sessions. Active participation between the YALC members and UWS fellows helped build a better understanding about CSE sessions.

"Really loved the idea to engage boys more in the session and to aware that boys are also prone to sexual violence."

"It was a very helpful session, and I loved the participatory approach to facilitate the session."

CSE Session at Kathmandu Vidya Kunja Secondary School (KVKSS)

July 2022

Throughout the month of July, the members of our YALC Kathmandu— Ashma Sapkota, Barsha Sedhain, Rita Puri, Simran KC, and Sumanjari Pradhan—conducted CSE sessions at the "Kathmandu Vidya Kunja Secondary School, Tokha."

The majority of CSE's components were covered in the sessions.

7 Sessions

8th Grade
Sex & Gender, Sexuality, and Sexual Orientation

9th Grade
Teenage Pregnancy and Contraceptives

5th Grade
Hate Speech and Body Positivity

10th Grade
Sexual Behavior & safer sex practice, STDs

6th Grade
Menstruation & Menstrual Hygiene

7th Grade
Adolescence & Changes during Adolescence, Puberty

3rd and 4th Grade
Good Touch and Bad Touch for 3 and Good Touch and Bad Touch, Consent for 4

333 Students

Altogether a total of 333 students were benefited from the CSE sessions. Students were given age-appropriate content, such as conversations and experience-sharing activities, during the sessions. The students were enthusiastic and expressed their keen excitement to get more similar CSE sessions in the future.

The YALC member had a fantastic opportunity to learn from the students and connect with them for future sessions.

Comprehensive Sexuality Education

YALC Banke

CSE Session on Gender and Sexual Minorities

9th April 2022

A session to child club and girls club network in Nepalgunj Sub Metropolitan wards no 20 Manikapur on the topic of Gender and sexual minorities was conducted by YALC Banke. There was a total of 18 participants. Discussion was held on the following topics:

- Open discussion on Gender, gender equality and sex.
- Open discussion on LGBTIQA and its categories.
- Sharing the story and experience of LGBTIQA people.
- Love has no gender.
- Discussion about same sex marriage.
- Discussion on the topic of the rights and legal documents (Birth certificate, marriage certificate) for LGBTIQA community people.



CSE on Gender and Sexual Minorities

CSE Session on Introducing Sex, Gender, Sexuality and Family Planning

19th May 2022

The session on introducing sex, gender, sexuality and family planning and took place in Nepalgunj Sub Metropolitan, Ward-12 with total 15 participants with the age group of 14-24. There was a demonstration on the proper usage of condoms as well.

CSE Session on Menstrual Health and Hygiene

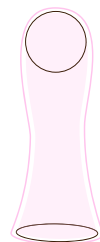
7th May 2022

CSE session on menstrual health and hygiene for total of 15 participants of age group 16-19 yrs. The following were discussed:

- Discussion on body growth and changes (Puberty)
- Introduction to Menstruation
- Healthy and safety measures during menstrual cycle

"Thank you YALC Banke team for letting us know about this informative session on menstrual cycle and hygiene. This session was so awakening for me. Being a girl and going through menstrual cycle every month I was still unaware about the healthy habits that need to be followed."

"Though I don't go through periods I become so much aware about how my sister and mother goes through menstrual cycle every month and it's my responsibility too to take care of them. "



Female Condom



Condoms



Diaphragm



Contraceptive Pills

The following were discussed:

- Sex, gender and sexuality
- Contraceptive devices

CSE Session on puberty, good and bad touch

21st June 2022

The session on puberty was held in a school located in Gosaigau, Nepalgunj –10 with a total of 30 students. Brief discussion on the physical changes, mental changes, emotional changes and psychological changes in both male and female body was carried out.

"I was so overwhelmed by this session which taught me about puberty and the existence of good and bad touch which I would have never got from any lesson in class, I would like to thank brother and sister from YALC Banke."



CSE on good touch and bad touch

CSE Session on Menstrual Health and Hygiene to youth club and Kishori club

7th May 2022

12 students were given sessions on topics like physiology of menstruation, experience sharing, hygiene management and stigmas around menstruation.

Session on Family Planning and sex, gender and sexuality to youth club and Kishori club

7th May 2022

15 students were given a session including topics like family planning and their use, introduction of sex, gender and sexuality and LGBTIQ+. There was a demonstration on the proper usage of condoms as well.

CSE Session on Good Touch and Bad Touch

24th June 2022

A session on Good and Bad Touch was given to a total of 60 students of class 6 in united school located in Muktipur, Nepalgunj. Students also shared their bitter experience of bad touch. Students learned ways to stand against bad touch and report such incidents.

CSE Session on puberty at Gosaigau, Nepalgunj

21st July 2022

30 students from Shree Hanuman Primary School, Nepalgunj-10 were given a session on puberty. The session started with the definition of puberty and what physical changes and emotional changes occur in the human body during their adolescence phase.

CSE Session on Hate Speech

25th July 2022

A session on Hate Speech was delivered to a total of 24 students in Adarsh Governmental School, Banke. Hate speech faced by the people belonging to LGBTIQ+ community was also discussed. The sessions also addressed cyber-crime and laws along with hate speech.

