

Name: Abhishek Shrestha

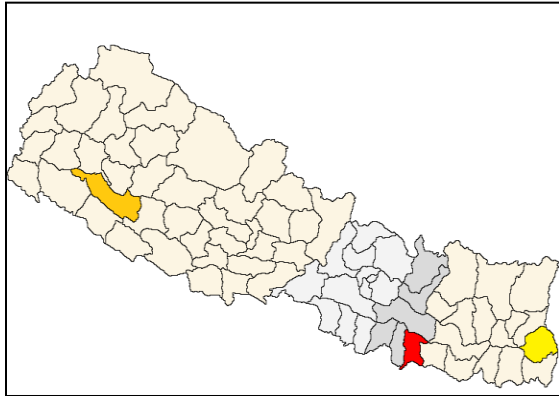
Age: 25

Address: Devkota Chowk, Biratnagar-11, Morang

Area of Work: **Education**

Project title: **“Yuwa Awaaz”**

Project Location: 3 Cities of Nepal (Janakpur, Surkhet and Ilam)



Problem

Debate is a method of interaction and representational argument. It has been incorporated in our society, ranging from classroom, politics to human rights. There has been negligible debating in Nepal though we have a format where individual's debate against one another. Debate is more than just a competition between two teams; it will help to augment one's public speaking, analytical, research and advocating skills.

Project Idea

The program includes training students from 30 schools and colleges on debating and debating techniques in three cities of Nepal and initiate debate clubs by the end of this project. The program aspires to reach five schools and five colleges in each city that will include both Nepali and English Medium schools and colleges.



Beneficiaries

Through the program 500 youth from various schools and high Schools (16-25 Years) will acquire skills on debating and in the process develop their personality and improve the confidence and speaking ability. In the long run, the debate club will encourage, motivate and inspire youth to harness their skill for advocacy.

Name: Agya Poudyal
Address: Sanogaucharan, 9318, Kathmandu
Age: 27
Area of Work: **Health Sector**
Project Title: **Menstrual Hygiene Education**
Project Location: Achham District



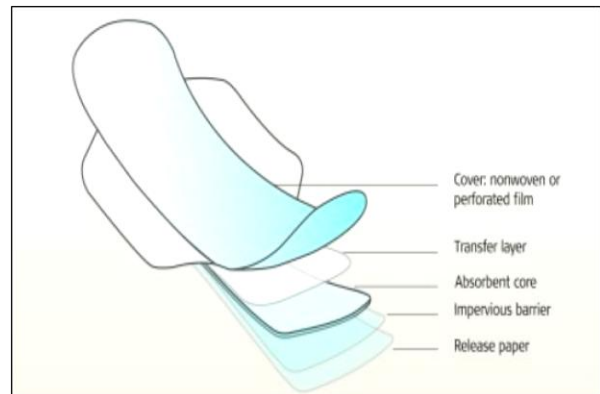
Problem

In Achham, poor menstrual hygiene and the dangers associated with *Chaupadi* shed practices increase the risk of female morbidity and threaten the livelihoods of women. During menstruation, an Achhami woman is considered impure and untouchable. She stays in a 3ft-4ft high Chaupadi shed for 4-6 days during her cycle, separated from her home, and without electricity or a door. She is not allowed to cook, go to the common tap or engage in any religious or social activities. As a result, she is deprived of nutritious food and clean water, while vulnerable to sexual abuse and attacks by wild animals. Moreover, most

Achhami women use old cloths as sanitary napkins contributing to increase in Reproductive Tract Infections (RTI).

Project Idea

The program will include a regular Menstrual Hygiene and Female Reproductive Health Workshop in a school at Ridikot. An advocacy program will be held to disseminate the educational pamphlets at the local market and broadcasting female reproductive health messages via local FM radio for three months, coinciding with the school workshop. There will be further follow-up programs in Ridikot community in coordination with health workers to educate adolescent girls and their families on menstrual hygiene and reproductive health.



Beneficiaries

This project will be the most beneficial to adolescent girls between the ages of 14-19. A pilot project will be launched in a school with approximately 50 adolescent female students and at least one representative from each of their families. Upon successful completion, efforts will be made to expand the program to all the schools in the VDC.

