

# Kalpabriksha

Annual Summary

2022

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## About us:

**KALPABRIKSHA** is a development platform that aims to provide growth and support to youth in Nepalese societies through various traditional as well as experimental initiatives. We come up with different plans and programs that promote the emotional, intellectual, and social growth of students and the community they live in. Embracing the principle of equity, inclusion, and youth innovation, this platform envisions becoming a change that makes a difference and stands for a cause. We focus on collecting youth voices on different communal issues and working together to achieve collective success. Kalpabriksha connects bright Nepalese students from all over the country to collaborate on projects that spark a positive change in their community and in the larger scope, the country itself.

The platform was established by three Nepalese students pursuing higher education in three different countries, i.e The USA, India, and Nepal, with one common goal, youth upliftment. Frustrated by the lack of opportunities there are for visionary youths in the country, we initiated the concept of Kalpabriksha as a stage where every talent gets the attention and the care it deserves. There are a lot of programs currently being organized on various scales and scopes and other programs are being planned for the near future.

## Our main focus in 2022:

Kalpabriksha's major focus in 2022 was "Change: Because We Can", a flagship project of Kalpabriksha because we recognized the need for comprehensive education on sensitive topics for school student. We observed that such education was lacking in many schools across and outside the Kathmandu valley, which left many students uninformed and vulnerable to issues like harassment, abuse, and discrimination. By providing this program, Kalpabriksha aimed to equip students with knowledge and skills that would help them navigate these challenges and stay safe. The program also aimed to foster a culture of respect, empathy, and inclusivity among young people. In this way, Kalpabriksha hoped to contribute to building a more equitable and just society in which all individuals can thrive.

**CHANGE: BECAUSE WE CAN**, is a program specially targeted towards students in grades 9 and 10 studying across different schools in the valley. Via interactive and effective learning methods, this program aims to teach students the concept of consent, reproductive rights, wrongs, and shed light on sensitive topics such as harassment, abuse, and rape. This program will also serve as their introduction to the LGBTQ+ community and their rights. The team of trainers consists of youths of age 20-22 currently pursuing higher education in the field of Law, Medicine, Engineering, IT, and Education. The team also contains members of the LGBTQ+ community and survivors of abuse in different shapes and forms.

The course of our training content is given below:

- a. Adolescence and Mental Health Complexities in an Adolescent Teen
- b. Safe Uses of the Internet

- c. LGBTQ+ community and LGBTQ+ Rights
- d. Harassment and Abuse
- e. Gender Equality
- f. Menstruation
- g. Toxic Masculinity and Patriarchy

The team of trainers is also accompanied by mentors who assist and guide us throughout the program. Our mentors are professionals who are involved in the field of Law, Medicine, Psychology, and Activism for a very long time. Together, the mentors and the trainers provide an impactful training program and make students aware and conscious of these sensitive and necessary topics. Our team believes that through proper training and interaction, we can prevent harassment and abuse from happening to students all across the country. This program will make students aware of their rights, their duties, what they are allowed to do, and what they are forbidden from doing. This program will positively impact the community, the trained students and in the larger scope of things, the country itself.

The missions of the program:

- a. To promote behavioral learning and practical education among students.
- b. To make students aware of sensitive issues like harassment, abuse, and their existence in various shapes and forms.
- c. To introduce the concept of the LGBTQA+ community among students.
- d. To promote a healthy mental status and smooth adolescent growth in students,

The vision of the program:

To decrease the cases of abuse seen in school students and normalize the mental health complexities seen in adolescent teens.

## **Conducted Sessions**

### **a ) Heartland Academy**

"Change: Because We Can" training program began its first session on August 11, 2022, at Heartland Academy in Bafal.



Change: Because we Can session at Heartland Academy, Bafal

## **b) Standard Co Ed School**

We then went to Standard Co Ed School on Aug 18,2022.



Change: Because we Can session at Standard Co Ed School, Syuchatar



**c) Shahid Dharmabhakta School**

The session was conducted at Shahid Dharmabhakta School, Nakkhu on Aug 29, 2022.



Change: Because we Can session at Shahid Dharmabhakta School, Nakkhu

#### **d) Heartland Academy(Again)**

Upon request from the school side, we modified our content and conducted the session for different audience(students of grade 7 and 8) on Nov 3, 2022



Change: Because we Can session at Heartland Academy, Bafal



**e) Apple International School**

Our next session was at Apple International School on Nov 17, 2022



Change: Because we Can session at Apple International School, Tinkune



**f) Jyotidaya Co-operative School**

The last Change: Because we Can session for the year 2022 was conducted at Jyotidaya Co-operative School at Chapagaun, Lalitpur on Dec 22,2022.