CSE Session on Sex, Gender and Sexuality

29th July 2022

CSE session on sex, gender & sexuality and society's understanding of sexual and gender minorities were given to 20 participants by YALC Banke. They participants expressed their understanding and views related to the topic.

CSE session on Menstruation and Reusable Pad Making Training

6th August 2022

YALC Banke conducted training on reusable pad making for adolescent girls' group at ward no 8, Mahendra Library Nepalgunj. Maintenance of hygiene during menstruation and different menstrual hygiene products were discussed among the participants. The participants were given a training to make sustainable reusable pad from the locally available products.

Youth Dialogue with Stakeholder

2nd August 2022

The youth dialogue program with the local government was successfully completed at Swastik cottage in Nepalgunj. Nepalgunj sub-Metropolitan City Mayor Prashant Bista and deputy mayor Kamaruddin Rai were present as stakeholders in this program. President of DYCN Ashish Verma was a chairman of the program.

CSE Session on Child Marriage

23rd August 2022

Session on Child Marriage was conducted in Nepalgunj Metropolitan City. Participants from Kishore Club, Child Club and School Club. The participants discussed Child Marriage, the Effect on physical, mental & social health, laws & policy relating to child marriage, etc.



Speech Competition

Speech Competition

11th August 2022

On the occasion of International Youth Day, YALC Banke organized a school-level Speech competition at NGO federation in Banke, Nepalgunj. A total of 6 students took part in the competition.

Sneha Sharma of Bright Land School secured the first place, Prabesh Raj Pandey of Dhamboji Secondary School secured the first runner up place and Prekshya Sharma of the same school was second runner up.

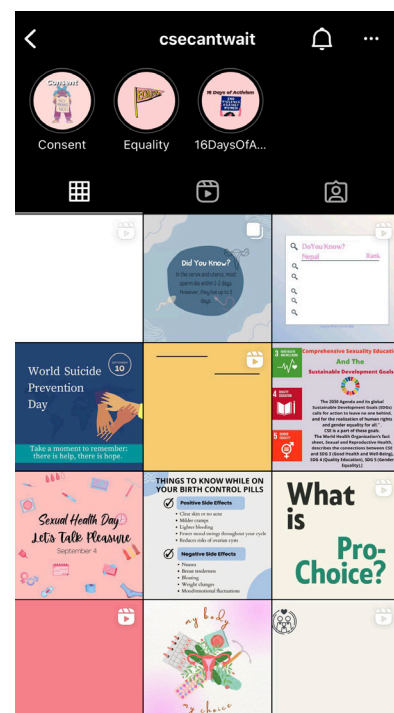
CSE Session on Safe Abortion and teenage pregnancy

22nd March 2022

CSE session in Bright Land School with students of bachelor level 1st and 3rd year on the topic of Safe abortion. There was a total of 24 participants.

Instagram Handle

YALC members both Banke and Kathmandu update the content of various components of CSE on @csecantwait about twice a week.



Instagram Handle: [@csecantwait](https://www.instagram.com/csecantwait)



Sumesh Khadgi

Finance and Admin Assistant

Stigma on Mental Health in Nepal

Nepal is a country with diverse culture and traditions. But what all of these cultures have in common is their perspective on mental health. To be mentally ill in this country automatically means madness for orthodox people due to their unawareness or sometimes ignorance on these aspects. Sometimes people even blame it to black magic or voodoo when in reality this creates a worse impact on the person who is suffering from the illness.

The human body has various organs inside it, each with their own set of functions and importance. When any one of these organs do not work the way they are intended to, we feel unwell. Similarly, our mind is also arguably our most important organ. When the mind feels unwell, the body suffers as well. This can have a visible physical impact on our body. Some of them are obvious like insomnia, lack of energy, loss of motivation, loss of appetite, etc, whereas some are less obvious but very much present like low levels of chemicals in the brain that make us feel good which are serotonin, dopamine, etc.

Like how we take rest and take care of our body when we feel sick, it is important to take care of ourselves/ our mind as well. Taking a break, dealing with stress, sharing our problems or more dire methods like mental health treatment and medication like therapy and antidepressants are all effective methods of treating mental health disorders. But in a country like Nepal, getting proper help can prove to be a challenging task. Mentally ill people are often the target of gossips and the perspective with which they are viewed

is not one of kindness but of pity and shame. These problems are made worse by the fact that the government has paid minimal attention to matters regarding mental health. Less than one percent of health care expenditure is directed towards mental health in Nepal. The law continues to define mental health as a madness. In the civil code, the legal definition of mental illness is not clarified but the language of the legislation refers to someone with a broken or unsound mind. The number of mental health care professionals in Nepal is also low.



Despite all of these challenges, attention to mental health in Nepal is increasing. The country has a national mental health policy and human resource development is happening gradually. There is a gradual increase in awareness about mental health in the general population. Younger generations are not afraid to actively speak out in support of mental health awareness through means like social media. The number of people seeking treatment in mental health institutions has increased. Drugs for mental health treatment are widely available.

Other YALC Activities

1. Introductory Session on Emotional Literacy

5. CV Writing Session for YALC

2. Menstrual Hygiene Day Rally

6. Podcast on Women in Climate Change

3. Refresher Training for YALC Banke

7. Podcast on Queering Queries

4. Video Editing session for YALC Members

8. Sarangi Performance by YALC Kathmandu



Podcast on Women in Climate Change [here](#).