Name: Anjana Luitel
Address: Dholahiti, Sunakothi, Lalitpur
Area of Work: **Independent Media**
Project title: **Youth Information center**
Project Location: All over the country



Problem

The role of young people cannot be undermined in the nation building process. It is essential to link young people virtually too and to utilize their expertise on different projects. Today's Youth has been migrating in search of opportunities to foreign land but they do not have much access to information or technology. Nepal government has established youth Tele centre in 40 districts but youth do not have access to it or they don't know about it. Due to

absence of adequate resources, they have not been able to make big changes in the country though being fully capable.

Project Idea

The idea of this project is to bring all active youth into one platform, enabling them to act in solidarity for nation building. The website will be developed where youth organization, groups and forums will post their requirements for local projects and young people will list their expertise and interests. The website will link the youth organization with the young people according to their interest.



Beneficiaries

This resource centre will be the portal for young people to get information related to youth activism, toolkits, and academic information and job opportunities. It will promote online volunteerism among young people. With the transfer of knowledge and shared learning, there will be a strong network built among rural and urban youth.

Name: Ashwasthama Aryal

Age: 25

Address: Lalitpur

Area of Work: **Education**

Project title: **Youth Development Project**

Project Location: Private and government +2 colleges in Lalitpur



Problem

Falling in love is easy, falling out is difficult. Most of the youth today suffers from problems related to love affairs, fashion and it drives youth into depression. There has been an increase in suicide and depression cases due to break ups in a relationship or loss of a loved one due to unfortunate reasons like accidents. There is a low engagement of youth in social and public affair due to the heartache.

Project Idea

The program will provide information to the youth about the love affairs, break up and ways to handle this dire situation. The program will comprise of youth empowerment campaign and provide the vulnerable youth with proper guidance. The campaign will be a platform for the youth to empower their personality and information. Furthermore, there will be street shows in different parts of the district to encourage the involvement of youth and generate awareness on breakup, reducing depression and suicides as well as eliminating crime related affairs.



Beneficiaries

The major beneficiaries of this program will be the vulnerable youth, specially school going students. The local public of the project areas will also benefit from this program and learn to handle their love life in a better healthier manner. People who take the help of smoking and drinking after breakups will get a new outlook on life.

Name: Bhim Bahadur Parajuli
Address: Syangja, Putali Bazar Municipality, Ward no. 13
Age: 23 yrs
Area of Work: **Health & Social Sector**
Project Title: **Naya Aayam – Step Towards Change**
Project Location: Syangja, Putali Bazaar



Problem

Most of the senior citizens, especially women, are very poor. This is one of the main reasons that the senior citizens are not getting proper health facilities as public health services are usually crowded, unevenly distributed, and over strained. The government has a provision to establish Jeshtha Nagarik Swasthachar Kosh (Senior Citizens Health Facilities Fund) in each district. Poverty affected senior citizens are provided free medicine and treatment up to NRs. 4000 at a time in limited areas in all 75 districts (max budget is NRs. 100,000 a district) through a bureaucratic scrutiny.

However these schemes have minimal coverage and government has no resources to provide support and care for senior citizens who are in dire needs of assistance from the public sector. Nepal does not have the universal access to health care services to its citizen including elderly. Psychosocial health has not been recognized as a part of health services. There is only one mental hospital in capital city.

There is a huge conflict between new generation and senior citizen. New generation lacks respect for senior citizens, teachers, and parents. But, no studies have been conducted to find out about the intensity of this problem. So, baseline survey should be conducted first to find out the attitude and perception of younger generation towards older generation.

Project Idea

Children are the future of nation, so, from the childhood they should be taught about the importance of respect, love and care for senior citizens. A press meet will be organized to share the experience of the students participated and the findings of baseline survey with media and other concerned individuals and group. The program will provide a moral education to younger generation which will encourage them to be responsible citizens and play an influential role for secured future of older citizens. This project will not only give information about senior citizens but also encourage children to plan activities for senior citizens and implement it by themselves under the supervision of their teachers and the project facilitators.



Beneficiaries

The major benefactors of this project will be the senior citizens. Children will know about the rights of the senior citizens. This is an opportunity for the new generation to mingle with the old one and discover their common ground. Youth will reflect back and realize our culture of being respectful to elders and teachers.

