



ANNUAL REPORT

SEPTEMBER 2023 – AUGUST 2024



Empowering Youth, Strengthening Involvement



YUWA Regd. No. 631/206667, KTM
SWC Affiliation No. 31130
PAN 304560705

CREDITS

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The CURleA Cohort

SRHR Champions 2024, Chitwan, Itahari

YALC Bhairawaha 2024

YALC Kathmandu 2024

Youth Champions 2024, Birgunj

YUWA Interns 2023-2024

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Alka Shrestha, CDL Officer

Designed By

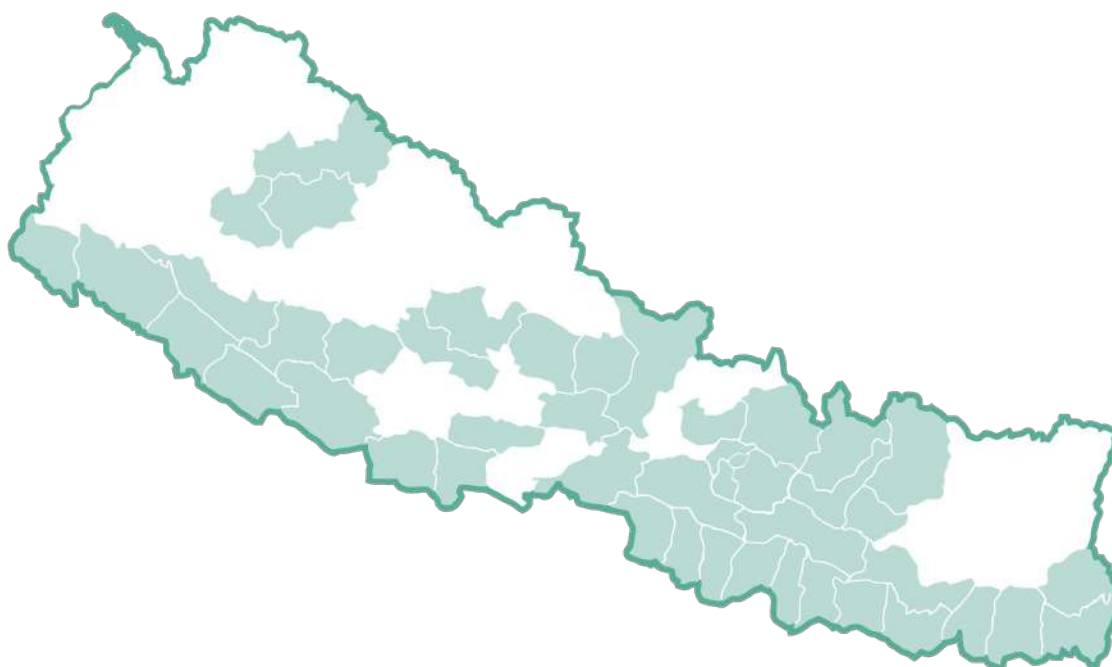
Sparsha Dabadi, Creative Associate

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GLANCES

48 Districts Reached Till Date



Our Partners:



YUWA STAFF



Aashu Kumar Sarraf

- Local Coordinator



Sarthak Bhattarai

- Youth Coordinator



Alisha Dahal

- Sr. PMEL Officer



Sparsha Dabadi

- Creative Associate



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- Sr. Finance and Admin Officer



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- Office Support





Rajendra Maharjan



- RHRN Country Coordinator

SOCIAL MEDIA PRESENCE





 41K Reach
 3.3K Follows





 35K Reach
 3.9K Follows



 41K Reach
 2K Follows



 77.9K Reach
 7.6K Follows



Message from the EXECUTIVE BOARD



As we wrap up our term as the 7th Executive Committee, our hearts are full as we reflect on the incredible journey we've had together. Over these past two years, we've poured our passion into amplifying the voices of young people, championing youth participation, and pushing YUWA's vision further than we ever imagined—locally and globally.

When we assumed the responsibility of leading the seventh executive board, we were both nervous and excited about the journey ahead. From gathering for our first board meeting the day after the AGM to now passing on our responsibilities to new faces, each of us has experienced tremendous growth and learned so much from YUWA.

From meaningful conversations with policymakers to empowering young leaders across different provinces, we've strengthened our advocacy and made a real impact. Initiatives like the Member's Mastery Lab and our strategic partnerships have helped us grow as a team and as an organization. We're especially proud of the regional and international recognition YUWA has garnered, showing the world what young people in Nepal are capable of.

None of this would have been possible without the unwavering support of our co-founders, incredible alumni, devoted members, passionate staff, dedicated volunteers, and amazing partners. We're so grateful for your belief in us and in YUWA's mission. It's been a true privilege to serve this vibrant community and contribute to something bigger than ourselves.

As we pass the torch to a new set of inspiring leaders, we do so with hearts full of gratitude and heads full of cherished memories. We're excited to see YUWA continue to grow, evolve, and reach even greater heights.

Thank you for being a part of this beautiful journey.

**Here's to new beginnings and a bright future for
YUWA!**

Executive Summary : Key Strategies and Achievements

An Overview of Our Strategic Initiatives

Reaching Out to Young People from Diverse Backgrounds

YUWA successfully expanded its programs to engage youth from rural areas and various provinces of Nepal. In Sunsari district, Koshi Province, we mobilized ten local youth champions to establish Smart Daughter Groups in all 20 wards, focusing on adolescent sexual and reproductive health and rights (SRHR). The Itahari Sub-Metropolitan City has committed to covering training and expenses, while Ramdhuni and Inaruwa municipalities pledged resources for youth SRHR initiatives. In Madhesh Province, our Youth Access program reached 440 young people through media and community awareness efforts. In Bagmati Province, we collaborated with Ratnanagar Municipality, securing commitments from all 16 wards for youth activities. Additionally, we engaged youth in political discussions, selecting representatives from marginalized communities and discussing topics like youth participation in politics. We formed Youth Activist Leadership Councils in Kathmandu and Rupandehi districts, conducting extensive sexuality education and open dialogues. In Karnali Province, we engaged 123 adolescents and youth across Kalikot and Jumla districts, focusing on SRHR awareness and education. Our in-house capacity development program, Prarambha, reached --- youths online, fostering youth leadership and development.

