

# ANNUAL PROGRESS REPORT

SEPT 2018- AUG 2019

Tenth Annual General Meeting  
28<sup>th</sup> September, 2019

*Empowering Youth  
Strengthening Involvement*



## Our Journey of youth empowerment

As we step into our 10 years of establishment, with great optimism, I write to greet all the stakeholders, well-wishers, and my fellow young friends. Within this short span, YUWA has made a mark in the field of youth empowerment in all tiers locally, nationally and globally. As I write this note, I am recalling all our past executive boards, former staff, and members who have had sleepless nights towards shaping the YUWA that is today. Nine years have gone by and we are keenly looking forward to its 10th Anniversary celebration this December 2019!

YUWA is now on a firm footing with its core values of creating a safe space for youth and leadership transformation. One year has gone by of our 5th executive board and over the past year, the team has continued of advocating for youth issues and empowerment. This past year has been spent successfully in nurturing YUWA into an ideal home for youth empowerment. Guided by the Integrated strategic plan 2018-2020 we strive towards achieving our mission- the mission to empower youth and strengthening involvement.

Change, consistency, and collaboration have been the motto for this year. Bringing changes to the existing programs driven by evidence-based decisions, and its continuum with numerous collaborations has added the impacts in the programs of YUWA.

This year the major highlights have been YUWA's active participation in advocacy in the international platforms. One of which is the Asia Pacific Peoples Forum on Sustainable Development, where YUWA, gave an intervention from Children and Youth Constituency incorporating the recommendation from Youth Call to Action. Our reach to the 4 provinces and 8 cities has created a network of 126 youth data champions. This has expanded our horizons and built a community of youth leaders capable of leading their community. This year, YUWA in the hope of expanding its reach in provinces has brought in 3 like-minded organizations from province 1, 5 and Karnali Province. These organizations are the provincial youth secretariat and have joined hands with YUWA for youth empowerment. Not to forget the National level RHRN conference on Advancing SRHR- Rights can't wait wherein government, stakeholders and youth joined hands towards achieving the rights of young people on SRHR.

For the accomplishment of all these activities, I am grateful to the staff, executive board members, members and interns for their continued efforts. Let me, once again, congratulate the team for their relentless effort and contribution.

YUWA towards setting a culture of a safe, youth-friendly and meaningful participation of youth.



With Warmest  
Regards,  
**Sulab Baral**  
President  
YUWA

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## Active Citizenship

Active Citizenship is one of the three thematic areas of YUWA. It works to empower the youth to become more aware of 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 youth between the ages of 18-24. It's an effort towards a common platform for youth innovation and engagement. Participants undergo a series of discussions, games, and activities whereby new ideas are explored, organized and implemented, concurrently empowering and motivating youths. It aims to teach leadership, teamwork, communication, idea generation, and implementation skills to the participants. It is conducted twice a month both in the house as well as in other locations such as colleges, start-up organizations, youth clubs, and youth organizations.

From September 2018- 2019, YUWA conducted a total of 7 Prarambha. We have reached 137 youth through this workshop and have equipped these youth with team building and leadership skills to make them capable leaders and contributors to society.

- **September 21-22, 2018:** Youtharian Club, Khokana, Lalitpur
- **January 16, 2019:** With Interns and Volunteers of YUWA, YUWA Office
- **January 18-19, 2019:** Rotaract District Conference, Rupandehi, Butwal
- **February 8-9, 2019:** Lincoln College
- **August 27-28, 2019:** Yeti Health Science Academy



YUWA also conducted a Training of Trainers (TOT) for Prarambha on 19th March 2019 so that the staff, interns and members of YUWA would be empowered to conduct future Prarambha by themselves.

### Yuwa Manthan

Yuwa Manthan is a discussion program where youth gather at the YUWA Office to discuss about the issues affecting them and their surroundings. Generally, an expert or resource person is called in to discuss, analyze and advise on the issue. The main aim behind it is to provide a platform for youths to speak about their issues, ideas and voices and to create a place for their engagement with each other.



**September 13, 2019, King's College:** Yuwa Manthan with Pradip Khatiwada on 'Lights on'.

**August 12, 2019, Janapath Secondary School:** Yuwa manthan among class 7 to 10 with Satish Karn, member of YUW

### Khulla Aakash

"Khulla Aakash" is a unique discussion event; the main idea of which is to share ideas, experiences, perspectives, doubts, knowledge, and recommendations and just about anything that comes in our mind through an informal conversation. Under the open sky, with an open mind, each individual feels free to talk about and discuss anything that comes in our mind.

**July 20, 2019, Nepal Mega College:** Khulla Aakash on Youth Emigrating for studies

## Jimmewari

Jimmewari, a month-long campaign against corruption was funded by United Nations Development Program Nepal. The following were the major activities under this project. Under Jimmewari, YUWA conducted social media campaigns, puppet show series and interaction programs in all the provinces in Nepal.

### Social Media Campaign

<b>Campaign Inception:</b>	9th December, 2019
<b>Cause:</b>	Celebrating International Anti-Corruption Day
<b>Facebook Page:</b>	Jimmewari
<b>Facebook Likes:</b>	700+
<b>Hashtags:</b>	#TooCleanToCorrupt #UnitedAgainstCorruption #SayNoToCorruption

### Interaction program at provincial levels

Anti-Corruption Interaction programs were conducted in seven provinces of Nepal in collaboration with various provincial partners. The programs were organized with an objective to inform the general public about the issues of corruption and their roles in fighting it. The program aired PSAs about anti-corruption, providing hotline numbers to complain about corruption issues. The CSOs disseminated information through interactive means such as poems, story-telling, songs, speech, etc. In total, we were able to reach around 630 youths (attentive audience) and more than 1000 people.

### Puppet show series

A puppet series was created to sensitize the youths about their role in fighting corruption. Five episodes of the puppet series 'Jimmewari' was aired through the Jimmewari page and can also be found on the YUWA YouTube channel.

### National level Multi-Stakeholder

**December 23, 2018, Greenwich Hotel:** YUWA conducted a national level ("National level Multi-Stakeholder Dialogue on the Role of Youth in Promoting Integrity and Accountability.") The panel discussion included speakers Mr. Vincent Da Cruz, Program Manager, Electoral Support Program, UNDP, Mr. Yam Nath Sharma, Assistant Country Director of UNDP and Mr. Rameshwar Dangal, Co-Secretary of Commission for the Investigation of Abuse of Authority. The panel discussion had various discussion sessions such as technology's role in tackling corruption, promoting integrity in governance and the role of civil society in promoting integrity. A total of 67 (34 males and 33 females) participants were informed about their roles in tackling corruption, promoting integrity in governance and the role of civil society in promoting integrity. A total of 67 participants were present.

**March 22, 2019, Navodit college, Samakhusi:** In order to continue the campaign on promoting integrity YUWA held a discussion program among 45 participants from the social work academic background. The program showed videos to promote integrity and accountability prepared by the YUWA during the implementation of the UNDP anti-corruption project in December 2018.



**March 29, 2019, Nepal Mega College, Babarmahal :** Apoporus to the UNDP project on promoting integrity, total of 65 bachelors' level social science students attended the informative interaction program. A series of activities were conducted to sensitize and inform the youth about the issues of corruption.



## YOUTH LEADERSHIP AND DATA (PAHICHAN)

Youth Leadership and Data is a project that YUWA conducted with the support of the Data for Development Program comprising of The Asia Foundation, Development Initiatives and Department of International Development (DFID). The project consists of workshops based on Teambuilding & Leadership, Concept of Youth, Open Data, Data Visualization, Mapping, Advocacy, etc which were conducted in 2 cities of Karnali Province, Gandaki Province and Province 3 in Nepal.



### Phase two

#### Province 3

Hetauda  
Sindhuli

#### Karnali Province

Salyan  
Surkhet

#### Gandaki Province

Damauli  
Pokhara

The main aim of the project was to build a youth network in each city and to create youth data champions who can work for the betterment of their communities as evidence-based leaders. The output of the workshop consists of the action plans formulation from the participants wherein they selected a particular problem of the communities and generated data for the evidence-based interventions. The project empowered 124 youth in the 3 provinces of Nepal.