Name: Bishal Babu Basnet

Age: 24

Address: Hansposa VDC, Ward no. 2, Sunsari District

Area of Work: **Health Education**

Project Title: **Public Awareness and door-to-door Dental Service Program**

Project Location: Sunsari District



Problem

"Prevention is better than cure" is a well known saying but its real implication is always backlogged in our society. It is not just because of ignorance but also due to the lack of proper knowledge of practice, well-guided culture and behavior. Health behavior needs serious scrutiny in terms of preventive practice. A man knows washing hands is really important but has never known the proper way of hand washing. This holds true regarding a lot of things.

Project Idea

This program will target those populations who lack simple knowledge about their dental health and those people who despite having knowledge of dental health cannot implement the practice in their daily life because of lack of proper knowledge. This program if conducted through social participation will prevent many dental health problems and strengthen the society in the long run. The program will enlist tooth brushing, smoking and oral cancer, awareness about curative care, clarification about various superstitious beliefs, diabetes and oral health.



Beneficiaries

This program will benefit the whole society because it will firstly focus on the school children and teach them the dental health skills through which their families will be learn spreading it to the whole society.

Name: Chan Kumar Poudel

Address: Pakhribas-7, Dhankuta

Age: 26

Area of work: **Environment**

Project Title: **Sustainable Management of Solid Waste Products**

Project location: Dhankuta



Problem

According to the data available, it is estimated that Nepal produces about 1,369 tons of solid wastes per day, that is, about 500,000 tons per year. Pakhribas VDC is one of the model villages in Dhankuta district. However, the problem regarding solid waste management and disposal remains unresolved. According to the District Waste Management Office, 12-15 tons of waste is collected daily in Dhankuta Municipality and dumped in the land fill site which can only sustain for 30 years. The waste collection and management is still a problem in villages like Pakhribas.

Project Idea

The problem with the solid wastes lies in its management and proper disposal. This project focuses on reusing the solid wastes. The non-disposable products made up of plastic, rubber, metal and glass can be used again for various purposes such as decoration, making handicraft items, toys for children, storage equipments or for selling. The project will develop waste management practices in students by providing them with valuable learning experiences and in the process turn rubbish into treasure.



Beneficiaries

Moreover, the program will develop awareness in students and teach them the methods of reusing solid wastes. These same students will go back to their homes and educate their families and practice this principle in their neighborhoods, thus encouraging the whole village to reuse the solid waste and help conserve the environment.

Name: Deepak Kumar Bishwakarma

Age: 24

Address: Itahari, Sunsari

Area of Work: **Local Governance**

Project title: **Transparency and accountability of local authorities**

Project Location: Three VDCs of Sunsari District



Problem

Since nine years, the elected local governance has been absent. Due to which, local parties, development workers and advocates of social mobility are unaccountable to the local public. Low caste and marginalized public do not participate in the selection of projects and its implementation. Village development committee grant activation act 2067 envisioned a transparency and responsible governance in the village development but most of the local governance does not follow this. In the absence of elected governance act mentioned that local political parties, non-government organizations, women representative, low cast and marginalized peoples representative and other local club members will participate and prepare the local development (village development) planning but most of the planning process is not participatory.

Project Idea

Number of youth, marginalized people, women and local public will be made aware about the village development act 2067 and encouraged to participate. It will be done through five interaction programs, street drama and public hearing program in three different places. Three coordination meeting shall be organized involving all the stakeholders: local political parties, women, marginalized people, youths and others. Monthly meeting shall be organized by Shova group to alert the political parties and development workers.



Beneficiaries

This program will be beneficial for all active youth in social affair, local village development office and the workers. This will also benefit the local political parties, women group, children, youth and marginalized people.

Name: Jyoti Chaudhary

Address: Dhanusha, Janakpur Municipality Ward No 12.

Age: 29

Area of work: **Environment**

Project Title: **Waste Management and Sanitation Program**

Project Location: Janakpur



Problem

Janakpur, situated in Dhanusha district, is famous for its religion and culture. There are 49 public and 21 private ponds in Janakpur. Out of them, 5 public ponds are filled now. These days the locals have been using the ponds for public toilets.

Public ponds are being encroached with the establishment of permanent structures. Wastes are being dumped into and around these ponds making them filthy and disease friendly.