Podcast on Queering Queries [here](#).



Full Sarangi Performance [here](#).



YouthHUB

YouthHUB is a convening space for ideation, interaction, and innovation for youth activists and aspiring young leaders in Nepal. It connects active change agents and brings together youth-led organizations, initiatives, and individuals to maximize their potential, discuss, and create solutions to issues that affect their lives. This platform aspires to enhance their capabilities and leadership for the purpose of strengthening youth movements in Nepal. YouthHUB is currently being hosted by YUWA as the secretariat.

Gender, Media and Cinema – A Video Review in collaboration with Gauthali Entertainment

YUWA collaborated with Gauthali Entertainment to create a video essay on gender, media, and cinema. The video reviewed Nepali film industry while pointing out its problematic aspects in the process. The video talked about gender representation in Nepali movies, and how women and gender and sexual minorities barely allowed to make any contribution to the story of a film. By presenting the example of the Bechdel test, the video displayed how women's identity in movies do not go beyond the male characters. To tackle such shortcomings, the video listed some recommendations: - Give character depth to actors other than men. - Do not stereotype gender expressions and identity of gender and sexual minorities. - Create a platform where people of all gender identities can participate in the Nepali film industry.

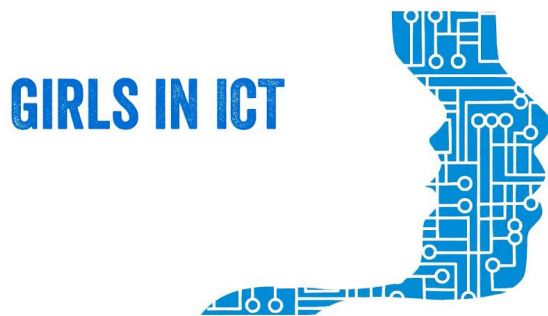
Digital Storytelling in collaboration with Feminist Futures Nepal

YUWA and Feminist Futures Nepal (@feminist_futures_nepal) under YouthHUB started a collective campaign 'Laingik Himsa Birudha Hami!'. The campaign emphasized sharing information on violence against women and girls, its causes and types, and also described who and what the survivor and the victim are. YUWA also shared posts on consent and conducted a photo series where young people came together to share their views and statements on gender-based violence and consent. Feminist Futures Nepal also created a video on violence that happen to the trans community.



International Girls in ICT Day

To celebrate International Girls in ICT Day, 2022, YUWA created a video that included information related to girls and women that are associated or want to be associated with the information, communication and technology sector. The video highlights the current situation of girls in ICT, the problems they have been facing, and also shares the solutions to improve the present situation.



Girls in ICT video [here](#).

Training on Digital Activism and Gender Transformative Approach in Makwanpur and Banke

Under the YouthHUB Project, YUWA organized training programs on Digital Activism and Gender Transformative Approach in Makwanpur and Banke districts among the adolescents and young people in Bagmati and Lumbini Provinces. YUWA conducted sessions with forty individuals involved in mobile journalism to develop their skillset in digital activism and advocacy with a gender transformative approach.



YUWA produced many videos under YouthHub Projects:

[Round table discussion on Gender Representation in Media with Ankit Khadgi, Bidhya Rai and Nasana Bajracharya](#)

[Round table discussion on Gender Representation in Media with Nisha Adhikari, Abhimanyu Dixit and Mira Khadka](#)

[Gender, Media and Cinema: A video Review with Gauthali Entertainment](#)

[Girls and Women in ICT- Situation and Challenges](#)

Challenge Fund to tackle Gender-based Violence in Sunsari and Bardiya

YUWA supported two campaigns of the youth in Sunsari and Bardiya who had the objective to raise awareness among the youth in their communities on gender, sexuality and gender-based violence. The campaigns run by Puspa Katuwal and Sabita Puri in Sunsari, and Jhawilal Poudel and Sandip Paudel in Bardiya were successful in reaching out to 183 individuals in their communities.





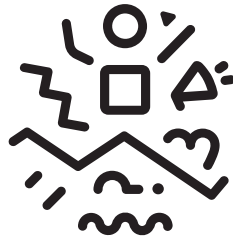
Sushma Sunwar
Program Support Officer

Knitting

During my free time I like to knit because it helps in my concentration and mobilization of hand muscles. While Knitting I feel at peace and also get time to think about my presence and activities that I'm doing. Usually, I like to make hand gloves, caps, and mufflers. Besides this, I can make hair bands, small bags & purses, socks, and so on.

As knitting is one of our traditional activities that anyone can do, people can use it as a source of income too. We can see on the internet that young people are getting interested in handmade products and some of them have opened small online businesses through it. On the other hand, continuous knitting might cause eye and back pain. Hence, I would like to suggest people to do knitting during their free time and make it a productive period.





