



Annual Report

September 2022- August 2023

Empowering Youth, Strengthening Involvement



YUWA Regd. No. 631/206667,KTM

SWC Affiliation No. 31130

PAN 304560705

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YALC Bhairawaha 2023

YALC Kathmandu 2023

Youth Champions 2023, Birgunj

Youth Champions 2023, Itahari

YUWA Interns 2022-2023

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Glance

46 Districts reached till 2023

REACH

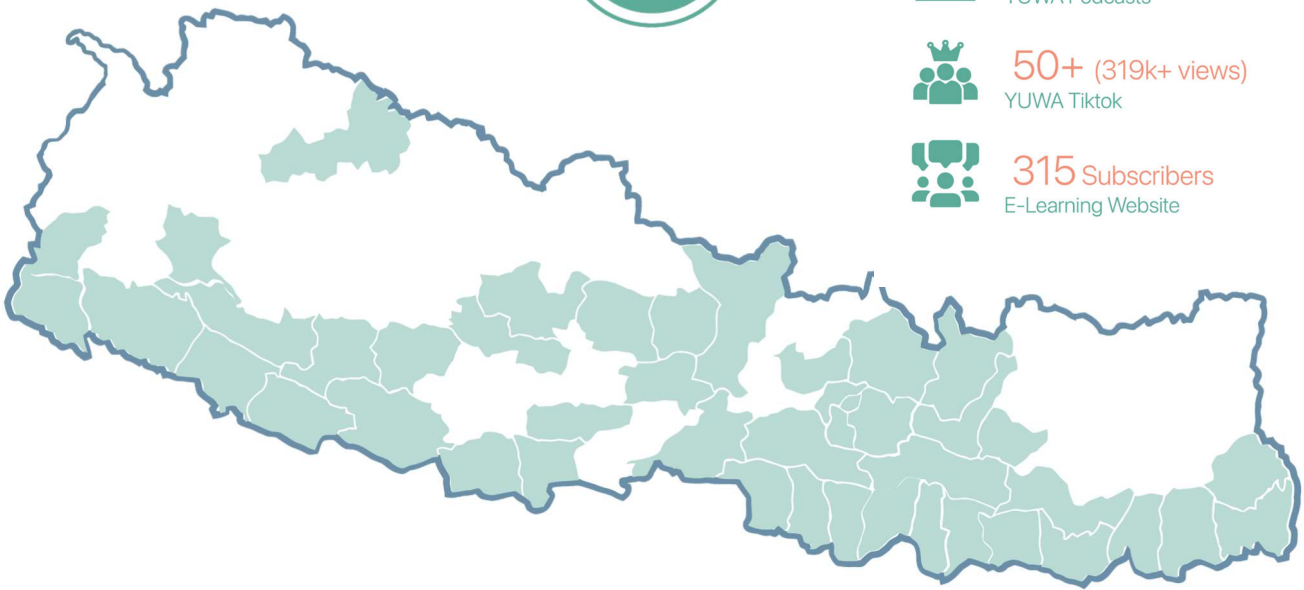


7 (2k+ views)
YouTube Videos

4 (8k+ views)
YUWA Podcasts

50+ (319k+ views)
YUWA Tiktok

315 Subscribers
E-Learning Website



YUWA Partners:



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New YUWA Members [12]



Bijita Thapa



Darshana Rijal



Khusbu Rai



Sadik Siddiqui



Sadikshya Acharya



Samrat Nepal



Sanskriti Pandey



Sikha Thapa



Subash Thakur



Sujay Pal




Sumesh Khadgi




Yamani Khanal

Social Media Presence



1.6M Reach
32.2K Follows



9.2k Reach
7.6k Follows



319.1k Reach
354 Follows



11.7k Reach
2k Follows



280k Reach
3.2k Follows



Message from Acting President



She / Her
23 years old

ON BEHALF OF EXECUTIVE BOARD

Aastha Subedi

Why is it that as I try to type this message, my brain suddenly seems to stop functioning? My hands feel stiff, my fingers barely move, as if the letters on the keyboard have shifted positions. The words in my head, and in my heart, the ones that used to buzz and sing with me, the words I used to love to read and write, seem to have disappeared. I feel a little lost, a little numb, facing a sheer shortage of words. No words are enough to express how grateful and thankful our team is for the adventurous, learning and awesome year we have experienced!

However, I do know where to begin. It takes me back to the roots, 18 years ago, when young people filled with hope in their hearts, fire in their souls, and strength in their muscles, stood up for their fellow youth, setting an example for everyone around the world. They embarked on a mission to start a youth-led, youth-run organization. Many may have considered it a foolish idea—how could young people lead? How could they run an organization? Who would trust them? Why should they be trusted? Why the need for a youth movement when the older ones are doing just fine? Despite these questions and barriers, YUWA was established in 2009. Fourteen years have passed, and the same questions persist. We've done our best to address the questions, including those mentioned above, and many others that were thrown at us. These questions tore at our souls, attempted to weaken us, we might have even stumbled, but we have examples of our alumni who fought through it all. They proved everyone wrong and demonstrated that young people are not just the future, but the present. They're not just here to question, but to provide answers. The lived experiences of young people, their unique ideas, and the fire in their hearts were more than enough. Young people!

A heartfelt thank you to the co-founders for establishing this organization and igniting the youth movement in the country. Thank you to all the alumni, staff, and members upon whose shoulders the organization firmly rests. Without you, many of us might have been lost, with no hope, under the shadow of the status quo.

The first year was about learning. We delved into strengthening youth involvement and nurturing the next generation of leaders. Fine new members are added to the team - new rays of hope! This year, like every other year, we persist in challenging the status quo at local, national, regional, and international levels. We propel the youth movement forward through the lens of substantive equality in all areas: access/opportunity, participation, and results with 8 standing projects and aligning youth movements. YUWA has successfully become a haven for young people—a space where they can come, participate, act, make mistakes, learn, and grow. We will always be a home for young people.

Not confined to the national level, YUWA also extended its work and advocacy efforts to regional and international levels. At Women Deliver, we had the opportunity to represent as the host organization of the Women Deliver Asia Regional Steering Committee. Our works, voices, and values were reflected through the exhibition booth, concurrent session and community space. This has undoubtedly paved

the way for international advocacy for youth movement for the upcoming generations of leaders. This year special efforts were made to strengthen our relationships with government agencies, and this has been evident in our recent work. YUWA has recognized the need to expand the reach of our work at all provincial and local levels, and we are strategically working towards that goal. We have also been able to identify our other strengths, weaknesses, opportunities, and threats in the present social, political, economic, and cultural context. As the shrinkage of civic spaces and both subtle and substantial backlashes in the feminist youth movement persist, we're navigating this complex context and strategically working to sustain the youth movement while transcending the barriers. To transcend these challenges, we're seeking not just policy reform, but also structural and systemic change amidst the influence of globalization, capitalism, necropolitics, and climate change in the current context.