Project Idea

Our old heritages and ponds are our assets; we have to save it for our future generation. The project is designed to develop public awareness on the importance of ponds and their role in preserving and promoting our ancient heritage and in the process, make citizen responsible towards its protection.



Beneficiaries

Ponds will be well maintained while the local public will be aware about the importance of preserving the ponds and keeping their old traditions alive.

Name: Lalbabu Prasad kushwaha

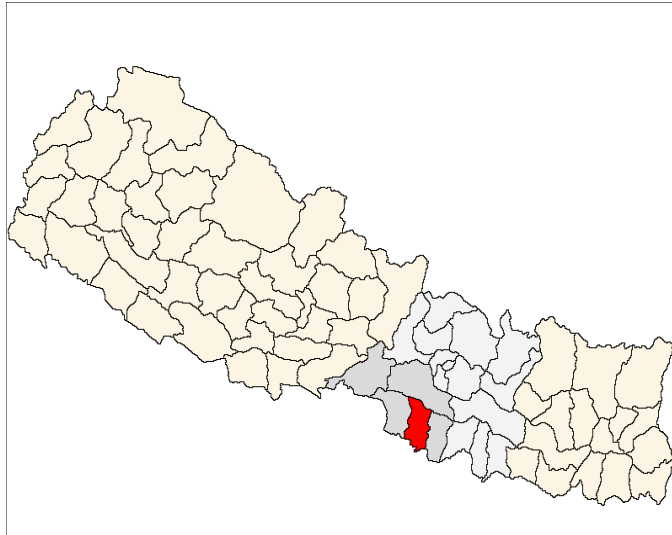
Address: Bakulahar, Bara

Age: 26

Area of Work: **Local Governance**

Project Title: **Transparent and Accountable Government at the Local Level**

Project Location: Bara District



Problem

During the conflict period no budgets were allocated to the VDCs or even if they were, the money was actually spent at district Head Quarters. The concentration of development expenditures within district Head Quarters gave out an egregious practice of "paper projects" - the practice of having development projects planned in the paper, implemented in the paper, monitored and evaluated in the paper, and money being siphoned off into the big pockets.

With the nation pre-occupied with the drafting of a new constitution and a proposal

for a federal structure, local elections are not going to be held within a foreseeable future. All-party mechanism has been proposed to fill this political vacuum. However, it has either failed to work or working in a perverse manner.

Project idea

The project will support to increase capacity at the local level to make local government and line agencies more transparent and accountable to the people and effective as service delivery system. It will generate learning on how CSO's and communities can work together with local governments and line agencies to make transparent and accountable (as a complement to the LGCDP). It will help to increase the skill and knowledge of local communities in budget monitoring and social accountability.



Beneficiaries

The active participation of women, local indigenous, Madhesi and Dalits will enhance their capacity and help to promote local governance. It will bring positive changes with respect to the socially excluded groups and women's capacity building through involving them in project activities.

Name: Lilisha Shrestha

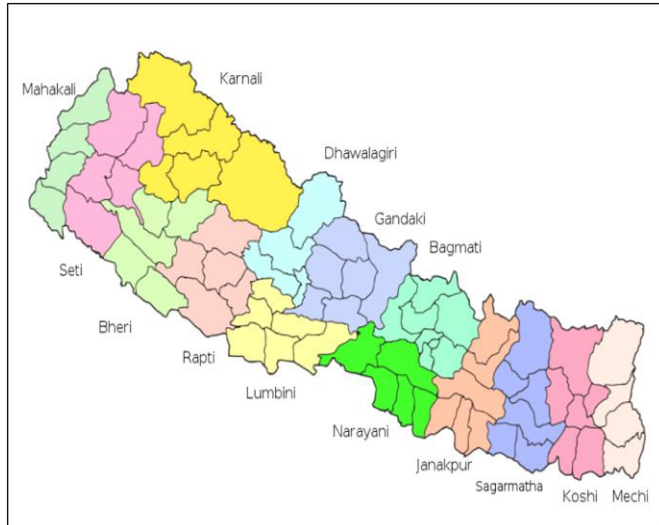
Age: 24

Address: Basundhara, Kathmandu

Area of Work: **Tourism Campaign and Promotion, Photography**

Project title: **Places and Faces of Nepal**

Project Location: Nepal



Problem

I have been involved in tourism development sector from last year and I have realized tourism industry has hardly reached youth circle. Tourism business itself has been limited access in our country, limited to urban rich, or high profession or elder retired groups. But what is significant is that young people love to travel, they want to explore and learn new knowledge in life. These days, they have been traveling different places and indirectly contributing in domestic tourism but this has been based on their own interest and information.