Right Here Right Now 2

Advocacy spaces training

16th- 19th November 2021

YUWA, as a part of the RHRN Nepal platform, conducted a 3-day training on Advocacy Spaces for staff, executive, members and coalition at Agantuk Resort, Dhulikhel from 16-18 November 2021. The trainings were facilitated by Sanskriti Shrestha Former Senior PMEL Officer, RHRN Nepal and Sajja Singh PMEL Officer at Tewa & Former Vice President of YUWA. The training was organized for capacity strengthening and to help us build effective advocacy strategies, timeline and interventions. During the training, the facilitators oriented the participants about regional and global advocacy spaces relative to SRHR such as CEDAW, CSW, CPD, HLPF, GEF, UPR and APFSD, and effective ways to advocate in them.



Advocacy Spaces Training

Finance Training

24th-28th November 2021

Capacity strengthening on procurement and contract management AND grant and compliance management was organized to RHRN2 coalition organization i.e. YUWA, BBC and BDS and the session was facilitated by Shalikram Rizal for procurement and contract management and Lhakpa Lama and Narayan Dutt Bhatt facilitated the session of grant and compliance management. The objective of training was to enhance the capacity of Finance, Program and the Board of the coalition organizations. The learnings from the training will help the work between program and admin staff as well as introduce newer and more efficient methods for the finance staff.



Finance Training

MYP Session for Provincial Partners

5th-7th April 2022

YUWA, under RHRN Nepal organized a three-day session on Meaningful and Inclusive Youth Participation for our provincial partner organizations- Aarambha Foundation, DYC (Banke). Sanskriti (Biratnagar), Jiwanta Nepal (Hetauda), Youth Development Center (Itahari) and YUWA Abhiyan Nepal (Kailali) The participants were given sessions such as Introduction to MYIP, Investment in MYIP, the flower of Participation, Graph of Participation, Organizing and mobilizing Youth, Characteristics of young people and adults, etc. The sessions included lots of reflective and interactive work during which the participants mapped out MYIP within their organizations as well as the gaps that can be filled. They also made action plans to implement MYIP on a larger scale in their organizations.

Multistakeholder Meeting for launch of CSE Advocacy Coalition

YUWA under Right Here Right Now-Nepal with Family Planning Association of Nepal and with support of UNFPA Nepal, organized a second meeting for the National Comprehensive Sexuality Education. During this meeting, the participating organizations came together to discuss the details of the TOR for the coalition as well as to decide on the first secretariat team. The goal of this coalition is to form a network of like-minded organizations who work in the field of Comprehensive Sexuality Education so that we can come together and make consolidated efforts to advance our goals effectively. YUWA has been selected as the secretariat alongside Visible Impact as Co-chair.



Multistakeholder Meeting for CSE Advocacy

Strategic Planning Meeting

16th-19th August 2022

YUWA along with its coalition partners had a 'Country Planning Workshop' for the RHRN program, where the team collectively worked on reflecting, reviewing and learning on the past year's intervention, and building on it to formulate the workplan for the upcoming year. BYAN (Blind Youth Association Nepal), Center for Karnali Rural Promotion and Society Development (CDS-PARK) and YARD.

Value Clarification on RHRN 2

17th-19th December 2021

Under RHRN Nepal, YUWA conducted a value clarification training for staff, executives, and members at Swiss International Hotel, Pokhara. During the training, the participants were oriented on the principles of Human Rights Based Approach, Gender Transformative Approach, Meaningful youth participation and Do no Harm and Safety. The objective of the session was the capacity strengthening of the team and to ensure that these values were represented in all of YUWA's work. Different departments sat together throughout the training and discussed the different ways in which the values of Human Rights approach, Gender Transformative Approach, Meaningful Youth Participation and Do no Harm are incorporated into their programs and projects going forward.



Value Clarification

Multistakeholder Consultative Meeting for Coordinated CSE effort

24th June 2022

YUWA, under RHRN Nepal conducted a multistakeholder Consultative Meeting for Coordinated CSE efforts with like-minded CSOs at The Entrance Café, Pulchowk. The meeting consisted of organizations working on CSE in varying degrees. During the meeting, the organizations talked about their current work on CSE and came up with ways to consolidate efforts for more effective advocacy. The participants identified the gaps between the current work being done and places where funding is needed. Then, areas for possible collaboration and consolidation were identified.

Podcast Series with Yatra Creatives

24th June 2022

YUWA under RHRN 2, in collaboration with Yatra Creatives has produced a series of podcasts "Understanding Social Norms". The following were the episode titles under the series:

- My body my choice
- SRHR and the queer movement
- The politics of sex-selection
- Let's talk about sex baby
- Comprehensive Sexuality education (CSE)
- To be or not to be
- Marriage equality
- Young people and safe abortion



I decide series with Yatra Creatives [here](#).

Podcast Series on collaboration with Nagarik Network

YUWA has collaborated with Nagarik Network to produce a series of podcasts called 'SEXploration'. It consists of a total of 15 episodes, all of which have topics of conversation that revolve around youth SRHR. The podcast series has been receiving great feedback so far and the rest of the episodes will be released by November 2022. The episodes released so far are:

- Rape, Statutory Rape and Consent with Subin Mulmi
- Queer Representation in Media with Ankit Khadgi and Angel Lama
- Discussion on Gender Markers with Bhumika Shrestha
- Q and A with the LGBTIQ community with Safal Lama and Rubina Tamang
- Pleasure, Sex and Foreplay with Anugya Kunwar
- Hookup Culture & Policing Youth Sexuality with Nirvana Bhandary
- Reproductive Education & Rights with Kanchan and Prapoosa KC
- Intimate Partner Violence (IPV) with Aakriti Ghimire and Kriti Adhikari



Find the sexploration series playlist [here](#).