Our Sexual and Reproductive Health and Rights department, Active Citizenship department, and Research Unit have opened new avenues and work relentlessly to do better and be better. We have also realized the need for the improvement and expansion of the Research Unit.

There are many gaps and challenges that need addressing, and we promise to work on these as a team-enriching meaningful and inclusive youth participation by including young people from all diversity. As we step into another youth-led, youth-run year at YUWA, we are assured that we will continue to receive your utter guidance, interrogation, and support.

Looking forward to another adventurous YUWA year!

2022-2024 Executive board YUWA



Empowering Youth, Strengthening Involvement

Thematic Areas of YUWA

ACTIVE CITIZENSHIP

Active citizenship (AC) is one of the three thematic areas of YUWA, and it is a foundation program through which other ideas crossconnect. It works to empower the youth to become more aware of the issues in the country and also aims to make them active citizens that work to improve their communities and society as a whole. It focuses on building youth leadership and raising the voice of the youth. Within Active Citizenship, we have various initiatives such as Prarambha, Pahichan, YUWA Awashar, CYS and YUWA Manthan.

SEXUAL AND REPRODUCTIVE HEALTH AND RIGHTS

Sexual and Reproductive Health and Rights (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.

RESEARCH UNIT

In the pursuit of fostering active citizenship and advancing Sexual and Reproductive Health and Rights (SRHR) in Nepal, the Research Unit has undertaken a comprehensive array of surveys and research initiatives over the past year. Our dedicated team has been steadfast in the collection of data, information, and anecdotes, employing rigorous scientific methodologies to shed light on the diverse facets of our focus areas.

Organizational Strategic Planning

The recently constituted executive board for the term 2022-2024 convened at Dhulikhel Village Resort for a comprehensive strategic planning session. The primary objectives of this meeting were multifaceted, encompassing team-building exercises, organizational assessment, a critical review of the existing five-year strategy, stakeholder mapping and analysis, as well as the monitoring and evaluation of the Integrated Strategic Plan and Integrated Operational Plan.

In addition to these crucial aspects, the board members devoted substantial time to formulating strategies for members and intern mobilization. Deliberations also extended to an in-depth discussion of both current and forthcoming projects, along with the development of a detailed work plan.

Within the framework of the strategic planning meeting, the board diligently assigned responsibilities among its members, thereby fostering a collaborative approach towards project implementation and thematic areas. It was collectively decided to uphold the continuity of the five-year strategic plan devised by the preceding board, albeit with certain modifications to the theory of change. Furthermore, the team crafted a new, meticulously detailed implementation plan for each thematic area to ensure a comprehensive and effective execution of the organizational strategy.

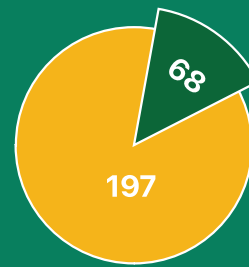


2022-2024 Executive board strategic planning

Prarambha



- Dibyabhumi Multiple Campus
- Orchid International College
- Texas International College



- 62 Direct Reach
- 256 Indirect Reach

ACTIVITIES IN PRARAMBHA

- Skill-building sessions
- Foundational soft skills
- Project Idea generation, social mapping, and work planning
- Problem identification, brainstorming, and resource management
- Finalization of group projects

DIRECT OUTCOMES

- 28 cushions donated to Oxfam Nepal.
- Successful execution with waste management sessions and crafting initiatives.
- Implemented sessions at Indradhanush and Shikshyantar Secondary Schools

GENERAL OUTCOMES

- **Empowerment:** Demonstrated in real-world projects.
- **Increased Awareness:** Highlighted through various initiatives.
- **Leadership Development:** Evident in project design and execution.

Prarambha workshops consistently prove effective in imparting practical skills, fostering innovation, and empowering youth to address societal challenges. The outcomes underscore the program's success in cultivating proactive citizenship, evident in the tangible positive changes witnessed in the community-focused projects. YUWA remains dedicated to nurturing the next generation of leaders, equipped not only with theoretical knowledge but with the practical skills and social awareness needed to drive positive change.

Pahichan

Comprehensive Sexuality Education



Birgunj Public College



PROGRAM EXECUTION

- Sessions on Comprehensive Sexuality Education
- Engaged +2 and Bachelors student.
- Program led by Ashmita Rijal, Satish Karn and Ritendra Badu

OBSERVATION

- Participants shared they have found this program helpful because they learned to speak in mass.
- Participants increased their ability to generate innovative ideas and demonstrated leadership skills grounded in a sound understanding of CSE.

The program boosted the participants' leadership abilities by fostering idea generation and encouraging active engagement. It also empowered them to recognize their available resources and effectively equip them with practical skills for effective leadership and program execution.



Prarambha and Pahichan



Center for Youth Studies



- King's College
- Thames International College



FOCUS AREAS OF CYS

FOR WHO?

Recent bachelor's graduates and +2 pass-outs to merges theory with practice, embodying YUWA's commitment to holistically empower youth for the contemporary professional landscape.

AND FOR WHAT?

1. Career Development
2. Professional Etiquette
3. Management and Leadership
4. Communication Skills
5. Negotiation and Diplomacy

KEY TOPICS COVERED

- Definition and significance of youth
- National Youth Policy (NYP) of Nepal and its implementation
- Challenges faced by diverse youth profiles based on religion, caste, disability, sexual orientation, and gender identity
- Leadership and its traits
- Sustainable Development Goals (SDGs)
- Digital advocacy and the role of young people
- Effective Communication and public speaking
- Financial literacy
- Presentation skills
- Interview techniques
- Career Scoping
- CV/Resume Writing
- Email Etiquette
- Effective Communication
- Work Ethics
- Organizational Management
- Negotiation skills, and more.

CYS continues to exemplify YUWA's dedication to nurturing the holistic development of youth, fostering a generation equipped with the skills and knowledge essential for success in both academic and professional spheres. Through strategic partnerships and comprehensive program design, CYS remains a beacon for empowering the next generation of leaders and change-makers.