## DESIGN THINKING WORKSHOPS

### Design Thinking session workshop



**May 2, 2019:** YUWA collaborated with Merry Year Social Company (MYSC), an entrepreneurship company in Korea for the project, Design Thinking Workshop. As part of this workshop, a webinar was delivered on design thinking among interns, volunteers, members and staff of YUWA. The session was delivered by Mr. Hongil Kim, Program Officer at MYSC. Followed by the webinar, YUWA delivered the workshop to YUWA's volunteers on June 14, 2019. A total of 12 participants attended the pilot workshop. The objective of this workshop conduction was to gain the feedback and bring changes in the format of the workshop.

### Design Thinking Workshop

**June 14, 2019:** The Design Thinking Workshop was conducted at YUWA, with a total of 12 participants, who were the internal members of YUWA. The session was facilitated by Mr. Sulab Baral, President of YUWA. The main objectives of the workshop were to empower the participants with Design Thinking Toolkit which contains five steps of problem solving i.e. Discover, Focus, Ideate, Make and share, and to build the capacity of the members to deliver the workshop at the school, along with to collect feedbacks and recommendations for the next workshop.

### Design Thinking Toolkit Workshop

**July 1-2, 2019, Shree Magar Gaun School & Janapath Higher Secondary School:** YUWA, in collaboration with Merry Year Social Company (MYSC), conducted a Design Thinking Toolkit Workshop in two schools, Shree Magar Gaun School and Janapath Higher Secondary School of Lalitpur and Kathmandu respectively. The workshop focused on identifying and solving problems by the students guided according to the toolkit designed by MYSC. A total of 18 students of grade 9 and 10 in each school were oriented with the Design Thinking Toolkit which included tools with step wise breakdown processes to direct the students throughout the workshop. It was facilitated by Ms. Surakshya Dhungana, the Secretary at YUWA, Ms. Urja Humagain, General Member at YUWA and Ms. Hima Adhikari, Intern at YUWA under the supervision of Mr. Hongil-Kim, the Program Designer at MYSC and Ms. Sera from MYSC.

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## OTHER PROGRAMS UNDER ACTIVE CITIZENSHIP

### ✔ National workshop on “Career Counseling & Professional Capacity Development

**September 23-24, 2018:** YUWA in collaboration with the National Youth Engagement Network (NYET) and Rotary Club of Himalaya Patan conducted a two-day National Workshop on “Career Counseling & Professional Capacity Development” at Ambience 365 amongst 28 participants.

### ✔ Rotaract District Conference

**January 18-19, 2019:** Team YUWA lead a Prarambha in the Rotaract 11th District conference organized by the Rotaract District 3292 Nepal held at Dreamland Gold resort, Manigram-Rupandehi, Butwal. Also, YUWA had set up an information stall which included the various resources of YUWA. There is a total of 20 participants who attended the training.

### ✔ Women Data Conference

**February 23, 2019:** YUWA in partnership with the Data for Development Nepal conducted the Women Data Conference. The major highlight of the conference was a panel discussion with the women currently working in the field of data. The conference offered various training programs such as data entry, data evaluation analysis and Microsoft excel training. YUWA also had invited 10 female data champions (the graduates of the Youth Leadership and Data training) from the Provinces.

### ✔ Men’s March 2019

**March 8, 2019:** YUWA collaborated with Yuwalaya along with fifteen other Civil Society Organizations for Men’s March against Gender based violence and girl. The rally was organized from Jawalakhel ground to Patan dhoka with the participation of more than 70 likeminded men to celebrate Women’s Day 2019 with the theme “Balance for Better”.

### ✔ Team and rapport building hiking to Shivapuri:

**March 9, 2019:** YUWA organized a team and rapport building hiking to Shivapuri in the leadership of Program Associate, Tsering Namgyal Ghale. The hike was attended by 14 interns of YUWA wherein activities such as team building games, Khulla Aakash on impromptu topics, individual SWOT analysis and developing a monthly calendar were made. The objective of the program was to form an understanding and well-coordinated team.

### ✔ Kathmandu Conference Nepal

**December 10, 2018:** YUWA collaborated with Brisbane Institute of Strength based practice Australia for the conference named "Positive Thoughts, Positive Impacts and Positive Social Work: The wherewithal of hope? organized between 10-12 December, 2019. The program had a one-hour session on the subject of dealing problems with strength and positive

attitude where 30 youth from different sectors were attended. The session was coordinated by YUWA where social work expert Dr. Venkat Pulla facilitate the session.

### ✔ Orientation to Open Data Women's Fellowship

**2019 April 21, 2019:** YUWA hosted an orientation for 10 fellows from the Open Data Fellowship - Women Edition" which was an initiative of Open Knowledge Nepal. The fellows were oriented on Team Building, Leadership and SRHR. As part of the program, one of the fellows named Amrita Acharya was placed at YUWA for a month and she had conducted a research on "Knowledge on Financial Literacy among Youth of aged 1624."

### ✔ Shape your Future workshop

**July 24, 2019:** YUWA conducted a one-day workshop on "Shape Your Future" in collaboration with 'My Emotions Matter' a company working on emotional intelligence. A total of 8 energetic students participated from various high school & colleges of Kathmandu. Through this workshop, the participants were able to brush up their leadership, communication and networking skills.

### ✔ Re-Thinking Ring Road Campaign

**August 29, 2019:** A joint-protest in alliance of various civil society organizations raised their voice against the government's plan to cutdown trees to build roads. To attract the attention of the government for the people centric development. Around 200 people gathered and rallied against the government to cut down trees to widen a section of Ring Road. YUWA was one of the prominent organizations in collaboration with other civil organizations.

### ✔ International Youth Day Celebration: YUWA towards Transforming Education

**August 9, 2019, Janapath Secondary School, Kalanki:** As part of the International Youth Day, YUWA conducted a series of programs at Janapath Secondary School. The theme this year was "Transforming Education". To fit the theme, YUWA conducted many different programs simultaneously for students from different grades.

The list of the programs conducted were: 2 Prarambha workshops | Khulla Akash on "Social Media as a part of life." | Khulla Akash on "Why students don't feel comfortable asking questions to their teachers' | Yuwa manthan on Pre-school and Early Childhood bullying | Story-telling and Creative writing workshop | Workshop on Comprehensive Sexuality Education | Workshop on Moral education | Session on 'Inclusivity in Education'

The various programs were designed age appropriately and targeted students from 7th-10th grade. The location was chosen to fit the theme of "transforming education" by targeting young school-going children.



## ✔ Nepal People Forum on Sustainable Development 2019

**August 21-22, 2019, Kathmandu:** Nepal People's Forum on Sustainable Development 2019, a Youth Forum was organized in collaboration with various youth organizations and community-based organizations. The program prepared the draft statement on the 5 agendas, namely Climate Change, Universal Health Coverage, Financing for Development, Combat Desertification and The Agenda 2030/SDGs. Mr. Bipin Pandey, General Member of YUWA attended the program and prepared a youth statement on The Agenda 2030 and presented in the forum. The forum discussed the issues, gaps, challenges and suggestions to overcome the issues from the statements. In the final day, the youth statement was compiled and finalized. YUWA is one of the partner organization for Nepal People Forum on Sustainable Development 2019.



## 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, LGBTIQ rights and gender equality. There are many initiatives under SRHR- Khulla Akash, Reaching Out Young Minds, Youth Activist Leadership Council and Right Here Right Now.