Build and Strengthen Relationship with Policy Makers and Decision Makers

Under the strategy of effective mobilization of partner organizations and strengthening relationships with policymakers and decision-makers, YUWA has successfully maintained harmonious relations with past partners while expanding collaborations with new government and non-government organizations. This year, YUWA has placed a special emphasis on working with local governments. We have seen strong potential for institutionalizing our efforts by conducting programs in collaboration with local governments. We continued coordination with government bodies such as the Curriculum Development Center and the Center for Education and Human Resource Development. Additionally, our selection as the FP 2030 Youth Focal Point has strengthened our collaboration with the Family Welfare Division and FP 2030. For the first time, Birgunj Metropolitan City in Madhesh Province included YUWA in its health committee, ensuring youth involvement in health-related issues. Recognizing that collaboration with youth alone is not sufficient to improve SRHR, YUWA focused on strengthening the entire ecosystem and generating demand from the community. We partnered with teachers and healthcare

providers in Sunsari district (Koshi Province), Bardiya and Rupandehi districts (Lumbini Province), and Kalikot and Jumla districts (Karnali Province). We conducted capacity-building programs on adolescent-friendly inclusive health services with 133 healthcare providers and comprehensive sexuality education with 130 teachers.

Effective Mobilization of Partner Organizations

In the field of active citizenship, YUWA partnered with organizations like the Nepal Voters' Rights Forum, Purple Foundation, International IDEA, and the European Union under the ERISID project. We advocated for democracy, inclusion, and electoral reforms, including presenting a memorandum to the House of Representatives' State Affairs Committee to boost youth and marginalized group participation in elections. We also facilitated gender equality workshops in Karnali Province and established a five-year strategic partnership with Plan International to enhance youth participation and SRHR work. We expanded collaboration with regional and international organizations such as ARROW, APA for SRHR, and the Alliance for Gender Equality and UHC. In Koshi Province, we conducted a five-day capacity development program on anti-human trafficking and comprehensive sexuality education with 40 participants from various sectors. As the secretariat of the RHRN partnership, YUWA hosted a major SRHR fair and focused on media engagement to promote safe abortion and comprehensive sexuality education. We worked with journalists to highlight these issues and organized a community dialogue forum in Birgunj to address barriers and advocate for youth-friendly services.

Strengthening the Research Unit and Evidence Generation

Under the strategy to strengthen research and knowledge production, this year YUWA developed a comprehensive sexuality education curriculum based on "Choices and Voices" and created a comic book approved by the Nepal Health Information and Communication Center. We updated class-specific education books and launched the "Know Your Body" website. We laid the groundwork for researching youth perceptions of contemporary politics using insights from the CURIEA and conducted studies on out of country voting, empty seats for Dalit communities, and campaign financing. Our collaboration with UNFPA on a digital learning platform (Coursera) has improved research and knowledge production capabilities. Advisory groups and refined educational materials have enhanced the role of YUWA in this area. A survey on safe abortion services in Birgunj revealed issues with access and stigma, guiding the planning of the next phase of the Youth Access program.

Institutional Capacity Strengthening and System Reforms

We implemented several changes, one of which was a financial system review and strengthening program. Based on its recommendations, we have improved the internal control systems and revised the format of financial documents.

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 (SRHR)

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

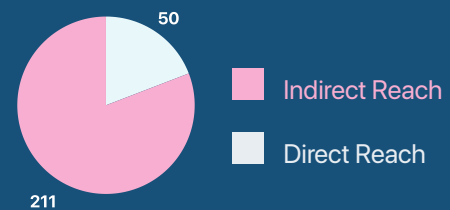
In the pursuit of fostering active citizenship and advancing Sexual and Reproductive Health and Rights (SRHR) in Nepal, the Research Unit has undertaken a comprehensive array of surveys and research initiatives over the past year. Our dedicated team has been steadfast in the collection of data, information,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

Prarambha

Prarambha is a two to three days' workshop for youth aged 18 to 25, led by YUWA. It empowers participants to develop leadership and problem-solving skills through activities, discussions, and project planning. The workshop fosters innovation and civic engagement, targeting youth clubs and colleges, and concludes with a mock election .



- Padmakanya Multiple Campus
- Reliance College



Activity at Padmakanya Multiple Campus

Prarambha at Padmakanya Multiple Campus, involved 30 participants divided into four groups. Team Kanyarambha was selected to implement their "Promoting Body Kindness" project, focusing on raising awareness about body shaming and its impact, with an emphasis on fostering body positivity and mental well-being among students.



Activity at Reliance College

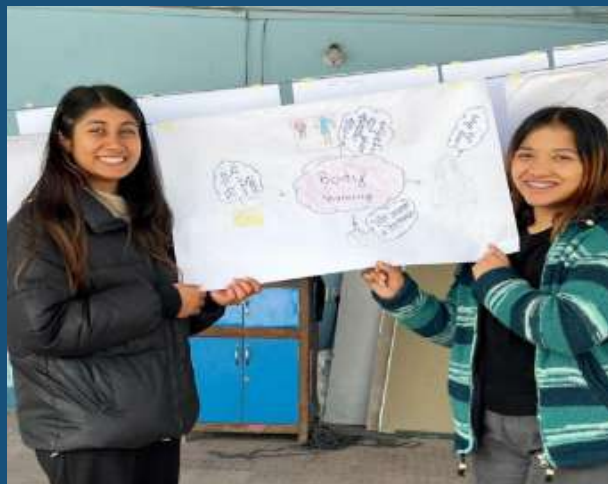
Prarambha at Reliance College involved 20 students, focusing on leadership, teamwork, and essential skills. Team Divine's "Unmanaged Waste" project was selected for implementation, aiming to address waste management issues. The program included idea generation, problem mapping, and a mock election, concluding with work plans and certificates.



Program that received seed fund

Promoting Body Kindness

Two awareness sessions were held, featuring interactive learning, group activities, quizzes, and a drama on body shaming.



Bash the Trash

YUWA conducted the "Bash the Trash" project to raise awareness about waste management. An orientation at Reliance Public School covered waste disposal issues and the 3Rs (Reduce, Reuse, Recycle), featuring interactive activities. A community clean-up in Budhanilkantha involved trash collection and dustbin distribution.