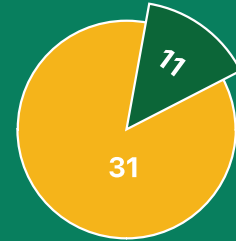
NDRI Tobacco Control

Focused Group Discussions [5]



- YUWA
- Reliance International Academy
- King's College
- K&K International College
- Birgunj

- Kathamndu
- Birgunj



Round Table Discussion

- Smoking culture
- Trends for smoking
- Nepal's policies discussion
- Risks around smoking

Digital Advocacy

- #YUWAKojigyasha
- Animated Video
- Social media posts



Reflection meeting with Kivu International

Digital Advocacy Post Reach
772319

KEY FINDINGS FOR THE OVERALL PROJECT

INFLUENCERS

- Peer pressure
- Media influence
- Economic interests

CHALLENGES

- Inadequate implementation
- Economic interests
- Perception of tobacco products as luxury goods

RECOMMENDATIONS

- Stringent regulation
- Increased taxes
- Educational campaigns
- Proper monitoring mechanisms

The Tobacco Control Program made significant strides in raising awareness and engaging young people in discussions around tobacco use. The findings underscore the importance of continued efforts to combat the growing smoking culture, emphasizing collaboration with educational institutions and stringent regulatory measures.



1 out of 5 deaths in Nepal is due to tobacco consumption.



NDRI Tobacco Control and CYS



Young Experts: Tech for Health (YET4H)

DIGITAL INITIATIVES

MANKO CHAUTARI

YUWA's virtual 'unconferencing' sessions.

- 190 participants



Healing After Crisis



Unpacking Trauma



Mind Your Media



MindfulConnections



Beyond Burnout



Calming the Chaos

PODCAST



Mind Your Language



Exploring Mental Health Challenges among people with Disabilities



Mind Matters

YUWA Ko Jigyasha

Social Media Campaign to understand youth perspectives.

6

different 'YUWA Ko Jigyasha,' posts seeking their perspectives on various mental health issues. #YUWAKojigyasha

Digital Advocacy Post Reach
222481



www.nepalmentalhealth.com

Nepal Mental Health Initiative

Professional directory aimed at increasing access to quality and affordable mental health services.

Collaborative Effort [ICON]

A collaborative effort by 6 local organizations working to destigmatize mental health.

YUWA's active involvement in YET4H, impactful programs like Manko Chautari, engaging podcasts, and contributions to the Nepal Mental Health Initiative reflect a commitment to enhancing mental health support for young people through innovative digital solutions. The collaborative efforts contribute to breaking stigmas, raising awareness, and fostering meaningful conversations around mental well-being.

YUWA को जिज्ञासा



चिया गफको बेलामा हामी राजनीति देखि फूटबल सम्मका सबै कुराहरु गर्छौं तर मानसिक स्वास्थ्य बारेमा बोल्दैनौं । हामी हाम्रो साथीहरुसँग मानसिक स्वास्थ्यबारेमा चाँहि किन चुईवक पनि कुरा गर्दैनौं ?

During chiya guff, we discuss a wide range of topics, from politics to football, yet one subject that never seems to come up is mental health. Why is it that we rarely engage in conversations about mental well-being with our friends?

What do you think about this ?

YUWA को जिज्ञासा



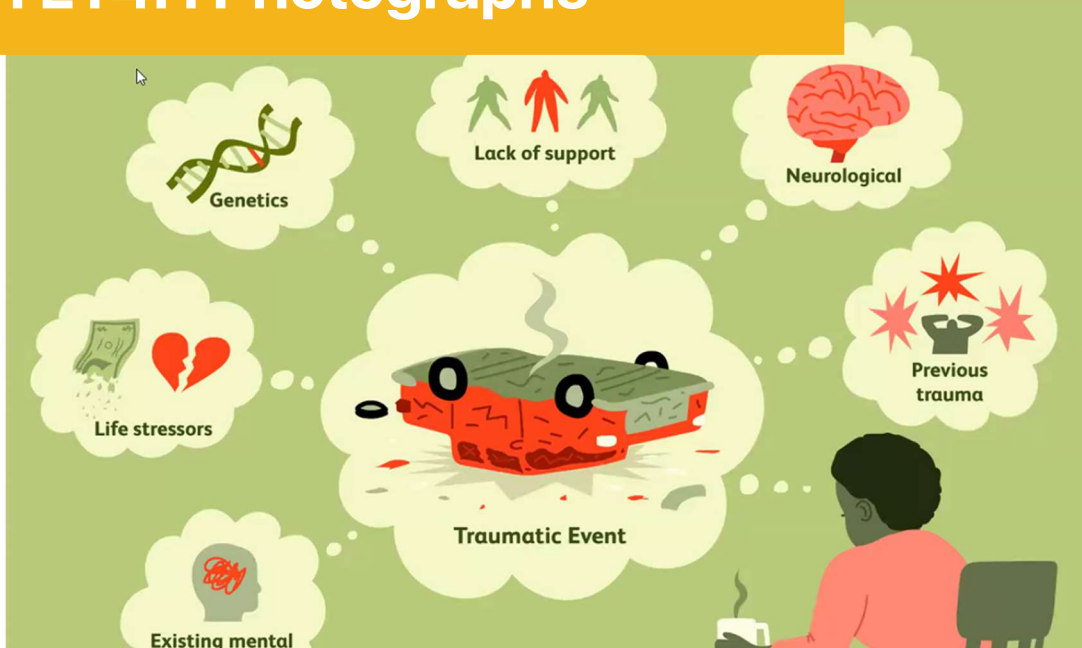
Social media is an essential part of our daily life. It's important to think about its impact on our mental health. What are the ways in which social media has impacted our well-being and mental health?

सामाजिक सञ्जालले हाम्रो दैनिक जीवनमा महत्वपूर्ण भूमिका खेलेको छ । हाम्रो मानसिक स्वास्थ्यमा यसको प्रभाव बारे सोच्नु महत्वपूर्ण छ । सामाजिक सञ्जालले हाम्रो मानसिक स्वास्थ्यलाई कसरी असर गरेको छ ?

What do you think about this ?



YET4H Photographs



Elena	SANTOSHI-SLI
Tika khadka	Abishika Kafle
Rakshya Khadgi	Saujanya Timilsina

YouthHUB



Training on Political Literacy and Digital Activism

- » A three-day training on political literacy and digital activism in Bardiya district.
- » Aimed at empowering female Champions of Change, the training involved sessions, digital format development, and draw a politician workshop planning.



Meeting with Youth Ambassador of PLAN International

- » Vasika Thipakaran, Youth Ambassador of Plan International Denmark, visited YUWA, sharing insights about the workings of Plan International Denmark.
- » The meeting inspired YUWA to continue efforts toward empowering girls and young women.



Draw a Politician Workshops

- » 'Draw a Politician' workshops in Kathmandu, fostering creativity and exploring perceptions of women's and queer people's leadership.
- » A workshop was specifically conducted with young deaf people at Plan International Nepal Country Office, engaging 27 participants and another workshop at Sirjana College of Fine Arts engaging 36 participants.

E-course on Political Literacy and Women's Participation (Modules 1-3)

- » A three-module e-course on Political Literacy and Women's Participation, targeting young people aged 16 to 25.
- » Modules covered political history and movements in Nepal, women and minorities' political participation, ideologies, and the political system in Nepal.