### Khulla Aakash

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

Through the year, YUWA conducted Khulla Aakash on the following topics:

- **September 14, 2018, YUWA:** Let's talk about self
- **November 27, 2018, YUWA:** What the Consent?
- **April 19, 2019, YUWA:** My dress does not define my character
- **May 5, 2019, YUWA:** Feminism and me
- **June 17, 2019, YUWA:** Toxic masculinity
- **July 25, 2019, National College, Dhumbarai:** Talking Bodies
- **August 23, 2019, YUWA office:** Capital punishment for Rapists
- **August 30, 2019, Shree Siddeshwar Secondary School:** Social Media and you.
- **August 9, 2019, Janapath Secondary School:** Social Media as a part of life and Why do students not feel comfortable asking questions to their teachers



### Reaching out Young Minds (ROYM)

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

Throughout the year, YUWA conducted ROYM on components of CSE at

- **September 3-4, 2018:** Surya Binayak School, Bhaktapur
- **April 24, 2019:** Institute of Medicine, Tribhuvan University



### Youth Activist Leadership Council (YALC)

Youth Activists Leadership Council (YALC) is a group of 10 youth activists, aged 16 to 24, who advocate at the national and international level for improved sexual and reproductive health policies that support reproductive health, family planning services, comprehensive sexuality education and programs that support meaningful youth participation. Council members advocate by raising issues of SRHR and CSE through peer to peer approach, blogs, social media, and social campaigns.

Through YALC, these young people are conducting programs like Khulla Aakash on issues relating to SRHR, celebrating International Days like Menstrual Hygiene Day, International Safe Abortion Day and also are conducting peer education sessions.

## Comprehensive Sexuality Education (CSE) Workshops

Knowledge about sex and sexuality is integral to a healthy and informed life. With such workshops, young participants are made aware of different components of CSE. Through these workshops young people are empowered to know more about their sexual and reproductive health and wellbeing.

**September 3, 2018:** Notre Dame Secondary School, Bandipur, Tanahun

**March 27, 2019:** A three-day workshop at Rajabas, Gaighat of Udaypur in collaboration with LOOM.

**August 26-27, 2019:** Panchakanya Secondary School, Chhauni

### CSEcan!

YUWA along with Right Here Right Now launched 'CSE Can!' a social media campaign on Comprehensive Sexuality Education (CSE) on July. The campaign aims to reach out to young people with an evidence-based understanding of their Sexual and Reproductive Health and Rights, focusing on the components of CSE. The campaign aims to highlight CSE as an important tool in improving the quality of life. The campaign will be posting content on Monday and Friday every week at 5 PM.



### Radio Series on CSE

YUWA in collaborating with RHRN Nepal has broadcasted an interaction radio program from the program Khuldulee.com aired by Radio Audio 106.3 MHz at 10pm on Debunking Myths around CSE. The program is an hour long interaction talk featured Comprehensive Sexuality Education including its perceptive in Nepal and International context, the various myths and wrong concepts regarding CSE and the ways to debunk the myths. The main aim of this interaction was to aware the people about CSE.

### International Condom Day 2019

February 13, 2019: YUWA, in collaboration with Aids Healthcare Foundation conducted a civic engagement interaction program at K&K International College. Flash mob, a live puppet show on the importance of condom and safe sex, open quiz, and subject related remarks were activities carried out on that day. YUWA directly benefited 79 youths, distributed 182 brochures and 233+ condoms.

On the social media platform, YUWA reached over 3000 audience members through 5 puppet series, informational posts, and one youth reaction video and 3 quizzes.

### RIGHT HERE RIGHT NOW (RHRN)

Right Here Right Now is a strategic global, regional and national partnership between 10 countries and one sub region that envisions a world where young people, in all their diversity acquire full and uninterrupted access to comprehensive sexuality education and youth friendly Sexual and Reproductive Health services. RHRN Nepal is a national strategic partnership of 15 diverse youth led and youth serving organizations.



**RIGHT HERE  
RIGHT NOW**

## Right Here Right Now Nepal Program Launch

**January 30, 2019, Hotel Himalaya:** YUWA hosted the official launch of the RHRN platform Nepal at Hotel Himalaya. The program was attended by stakeholders from the government, the UN, INGOs, NGOs and other partner organizations. It featured inspiring speeches, a drama, a puppet show as well as videos regarding the key issues of RHRN.

The speakers included Chief Guest Honourable Minister of Youth and Sports Mr. Jagat Bahadur Sunar, UNESCO head of office, Mr. Christian Manhart, National Human Rights Commission Member, Ms. Mohna Ansari, Women's Health Activist, Dr. Aruna Upreti as well as celebrity champions Mr. Dayahang Rai and Ms. Subeksha Khadka.

## Capacity Building Workshop on the UN system and youth consultation

**April 26-30, 2019, Hotel Barahi, Pokhara:** YUWA hosted a 5-days residential capacity building workshop which was facilitated by Ms. Samreen Shabaz from ARROW and Ms. Robin Smeets from Dance4Life. The participants were oriented about the UN systems, specifically the Human Rights Commission, mechanisms within the system and how they can be harnessed to make advocacy work more effective and youth consultations.



## Advancing Youth SRHR: Rights can't wait for Pre-youth conference

**June 24, 2019, Hotel Le' Himalaya:** Prior to the national level conference on youth SRHR, YUWA in collaboration with ARROW and RHRN Nepal hosted a pre-youth conference for almost 80 youth from all over the country. The youth were from various backgrounds, including the LGBTIQ community, people from rural areas, people with disabilities, etc. The main aim of this pre-youth forum was to provide youth participants with a safe space for meaningful participation and engagement for the development through a call to action prepared from by the youth participants so as to hold the government accountable in advancing youth's SRHR.

## Advancing Youth SRHR-Rights Can't Wait Youth Conference

**June 25, 2019, Hotel Radisson, Lazimpat:** Right Here Right Now Nepal in collaboration with the National Youth Council, organized a national-level conference on Youth Sexual and Reproductive Health titled 'Advancing Youth SRHR: Rights Can't-Wait' which mirrored the platform's long-term objectives. Approximately 260 individuals from government agencies, civil society organizations, youth activists and media, were a part of this conference. It was a one-day conference which aimed at multi-stakeholder partnership and coordination in exchange of ideas and engaging actors around SRHR and also hold the government accountable for inclusive and appropriate policy level development and changes in the areas of Comprehensive sexuality education, Marriage Equality, and Safe Abortion.



The youth participants from the pre-youth conference also handed over the call to action to the Ministry of Youth and Sports which was positively acknowledged. The Chief Guest of the conference Honorable Minister Jagat Bahadur Sunar also showed his support towards RHRN Nepal and the conference. The conference ended with a networking event and closing remarks from Mr Rajendra Maharjan, National Coordinator RHRN Nepal.

## International Youth Day



**August 10, 2019, Staff College, Lalitpur:** AYON under RHRN organized a full-day program for International Youth Day at Administrative Staff College, Jawalakhel, where our CSE CAN campaign, was also launched. There were approximately 150 participants during the campaign launch. A stall for CSE CAN campaign was also arranged for participants to get the detailed information regarding the campaign and also about YUWA.

## YOUTH IN ASIA: SHARING ACTION TOWARDS SRHR

Youth in Asia: Sharing Action towards SRHR is an exchange program under Norwegian Agency for Exchange Cooperation (NOREC). As part of the program, 3 volunteers from YUWA worked in Khmer Youth Association (KYA), Cambodia for 3 months while three volunteers from Cambodia worked at YUWA at the same time.

### Exchange Program- Preparatory Course

**January 1-12, 2019:** Youth in Asia: Sharing Action towards SRHR, the first ever exchange between the KYA, Cambodia and YUWA had its first inception as a preparatory course for the participants from both countries at Siem Reap, Cambodia. Preparatory Course was an intensive training package for the exchange volunteers to understand the countries, learnt about SRHR situation in each country, developed action plan to implement while in exchange period.

### Youth Summit- Norwegian Agency for Exchange Cooperation (NOREC)

**March 3-9, 2019:** As part of the project, Mr. Sulab Baral attended the Youth Summit held at Hurdal, Norway organized by Norwegian Agency for Exchange Cooperation (NOREC). A total of 113 civil society representatives from 25 exchange programs gathered at the Youth Summit. The Youth Summit comprised of various workshops that could assist the partners/civil society to smoothly implement the exchange program and ultimately support the volunteers in the host country. This youth summit has built more networks of YUWA with various other organizations both in the international community and in Nepal.