CURleA

The CURleA is envisioned as a platform to engage an inclusive cohort of seven young people in a series of thematic political discussions. In the context of the project the acronym of is used to refer to the **Consultative Youth Residency- on Informed Electoral Advocacy** (CYouRiEA-CURleA) will be used aiming to present it as a platform of discussions.

The CURleA Cohort



Aadarsha Ghatani



Ashaswi Karki



Dikshya Koirala



Manika Thapaliya



Pragya Aryal



Rijwan Badhai



Rohan Das Kathbaniya

Modular Themes



A/Politics



Image of a Politician



Political Movement to Federalism



Federal Structure and Institutions



Inclusion, Representation and Agenda Setting



Youth in Politics



Electoral Roadmap and Barriers to Representation



Electoral Reform- Our view Point



Self as a Politician

PROGRAM DESIGN

Selection Call

15 April, 2024

Cohort Orientation

8 May, 2024

- A small orientation session was held on YUWA office where cohort were introduced to one another and program.



Residential Induction

8-10 May

- Over the course of three days, the cohort members engaged in innovative activities, successful in providing them with a primer in resource-sharing, electoral process and informal rules associated to participation.



Discussions on resource-sharing



Activity: What is Politics?



The team



Activity: Image of a Politician

Dabali Discussion: 1 (Political Ecosystem)

2 June, 2024

- The 7-member Cohort joined discussions in formulating a perception of the political ecosystem here in Nepal and what 'makes' an individual in politics 'a politician'.



Activity: Parliamentary Debate



Discussions: Political Ecosystem

Dabali Discussion: 2 (Political Movement to Federalism)

12 July, 2024

- CURleA Cohort focused on the political history of Nepal leading up to federalism. The Cohort members enjoyed learning about genesis and rationale for federal system in Nepal through explainer videos and interactive lecture.



Lecture: History of Federalism



Activity: News Sharing

Exposure Visit to Narayanhiti Palace

16 July, 2024

- CURleA Cohort members in a facilitated visit to Narayanhiti Palace Museum with YUWA team as a follow up to the second dabali discussion.



The Team

Dabali Discussion: 3 (Federal Structure and Institutions)

20 August, 2024

- YUWA cohort members discussed federal structures by creating models of their own cities with their own governance models.



Lecture: Federal Structures



Activity: Build Your City

Mini Dabali Discussions

10th August, 2024

- Cohort discussed on various topics of federalism

12 June, 2024

- Cohort discussed about what their agendas are, and who represents them in Politics..



Activity: Myths/Fact Federalism



Preamble Reading

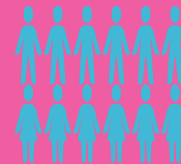
Capacity Strengthening on Human Trafficking and CSE

Highlights

- Comprehensive Training on Human Trafficking, Sexual Violence, and SRHR/CSE
- Legal Insights and Psychosocial Counseling
- Interactive and Practical Sessions on SRHR and CSE
- Actionable Recommendations for Community Improvement
- Valuable Learning Experiences



- Salleri, Solukhumbu



Reach: 40

YUWA in collaboration with Silent Bridge Nepal (SBN), a non-profit organization dedicated to rescuing and supporting young girls at risk of human trafficking and sexual abuse, providing them a safe haven and offering recovery and reintegration services, conducted a five-day Capacity Building Training on Human Trafficking and Comprehensive Sexuality Education (CSE). The training focused on human trafficking, shelter operations, psychosocial counseling, and legal aspects. Later, participants learned about CSE, Sexual and Reproductive Health and Rights (SRHR), relationships, consent, and digital safety. The training aimed to enhance staff understanding of human trafficking, clarify shelter procedures, and improve collaboration with local stakeholders while promoting CSE.

TESTIMONIALS OF PARTICIPANTS

1

"This session made the legal aspects of our work much clearer. The real-life case studies helped me understand the practical challenges and solutions."

2

"I found the discussion on mental health and societal impacts extremely enlightening. It highlighted the urgent need for better psychosocial support systems in our community."

3

"The activities and discussions about SRHR and consent were eye-opening. I now feel more confident in talking about these topics with students and community members."

4

"The group discussions were incredibly productive. We came up with practical solutions that we can start implementing right away."

The Capacity Building Training in Salleri was a major achievement, effectively addressing critical issues related to human trafficking, sexual violence, and comprehensive sexuality education. The event provided valuable knowledge, practical insights, and actionable recommendations, significantly impacting the participants. The positive testimonials and feedback underscore the training's success and the ongoing need for such educational initiatives.

CBT GALLERY



Manjita Upadhyay explaining the safe house criteria



Kosh Raj Neupane demonstrate the gender & sex, and human trafficking laws



The speech sharing by District Judge in closing ceremony.



Photo with the participants



Photo with Members of Civil Society Organizations



Photo with guest from District Court

Intern Mobilization

Given to Interns
Given by Interns

- ◇ Youth Leadership and Teamwork
- ◇ Mental Health, Looking After Yourself
- ◇ Pad Making and Mesntrual Hygiene Session*³
- ◇ Pad Making and Mesntrual Hygiene Session*³
- ◇ Relationship and Consent
- ◇ Learning Circle- Emotional Intelligence
- ◇ Discussion on Navigating the Spectrum of Mind
- ◇ Digital Citizenship
- ◇ Digital Citizenship
- ◇ Breaking The Orphanage Myth (BTOM)



1. Youth Leadership and Teamwork for Bachelor students which addressed leadership, team building, and their interrelationship.



2. YUWA conducted a virtual session titled "Mental Health, Looking After Yourself," exploring mental health, coping mechanisms, and self-care.



3. 1 YUWA conducted "Pad Making Sessions" focusing on menstrual hygiene and reusable pads.



3. 2 YUWA conducted a "Pad Making Session" focusing on menstrual hygiene and reusable pads.



3. 3 YUWA conducted a "Pad Making Session" focusing on menstrual hygiene and reusable pads.



4. 1 YUWA conducted a "Pad Making Session" at **Xavier International College** focusing on menstrual hygiene and reusable pads.