APFSD Youth Forum in all 7 provinces

YUWA as a part of the Nepal Youth APFSD Alliance under Right Here Right Now Nepal, organized youth consultations in all 7 provinces of Nepal in collaboration with Visible Impact and Beyond Beijing Committee. The young and diverse participants from all 7 provinces had the opportunity to come together and discuss the issues in their communities related to SDGs 4 and 5, which are Quality Education and Gender Equality, respectively. The young people engaged in insightful discussions and came up with many issues and suggestions. The ideas and suggestions collected from the young people were then presented at the APFSD Youth Forum that took place in March.

Major Learnings:

- It is very important to have a trustworthy local coordinator. The venues with good local coordinators such as Dhangadi and Birgunj were much better coordinated and the program ran very smoothly. We need to build and maintain contacts in provinces.
- We need to prepare materials in Nepali and local languages. The role of the local coordinator can be expanded for this. They can also be included while preparing the materials as consultants for understanding the context.
- To solve the issue of too many forms, one solution could be to print the information on the forms beforehand and only require signatures.
- Having the facilitators fill in the information is not an accountable method and reducing the number of forms is not possible so printing them is the best solution. For this, the participant list needs to be finalized beforehand.
- It is very difficult to manage participants by giving DSA. Residential programs would be more effective both for management but also it would give participants more time to network.

RHRN Data Driven Advocacy

11th-12th June 2022

RHRN Nepal conducted a training session on Data Driven Advocacy for the Nepal Coalition at Himalayan Drishya Resort, Dhulikhel. The workshop was facilitated by Ms. Aarushi Khanna from The Asian-Pacific Resource & Research Centre for Women (ARROW) in which team members from YUWA, Beyond Beijing Committee and Blue Diamond Society participated.

During the workshop, the participants learned about what Data Driven Advocacy is, what constitutes data, gender data and sources of data. They also learned about quality of data sources, and got access to online data sources such as stats compiler, equal measures site and more. Finally, the participants also learned to make advocacy plans that are data driven. With the learnings from the workshop, RHRN Nepal coalition looks forward to improving our advocacy efforts.



16 Days of Activism Celebration

25th November- 10th December 2021

For 16 Days of Activism, the newly formed YALC Kathmandu 2022 organized many interactive programs such as online quizzes, art competition in school and drama. In November, two quizzes per day on the topics of GBV were posted to YUWA's Facebook page to engage the youth on the topics of GBV and 16 days of activism. The quizzes received high engagement on YUWA's social media with an average of 100+ comments on each of the posts.

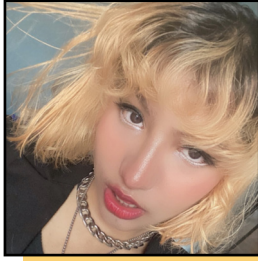


International Youth Day Celebrations

On the occasion of International Youth Day 2022, YUWA conducted four sessions in collaboration with Visible Impact, SOCHAI, AYON and Y-PEER Nepal on the topic of intersectionality and ICT respectively. With the theme of Intergenerational Solidarity: Creating a World for All Ages.

69 PEOPLE REACHED





Sanskriti Pandey

Creative Assoiate

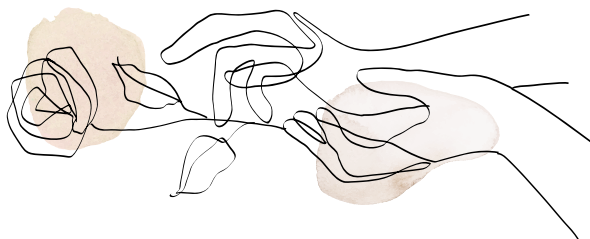
My love, you are still smart

"This is my first time putting my thoughts down in words for someone to read out loud"

Many things have been brought to my attention this past month, but this particular thing is something I have felt myself. I have talked to multiple people who don't feel smart anymore, because of many things but mostly academic. They somehow feel that since they are not getting good grades anymore or not doing the best they can in their jobs, they have simply failed. If you are someone who feels that, I want you to know that is not the case. You are still smart, your work still has that effect that makes it stand out, you are still very articulate, you still have that same exact brain, you've grown and most importantly you've just grown tired. You are burnt out, you have not felt good, you haven't been able to prioritize your mental health which has affected your performance. Your performance does not reflect your intelligence. I am here to tell you, you are still smart. You are not less because you scored low, it is just a sign that you need time for yourself. You know your struggles and you know what has affected you and you should know it is not your fault. You are not alone here.

I too don't feel smart anymore and I feel stupid for asking questions. I have recently realized, asking questions isn't a sign of stupidity, it is a sign you are willing to learn more and have more knowledge. Someone who is willing to learn is not stupid or ridiculous. I am trying to come to terms with it and I hope you can too. My love, the sun doesn't shine any less brighter even if we close the curtains.

You are still just as smart and you are still just as bright.