Workshop at Shanti Shikshya Mandir Secondary School

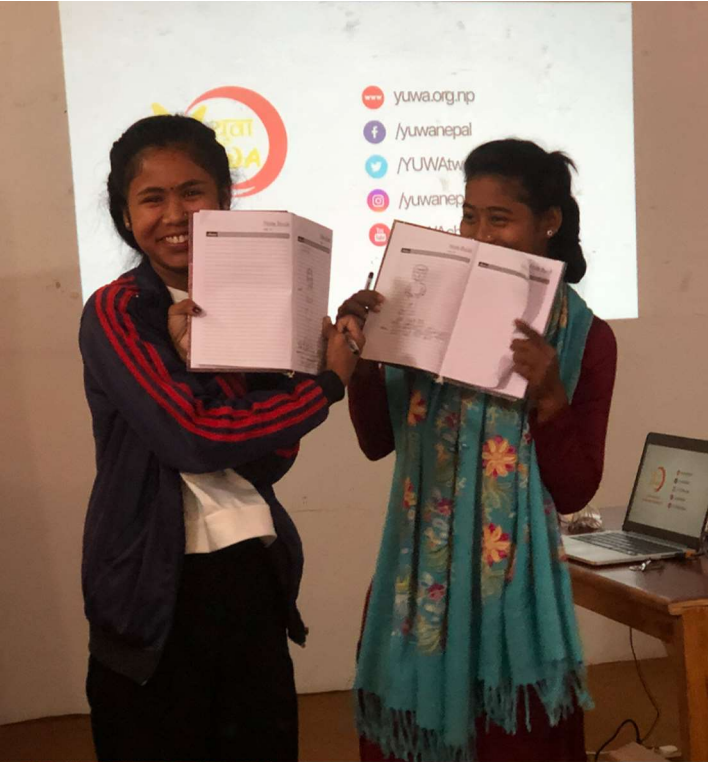
- » A workshop at Shanti Shikshya Mandir Secondary School, involving 33 grade nine students to create visual representations of politicians and discuss gender insensitivity.

International Women's Day Roundtable Discussion on Girls in ICT

- » A roundtable discussion with leaders from the ICT sector, exploring the status and challenges faced by women in ICT.

Girls in ICT Day - Digital Skills for Life

- » Celebration of Girls in ICT Day 2023 with a five-day residential program called "Digital Skills for Life" in Kathmandu.
- » The program included discussions, visits to ICT organizations, and skill-based sessions, emphasizing the importance of gender equality in the ICT sector.



YouthHUB Photographs



Right Here Right Now (RHRN) 2

The Right Here, Right Now (RHRN) 2 coalition, a strategic partnership between Rutgers, The Asian-Pacific Resource & Research Centre for Women (ARROW), CHOICE for Youth and Sexuality (CHOICE), dance4life, Humanist Institute for Co-operation with Developing Countries (Hivos), The International Planned Parenthood Federation Africa Region (IPPFAR), Latin American and Caribbean Women's Health Network (LACWHN), and the Dutch Minister of Foreign Affairs, has been at the forefront of advancing Sexual and Reproductive Health and Rights (SRHR). This annual report provides a systematic overview of key events and activities conducted during the reporting period.

-- Key Events and Activities --

● Asia Youth Conference and RHRN 2 Regional Fora

23 September 2022

- YUWA attended the Asia Youth Festival on Innovation and Right Here Right Now 2 Regional Fora 2022, organized by ARROW. Around 80 young activists from diverse backgrounds showcased SRHR innovations implemented in their communities. The RHRN 2 Regional Fora focused on sustainability and project implementation in Bangladesh, Indonesia, and Nepal. Additionally, discussions revolved around advocating for increased accessibility of Comprehensive Sexuality Education for young people on the international stage.

● Digital Space Jam

- An event organized by RNW Media, facilitating discussions on digitalization in the context of SRHR.

● Meeting with CDC and CEHRD

14 October 2022

- A pivotal meeting between YUWA and the Center for Education and Human Resource Development (CEHRD) to review progress and outline plans for the Right Here Right Now Nepal program.

● RHRN Mid-Term Review Planning Meeting

31 October - 4 November 2022

- A Mid-Term Review Workshop held in Utrecht, Netherlands, emphasizing the integration of core values, risk mitigation, and networking among consortium partners.

International Conference on Family Planning - ICFP

16 November 2022

- Participation in the conference, showcasing YUWA's works and contributions to Comprehensive Sexuality Education (CSE).

CS Human Rights Workshop

23-25 November 2022

- A workshop focusing on Human Rights Instruments and Advocacy Spaces, aimed at training new staff and coalition members.

Value Clarification Workshop

27-29 November 2022

- A workshop centered on clarifying core values, with a focus on the Gender Transformative Approach (GTA) to challenge gender norms and promote SRHR.

Multistakeholder Consultation - CSE Booklet Review

5 December 2022

- A consultation on Comprehensive Sexuality Education (CSE) booklet review, bringing stakeholders together to enhance the quality of educational resources.

Leadership Handover

12-14 December 2022

- Activities to ensure a smooth leadership transition, ensuring continuity in the coalition's operations.

MTR Kick-off Meeting and Value Clarification Workshop

23-24 February 2023

- A combined meeting to update coalition partners on the global Mid-Term Review process and provide value clarification on Intersectionality.

TOT on RHRN Advocacy Manual

28 February - 3 March 2023

- YUWA organized a Training of Trainers on the RHRN Advocacy Manual, enhancing the advocacy skills of coalition members.

National CSE Advocacy Coalition Meeting

13 March 2023

- An alignment meeting focusing on coordinating activities, setting objectives, and planning the 2023 action plan.

Journey4Life Contextualization Meeting

13-17 March 2023

- Collaboration with Dance4Life to tailor a Comprehensive Sexuality Education (CSE) curriculum to local needs.

Finance Meeting

3 April 2023

- A meeting discussing financial guidelines, overhead calculations, and reporting deadlines.

CS Workshop on CSE for Youth Champions in Dhangadhi

10-12 April 2023

- A Capacity Strengthening Workshop on CSE to enhance the skills of SRHR Youth Champions in Dhangadhi.

CEHRD Meeting

6 April 2023

- YUWA organized a steering committee meeting for the Curriculum Development Centre (CDC) and the Centre for Education and Human Resource Development (CEHRD) under the Right Here Right Now 2 initiative.
- The focus was on sharing RHRN's 2023 work plan, emphasizing collaborative efforts to implement comprehensive sexuality education (CSE) and advocate for related policies.

Quarterly Review and Team Building

2-4 May 2023

- The Right Here Right Now Nepal 2 coalition conducted its First Quarterly Review Meeting of 2023 in Pokhara.
- The team engaged in reflection on the past quarter, devised plans, and set timelines for upcoming activities.
- A Team Building Workshop strengthened team bonds and fostered collaboration among team members.