### Research and Exposure visit to Makwanpur

**March 24, 2019:** The volunteers from Cambodia, Ms. Haeng Thida, Ms. Kunthy Phin and Mr. Seng Rotha, accompanied by Lirisha Tuladhar and Nisha Adhikari, General Members of YUWA visited Makwanpur for exposure visits to various organizations, and to conduct household surveys at Makawanpurgadhi and to explore and observe the situation of living in rural areas. A survey to access the information on the use of family services, education of family planning, safe abortion, HIV and AIDS was conducted. A Focal Group Discussion in Hatiya with about 25 active young women involved in the Women Youth Club was also conducted.

### Project Supervision Visit

**April 8-10, 2019:** As part of the project, Mr. Sulab Baral, President of YUWA visited Cambodia for the project supervision visit. Mr. Baral visited the Tobunkhaum province to observe the project and programs of the Khmer Youth Association. The visit exposed the learnings to mobilize the Nepalese in the CSE workshop delivery. A way forward was paved on this exchange program to make it more productive and impactful.



## Home coming seminar

**May 10 2019, St. Xavier's College:** Miss Nubisha Upreti, Miss Saru khadka and Mr. Nischal Dhungel, the three exchange participants from YUWA, conducted their Homecoming Seminar on the 10th of May at the Loyala Conference Hall at St. Xavier's College, Maitighar, Kathmandu. During the event, they shared their experiences as well as their way forward from the whole exchange program that they had partaken in.

## Capacity Training on Mental Health and SRHR

**May 18-19, 2019, YUWA:** As part of the follow-up activities of the exchange project, the three NOREC exchange participants and interns participated in a capacity building training organized at YUWA. The workshop mainly focused on theoretical knowledge which helped participants broaden their understanding of the matters related to Mental Health (MH) and Sexual and Reproductive Health Rights (SRHR). At the end of the twoday workshop, participants agreed to work upon the topic i.e. interlinking MH and SRH on Adolescent and Puberty.

## Research on SRHR and Mental Health

**June 16-26, 2019, Mugu:** The three volunteers from YUWA conducted research on the topic of Sexual and Reproductive Health and Mental Health at Mugu. The main purpose of the study was to see if the Comprehensive Sexuality Education (CSE) learning materials available in schools are relevant and sufficient for the adolescent to cope up with changes during puberty and whether the teachers are discussing the topics properly, are well equipped to deliver such information and, if they are using proper materials and examples to impart contemporary knowledge on SRH to the students.

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## OTHER PROGRAMS UNDER SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS (SRHR)

### ✔ Capacity Strengthening Workshop on CSE Monitoring Framework

**October 8 and 9 2018:** The workshop which was provided to Right Here Right Now Nepal platform was facilitated by Senior Program Officer, Samreen Shahbaz from ARROW. This capacity strengthening workshop was conducted with the objective to support building a CSE monitoring framework which has been lobbied to be implemented at the national level.

### ✔ Orientation on Sexual and Reproductive Health and Rights

**December 5-6, 2019:** YUWA in collaboration with Daya Foundation conducted a twoday orientation in Nepal Adarsha School, Ganabahal, Kathmandu on Sexual and Reproductive Health and Rights. A total of 45 students from grade 9 and 10 were oriented about key topics on Sexual and Reproductive Health and Rights. The sessions were facilitated by Ms. Sajja Singh, Vice-President at YUWA and Ms. Saru Ghimire, Volunteer at YUWA. The sessions incorporated issues such as puberty, menstruation, HIV and AIDS and STIs, Contraceptives and Safe abortion etc.

### ✔ Drama to promote awareness about sexual violence and sexual crimes

**December 7, 2018, Jadibuti:** The event was targeted to celebrate the 16 days of activism, targeting Gender Based Violence where trainers benefited about 90 child participants. A drama was performed, addressing the issues of molestation and the concept of 'bad' and 'good' types of physical encounters so that the children can be aware of predatory behaviors.

## ✔ Workshop on Adolescent Sexual and Reproductive Health Education program

**December 21, 2018, Nagarkot:** Adolescent Sexual and Reproductive Health Education program was conducted to the students of Grade 8 and 9 of Shree Kalika Madhyamik Vidyalaya, Nagarkot. The training was jointly organized by YUWA and Nepal Japan Project team from National College. The sessions delivered the knowledge on adolescence period and changes, menstrual hygiene management, gender stereotypes, etc. Nisha Adhikari, General Member facilitated the session. Additionally, same sort of upgraded workshop was organized on May 24, 2019 at the same school.

## ✔ Panel discussion on One Stop Crisis Management Center (OCMC)

**December 27, 2018:** The panel, also organized as a part of '16 days of activism', discussed OCMC, a platform supporting the survivors of Gender Based Violence (GBV). The discussion was held at Thames International College. The panelists included Ms. Mohana Ansari from National Human Rights Commission, Ms. Sukumaya Lama, Focal Person OCMC at Prasuti Griha, Thapathali and Gauri Nepali, Program & Advocacy Officer at FSGMN, amongst others.

## ✔ Orientation on Sexual and Reproductive Health and Rights

**February 7, 2019:** YUWA, in collaboration with Daya Foundation, conducted an "Orientation on Sexual and Reproductive Health and Rights" to the students of grade 7, 8 and 9 of Kanti Ishwari Rajya Laxmi Madhyamik School.

## ✔ 16 days of Activism

**November 25 - December 10, 2019:** Every year, marking 16 days of Activism against Gender- Based Violence, different activities are carried out all over the world from. This year the theme was "Orange the world #hearmetoo". YUWA on the 25 November published a video that showcased the opinions of young people on the #metoo movement. YUWA also conducted a Khulla Aakash on 'What the consent'.

## International Women's Day 2019



**March 8, 2019, Orchid International College:** YUWA conducted a Story Telling Program to celebrate International Women's Day themed #BalanceforBetter. YUWA invited four incredible, strong women, namely, Faija Parween, Neha Banu Shah, Ursula Singh and Simran Sherchan who shared their inspiring stories among 30 participants.

## ✔ Menstrual Hygiene Day 2019

**May 28, 2019:** Marking the Menstrual Hygiene Day, YUWA and Youth Activists Leadership Council 2019 conducted a blogathon where blogs on and around menstruation were posted through YUWA's Facebook page. A total of six blogs were posted. The main objective of the blogs was to reach out to as many young people as possible by writing around menstruation. This year's theme of Menstrual Hygiene Day was "It's Time for Action" and YUWA also called out for quotes and stories relating to people's actions to fight against menstrual stigma. A total of 12 quotes and stories from public were shared from YUWA's Instagram and Facebook stories.

## ✔ Period Date

**May 29, 2019:** The YALC organized a 'Period Date' which followed a dating format to talk about menstruation, stigmas related to it and how to overcome them. This event was organized at Nobel College and a total of 18 individuals were a part of it. They followed previously set guidelines and case stories to discuss their views and experiences. The participants had varied perceptions regarding prevalent stigmas in the Nepalese Society.