YOUTH 4 GENERATION EQUALITY

GEF Localization Campaign

Generation Equality Forum Consultation by YUWA

29th October 2021

Under Youth for Generation Equality Campaign, YUWA conducted a Generation Equality Forum (GEF) consultation on 29th October at Aryal Hotel. The Generation Equality Forum (GEF) is a global gathering to accelerate quality, leadership, and opportunity for women and girls worldwide, convened by UN Women and co-hosted by the governments of Mexico and France. YUWA, in partnership with Visible Impact and YPEER Nepal will prioritize the areas of increasing delivery of CSE and improving the availability, accessibility, acceptability, and quality of comprehensive sexuality education and reproductive health services. YUWA, Visible Impact, and Y-PEER, with the support of UNFPA Nepal and Asian-Pacific Resource and Research Center for Women (ARROW), together have made draft commitments for GEF.



YUWA conducted a consultation with the CSE technical working group on 29th October and also attended the consultation organized by Visible Impact along with YUWA and YPEER Nepal with RHRN consortium where representatives from Blue Diamond Society and Beyond Beijing Committee gave their insights on the draft commitments and further mapped out the relevant stakeholders.

GEF multistakeholder orientation and write up

29th December 2021

A multi-stakeholder orientation and write shop was conducted to orient relevant stakeholders about the Youth for generation equality campaign in Nepal and discuss on the Comprehensive Sexuality Education, safe abortion, and family planning-related commitments and pave the way forward for the commitment seeking

process. Representatives from Family Welfare Division, Nation Women Commission, UN Women Nepal, UNFPA, and other CSOs joined the event and gave their insights and feedback on the commitments and made our efforts a success.

Meeting with WOREC about GBC commitments

1st June 2022

YUWA along with Visible Impact had a meeting with Women Rehabilitation Center Nepal staff under Youth for Generation Equality Campaign on 1st June, 2022 at WOREC Nepal Office from 10:00 - 12:00 AM. The agenda of the meeting was:

- Orientation about Generation Equality Forum and Youth4Generation
- Equality Campaign in Nepal
- Discussion on the Priority Actions under Gender Based Violence
- Drafting commitments related to GBV
- Mapping out relevant stakeholders for commitments seeking process

At first, orientation on the Generation Equality Forum and Youth4Generation Equality Campaign was given and later draft commitments on Gender Based Violence were reviewed and discussed.

CSE Expert Session with Abhiram Roy

An expert session under #Youth4GenerationEquality The campaign was conducted with Abhiram Roy, UNFPA CSE Project Coordinator in three episodes.



CSE Expert session by Abhiram Roy, UNFPA CSE Project Coordinator Series [here](#).

Meeting with chairperson of National Women Commission on GEF Orientation

1st June 2022

YUWA along with Visible Impact had a meeting with Hon. Chair of National Women Commission, Kamala Parajuli on 1st June, 2022 at NWC office.

The agenda of the meeting were:

- Orientation on the Generation equality forum and Youth for Generation Equality Campaign in Nepal.
- Discussion on the draft commitments on Gender based violence
- Role of Nation women commission on commitment seeking process
- Discussion on the way forward

These gaps and strategies were discussed with the chairperson. She told us that these draft commitments need to be further revised and can be discussed among the existing organizations working on Gender-based violence. She added that NWC is working on lobbying regarding the statute of limitation for Rape in Nepal. They are organizing a consultation meeting with different stakeholders to discuss the matter and the forward. Similarly, the chairperson also focused on the Generation gap and violence faced by these different generations.





Youth Access

Youth champions under “Youth Access” project at Birgunj who advocate at the national level for improved accessibility of Safe Abortion services and information among young people at Birgunj through peer-based education sessions. With the financial and technical support from PPNGHI, second phase of “Increasing Youth Access to Safe abortion Services through Stigma Reduction in Nepal-II” with the approach of human centered design involving qualitative research under the inspiration phase, engagement of young people during the ideation phase and implementation of the finalized intervention by the 10 young people at Birgunj Metropolitan city.

Project goal

- To increase young people’s access to safe abortion related information and services so that they can make informed decisions and access safe abortion services.

Special goals:

- To generate youth advocates and mobilize them throughout the project duration
- To increase community awareness regarding safe abortion services and their legal status in Birgunj Metropolitan city, Nepal by the end of this project.
- To increase the capacity of health service providers on adolescent friendly health services and mobilize them at community level.
- To engage with local government stakeholders in the localization of safe motherhood and reproductive health and rights act 2018.

YOUTH CHAMPIONS



Dipu Kr Baranawal



Ima Gupta



Nisha Gupta



Prajwal Sah



Prerna Karn



Pushpa Kumari



Rohit Gupta



Saran Gupta



Supriya Shah



Subash Thakur

Discussion Program on Family Planning and Safe Abortion

20th, 25th and 27th November 2021

YUWA conducted two discussion sessions on Family Planning and Safe Abortion with 65 female school students in Birgunj Metropolitan City. The sessions were conducted for the students from Kishori Sambaadh, South Zone Secondary School and Nepal Rastriya Madhyami Vidhyalaya and were facilitated by the Youth Champions of YUWA. They covered topics such as family planning, available contraceptive methods, safe abortion and its legal context in Nepal and the myths associated with Safe Abortion in Nepal.