Project Idea

I believe that if this interest of young minds could be brought into a system, made the young people participate in the process, tourism marketing at least for domestic tourism could be enhanced. And to mark notable point in recent days, photography has caught the newest trend among youth, the popularity of media and social networking among youth can be easily capitalized for tourism promotion.

Through “**Places and Faces of Nepal**” I am trying to create a forum where, the young people participate and exhibit the places they have travelled, share their information and experiences. This forum in one way makes young participate and contribute in tourism development or promotion and in the other way information brought in the forum helps to reach wider community.



Beneficiaries

It will benefit the overall tourism sector of Nepal. The project will also benefit photographers and local persons. The exhibition will highlight the different places for domestic tourism. The online spaces on 'Places and Faces' will help in promotion of our tourist destination in foreign land as well.

Name: Manoj Kumar Rai
Age: 25
Address: Sotang-4, Solukhumbhu, Nepal
Area of work: **Environment**
Project title: **Tree Plantation on barren lands and hills**
Project Location: Solukhumbhu District



Problem

Solukhumbhu is a multilingual, multiethnic and a very beautiful district where Mt. Everest lies. This district has natural beauty, diverse animal species, mountains, rivers, ponds, hills, forests etc. Due to deforestation, natural calamities like flood, landslides are affecting the country. The only way to prevent such calamities in Nepal which is full of mountains is to plant trees on barren hills to restore greenery. Not only will it help to save the environment but it will also be a source of income with various fruits and flowers for the people. It is necessary for students from high schools and higher secondary schools to participate in tree plantation in the local lands and barren hills.

Project Idea

Mainly in January and February, seedlings are grown. In the compound of local schools a nursery will be constructed and with the student's participation, training from the experts and with the help of teachers compost manure will be bought and seedling will be grown. After the seedlings are completely matured in June or July, the seedlings will be shifted to naked hills where landslide is prevalent; this will help to prevent it from further happening.



Beneficiaries

This project will benefit not only the locals and save lives against landslides in Solukhumbhu, but it will also generate a source of alternative income for the people in the locality. Students will learn the harmful effects of deforestation and will be inspired to do what it takes to conserve or restore nature to its full magnificence.

Name: Manoj Raut

Address: Shyabun V.D.C. ward no-9, Sankhuwasabha, Nepal

Age: 20

Area of work: **Environment**

Project Title: **Environmental awareness through School Eco-clubs**

Project Location: Khandbari, Sankhuwasabha



Problem

Since few years human activities have inflicted harsh and often irreversible damage on the environment. Loss of biodiversity is prominent due to habitat encroachment, destruction of forests and also due to people's greed on natural resources.

Due to rapid increase in population the amount of waste produced is also dramatically increased. There is no planned drainage and sewage system in the municipality. Open defecation is a serious environmental and

social problem. In addition, lack of adequate public toilets is also a problem that requires immediate attention. The students and the whole community are unaware about the protection of the environment. These problems will take a very negative action in the future if not addressed in time.

Project Idea

Establishment of eco-clubs in different schools is the most important non-formal and practical system of imparting environmental education to school children that encourage participation of school children in various activities related to biodiversity conservation, preservation of the environment and sustainable development.



Children are the drivers of the future so the responsibility of conservation will be in their hands. This project is carried out to raise awareness among the students so that they will practice environmentally friendly behavior in their school and at their household and community level such as concept of 4R principles of waste management (re-use, re-duce, re-cycle, re-think), tree-planting, cleaning the surrounding, proper toileting and safe drinking water. The network of eco-clubs as an active environmental group in the municipality will pressurize the concerned authority to develop drainage and sewage system, build public toilets, manage solid waste properly, and apply mitigation measures during developmental projects and so on.