## ✔ Session on Menstrual Hygiene

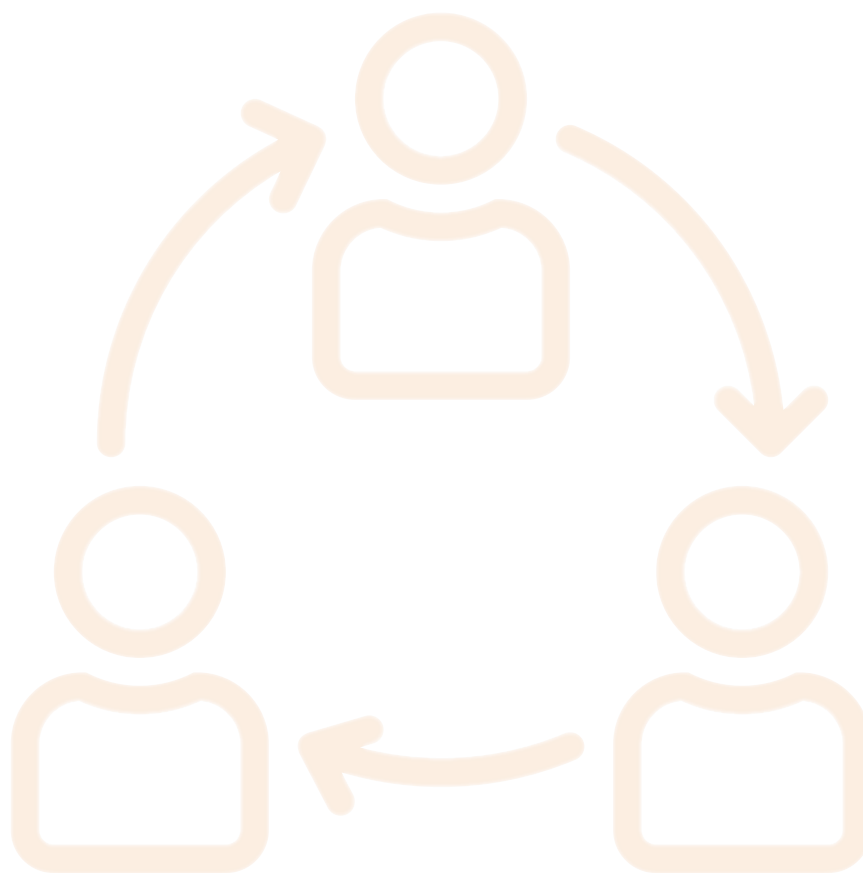
**May 24, 2019, Kathmandu, Bal Kumari Aadarsha Madhyamic Bidhyalaya:** YUWA conducted a 1-day menstrual hygiene session with the 35 energetic students of Bal Kumari Aadarsha Madhyamic Bidhyalaya, Kathmandu. The students were of grade 7 and 8. Through this session, the participants got an opportunity to learn menstrual hygiene management (about the use of sanitary hygiene materials, debunking myths and discussing ways to manage period complication.) The session was facilitated by Miss. Hima Adhikari and Miss. Surakshya Dhungana, interns at YUWA.

## ✔ Session on Sexual and Reproductive Health and Rights

**June 4, 2019, Navajyoti Higher Secondary School:** A session was conducted for the secondary level students of Navajyoti Higher Secondary School, Tinkune, Kathmandu. A total of 45 participants from grades 9 and 10 were introduced to the topics of Sexual and Reproductive Health and Rights (SRHR). The session covered SRHR topics like Adolescence and Puberty changes, Menstruation, Safe Abortion, and Family Planning.

## ✔ Digital Story-Telling workshop organized by LOOM and Dance4Life

**January 11-14, 2019, Nagarkot:** A digital story-telling for advocacy workshop was organized by Loom and Dance4Life. There were participants from different provinces of Nepal. Ms. Sajira Shrestha, former YALC member of YUWA participated in the workshop. The main purpose was to collect various stories and use it for advocacy purposes. The workshop collected the stories from the participants and later developed a script and crafter the audio-visual image.



### Center for Youth Studies

Center for Youth Studies is a research wing focusing on delivering information on issues revolving youth. With this wing, we conduct Youth Studies- a week-long courses based on credit hours once a year. Through this course, participants acquire learning on topics concerning youth and ultimately conduct research of the participant's interest revolving youth issues.

Center for Youth Studies, a prominent program of YUWA conducted the first CYS of the year on July 16, 2019 at Thames International College. A total of 13 participants participated in this 6 day long intensive course. The participants comprised of the background of social work and science and a few were SEE appeared students. There was a total of nine facilitators from various backgrounds in the workshop.

### Center for Gender and Sexuality Studies (CGSS)

The CGSS is a research unit of YUWA which aims to increase the level of understanding on the concept of gender and sexuality among adolescents and youths of diverse background and also build critical, analytical skills among them.

On August 2-3, 2019, YUWA completed the 4th batch of Center for Gender and Sexuality Studies (CGSS) at Besishahar, Lamjung in collaboration with Aarambha Foundation Lamjung Chapter.

The 4th batch had 20 youth participants from the Lamjung district who were trained on Gender, Sexuality, Patriarchy, Sexual rights and intersectionality. They will also be engaged in article writing and community programs such as awareness programs, street drama on Gender and Sexuality.



### Research Projects

Throughout the year, YUWA has conducted research on the following topics:

- The Relevance of SRHR Curriculum and Teaching Practices to Adolescents in Mugu
- "Knowledge on Financial Literacy among Youth of aged 16-24
- Information on the use of family services, education of family planning, safe abortion, HIV and AIDS
- Exploration of how young women use mass media for sexual and reproductive health education in Kathmandu, Nepal.
- Desk Research on One Stop Crisis Management



## INTERNATIONAL ADVOCACY

One of YUWA's goals is to participate in international level advocacy to bring substantial change in the world. YUWA have been able to do this through our RHRN platform, NOREC exchange program and also on the individual level by staff and members participating in international programs.

### Regional Forum on Comprehensive Sexuality Education

**September 2-4, 2018:** Under Right Here Right Now Project, A regional forum was annually organized by ARROW on September 2-4, 2018 in Bangkok. The Regional Forum was on Comprehensive Sexuality Education where UNESCO's newly revised International Technical Guidance on Sexuality Education (ITGSE) was discussed and the existing Long-Term Outcome-3 on CSE was revised. Ms. Sajja Singh, Vice-President at YUWA had participated in the Regional Forum.

### Asia Pacific Alliance (APA) Member's Strategic Alliance Meeting

**September 11-12, 2018:** Asia Pacific Alliance (APA) for Sexual and Reproductive Health and Rights had organized member's strategic meeting with the theme "Catalyzing CSO Action for Sexual Rights in Asia Pacific" in Bangkok, Thailand. Ms. Sajja Singh, Vice-President of YUWA participated in the meeting.

This was the first ever strategic meeting held among the members of the APA. The meeting discussed into the existing vision and mission of APA and the financial position of the APA. There was a panel discussion where advocacy space, especially Human Rights Council and its process Universal Periodic Review was discussed. The newly published Lancet's publication was also discussed having a new definition of SRHR.

### National Coordinators' Meeting and Training

**February 4-8, 2019:** RHRN Nepal National Coordinator, Rajendra Maharjan visited the Netherlands for the National Coordinators meeting and training by Rutgers at Utrecht, Netherlands. The main objective of the meeting was to share experiences and the lessons learned on key RHRN themes as well as to brainstorm on the strategic direction of themes of the RHRN program 2020 - 2025. The meeting also aimed to strengthen communication and collaboration between the partners.

### Asia Pacific Forum on Sustainable Development 2019

**March 21-29, 2019, Bangkok, Thailand:** The Sixth Asia Pacific Forum on Sustainable Development (APFSD) convened from March 27 to 29, 2019 in United Nations Conference Center, Bangkok, Thailand. This year's sessions addressed the theme "Empowering people and ensuring inclusiveness and equality". Every year in APFSD, few of the Sustainable Development Goals (SDGs) i.e. SDG 4, SDG 8, SDG 10, SDG 13, SDG 16 and SDG 17 got reviewed.

Prior to the main APFSD, Youth Forum was convened from March 21 to 23, 2019 in Bangkok. This youth forum had more than 80 young people from 15 countries came together to call to action to the government, UN agencies, stakeholders to empower young people and ensure their inclusiveness and equality. Asia Pacific Peoples Forum on Sustainable Development was



conducted from March 24-26, 2019 in Bangkok. In this APFSD, Ms. Sajja Singh, Vice President at YUWA, gave an intervention from Children and Youth Constituency incorporating the recommendation form Youth Call to Action. She also was one of the speakers at APFSD thematic report launch and also was a panelist at the side event organized by UNESCO on Comprehensive Sexuality Education

### **Workshop on Guidance on Out of School CSE**

**June 10-11, 2019, Bangkok, Thailand:** UNFPA Asia Pacific Regional Office (APRO) conducted a Workshop on Out of School Comprehensive Sexuality Education from June 10-11, 2019 in Bangkok, Thailand where Ms. Sajja Singh, Vice President participated from YUWA. UNFPA focal points from 17 countries from the Asia Pacific and relevant government counterparts for out of school CSE (Ministry of Youth, Ministry of Education, etc.) were the participants which included young people from different countries of the Asia Pacific. There was a total of about 70 participants.