Safe Abortion

3rd September 2022

Youth champions successfully conducted a 'Khulla Aakash' on safe abortion. The prime motto was to provide youths with the effective knowledge of safe abortion including its essence. Addition to this, it was also an opportunity to broad one's conscience and make them able to differentiate between myths and facts.

A total of 20 youths from different wards were involved as participants. The session was facilitated by Subash Thakur, Supriya Sah & Nisha Gupta.

The topics discussed were Safe abortion & its needs, Unsafe abortion & its impacts. Many other relevant subjects such as the need for abortion, legal terms and policy regarding it were also brought to light.

The session overall was quite informative and beneficial to all the participants. Feedback from them overwhelmed us. One of the participants writes, "I feel glad to have joined this session. I got the opportunity to learn what I didn't in school." While the other says, "This type of program is a must to be attended and I suggest to come with more sessions like this."

Value Clarification for Safe Abortion

1st and 2nd Aug 2022

YUWA under the project "Youth Access" conducted a 3-day Value Clarification Training on Safe Abortion Practices & CSE for Youths Champions at Birgunj on (1- 3) August, 2022. The workshop was facilitated by Ms. Pushpa Joshi Pradhan along with Urja Humagain, Ritendra Badu, Aashu Kumar Sarraf & Aarti Gupta from YUWA.

About gender and sex difference was clarified by our consultant/trainer Pushpa. She also discussed with youth champions regarding gender issues in their society gathered lots of issues of gender and how different gender is treated differently in our society.

After knowing different names of abortion at local level, safe and unsafe abortion topic was started where the causes of unsafe abortion were discussed along with the discussion on how it was affecting women's life. This was even causing death of women. The only way to prevent such problems is to go through safe way of abortion with the help of health professionals. The process of safe abortion like pills and vacuum aspiration session were discussed. The second VCT was completed with active participants of with all youth. The event provided an open and interactive platform to share their opinion about abortion without any hesitation.



Radio Program on Safe Abortion

22nd November 2021

Youth Champions Rekha Mahato and Bibek Karn talked about their engagement as the Youth Champions in Birgunj and about their grassroots level work on Safe Abortion and the availability of safe abortion services on 22nd November through Radio Birgunj 99 MHz which covered Narayani and Janakpur zone as well as parts of Lumbini, Bagmati and Gandaki zones, reaching a total of 18 districts.



Pregnancy Video by @AMAZE Org adapted by YUWA in Bhojpuri language

Under the Youth Access project, with technical support from PPGNHAIK, YUWA adapted and translated this video by AMAZE into Bhojpuri Language."

"Pregnancy is a life-changing event. Pregnancy and parenting can be stressful. It is critical to understand how to avoid unwanted pregnancy and how to carry out a healthy pregnancy. The person who is pregnant has complete freedom

to decide what they want to do with their pregnancy. Teenage pregnancies and teenage motherhood are a cause for concern worldwide. Teenage pregnancy carries a social stigma that increases the likelihood of poverty, illiteracy, or lower levels of education. If a teen pregnancy occurs, proper guidance is required."

#Pregnancy #YUWA #bhojpuri



[Pregnancy \(Video by @AMAZE Org adapted by YUWA in Bhojpuri language\)](#)



[Coming Out \(Video by @AMAZE Org adapted by YUWA\)](#)

[Sexuality and Spirituality \(Video by @AMAZE Org adapted by YUWA\)](#)



[Consent Explained: What Is It? \(Video by @AMAZE Org adapted by YUWA\)](#)



[Range of Gender Identities \(Video by @AMAZE Org adapted by YUWA\)](#)



YUWA in International Spaces

Regional Fora

28th – 22nd October 2021

RHRN team from YUWA along with Riju Dhakal, President and Nisha Adhikari, Vice President participated in the Regional Fora organized virtually by ARROW. The for a brought together 30 youth advocates from Bangladesh, Indonesia, and Nepal to enable linking and learning to discuss strategies and opportunities to further the advocacy of Comprehensive Sexuality Education at national, regional and global levels.



Connectors Week

8th-11th November 2021

Sameen Rijal, PMEL Officer and Shreya Shrestha, SRHR Program Coordinator, YUWA participated in Connectors Week hosted by CHOICE. It was a week of sessions on sharing experiences and knowledge on cross regional learning, capacity strengthening, strategizing, linking and learning between different organizations.

YUWA at Human Rights Council, Geneva

11th-18th June 2022

Our President, Riju Dhakal was at Geneva for June 11-June 18 for an Advocacy in Practice training organized by Asia Pacific Alliance for Sexual and Reproductive Health and Rights (APA) and RFSU – Riksförbundet för sexuell upplysning, where she actively participated in the 50th session of the Human Rights Council. She was with the other members of APA and RFSU where the team in Geneva advocated strongly for the renewal of the SOGIE mandate. During her stay at Geneva, she also met with the Nepali delegates for permanent mission to UN and Victor Madrigal, the independent expert of SOGIE to discuss about the SOGIE issues in Nepal and support for the mandate renewal.