4. 2 YUWA conducted a "Pad Making Session" at **K and K College** focusing on menstrual hygiene and reusable pads.



4. 3 YUWA conducted a "Pad Making Session" at **Manjushree Home** focusing on menstrual hygiene and reusable pads.

26
Sep

5. YUWA conducted a session at Voice of Children on "Consent" and "Relationships" within the SRHR framework. .

30
Jan

6. Learning Session- Emotional Intelligence covered the importance of EI in managing emotions, its learnability, five key aspects, and methods for managing emotions.

13
Feb

7. "Navigating the Spectrum of Mind" explored youth perceptions of psychological disorders through interactive activities and emphasizing support for those affected.

4
Mar

8. 1 YUWA conducted session on "Digital Citizenship," focusing on responsible online behavior and safety.

14
Mar

8. 2 YUWA conducted session on "Digital Citizenship," on Shreeyantra Education Foundation School raising awareness among ninth-grade students and interns about digital access, security, etiquette, and online threats.



Intern Mobilization

Capacity Strengthening



YUWA Office



Total Beneficiaries



Data Collection

YUWA conducted a training session on "Methods of Data Collection" to enhance participants' skills in gathering and analyzing data effectively. The session covered data definitions, sources, measurement, sampling methods, and questionnaire types, concluding with a practical demonstration.



Canva Training

YUWA conducted a Canva training session for the Kanyarambha team and interns, focusing on designing advocacy posts and interactive presentations. Participants created designs related to the 16 Days of Activism.

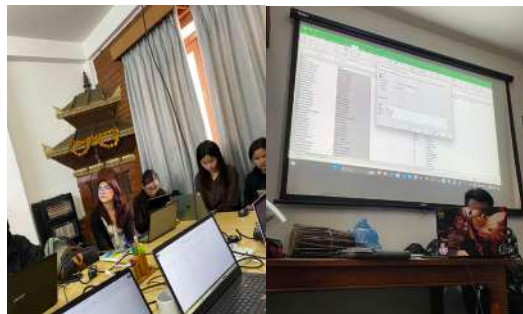


EXCEL Training

YUWA conducted an Excel training session covering basic and advanced functions like data filtering, sorting, and using formulas. Practical exercises were included, and feedback indicated the session was valuable with a request for more advanced training.



Canva Training



Excel Training

Digital Engagement

» Video Shoot – Promoting Body Kindness

Participants: 11

Reach: 5.9K

Team Kanyarambha produced a video highlighting the daily challenges of body shaming faced by a young female individual, illustrating how it affects self-esteem and mental health. The video received positive feedback, with viewers connecting personally to the story and commending its emotional depth and insightful awareness.



» Video Shoot – International Women’s Day

Participants: 12

Reach: 2.3K

For the International Womens Day 2024, YUWA interns scripted, directed and shot a video on Breaking Chains, Amplifying Voices. This video provided a key message to break the stereotypes and embrace the diversity of women’s voices



» On the screen

Participants: 8

Interns analyzed gender representation in Nepali movie songs. Songs were discussed for their portrayal of gender roles, with critiques and praise highlighting the need for more respectful media representations.

» Movie screening ‘ARDH’

Participants: 10

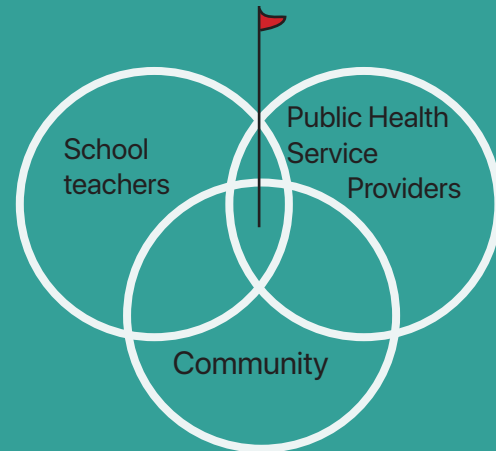
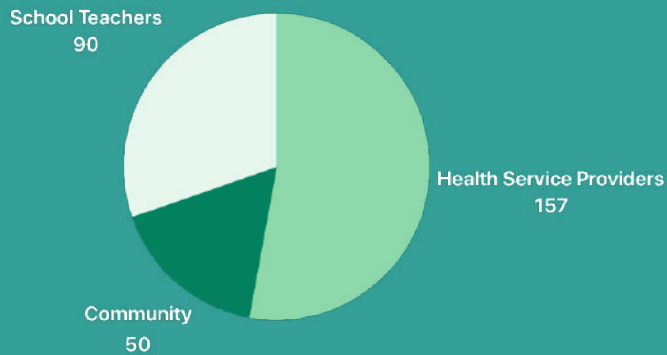
Interns rated it between 2 and 3.5 for being less informative and demotivating due to its ending. Themes discussed were nepotism, LGBTIQ+ struggles, and various life challenges representations.

» Movie Screening ‘Janahit Meain Jari’

Participants: 7

The session included discussions on the film’s story, characters, and dialogue, followed by a Q&A. Interns found the film engaging and impactful in its portrayal of contraception taboos.

Adolescent's SRHR Project



YUWA's Adolescent SRHR project focuses on enhancing public health service providers' and school teachers' capacity, and developing adolescents' peer education skills. These efforts aim to boost demand for SRH services and increase community awareness on adolescent SRHR issues.

PEER TO PEER TRAINING

CSE and Adolescent Friendly Health Services



• 26 – 30 May



- Sinja, Jumla
- Kanaka Sundari, Hima



Participants

YUWA conducted Peer-to-Peer Training across Kanaka Sundari, Hima, and Sinja Rural Municipalities to empower adolescents with CSE and SRHR knowledge. The sessions aimed to develop young peer educators and foster open dialogue on SRHR. Participants increased their understanding from average pre-test scores of 7.6 to 9.8 and from 6.8 to 9.7 out of 11, respectively

TEACHERS' TRAINING

Comprehensive Sexuality Education



- 16 – 25 May
- 27 May – 5 June



- Sinja, Jumla
- Manma, Kalikot



90

Participants

YUWA conducted a Comprehensive Sexuality Education (CSE) training for school teachers in collaboration with Plan International. The training aimed to enhance teachers' knowledge and skills on CSE, focusing on gender, relationships, and sexual health. Interactive sessions addressed myths, societal taboos, and effective curriculum integration. Evaluation showed a significant increase in teachers' knowledge.