Change: Because we Can session at Jyotidaya Cooperative School, Chapagaun

## **What our “Change: Because we Can” volunteers say**

“Kalpabriksha is a great youth platform which has inspired me become the cause of the change. My experience with the entire team has been joyous and fruitful. Being a victim of cyber abuse myself, my primary motivation for joining Kalpabriksha was to spread awareness about cybercrimes and their consequences. For that matter, I contributed as a content writer. Along with it, I got to learn lots of things about many sensitive topics that I might have not understood fully otherwise. As an introvert, I had the habit of panicking while being around people. Kalpabriksha provided me a chance to connect with people and work outside my comfort zone. In some ways, the zoom meetings, sessions, and discussions have also allowed me to be open and speak my mind. Seeing other team members joining hands for the same cause is even more encouraging.”

**-Asmita Paudel**

“From introducing myself in the first-ever kalpabriksha meeting to celebrating the success of our sessions with momos, it has been an incredible journey. I am grateful to have met the most amazing people along the way. And, being a part of a community that shares a common vision to be a changemaker has been truly empowering. Ideas would've meant nothing without the diligence to transform them into actions. And, witnessing the impact of our work, however minute it might be, is one of the proudest moments of my life. I hope this change continues long into the future.”

Change: Because we can and we will (together).

PS: kalpabriksha breaks stereotypes. Learning can be fun.”

**-Puja Dhakal**

“Working with kalpabriksha was indeed one of the best decisions I've made this year. I have felt a lot of different emotions during my journey with kalpabriksha till date. I enjoyed a lot, I laughed a lot and even panicked sometimes. Maybe while working with wonderful people we sometimes just get nervous for nothing. I got a lot of professional tips and lessons which will further help in my future. I got to know a few more amazing people whom I might remember for the rest of my life. "With hardships comes joy" I might not have related this sentence before but after my first session in school I realized that it is indeed the case.

At last, I just want to thank team kalpabriksha for all your love and effort to bring the change we all want.”

**-Dinisha Baniya**

...and many more!

## Other Events and Activities in 2022

### a) GET's "16 Days of Activism"

Kalpabriksha was a participant in "16 Days of Activism" campaign by Girls Empowered by Travel-GET. During this campaign, awareness against gender based violence was raised via different means and mediums. Kalpabriksha participated in flash mob and in quiz competitions.





## b) Proudly Queering

Kalpabriksha collaborated with Mathematics Initiatives in Nepal for the "Proudly Queering" Session. It was an online session where we talked about the LGBTQA+ community, rights, and problems faced by queer teens in Nepal. The session was a success; the participants learned many things about the community.





### **c) Yuwantar: An annual youth fest**

“Yuwantar” was the first annual youth carnival organized by Kalpabriksha on Dec 31, 2022. It was an event where young people from different places in the valley came together to promote collective development and upliftment. This year, the major theme of Yuwantar was **Mental and Emotional Tranquility**. We spoke about the stress faced by youths and let them know they are not alone. This program aimed to be a unique way to get rid of day-to-day heftics, end the year 2022 and start a new year with pumped emotional spirit and energy. The main motive of the carnival was to synchronize visionary voices on the sensitive issue of emotional well-being.

Some major attractions in the event were:

#### **Stalls**

**Mental Health Counseling (Open Door Sessions)**

**Galauch, An Open Supportive Space To Speak**

**HUG ME**

**Change My Mind**

**Chiya Guff**

**Games and Prizes**

**Music and Dances**





## **Summary:**

In our annual report, we are proud to highlight our major focus on the "Change: Because We Can" program. This program aimed to educate students in grades 9 and 10 on sensitive topics such as consent, reproductive rights, harassment, abuse, and the LGBTQ+ community. We were able to impact over 300 students in over 6 schools through this program. In addition, we also organized other programs such as the annual youth fest called Yuwantar and an online session called Proudly Queering to raise awareness on LGBTQ+ society. We collaborated with other organizations for various events, which helped us to further our impact in the community. We are grateful for the support we received and look forward to continuing our efforts towards creating a more equitable and just society.