YUWA ay Human Rights Council, Geneva

Asia Pacific Regional Climate Hackathon

20th October 2021

Youth Empowerment in Climate Actions Platform (YECAP), a platform co-convened by UNDP Asia-Pacific and the UNFCCC Regional Collaboration Centre for Asia-Pacific, RCC Bangkok, in collaboration with UNICEF East Asia and Pacific, UNICEF South Asia, the British Council, YOUNGO, Movers Programme and the 2030 Youth Force.

YECAP organized an Asia-Pacific regional Climate Hackathon with the objective of uniting young people and empowering them to climate actions. The theme for this year was "Climate Change Impact & Youth Leadership in Climate Advocacy Actions".

Abarta Pandey, Program Manager, participated in the program as a mentor for young aspiring entrepreneurs to make an impact and ascertain climate action. Along with YECAP team consisting of UNDP Asia Pacific members and UNFCCC Regional collaboration center, and young aspiring entrepreneurs, Mr. Pandey talked about the impacts of climate change in vulnerable countries. The session focused on problems existing in vulnerable countries like Nepal with increased natural disasters such as drought, increasing number of wildfires, unseasonal rainfalls, floods, and landslides. The mentoring session had groups: MSP (Stopping overuse of unsustainable sanitary pads), Food and Agriculture, Batul, and Team Pakistan.

Along with these, he answered queries of the participants and provided them with guidance and instructions on moving their projects forward.



Asia-pacific forum on Sustainable Development (APFSD) Youth Forum

19th-21st March

Members and Staff from YUWA participated in the APFSD Youth Forum from 19-21st March 2022. The youth forum was a part of the overall APFSD Forum which is an annual and inclusive intergovernmental forum and a regional platform for supporting countries, in particular those with special needs, in the implementation of the 2030 Agenda for Sustainable Development while serving as a regional preparatory meeting to the high-level political forum.

The APFSD Youth Forum 2022 had a series of plenary, panel discussions and dialogue sessions on the theme of "Building back better from COVID-19 while advancing the full implementation of the 2030 Agenda in Asia and the Pacific with young people at the forefront of SDG Action". The youth perspectives, key findings and recommendations from each session were then developed into the "APFSD Youth Call to Action 2022" to be shared and presented at the APFSD, ECOSOC Youth Forum and HLPF.

Global Meeting at Kenya

1st July 2022

Rajendra Maharjan, National Coordinator for RHRN Nepal and Shreya Shrestha, SRHR Program Coordinator for YUWA Nepal attended the RHRN Global Meeting in Nairobi, Kenya. The meeting consisted of linking with the global RHRN team, sharing learnings with panel discussions and breakout sessions about the guiding principles of RHRN. Shreya also led a breakout session on disability inclusive CSE. The participants also discussed the sustainability of the RHRN partnership and planning for the midterm review. The country partners, steering committee and program teams also got the opportunity to sit together and plan. The participants also had the opportunity to have field visits to Kenya RHRN partners and informal settlements.

Media and Publications

Youth React! Queer Representation in Media



Public React! Menstrual Hygiene Products!



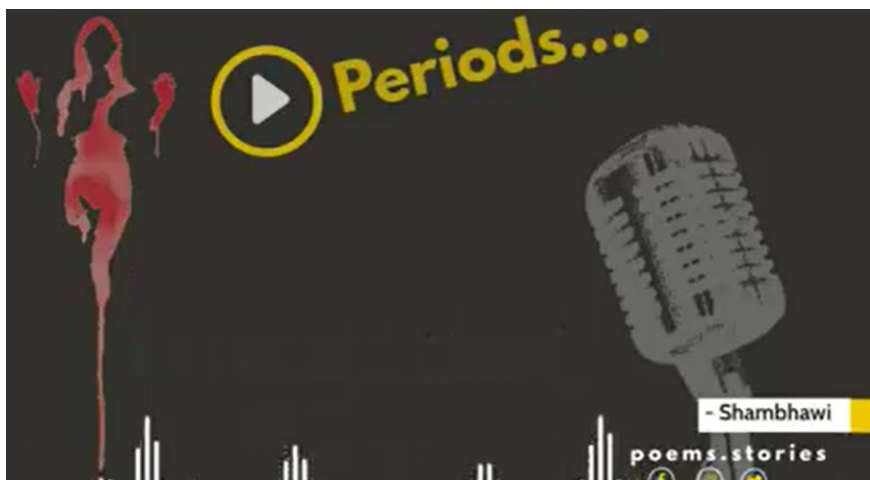
Women's day 2022 Cycling and Storytelling

Cycling and Storytelling: YUWA, under Youth Hub, partnered with GET-Nepal to celebrate International Women's Day through cycling and storytelling to bring out exceptional stories of travel, community, and inclusivity through cycling. The event involved YouthHUB members cycling to Bungmati along with other participants of the event. After reaching the destination point, Nishma Shrestha, Cycling National Player, Ram Bahadur Adhikari, Paracyclist, Sudeep Gautam, LGBTIQ++ Activist, & Asmita Rajbanshi, Cycle Activist, shared their life stories that involved cycling and breaking bias.



Untold Period Stories

Untold Period Stories: YALC Kathmandu collaborated with 'Untold Period Stories' for their series 'Mahinawari ka katha' where they shared their stories, thoughts, and feelings about menstruation. The stories and writings of the YALC members have been posted on their social media pages throughout the months of March and April.



Periods stories [here](#).