Digital Media Impact Summit 2023

15-17 May 2023

- RNW Media organized the Digital Media Impact Summit in Cairo, Egypt, bringing together organizations and media-makers focused on empowering youth in digital spaces.
- The summit focused on building safe digital spaces to combat online harassment, disinformation, and other safety challenges.
- Miss Ashriya Pradhan, CDL Officer of YUWA-RHRN, was a panelist, sharing insights on "The Cost of Speaking Out: How Young Changemakers Experience Online Harassment."

Connector's Week Kenya

22-25 May 2023

- Choice for Youth and Sexuality organized Connector's Week in Naivasha, Kenya, aiming to connect young individuals and promote personal and organizational growth.
- The event focused on mutual learning and capacity strengthening, sustainable movement building, meaningful connections, and fostering future collaborations.

Capacity Strengthening on Procurement and Contract Management

14-17 June 2023

- **Participants:** Finance focal person of RHRN and senior members of the procurement committee or management team from coalition organizations.
- Strengthening the capacity of participants for improved procurement and contract management within the coalition organizations.
- Enhanced understanding of procurement processes.
- Skill development in CBA (Cost-Benefit Analysis) preparation and analysis.
- Strategies for effective negotiation.
- Best practices in contract management.
- Legal considerations in procurement.
- Ethical practices in procurement processes.

SRHR Conversations: Empowering Lives, One Click at a Time !

23 June 2023

- Explored topics like Value Clarification, Gender Transformative Approach, and Meaningful Involvement of Young People.
- Emphasized the role of influencers in promoting SRHR through digital media platforms.
- Facilitated brainstorming for innovative ideas to amplify SRHR messages in the digital age.

Provincial Youth Consultations

- Butwal (21 July 2023): Collaboration with the National Youth Council for a consultation on youth-related issues.
- Birgunj (28 July 2023): A provincial youth consultation focusing on challenges confronting young people in Madhesh Province.

Provincial Youth Consultation at Itahari

4 August 2023

- A consultation gathering opinions and recommendations of young people from the Koshi province.

Go4Goals Futsal

11 August 2023

- YUWA and Right Here Right Now organized a one-day futsal tournament on International Youth Day 2023, themed "Green Skills for Youth: Towards a Sustainable World."
- 16 Participating organizations included YUWA, Visible Impact, Yuwalaya, Blind Youth Association Nepal, Beyond Beijing Committee, ALIN, Dogma Group, Youths of Shangrila, SOCHAI, VSO Nepal, BDS, FPAN, Seto Gurans National Child Development Services, SOS Children Village (SOS Youth Care, NPJ), Needs & Beyond, and Thinkers.

16 Days of Activism Art Competition

30 November 2022

- An art competition as part of the global 16 Days of Activism Against Gender-Based Violence campaign.
- The initiative aimed to raise awareness and promote activism against gender-based violence through artistic expression.

YALC 2023

The Youth Activists Leadership Council (YALC) is a vibrant group comprising ten youth activists, aged 16 to 24, actively engaged in disseminating Sexual and Reproductive Health and Rights (SRHR) information. As part of the RHRN advocacy academy, YALC operates at the community level, conducting peer-based education for in-school and out-of-school youths and children.

YALC Lumbini 2023



Ajit Prasad Yadav



Chandra Mohan Yadav



Humnath Ale



Israphil Gadi



Kushal Dumre



Nisha Pandey



Purnima Khanal



Sarita Kharal

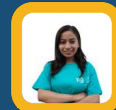


Sushan Shrestha



Usha Gyawali

YALC Kathmandu 2023



Anusha Ojha



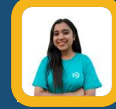
Ashok Kumar Sah



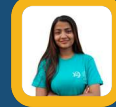
Bikash Kumar Sah



Dikshya Koirala



Khushi Adhikari



Kritika Tripathi



Rakshya Khadgi



Rishab Tuladhar



Shristi Khadka



Sneha Bhatta

Program Structure

YALC Cohorts for 2023:

- YUWA organized two major YALC cohorts in 2023, situated in Kathmandu and Bhairahawa. Both cohorts share roles and responsibilities in SRHR and Comprehensive Sexuality Education (CSE).

CSE Can't Wait Campaign:

- YALC actively manages the @csecantwait digital advocacy campaign on Instagram.

Recognition and Collaboration:

- YALC, a flagship program of YUWA, receives invitations from various organizations for collaboration, showcasing its influence and impact.

Inception Training:

- YALC cohorts underwent comprehensive inception training to equip members with essential skills and knowledge. [YALC Kathmandu: 27-31 March 2023] [YALC Lumbini: 9-12 June 2023]
- 7 day Training of Trainers (ToT) program aiming to familiarize YALC participants with the CSE curriculum "Choices and Voices," designed by YUWA with technical support from Rutgers. [YALC Kathmandu: 24-28 April 2023]

End Review:

- YALC Banke and Kathmandu jointly conducted an End Review, reflecting on their 10-month advocacy journey. The event included team-building activities, fostering camaraderie and teamwork. [28-29 November 2023]

YALC Kathmandu

Khulla Aakash

Open discussion aimed towards spreading awareness and gathering opinions on diverse set of topics.

● — April 2023- August 2023 — ●

5

Sessions

1. Relationship
2. Menstrual Stigma
3. Queerness and Queerphobia
4. Sex education: Young mind and Perspective
5. Exploring Pleasure and Pleasure Based Approach to SRHR

Youths Engaged

80

Each session was conducted monthly.

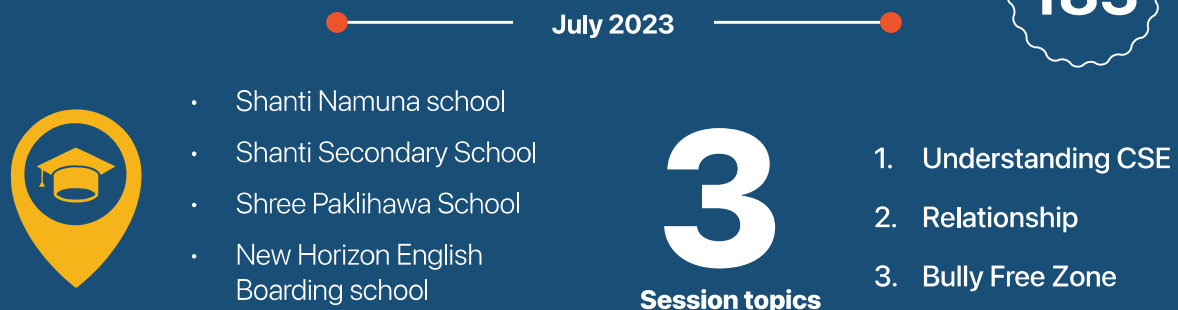
CSE Sessions

A series of sessions conducted by YALC on different components of Comprehensive Sexuality Education (CSE).