TRAININGS TO HEALTH SERVICE PROVIDERS

Inclusive Adolescent Sexual and Reproductive Health Rights (SRHR) and Disability-Friendly SRHR Services in Emergency Contexts



- 26 – 31 May
- 9 – 14 June
- 14 – 20 June
- 27 – 29 April



- Manma, Kalikot
- Sinja, Jumla
- Bardiya
- Sindhuli



157

Participants

YUWA conducted a series of training sessions on Adolescent Sexual and Reproductive Health Rights (ASRH) and disability-friendly SRHR services in emergencies (SRHRiE) across Nepal. The sessions aimed to enhance health service providers' capacity to deliver inclusive and adolescent-friendly SRHR services, focusing on disability inclusion and emergency preparedness. Key topics included gender, contraception, STIs, and sexual violence. Test scores increased by 5% to 17% post-training. Recommendations included smaller participant groups, residential arrangements, and additional resource materials.

Adolescent's SRHR Project Gallery



Peer to Peer Training at Jumla and Hima



Teachers' training at Jumla



Teachers' training at Kalikot



Trainings to health service providers

Kalikot

Bardiya

Right Here, Right Now (RHRN) 2

The Right Here, Right Now (RHRN) 2 coalition, a partnership of Rutgers, ARROW, CHOICE, dance4life, Hivos, IPPFAR, LACWHN, and the Dutch Ministry of Foreign Affairs, has advanced Sexual and Reproductive Health and Rights (SRHR). This report offers an overview of key events and activities from the period.

-- Policy Advocacy --

Progress review meeting

- In April 2024, a meeting at CEHRD introduced the RHRN coalition partners in Kathmandu—Blind Youth Association Nepal, Blue Diamond Society, and Beyond Beijing Committee. The focus was on establishing an MoU, reviewing 2023 achievements in CSE and advocacy, and planning for 2024, with an emphasis on reviewing IEC materials and documenting CSE and Queer community issues for future collaboration.

Participation in the APFSD

- Bipana Shrestha, SRHR Program Coordinator at YUWA, attended the APFSD youth forum, People's Forum, and Intergovernmental Forum in Bangkok (Feb 15-23). She presented youth recommendations, engaged with APRCEM representatives, and drafted collective statements for the Summit of the Future and VNR process. Bipana also met the Assistant Secretary-General for Youth Affairs, who endorsed greater youth involvement in UN mechanisms.



-- SRHR Information and Education --

YALC 2024

The Youth Activists Leadership Council (YALC), comprising 20 youth activists aged 16 to 24, disseminates SRHR information through peer education. They advocate nationally and internationally for improved SRHR policies, family planning, comprehensive sexuality education, and meaningful youth participation. .

YALC Kathmandu



Aarushi Jaiswal



Aayushman Puri



Anita Rawat



Bishaka Khanal



Dipendra Aidee



Priyanka Koirala



Rubina Rai



Rupika Tharu



Sujal Paudel



Urashna Manandhar

YALC Rupandehi



Alisha Bhandari



Anil Khanal



Hasnuddin Jolaha



Kailash Mahato



Prabha Gyawali



Pujan Subedi



Punam Kunwar



Roshana Parajuli



Sandesh Regmi



Sara Joshi

PROGRAM STRUCTURE

YALC Cohort for 2024

- YUWA organized two major YALC cohorts in 2024, situated in Kathmandu and Rupandehi. 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, showing its influence and support.

Inception Training

- YUWA conducted an inception program for YALC in Kathmandu and YALC Rupandehi, introducing participants to YUWA, RHRN, and their upcoming roles. The program focused on leadership, peer education, gender, and digital advocacy, equipping participants with the skills and knowledge to promote SRHR and CSE in their communities. Action plans were developed to implement CSE sessions, street dramas, podcasts, and flash mobs.



YALC Kathmandu and YALC Rupandehi during Inception Program at Kathmandu

YALC 2024

Khulla Aakash

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

April 2024 - June 2024

4

Sessions

1. Consent
2. Inclusivity
3. Breaking the silence: Addressing Sexual Assault
4. Echoes of the Unheard: Bringing Closure to the skipped Chapter

63

Reach

CSE Sessions

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

April 2024 - June 2024

20

Sessions

Implementation of **CHOICES AND VOICES: A CSE CURRICULUM** by YUWA

YALC Kathmandu and YALC Rupadehi conducted 10 sessions each.

260

Reach



Khulla Aakash by YALC Kathmandu



Pride Parade by YALC Rupandehi



CSE Sessions

SRHR Champions

SRHR Champion Sunsari

SRHR champions mobilization

- In 2023, 19 youth champions were trained in Sunsari to advocate for SRHR and CSE. They secured budget commitments from local governments and planned to distribute sanitary pads in schools. A follow-up meeting in February 2024, with 13 participants, 3 new recruits, divided in 3 groups, led to a three-month action plan and emphasized the need for regular team meetings to ensure effective program implementation.
1. Aasha Shah
 2. Aryan Khatwe
 3. Jeevan Dhungel
 4. Mausham Koirala
 5. Prakash Pokhrel
 6. Punam Khatwe
 7. Puspa Katuwal
 8. Rikesh Niraula
 9. Sandip Kumar Sah Haluwai
 10. Ujjwal Uranw

Implementation of Plan of Action

- The SRHR champions' efforts in Sunsari concluded in **May 2024**.
- Group 1** engaged with **Itahari officials** to form **Smart Chhori** groups across all wards and promoted club formation and training.
- Group 2** provided sanitary pad-making training to 25 adolescent girls in **Inaruwa** and held SRHR discussions with 65 students and local municipalities, securing budget commitments for SRHR programs.
- Group 3** surveyed menstrual hygiene in **Dharan's** private schools, identifying deficiencies and urging the municipality to develop a standard protocol for better management.