### **RHRN Global Meeting**

**June 18-20, 2019, Nairobi, Kenya:** RHRN Global Meeting was organized in Nairobi, Kenya by Rutgers from 18 - 20 June 2019. Global Steering Committee, Consortium members, National Coordinators as well as representatives of the Country platform were present at the meeting which was organized to form a new policy framework for the Dialogue and Dissent post -2020. The main goal of the global meeting was to develop strategies, build onto the lessons and results of the current program, for the continuation of the RHRN program post-2020 in a sustainable manner, with special attention to innovation and to strengthen the effectiveness of the program and with the aim to successfully respond to the Netherlands Ministry of Foreign Affairs' call to submit proposals for the new funding round of Dialogue & Dissent.

## EXPANDING YUWA'S HORIZON

Throughout the year, YUWA also participated and contributed in many programs and events hosted by other organizations and governmental bodies. One of YUWA's strategies is to increase our reach and contribute directly on national and international levels.

### **Glocal Teen Hero 2018**

**September 1, 2018:** Sulab Baral, President of YUWA attended the Glocal Teen Hero 2018 finale at Soaltee Crown Plaza, Kathmandu. YUWA is a partner organization of Glocal Teen Hero. The Glocal Teen Hero of 2018 was awarded to Ms. Prasamsa KC who has been doing exemplary work to empower women of Rukum District.

### **Panel discussion on Role of Youth in Implementing SDGs**

**September 25-27, 2019:** Ms. Surakshya Dhungana, Secretary of YUWA was one of the panelists in the panel discussion on "Role of Youth in Implementing SDGs." in the National Youth Summit on Disability 2018 organized by the National Federation of the Disabled Nepal (NFDN). Ms. Dhungana shared the panel with Mr. Bimal Paudel, Accessibility Project coordinator at NFDN and Mr. Bisam Gyawali Youth Program Officer at UNDP Nepal which was moderated by Mr. Babu Ram Pant.

### **HIV Testing Song**

**October 7 2018:** We for Change and YUWA collaborated working on HIV testing song which was released on December 2018. YUWA coordinated with Miss Nepal and TV personality Malvika Subba to speak on the HIV testing.

### **World Data Forum 2018**

**October 22-24 2018:** Mr. Sulab Baral, President of YUWA participated in three days long United Nations World Data Forum 2018 held in Dubai. The forum was represented along with representatives from the National Statistics from various countries, delegates representing from civil societies, academicians, humanitarian organizations and so forth. The major discussion was to enable an environment to generate reliable data, sharing of these data and accessibility for evidence-based decision.

### **Workshop on Combating Gender Based Violence through Innovation and Behavior Change**

**October 31 to November 1, 2018, Kathmandu:** Miss Sweta Mahato, Research Associate of YUWA participated in a 2 day-workshop on "Combating Gender Based Violence Through Innovation and Behavior Change" conducted by Ujyalo Foundation. The workshop basically discussed gender dynamics in public and personal spaces and how individuals can overcome social and self-perceived barriers to foster respectful gender dynamics.

### **Nepal Internet Governance Forum 2018**

**November 2-3 2018, Hotel Himalaya:** Internet Governance is a multi-stakeholder platform

where people from various professional backgrounds and stakeholder groups come together to discuss issues pertaining to the internet. Vice-President, Sajja Singh was one of the panelists for a workshop themed 'Using the Internet for Empowerment' in Nepal IGF, 2018. She spoke about the situation of Comprehensive Sexuality Education (CSE) and how the internet can play a role in addressing the gaps that exist in CSE. She also spoke about how the regulation of internet platforms pertaining to information about sexuality and sexual content would impact the young people.

### **Panel Discussion on Skill Mismatch in Job Setting**

**January 2, 2019, National College, Dhumbarahi:** Mr. Sulab Baral, President of YUWA was a panelist on the discussion of "Skill Mismatch in Job Setting and rising issue of unemployment in Nepal". The panel discussion was moderated by Mr. Sudeep Uprety, Nepal Institute of Research and Communication. The panelist represented from the business field, job distributors, NGO, and innovation hubs.

### **Consortium Formation**

**March 13, 2019:** YUWA had a meeting with the Youth Action Nepal to form a consortium of youth organizations to work in the entrepreneurship possibility in Nepal. The consortium had been formed comprising of the leading youth organizations such as 4H Nepal, Youth Action Nepal and Anurodh Nepal. The consortium had agreed to work on developing ideas on entrepreneurship. A MOU was signed and a concept was formulated to bid the project call of European Union.

### **Nepal Social Work Symposium 2019**

May 27-28, 2019: Thames International College had organized a two-day Nepal Social Work Symposium (NSWS) 2019 on the theme, "Promoting Human Relationships". NSWS is a signature event of Thames International College where social science experts and learners get together and shared the knowledge and experiences. This has provided a platform for a number of like-minded development learners, practitioners, and experts. Tsering Namgyal Ghale, Program Officer has attended the program as YUWA was one of the partner organization for the Symposium.

### **Visit from NOREC volunteers and Restless Development**

**August 21, 2019, YUWA:** Four international volunteers from the NOREC exchange program along with the team leaders from Restless Development visited YUWA for a better understanding of the Right Here Right Now platform. Mr. Rajendra Maharjan, National Coordinator for RHRN Nepal explained about RHRN and its scope of work in Nepal. After the presentation, the volunteers had questions and queries regarding the youth culture and the situation of youths and youth-related policies in Nepal. The aim of this visit was to understand the dynamics of Youth Leadership in Nepal.

### **National Youth Rights Mega Meet**

**August 10, 2019, Tamu Sewa Samiti's Hall, Anamnagar:** On the occasion of International Youth Day with the theme of Transforming Education, the National Youth Rights Mega Meet

was organized by all the Civil Society Organizations working in the youth sector including YUWA. The program consists of a series of activities and events starting from August 10-17, a week-long celebratory program. Mr. Rajendra Maharjan, National Coordinator, RHRN, Ms. Surakshya Dhungana, Secretary of YUWA, and Ms. Sarina Ghale, Intern participated in the program. The chief guest was Mr. Jagat Bahadur Bishwokarma, Youth Minister, Ministry of Youth and Sports, and the special guest was Mr. Madhav Prasad Dhungel, Vice President of National Youth Council. The program awarded Nepali Lok singer, Mr. Pashupati Sharma, for his continuous effort for change in society through songs. The panel discussion was conducted in the theme of Transforming Education: Entrepreneurship and Innovation, with the panelists from National Planning Commission and Education Sector.

### **AYON Futsal | International Youth Day 2019**

**August 7, 2019, Bhrikuti Mandap, Kathmandu:** Team YUWA participated in a Futsal tournament organized by AYON to celebrate the youth day week at Bhrikuti Mandap, Kathmandu. The theme of the tournament was "My Goal for youth participation, joint action and collaboration." The team was led by Sandip Kumar Khadka, General Member with the coaching of Mr. Rajendra Maharjan (N.C., RHRN). Along with Sandip, Anuj Bhandary, Bipin Pandey, Bhai Kaji Gurung, Pratik Shrestha, Sandip Kumar Khadka and Suzal Gurung joined the team. A total of sixteen teams representing various youth organizations took part in the tournament in which YUWA secured 2nd position against the opponent team of YUWALAYA with score (2-1)

## TRAININGS AND OPPORTUNITIES

### ✔ Camp Coordination and Camp Management Stimulation

October 4, 2018: International Organization for Migration (UN Migration Agency) together with the Ministry of Urban Development/ Department of Urban Development and Building Construction and National Security Forces conducted a 3-day simulation as a part of the project entitled "Capacity Building of Security Forces in Camp Coordination and Camp Management (CCCM)". YUWA assisted IOM to provide 24 volunteers who played the role of Internally Displaced Persons. Ultimately, 24 volunteers were informed about Camp Coordination and Camp Management.