YALC Lumbini

CSE Sessions



4 sessions conducted reaching 183 students in total.

Collaborative Initiatives

23rd May 2023 - 3rd June 2023

- MOU Signing with Schools
- YALC Kathmandu 2023 signed MoUs with Manoram Boarding Secondary School, Baba Boarding Higher Secondary School, and Kathmandu Vidya Kunja Secondary School to provide the Choices and Voices Curriculum on CSE. This curriculum is designed by YUWA with technical support from Rutgers.

SRHR Youth Champions

- | | |
|-----------------------------|------------------------------|
| 1. Aasha Shah | 10. Mausham Koirala |
| 2. Archana Khatwe | 11. Melina Basnet |
| 3. Aryan Khatwe | 12. Prakash Pokhrel |
| 4. Balkrishna Thapa Magar | 13. Punam Khatwe |
| 5. Dr. Shuvam Kumar Agrawal | 14. Puspa Katuwal |
| 6. Goma Paudel | 15. Rikesh Niraula |
| 7. Hemant Rai | 16. Sandip Kumar Sah Haluwai |
| 8. Jeevan Dhungel | 17. Tirtha Kumar Rai (Karan) |
| 9. Manima Dhakal | 18. Ujjwal Uranw |

Program Structure

TOT for SRHR Youth Champions

- Training of Trainers program aiming to enhance advocacy skills for promoting better sexual and reproductive health policies. [9-12 May 2023]

Commitment Letter Generation and Approval

- SRHR Youth Champions generated commitment letters and received approval from Ward no.6 and 17 of Dharan Sub Metropolitan for budget allocation for SRHR programs. [21-31 May 2023]

Discussion Programs and Orientations

Various programs addressing SRHR issues and fostering discussions on policy, leadership, and sexuality education.

- Panel Discussion on Sexual and Reproductive Health and Rights, Leadership development, Suicide Prevention, Drug Abuse and Addiction Awareness and Comprehensive Sexuality Education Session [17 June 2023]
- Discussion program on SRHR [11 June 2023]
- SRHR orientation program [3 Jun 2023]
- Policy discussion with Smart Chhori group [3 Jun 2023]
- Discussion with Adolescent Girls Network, Inaruwa for rapport building [27 May 2023]

End Review for SRHR Champions at Sunsari

- Reviewing the achievements of SRHR youth champions during their three-month tenure. [15-16 August 2023]

SRHR Youth Champions in Sunsari actively promote SRHR, FP Services, CSE, and meaningful Youth Participation. Their local-level initiatives garnered support from the wards of Inaruwa and Itahari Sub-metropolitan for Young People's SRHR initiatives.

CSE Advocacy Coalition



Youth Innovation Roundtable Discussion

- » A roundtable discussion focusing on innovative approaches to SRHR and CSE programs.



National CSE advocacy coalition catchup and alignment meeting

- » An alignment meeting with RHRN and CSE Advocacy Coalition was held for all the coalition members to catch up on all the advocacy approaches for CSE on different organizational levels.



2nd Alignment Meeting of CSE Advocacy Coalition

- » A meeting to align strategies and objectives of the CSE Advocacy Coalition, with updates on activities and collaborations.

Generation Equality Forum (GEF) and Youth4GenerationEqualityCampaign



Consultation Meeting With Organizations Working On GBV

- » A consultation meeting engaging various organizations addressing Gender-Based Violence (GBV).
- » Objectives included introducing the campaign, sharing draft commitments on GBV, and fostering discussions on these commitments.
- » Deliberations aimed at shaping commitments for presentation to the National Women Commission.



Meeting With National Women Commission

- » A meeting with the National Women Commission, introducing the Generation Equality Forum and sharing commitments on GBV drafted through consultations.
- » Emphasis on collaboration for localizing the gender equality forum in Nepal and ensuring synergy in future endeavors.



GEF Regional Networking Meeting

- » 5 day participation in a meeting organized by ARROW and supported by UN Women's Regional Office for Asia and the Pacific.
- » Representatives from 14 countries discussed country-specific advocacy efforts on gender-based violence.
- » Insights shared on gaps and challenges, exploring joint initiatives to advance GEF's Global Acceleration Plan for Gender Equality.

Youth Access



- Safe Abortion Training for Health Service Providers**
- » A two-day training in Birgunj for 18 health service providers, focusing on a need-based approach to abortion services.



- Monitoring Visit**
- » YUWA monitored the Youth Access project in Birgunj, receiving extensive media coverage for its significant impact on the community.
 - » Positive feedback indicated increased awareness about safe abortion services among youth.



- Refresher Training**
- » A refresher training for Youth Champions in Birgunj, enhancing their knowledge and advocacy skills on safe abortion.



- CSE Session on Safe Abortion**
- » Youth Champions conducted a school session on safe abortion at Birgunj Megha College, involving 30 students and 1 teacher.
 - » Interactive discussions were held, encouraging more conversations on safe abortion in schools.



- Community Discussion on Safe Abortion**
- » Youth Champions organized a community discussion at Birgunj Megha College, facilitated by health worker Smiriti Pudasaini.
 - » Participants shared experiences and questions, gaining clear and accurate information about safe abortion.



- Multistakeholder Meeting**
- » A coordination meeting with the local government and stakeholders under the Youth Access project, attended by 20 participants, including the Mayor of Birgunj.
 - » Discussions included project updates, interventions to increase access to safe abortion information, and areas of collaboration for the future.



- Consultation Meeting on Access to Safe Abortion, Birgunj**
- » A consultation meeting with local youths of Birgunj to discuss access to safe abortion information and services.
 - » Participants actively shared views and experiences, discussing stigmas associated with abortion and proposing actions to increase access in the community.

The Youth Access Project, spanning from May 2023 to May 2024, aims to reduce unsafe abortions and related morbidity and mortality by increasing access to safe abortion information and services for young people in Birgunj Metropolitan City through comprehensive awareness, training, and advocacy initiatives.