95
Participants

2nd Follow up meeting

- On June 2024, the final review meeting for Sunsari's SRHR champions was held at Itahari. Each group presented their achievements: Dharan urged for pad vending machines in schools, Inaruwa highlighted advocacy and a new youth club, and Itahari showcased successful advocacy meetings and municipal commitments. Local officials praised the impact and promised future support, recommending a focus on gender equality and emerging issues.



SRHR Champion Chitwan

- | | |
|-----------------------|--------------------|
| 1. Zenitha Chalise | 9. Rodashi Thapa |
| 2. Asmita Kafle | 10. Sandip paudel |
| 3. Shakespeare Duwadi | 11. Smriti Sedhai |
| 4. Nitesh Ghimire | 12. Tripti Khanal |
| 5. Sangharsha Sharma | 13. Utsab Adhikari |
| 6. Srijana Dhakal | 14. Susan Nepali |
| 7. Samarpan Dhakal | 15. Nisha Adhikari |
| 8. Sinshiya KC | 16. Pratik Acharya |

PROGRAM STRUCTURE

Inception program

- The SRHR Youth Champions – Chitwan Inception occurred from **March 11-14, 2024**, where **16 young activists** were trained in SRHR and CSE under RHRN 2.



End review of SRHR champions

- The End Review Program on June 28-29, 2024, celebrated the SRHR champions' achievements and planned future steps.



Awareness Campaign on CSE and Youth SRHR at schools and Community



6 Open Discussions



18 CSE Sessions



16 Awareness Sessions



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

-- Public Support --

Mainstreaming CSE through social media campaign

- YUWA through its Instagram based campaign page, CSE_Can, is being used as a medium to share information regarding one's SRHR.



[cse_can_np](#)

SRHR MELA

- The event featured a range of IEC materials developed by RHRN and aimed to create an informal space for open discussions on SRHR and CSE. Highlights included the launch of YUWA's "Know Your Body" website and e-learning course, as well as interactive booths and discussion areas that encouraged robust engagement. The diverse turnout, including youth, parents, and policymakers, enabled meaningful exchanges and showcased the impactful work of various coalition members.



[For more photos of SRHR Mela](#)

Celebrity and Influencer Mobilization

- YUWA has continued its collaboration with content creator Ms. Elena Gurung as the Celebrity advocate for the fiscal year of 2024. For this year, Ms. Gurung will be collaborating with YUWA in the development of videos and sharing of posts from CSE_CAN pages.



--Strengthening Civil Society and Movements--

Alignment meeting with CSE advocacy coalition

- On April, 2024, YUWA held an alignment meeting with the CSE Advocacy Coalition. The meeting focused on updating progress, sharing YUWA-RHRN priorities, aligning activities, and planning the Coalition's 2024 action. YUWA presented 2023 achievements and the "Know Your Body" website, discussed feedback on integrating Coalition information, and concluded with a push for more movement-based activities and alignment with RHRN's agenda.

16 Days of Activism

- Held from 18 Nov-5 Dec, 2023

8

Sessions

1. Art Competition at YUWA
2. Fight Back at Fight Back
3. Sip Stories
4. Khulla Aakash*2
5. Discussion with Young People on SRHR to overcome Violence
6. Elevating Voices, Breaking Chains: 'Invisible Victims'

100+

Participants

16 Days of Activism Photos



Value clarification on CSE among teachers

- YUWA under Right Here Right Now conducted a value clarification training on CSE among teachers, school health nurses and Physical health Subject committee members at Kathmandu and Butwal on 30th Nov and 1st Dec. The primary objective of the training was to lead an open and constructive discussion among participants, focusing on refining the skills and strategies essential for the effective delivery of Comprehensive Sexuality Education.

UNFPA CSE Academy

The UNFPA CSE Academy is an innovative global project aimed at developing an open-source, digital learning platform focused on Comprehensive Sexuality Education (CSE). This initiative seeks to reach young people, especially those in contexts with limited access to reliable information and equip them with the knowledge to become peer educators and SRHR advocates.

ACTIVITIES

- **Audience Research:** Conducted fgds with diverse youth populations to gather insights on the needs and preferences for CSE content.
- **Collaborative Program Development:** Partnered with Rutgers and other stakeholders to design and finalize course content through an iterative feedback process.
- **Consultative Group:** Recruited and trained young co-creators from Nepal and Ghana to provide feedback and ensure inclusivity in course development.
- **Digital Learning Modules:** Developed 3 modules focusing on CSE fundamentals, exercises, and peer educator training, which will be piloted and refined based on user testing.



Various groups are involved in the preparation of CSE Academy at a global level. YUWA is a part of the Consultative Group and is facilitating the User Test Group.

PROTOTYPE TESTING

Heidy Araque and Jahou Nyan from Rutgers visited YUWA in March for the prototype testing of the UNFPA CSE Academy. The prototype testing was done with six diverse young people including ones using screen reader. While in Nepal, the team also met with the team of UNFPA Nepal for their feedback and support in sustainability of the academy.



Alpha testing in YUWA office for Digital Learning Platform



Prototype testing for the Digital Learning Platform



Heidy, Jahou and YUWA's collaboration meeting with UNFPA

IMPACTS

- **Educational Reach:** The CSE Academy aims to educate a large audience of young people, providing them with reliable, engaging, and context-specific CSE content.
- **Capacity Building:** By training youth as peer educators and advocates, the project fosters leadership and advocacy skills, promoting gender equality and SRHR.
- **Programmatic Synergies:** The insights from audience research are being integrated across multiple SRHR initiatives, enhancing the inclusivity and relevance of ongoing projects.

Youth Access

» PPGNHAIK Visits YUWA



• 5 – 10 Jan 2024

The Planned Parenthood Great Northwest, Hawai'i, Alaska, Indiana, Kentucky (PPGNHAIK) team visited YUWA to support the Youth Access project and hold strategic discussions. They also visited Birgunj to observe Youth Champions working in the field of Safe Abortion. Key activities included discussions with youth champions about their journey, meetings with stakeholders, and learning sessions led by safe abortion service providers.