### ✔ Training on Research Uptake

**May 21-23, 2019, Dhokaima Café:** An interactive training on Research Uptake organized by Data for Development Program held among the participants from different research-based organizations. The training aims to support researchers to grow the influence of their evidence by teaching strategies to identify their desired impact; analyze the relevant existing knowledge base; conduct audience-research; present research; and grow research uptake. Saurav Thapa Shrestha, General Secretary and Nisha Adhikari, General Member has attended the training and explored the needful of learnings from the research uptake training.

### ✔ Quantitative Research Skills training by The Asia Foundation

**June 18-20, 2019 Dhokaima Cafe, Patan:** The Quantitative Research skills training was conducted by The Asia Foundation. The workshop trained on the basic elements of Data Analysis, Sampling Methods and Design using statistical tools such as One-way ANOVA on SPSS along with report writing of the research methods. Surakshya Dhungana and Saurya Dhungel participated in this training.

### ✔ Capacity Building for the Youth Leadership and Data (Pahichan) Phase II

**June 4-8, 2019, YUWA:** As part of the Youth Leadership and Data project, a capacity building workshop was conducted in collaboration with the data partners. The trainings were conducted on the topics of Open Data by Open Knowledge Nepal, Mapping by NAXA, Leadership by Nepal Leadership Academy and Video Editing by Siddhartha Pudasaini, an independent filmmaker. An additional workshop on data presentation was carried out by Bikas Udhyami that took place on July 17, 2019. The participants for the workshops were staff, interns and members of YUWA who were empowered as a trainer for the Phase II of the project implementation.

### ✔ Design Document Workshop

**July 10 2019, Bhaktapur:** The 3 days residential workshop on Design Document for the radio program "Sathi Sanga Manka kura" was held from 8th - 10th July, in Bhaktapur where Ms. Surakshya Dhungana, Secretary, YUWA and Ms. Brinda Basnet, YALC member participated.

At the workshop, Ms. Surakshya and Brinda with other 4 team members designed four episodes on Sexual and Reproductive Health, focusing on Safe Abortion, CSE, HIV/AIDS, and Adolescent Friendly Health Services.



## Youth Policy Forum



**July 23, 2019, Hotel Akama:** National Democratic Institute had conducted a workshop on youth policy wherein youth leaders comprising of various political parties and youth representing from youth organizations participated in the training. The training cum forum was attended by Namgyal Ghale (Program Officer) and Nhujala Maharjan (Admin & Finance Associate).

## Membership Calls

The executive board for 2018-20 hosted two membership calls. Each time, the selection process was- Face meet; Application form; Group work; and Interview.

**February 2019:** There were 70 applicants during the membership call and 5 were selected as members.

- Birsana Gurung Shrestha
- Nisha Adhikari
- Lirisha Tuladhar
- Urja Humagain
- Sneha Tamrakar

**June 2019:** There were 84 applicants during the membership call and 10 were selected as members.

- Bhanu Bhakta Pandey
- Bimal Khadka
- Bipin Pandey
- Jensa Mainali
- Nhujala Maharjan
- Ojaswi Bajgain
- Priyanka Khadka
- Riju Dhakal
- Sandeep Kumar Khadka
- Satish K. Karn



## Members Consultation | First Quarterly Meeting

**May 11, 2019, YUWA, Maharajgunj:** The first Quarterly Members Meeting for May-July was conducted on 11th May 2019 among the members of YUWA. A total of 21 members participated in this meeting which was led by the Executives of 2018-2020. It addressed updates on the previous and current activities of YUWA as well as the future plans of YUWA. The members were also informed about the Integrated Operation Plan and Integrated Strategic Plan of YUWA. Members then provided suggestions and feedback on the documents. Along with this, working committees have been formed for Active Citizenship and SRHR to design new programs for YUWA. The meeting was very fruitful and has paved a way forward to conduct the programs and activities of YUWA.

## Youth Provincial Secretariat

With the hope of extending YUWA's program to the provinces and to expand its horizon, YUWA has initiated to formulate youth provincial secretariat. YUWA reached out and called for interest with the organization registered outside Kathmandu Valley. YUWA had enrolled 3 organizations namely Youth Initiative Kailali of Sudurpaschim, Youth Development Center from province 1 and District Youth Club Network in Province 5. YUWA is in the process of formulating a provincial youth secretariat policy which will guide YUWA to mobilize its provincial secretariats.

## Members Consultation | Second Quarterly Meeting

**August 17, 2019, YUWA, Maharajgunj:** The secondary Quarterly Members Meeting for August-October was conducted on August 17, 2019 among the members of YUWA. A total of 10 members were present in this meeting which was led by the Executives of 2018-2020. The meeting discussed upon the activities conducted from June and July and the way forward for the three months. The executives updated about the works of YUWA and the programs in which the members had been mobilized.

## Opportunities for members

Through the past year, we have been able to mobilize 20 members and 3 alumni in various events, projects, trainings, opportunities, member selection process and also as a consultant.

- ✔ **3rd- 6th October 2018:** Climate Change Adaptation and Disaster Risk Reduction Action Plan for Local Implementation of the Sendai Framework Workshop - Member Rojeena Manandhar participated in this workshop
- ✔ **7th October 2018:** Networking meeting with Asia Pacific Alliance for Disaster Management (APAD)- Member Rojeena Manandhar participated in the meeting.
- ✔ **16th Jan 2019:** Co-founder Santosh Bohora conducted Prarambha at YUWA office.
- ✔ **18th and 19th Jan 2019:** Rotaract District Conference- Member Kumod Shah along with executive, staff and volunteer participated in the conference and also facilitated a prarambha.
- ✔ **30th Jan 2019:** RHRN Program Launch- Various members along with interns, volunteers and staff were mobilized for this event.
- ✔ **March 2019:** Membership Call - General member Ms. Neha Banu Shah was a part of the interview panel.
- ✔ **8th March 2019:** International Women's Day: Member Neha Banu and alumni Ursula Singh shared their inspiring stories as part of the international women's day celebration at Orchid International College.
- ✔ **11th March 2019:** Youth Consultation on conference on population and development- Members Lirisha Tuladhar and Nisha Adhikari along with YALC members participated in this consultation.
- ✔ **24th March 2019:** Research and Exposure visit to Makwanpur- General Members Lirisha Tuladhar and Nisha Adhikari accompanied our NOREC volunteers from Cambodia to go to Makwanpur for exposure visits to various organizations and to conduct surveys for their research.
- ✔ **January-March 2019:** YOUTH IN ASIA: SHARING ACTION TOWARDS SRHR- General Member and former executive member Nubisha Upreti along 2 other volunteers participated in this exchange program wherein they were placed at Khmer Youth Association, Cambodia for 3 months.
- ✔ **27th March 2019:** CSE workshop in Udaypur- General Members Nisha Adhikari and Lirisha Tuladhar conducted CSE workshop in Udaypur in collaboration with LOOM.
- ✔ **24th April 2019:** ROYM at IOM- Members Urja Humagain, Birsana Shrestha, Lirisha Tuladhar, Nisha Adhikari and Sneha Tamrakar along with Vice President Sajja Singh facilitated the ROYM held at IOM.