SRHR Department Photographs





Youth Call to Action

On March 7th, 2023, prior to the Women's Health Conference, a Youth Pre-Conference was jointly organized by Beyond Beijing Committee (BBC), Blind Youth Association Nepal (BYAN), Visible Impact, and YUVA. More than fifty youths participated, representing all provinces, districts, and genders. The Pre-conference discussed current burning issues that young people face in relation to Sexual and Reproductive Health and Rights (SRHR), Gender Justice, Climate Justice, Non-Communicable Diseases (NCDs), Nutrition, and Mental Health. To derive youth participants in the conference, we call upon our Government, International Organizations, United Nations Agencies, Civil Society Organizations, Development Partners, and other duty bearers for the following:

New Era of Youth Health, SRHR and Gender Justice

- Ensure comprehensive sexuality education in schools and communities and support initiatives that provide accurate and age-appropriate information on sexual and reproductive health and rights in an accessible and inclusive way.
- Create and support initiatives that promote the equal rights and freedom of all genders, including the right to access education, healthcare, and employment opportunities free from discrimination and bias including fostering supportive and inclusive environments for young people, including safe spaces where they can express themselves freely and seek out support needed.
- Collaborate with youth-led organizations and networks to amplify the voices of young people on SRHR and gender justice and ensure that their perspectives and experiences are reflected in policies and programs that affect their lives.

Youth Health in Humanitarian Settings and Climate Justice

- Build the evidence base on climate change and young people's health and well-being, taking into consideration on the links between climate change and young people's health and well-being, including future health professionals. Advocate for this information to be incorporated into their training curricula and support adolescent and young climate activists.
- Support young people by building their capacity on climate change issues and advocacy, ensuring meaningful and inclusive youth participation of the youths at every stage of crisis management, from preparedness to response as well as amplifying young people's voices in national and global forums, and providing a platform for dialogue between young people and decision-makers to build decision-makers' accountability to young people.
- Act in accordance with reliable and up-to-date scientific results to achieve the long-term goals of the Paris Agreement and other international agreements and commitments, including those relating to human rights and commit to participate in the Health and Climate Change Global Survey and use data for decision-making.

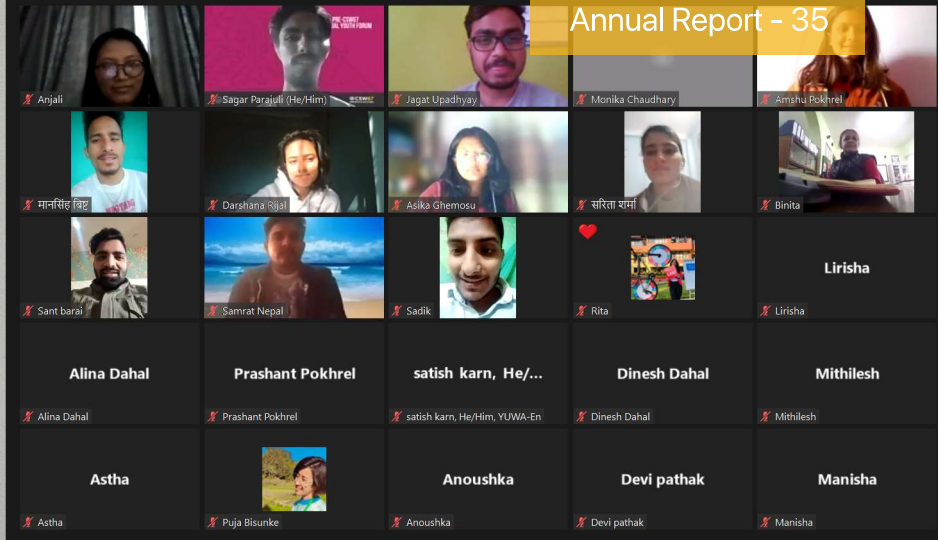
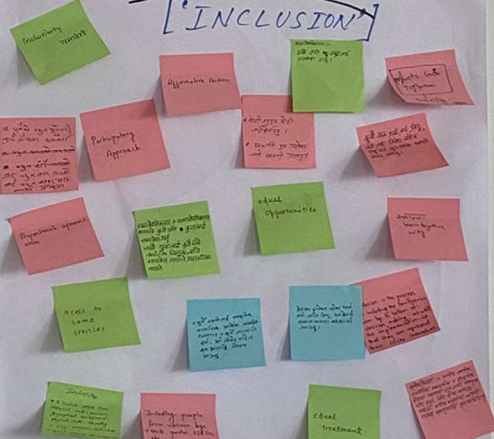


SRHR Department Photographs



समावेशिकरण

[INCLUSION]



SRHR Department Photographs



INHOUSE PROGRAMS



Project Cushion



Clothing Drive for Street Dogs



FGD with Project Cushion



Sustain-A-Bility



Initiative to combat Plastic Pollution



FGD with Waste Management Group



Khulla Aakash

Discussion aimed towards spreading awareness and gathering opinions

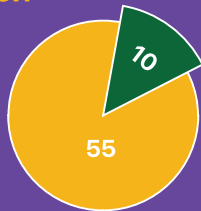


Substance abuse; nature, impacts, and solutions



Young People Moving Abroad

Reusable Cloth Pad Making session



- 10 Direct Reach
- 55 Indirect Reach

YUWA gave PMS to 10 interns on 7 June 2023 at the office where three groups were formed. They went and gave sessions to 3 different schools.

Digital Interventions

1. Digital citizenship (6 series of videos)
2. Election video
3. Labor Day video
4. Mother's Day video
5. Satire video on Education System
6. Glamorization of Mental Health
7. 6 YUWAKojigyasha posts

Other Activities



Consent Session



Session on Intersectionality



Dignified Menstruation



World Youth Skills DaY



Role of Youth in Building a Good Nation

In-house programs are YUWA's core programs that are intended to uplift young people's leadership, decision-making, and problem-solving skills. These programs are based on sustainable initiatives brought on by young people for young people to test their ideas and strengthen their community ownership.

INTERN MOBILIZATION





 Given by Interns


 For Interns


-  Canva Sessions [01/31/2023]
-  Basic Photoshop sessions [01/23/2023]
-  SRHR awareness workshop*¹
-  2 CSE sessions*²
-  Value clarification and followup*³
-  Session on gender*⁴
-  Breaking the Binary (Value Clarification)*⁵


Youths Engaged
200+


-
- 


1. SRHR Awareness and Workshop for Grades 9 and 10 which addressed menstruation myths, STIs/STDs, and safe abortion practices.
 - 

2.1. CSE session in Prabina Foundation on good touch, bad touch, gender, sex, and menstrual hygiene management.
 - 

2.2. CSE session in Himalaya Secondary School with Daya Foundation covering adolescence, puberty, menstruation, gender, sex, sexuality, healthy relationships, and more.
 - 

3.1. Value clarification for KVKSS teachers to focus on value clarification in CSE education, including ITGSE and youth-friendly pedagogical techniques.
 - 

3.2. Follow-up session for teachers to enhance and strengthen teachers' understanding of scenarios young people may encounter while addressing students' SRHR inquiries.
 - 

4. YUWA, with Blue Diamond Society, organized a session on sex and gender at Kathmandu University School of Management to promote open, safe and inclusive environment to discuss sexuality, sexual orientation, gender identity, and expression.
 - 

5. Value clarification session on LGBTQIA+ issues at Kathmandu University School of Arts which aimed at fostering understanding and inclusivity.