Youth Champions

The Youth Champions from Birgunj aim to reduce unsafe abortions and related health risks by improving access to safe abortion information and services in Birgunj Metropolitan, Parsa District. They engage in peer education, digital campaigns, and outreach, focusing on youth empowerment and shifting public knowledge, attitudes, and perceptions on safe abortion

Youth Champions - Birgunj

- Aadarsh Shuvam Karn
- Bhumika Shah
- Kewal Keshari
- Kumkum Gupta
- Neha Patel
- Priety Jaiswal
- Ravi Karn
- Satyendra Kumar Sah
- Soni Kumari Yadav

PROGRAM STRUCTURE

Youth Champions Inception

29 August- 1 July, 2023.

- YUWA organized a 4-day Inception Program covering safe abortion services, relevant laws, family planning, and digital advocacy tools.

Refresher Training

2-3 Febraury, 2024

- A refresher training was held in February 2024 to review progress.

End Review Program

17-18 May, 2024

- An end review program in May 2024 reflected on their journey, achievements, and future advocacy plans.



ACTIVITIES

» Training of community health workers



- 18-19 December , 2023

A Value Clarification Training for Community Health Workers was to equip 17 health workers with the knowledge and skills to provide inclusive, youth-friendly abortion services. The training covered topics like sex and gender, sexual orientation, inclusivity in health care, and abortion laws. Participants engaged in role-play exercises and discussed misconceptions, with many learning about LGBTIQ+ terms and clarifying the differences between sex and gender for the first time.



[Article published regarding the Training program](#)

» Orientation meeting with the media



• 19 December, 2023

A Media Orientation was held on December 19, 2023, with 10 participants where the session focused on using proper terms, gender-sensitive reporting, and accurately representing abortion issues. Media personnel were also briefed on their upcoming role in the project



» Community mobilization and awareness



The discussion programs among young people were conducted on schools on on safe abortion, family planning, and Comprehensive Sexuality Education (CSE) Additionally, discussions about safe abortion myths and stigma, using a documentary to drive conversations has happened with health workers. The “My Abortion My Choice” Facebook page was launched to share educational content and updates, leveraging social media to broaden awareness and support informed decision-making on safe abortion.

» Engagement of Media

PODCAST



Talking Taboo: Gaps in Comprehensive Sexuality Education, Ft. Dr. Laxmi Thapa



Birgunj Municipality's efforts to provide youth-friendly safe abortion services and the need for collaboration and sustainable human resources



Youth champions sharing their experiences and the impact of their school awareness programs.

CASE STORIES

Eight media personnel were recruited to write articles and case stories about safe abortion in Birgunj. Their work aimed to leverage media to spread accurate information, reduce stigma, and raise awareness about safe abortion practices. The case stories highlighted the status of abortion services and health providers in Birgunj, and emphasized the importance of educating young people about safe abortion laws and policies.



“सुरक्षित गर्भपतन” बारे सचेतना
जगाउँदै युवा



जनशक्ति अभावले सुरक्षित गर्भपतन सेवा प्रभावित



गर्भपतन गराउने स्कले बालिकाको
संख्या पनि बढ्दै



वीरगन्जमा सुरक्षित गर्भपतन गराउनेहरूको
संख्या बढ्दै, स्कूल र कलेजमा अर्गै सचेतना
फेलाउन' पत्रमा जोडपर्सामा



गर्भपतनले घटाउँदै जोखिम



एक वर्षमा देशैभर ९० हजार बढीले गराए
सुरक्षित गर्भपतन

COMMUNITY DIALOGUE FORUM

The event featured a diverse panel discussing the importance of normalizing conversations around safe abortion. The forum highlighted the taboos and barriers to accessing safe abortion services and called for better information access and investment in youth-friendly services. Panelists urged integrating these topics into local educational curricula and improving local service centers.



SAFE ABORTION SURVEY

A survey in Birgunj revealed key insights into safe abortion services. Health professionals were the main source of information, followed by family and social media. Many respondents face significant distances to access facilities, indicating accessibility issues, especially in rural areas. Stigma, discrimination, and familial opposition were common barriers deterring individuals from seeking abortion services.



Members Engagement

» LEADERSHIP HANDOVER SESSIONS

July-Aug, 2024

The Leadership Handover Sessions, held over seven Saturdays in the month of July and August involved YUWA's current executive board, past board members, and co-founders, along with new prospective board members. These sessions were designed to facilitate a smooth leadership transition by providing in-depth knowledge about YUWA's structure, legal status, roles, compliance, and donor mapping, while fostering collaboration between outgoing and incoming leaders.



» YUWA's Anniversary Celebration

25 Dec, 2023

YUWA celebrated its 14th anniversary on December 25, 2023, bringing together co-founders, members, staff, alumni, YALCs, interns, volunteers, and board members in a festive atmosphere. The reunion, which included the founding members and prospective board members, was both emotional and rejuvenating as past and present faces of YUWA reflected on their journeys. The co-founders noted that while much has changed, YUWA's youthful spirit remains the same, making the celebration a memorable moment in the organization's history.



Members Engagement

» Membership Mastery Lab

24 Feb, 2024

The Membership Mastery Lab, held to unite YUWA members, successfully engaged 18 participants in sharing experiences, learning, and networking. Members recounted their paths to YUWA, often through social media or college peers, driven by a desire for growth in a dynamic youth-focused environment. YUWA was described as a safe space for self-expression, highlighting its supportive figures and core values, such as leadership development and equal opportunity. Facilitators shared personal growth stories and achievements, including the Member of the Year awards. Group activities addressed hypothetical challenges, emphasizing strategic responses and community engagement. The program resulted in the creation of an annual event calendar, a WhatsApp group for real-time communication, enhanced event communication strategies, and a stronger alignment with YUWA's mission.



» Social Audit

28 July 2024

The Social Audit program, held on July 28, 2024, aimed to review the past year's programs, budgets, achievements, and challenges, promoting transparency with stakeholders. Key project activities from 2079/80 and future plans were discussed to align with beneficiaries' expectations. The event fostered stronger relationships between YUWA and its stakeholders, including representatives from partner organizations, donor agencies, the Youth Council, beneficiaries, members, and staff.