- ✔ **18th and 19th May 2019:** Mental Health and SRHR workshop- Former President and member Amit Timilsina facilitated a workshop on Mental Health and SRHR for the volunteers and interns of YUWA.
- ✔ **4th-8th June 2019:** Capacity Building for the Youth Leadership and Data project- As part of the project, members, staff and interns of YUWA were taught about Open Data, Mapping, Data visualization, Video Editing and leadership by partner organizations.
- ✔ **4th June 2019:** Session on Sexual and Reproductive Health and Rights- Members Nisha Adhikari and Urja Humagain along with interns facilitated the session.
- ✔ **14th June 2019:** Design Thinking Workshop: Various members, staff and interns of YUWA participated in this workshop facilitated by President Sulab Baral.
- ✔ **16th July 2019:** Center for Youth Studies- Members Neha Banu Shah, Sneha Tamrakar and Sandip Kumar Khadka were involved in the CYS in various capacities- facilitator, coordinator and participant.
- ✔ **21st June 2019:** Get Together event- Data for development: Members Sneha Tamrakar and Nhujala Maharjan and former members Sabin Rimal and Sandeep Gurung participated in the program.
- ✔ **25th June 2019:** Advancing Youth SRHR, Rights can't wait conference- Various members, interns, YALC and staff were involved in organizing the conference on.
- ✔ **26th- 28th June 2019:** Qualitative Research Training by the Asia Foundation- Member Saurya Dhungel participated in the training.
- ✔ **1st and 2nd July 2019:** Design Thinking Workshop- Members Urja Humagain along with executive and interns facilitated the workshop.
- ✔ **20th July 2019:** Khulla Aakash on challenges faced by youth emigrating for studies- Member Birsana Shrestha Gurung along with interns and staff conducted the program.
- ✔ **July 2019:** Members Sneha Tamrakar, Birsana Shrestha Gurung , Urja Humagain and Lirisha Tuladhar were part of the group work and interview process for new members selection.
- ✔ **July and August 2019:** Youth Leadership and Data Phase 2- Members Sunita Bhandari, Kumod Shah, Sneha Tamrakar and Nhujala Maharjan were involved in the project as facilitators for workshop during July and August 2019.
- ✔ **2nd-3rd August 2019:** Center for Gender and Sexuality Studies- Former President and member Amit Timilsina supported YUWA staff and executive to conduct CGSS in Lamjung.
- ✔ **7th August 2019:** Members Sandip Kumar Khadka and Bipin Pandey along with interns and staff of YUWA participated in the Futsal tournament organized by AYON.
- ✔ **9th August 2019:** International Youth Day Celebration- Members Bhanubhakta Pandey, Bipin Pandey, Birsana Shrestha Gurung, Jenisa Mainali, Ojaswi Bajgain, Satish Karn, Sneha Tamrakar and Nhujala Maharjan along with interns, staff and volunteers were mobilized in the celebration International Youth Day at Janapath Higher Secondary School.



- ✔ **13th August 2019:** Discussion Program on Opportunities and Challenges faced by Dalit Youths- Members Bhanu Bhakta Pandey and Bipin Pandey participated in this discussion program.
- ✔ **21st to 22nd August 2019:** Nepal People Forum on Sustainable Development- Member Bipin Pandey presented the youth statement of on the Agenda 2030/SDGs.
- ✔ **27th August 2019:** Member Neha Banu Shah and Ojaswi Bajgain were involved in facilitating a Prarambha at Yeti Health Science College.
- ✔ **26th and 27th August 2019:** Digital Security and Policy- Member Jenisha Mainali attended a workshop on Digital Security and Policy draft organized by LOOM.
- ✔ **21st and 22nd August 2019:** Nepal People Forum on Sustainable Development 2019- Member Bipin Pandey attended the two-day event which was held.
- ✔ **21st September 2019:** Shape your Future workshop- Member Bipin Pandey along with YUWA interns organized the Shape your future workshop.
- ✔ **17th September 2019:** Software Freedom Day- General Member Bimal Khadka participated in the Software Freedom Day celebrations organized by Kathmandu Living Labs.

23K+ 

Empowering Youth, Strengthening Involvement



# ISEP 2018 - AUG 2019 AT A GLANCE

- ACTIVE CITIZENSHIP
- SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS (SRHR)
- Research Unit

**304**  
LEADERS 

**296**  
LEARNERS 

**66**  
PEER EDUCATED 

**7** COMMUNITY PROJECTS 

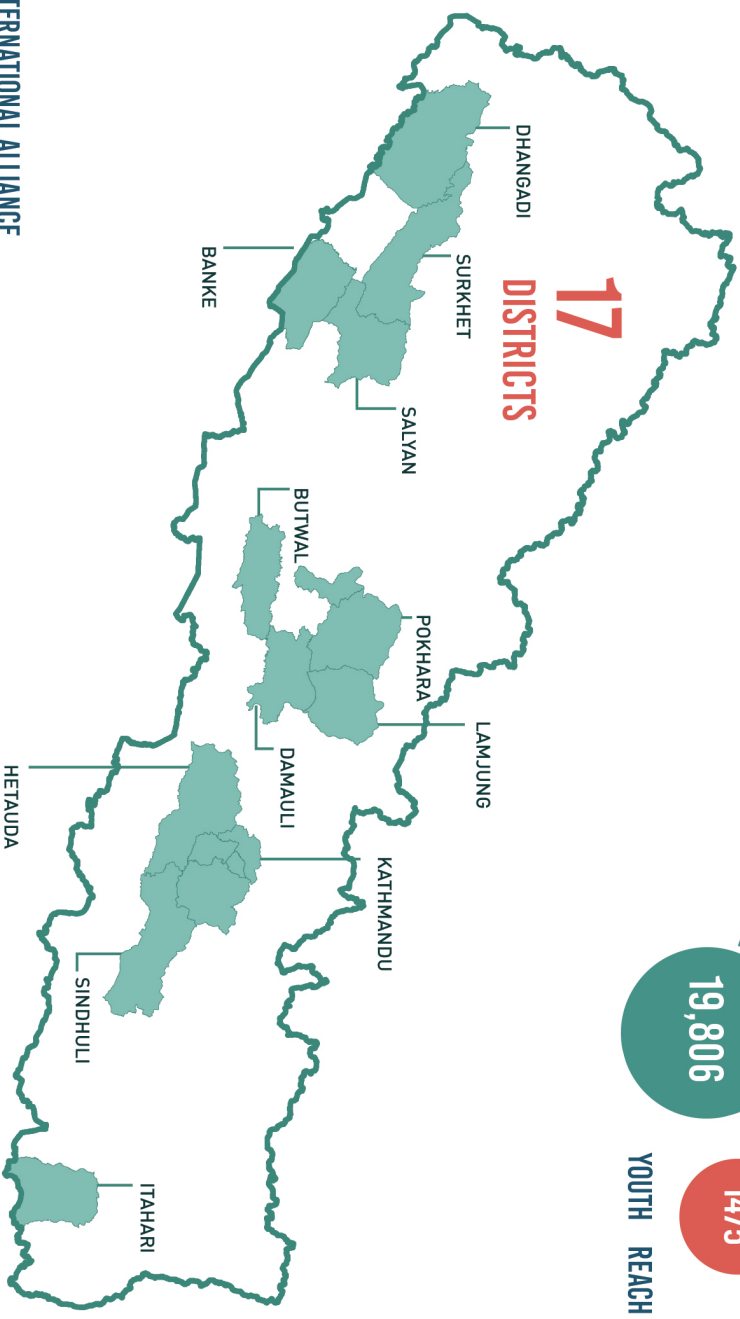
**4** PRINT & PUBLICATIONS 

**47+**  
NETWORKING & COLLABORATIONS

**5** RESEARCH

**1** REGIONAL & INTERNATIONAL ALLIANCE

**1** NATIONAL CONFERENCE  
**1** NATIONAL LEVEL YOUTH CONSULTATION



**INDIRECT**  
19,806

**DIRECT**  
1475  
YOUTH REACH

**PARTNERS**  
AHI NEPAL **ARROW** **crea**

**development initiatives** **mySC**

**NOR**

**Rutgers**

For sexual and reproductive health and rights

**The Asia Foundation**

**THE WORLD BANK**

**UN D P**

**JNFPA**

**UKaid**

**wedu**