CORE Initiatives



Excel Training

- » An Advanced Excel Training facilitated Binaya Karmacharya for staffs and EB. The training focused on improving Excel skills and techniques to enhance productivity and provided valuable guidance on utilizing Excel effectively in daily work.



New Members Orientation

- » Three days Members Meet to introduce 12 newly recruited members to the organization's values, programs, and projects.
- » The event focused on networking, sharing experiences, and providing an orientation on YUWA's background, vision, missions, and strategic goals.



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Social Audit

- » A Social Audit to present accomplishments, projects, and future goals, encouraging beneficiaries' feedback.
- » Beneficiaries shared experiences and learnings, emphasizing skill development through blogging and video editing.
- » Financial updates included a budget of 1028386013 NPR, with received funds of 85072426 NPR and expenses of 80004847.91 NPR.



Inhouse, Core and Program Photographs



YUWA's Presence



Women Health Conference - Youth Pre-Conference

- » An online pre-conference on the "New Era of Youth Health," covering women's and girls' health and rights.
- » A Youth Call to Action was presented at the Women's Health Conference 2023, advocating for progressive steps in favor of women and girls' health.



Women's Health Conference

- » Participation in a two-day Women's Health Conference exploring trends in women's health.
- » A Youth Call to Action was presented, outlining priorities for youth health and comprehensive sexuality education in Nepal.



National CSE Conference - Youth Consultation NCCSE

- » A youth consultation before the National CSE Conference, shaping recommendations for CSE in the country.
- » Call to action to present in NCCSE Conference ----->



National Conference on Comprehensive Sexuality Education

- » YUWA was part of the organizing team for Nepal's first National Conference on Advancing Comprehensive Sexuality Education (NCCSE).
- » A Youth Call to Action was presented, outlining priorities for youth health and comprehensive sexuality education in Nepal.



Women Deliver National Convening – Nepal 2023

- » The Women Deliver National Convening in Nepal focused on gender inequality, young people's SRHR, women's and girls' rights, and the intersection of gender, SRHR, and climate change.
- » **Innovative Solutions:** YUWA curated a Solidarity Space, an exhibition booth, a Flashmob, and a Concurrent Session at the Women Deliver Regional Convening, fostering dialogue, collaboration, and knowledge sharing.



CTA



Consultation Meeting with Dutch Youth Ambassador

- » A discussion meeting with Choiceforuouth SRHR Youth Ambassador under the Right Here Right Now program.
- » Insights gained include the need for a shift from infrastructure-focused policies to addressing social structures, such as taboos around issues like abortion.
- » Religious beliefs and gender roles influenced by patriarchal systems were highlighted, emphasizing the importance of education to challenge such norms.
- » The taboo surrounding sex education was discussed, with a recommendation for Comprehensive Sexuality Education (CSE) in schools.

YUWA Networking Overview



Regional Network Meeting

- » YUWA participated in the regional network meeting of the International Conference on Population and Development+30 (ICPD+30) / Sustainable Development Goals+10 (SDG+10) Monitoring & Advocacy Initiative hosted by The Asian-Pacific Resource & Research Centre for Women (ARROW) in Malaysia.
- » The meeting identified sexual and reproductive health and rights (SRHR) issues, developed country monitoring reports, and selected strategic issues for advocacy at the country level.



APFSD Youth Forum

- » YUWA engaged in the APFSD Youth Forum in Bangkok, Thailand, contributing recommendations for various SDGs.
- » YUWA, as the host org of Women Deliver Asia Regional Steering Committee, led a session on Advancing Gender Equality, highlighting the significance of gender-responsive policies and meaningful engagement of youth. Aastha Subedi was a panelist and Manish Maharjan participated as a moderator in the session 'Advancing Gender Equality and Human Rights in Asia and the Pacific with young people at the forefront'
- » Contributions were made to the 'Asia Pacific Regional Youth Call-to-Action Ahead of the APFSD 2023.'



CTA

Asia Pacific Alliance for Sexual and Reproductive Health and Rights (Member)

- » YUWA is a member of APA, a network advocating for sexual and reproductive health and rights (SRHR) in the Asia Pacific region.
- » YUWA, represented by Swostika Thapaliya, participated in strategic meetings focusing on strengthening the ICPD ecosystem and advocating for sexual and reproductive justice.



Website

Alliance for Gender Equality and Universal Health Coverage (Co-convener)

- » YUWA is a co-convener of the Alliance, advocating for gender equality, women's rights, and SRHR in UHC policies.
- » Swostika Thapaliya, General Secretary at YUWA, spoke at the concurrent session 'Beyond Coverage: Gender Responsive UHC is a Right,' addressing obstacles hindering youth engagement in building a resilient health system.

AC AND SRHR Department

RNW Media Network (Member)

- » YUWA is a member of RNW Media, an international digital media organization working for social change. YUWA contributes through collective campaigning, grantwriting, and convening meetings.



Website

SYAN (Member)

- » YUWA is a member of SYAN, which builds capacities of adolescent and youth groups in the South-East Asia Region (SEAR) to undertake effective advocacy and engagement in adolescent health and well-being initiatives.



Website

Pleasure Project (Endorsing Organization)

- » YUWA is an endorsing organization of the Pleasure Project, working to eroticize safer sex and promote a sex-positive and pleasure-based approach to sexual health and rights. YUWA integrates pleasure principles in its works, including the CSE curriculum and digital advocacy.



Website

Asia Network to End Gender Based Violence (Member)

- » As a member of Asia Network to End GBV, YUWA actively advocated for gender equality and fights against Gender-Based Violence at local, national, and regional levels, with a focus on digital methods. In a regional meeting, February 2023, YUWA and other countries discussed strategies for implementing the Generation Equality Forum's Global Acceleration Plan.

FP2030 (Youth Focal Point)

- » YUWA serves as the Youth Focal Point for FP2030, championing government commitments to family planning in collaboration with Family Welfare Division, Nepal. YUWA ensures transparent information flow and represents the perspectives of youth and civil society.



Website



- » **Women Deliver 2023 Regional Convening—Asia**
YUWA, as the host of the Women Deliver Asia Regional Steering Committee, actively participated in collaborative activities to address challenges and develop comprehensive solutions. Their 7-member team played a key role in orchestrating the event, contributing to a 'Call to Action' document for policy advocacy. At the Women Deliver conference in Kigali, Rwanda, YUWA showcased innovative solutions for gender equality in the Asia region, marking a significant step in their international youth-led advocacy.



YUWA Presence and Networking



Lorem Ipsum

Feedback form for Annual Report 2023



**HELP US WITH YOUR VALUABLE
INPUT FOR NEXT YEAR**