YUWA Networking

» 2023 APA NETWORK MEETING

11 Nov 2023

The 2023 APA Network Meeting, held on November 11 in Bangkok, brought together 34 members from 15 countries to discuss the theme "Bold Horizons: Advocating for SRHR in Asia and the Pacific." YUWA, represented by Ashmita Rijal, shared Nepal's experiences in SRHR and youth involvement. The meeting formed three working groups on Leadership and Advocacy, Evidence Generation, and Intersectional Movement Building, with elections announced for two Steering Committee.



» Multi-stakeholder dialogue

10-11 Nov 2023

The Multi-stakeholder Dialogue held ahead of the 7th Asian and Pacific Population Conference in Bangkok, Thailand provided civil society groups in Asia-Pacific a platform to review progress on the population and sustainable development agenda, marking 30 years since the ICPD Programme of Action, 60 years since the first Asian Population Conference, and 7 years since Agenda 2030. Advocacy messages contributed to the 7th APPC and CSOs/Youth forum.



» 7th Asia Pacific Population Conference

13-17 Nov 2023

YUWA presented a comprehensive report on Comprehensive Sexuality Education (CSE) in Nepal, highlighting key insights and findings. Gelal also discussed the digitalization of CSE during the CSO forum, stressing the role of technology in enhancing access to sexual and reproductive health information.



» The Nexus: SYAN Regional Consultation Meeting

3-4 Nov 2024

The SouthEast Asian Youth Health Action Network (SYAN) is a regional network empowering adolescent and youth groups in ten countries, including Nepal, with YUWA as a member. SYAN held its first in-person meeting on November 3-4, 2023, where representatives discussed youth health rights, wellbeing, and regional diversity. The meeting also featured a consultation on the WHO-PMNCH's Agenda for Action for Adolescents, outgoing and incoming leaders.



» Asia Pacific Regional Convening ahead of the Summit of future

22-24 Aug, 2024

The Asia Pacific Regional Convening, held from August 22-24, 2024 in Kuala Lumpur, brought together 82 youths from 21 countries to prepare for the Summit of the Future. Organized by ARROW, YPEER Asia Pacific Centre, Youth Lead, and Major Group for Children and Youth, the event focused on regional collaboration. Ashmita Rijal, Secretary of YUWA, represented the organization, and participants jointly developed a Call to Action for the Summit.



» ICPD30 GLOBAL YOUTH DIALOGUE BENIN

4-5 Apr, 2024

The dialogue, "Generation Choice: Together for Bodily Autonomy!" at the ICPD30 GlobalYouthDialogue, was a powerful exchange on advancing SRHR in the face of challenges. Sijan Gelal, as a panelist, emphasized the importance of youth leadership in shaping policies that respect bodily autonomy and shared personal experiences of navigating SRHR advocacy in Nepal.



» RHRN regional Fora

2 – 5 Oct 2023

Participants from Bangladesh, Nepal, and Indonesia gathered in Kuala Lumpur, Malaysia, for the RHRN2 Regional Fora in October 2023. The fora, organized by ARROW, enabled participants to refine their country plans, exchange ideas on sustainability, and map CSE strategies for 2023-2025. The sessions reinforced RHRN2's aim to empower young people in advancing SRHR and gender justice. rising resistance.



» APPC Validation workshop

9 Oct 2023

On October 2023, the Asia-Pacific Population Conference (APPC) held a validation workshop to enhance its indicator framework. Participants discussed Health, Education, Gender Equality, SRHR, and Youth, offering recommendations to refine the framework and align it with global goals. The workshop fostered collaboration and contributed valuable insights for improving population and development indicators in Nepal.



» CSE Cluster In-person meeting and Study Visit

23-27 Oct 2023

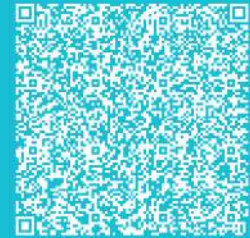
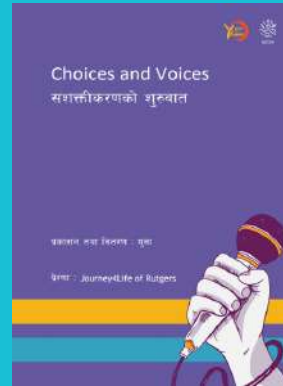
The Learning for Change platform, convened by RFSU, facilitates collaborative learning and knowledge-sharing among partners through three thematic clusters. The meeting aimed to strengthen bonds among members, share experiences on CSE implementation, identify key priorities, and develop a 2024 work plan. The visit also included a study tour to Globala Gymnasium and the Swedish Education Agency to observe Sweden's best practices in pleasure-based comprehensive sexuality education.



Features and Publications



CSE Comic Booklet
Endorsement by
NHEICC



Choices
and Voices
Curriculum

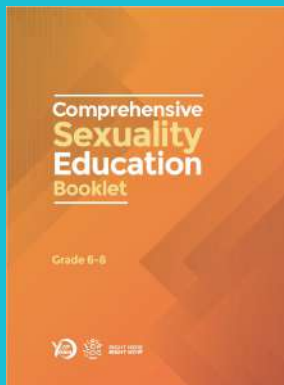
Update CSE Grade Specific Booklet



Grade 1 – 3



Grade 4-5



Grade 6-8

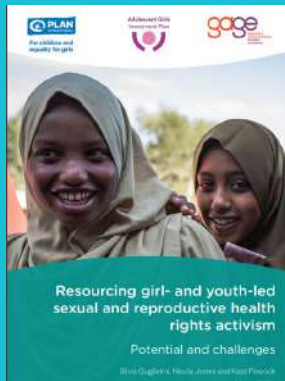


Grade 9-10



Grade 11-12

Featured as a case study of youth-led organization working in SRHR:



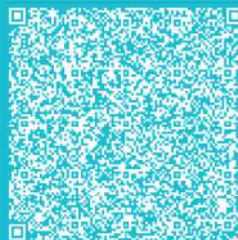
[Link to the paper](#)

YUWA, coauthored a comment titled “Delivering Health for All: The Critical Role of Gender-Responsive Health Systems” published in The Lancet Global Health, Volume 12, Issue 5. This article emphasizes the essential role of gender-responsive health systems in achieving Universal Health Coverage (UHC) and advancing gender equality.



[Link to the paper](#)

ICPD +30 Country Monitoring Report



[Link to the paper](#)