Beneficiaries

The developmental projects will start applying mitigation measures. Drainage and sewage system will be developed. Proper management of solid waste will be done. Adequate toilets will be constructed. Forestation programs will be rapid. Everything will be proper planned that will have negligible effect to the environment as compared to today. Overall the environment and biodiversity of Khandbari will be conserved. To conclude the municipality will be clean, green and living that will be a sample throughout the country.

Name: Mina K.C.

Age: 22

Address: Saraswoti Nagar, Kapan, Kathmandu

Area of Work: **Social Issue (Empowering women with blindness)**

Project title: **Marital Relation of the women with blindness**

Project Location: Kohalpur of Banke District and mid-development region



Problem

We live in a male dominated society and due to male dominated culture women are facing indifference and on top of that the conditions of the women who are blind are even more depressing.

In developed cities like Kathmandu, Pokhara and Nepalgunj there are only few blind women who are educated and have made a place in the society. Even though they have completed their studies, it is a very old syllabus and it doesn't develop their skill and is not practical, so in this changing market their education has no use. They have skill and capability and they have high

awareness and high intellect. They have the ability to connect themselves with the society and understand it. That is why there is high chance of them being depressed. Due to depression they also have economic difficulties, they have difficulties adjusting their married life, even though they get married they face lot of difficulties in everyday life, these are serious social problem and issues of the society that have to be discussed and advocated. Since, I am also a blind woman I know what they go through.

Project Idea

The program will incorporate new learning techniques which will aid the visually challenged to reach their full potential and make them a useful component of the society. The program will help the blind women to maximize their abilities at various jobs, which will ease their livelihood and in the process solve the economic crisis and eventually lead to a happier marital life.



Beneficiaries

The program will create awareness in the society so that women with blindness can live a respectful life creating new ideas and concepts for their development. It will encourage to take new steps and to think about the smooth marital relation of the women with blindness. At least one representative from every part of mid western region, in total of 50 women with blindness, will be benefitted.

Name: Niroj Maharjan
Address: Satdobato, Lalitpur
Area of Work: **Health and Youth Empowerment**
Project Title: **Your Health in Your Hands**
Project Location: Lalitpur Sub Metropolitan City



Problem

Every human being is very much concerned about their daily usages like vehicles, electronic appliances etc, but when it comes to their health; it is usually neglected, presuming that their health is in perfect condition. But they tend to repent after a serious illness when it is already too late.

In some countries, health checkups are mandatory, but in many of the countries, these health checkups are being neglected. Everybody has to go for a health checkup during regular intervals like, once in a year and assess the health condition so that precautions can be taken to avoid the disorders and good health can be maintained.

Project Idea

Blood Pressure and Weight Check up Campaign is a social activity involving youths in community development work. These kinds of activities help to encourage youths in the community development works. On the other hand, it helps to change perception and behavior of the community people.

It is a concept where the trained youths will organize a campaign for B.P and weight monitoring. It is designed as a youth led campaign in order to involve community people to live healthy and prosperous life.



Beneficiaries

Community will benefit from the free check up campaigns and early diagnosis of high blood pressure and obesity can help in preventing stroke which may lead to heart attack. It reflects and indirectly encourages people to eat a balanced diet. Youth also learn the opportunity of volunteering and helping the community.

Name: Niraj Gyawaly
Address: Kirtipur
Area of work: **Local Governance**
Project Title: **CRC Survey of Government Offices**
Project Location: Kavre District



Problem

The Nepalese parliament promulgated the Good Governance Act (GGA -2006) to support Accountability and Transparency for the promotion of good governance in Nepal. It aims to interpret the principles of local self-governance into practice through the mobilization of local bodies, i.e., district development committees (DDCs), village development committees (VDCs), municipalities and local communities with the facilitation and support of the respective central line ministries.

Though Nepal government has a large number of accountability mechanisms like National Vigilance Centre, Office of Auditor General, National Investigation Department, etc, these do not seem to apply social accountability tools for accountability and transparency promotion. They seem to work for social awareness and handling corruption cases only. Hence, there has been growing demand for more accountability mechanisms which are directly operated by the citizens themselves.

Project Idea

Citizen Report Card (CRC) is a participatory survey that solicits user feedback on the performance of social services. It is a client feedback survey that provides a quantitative measure of user perceptions on the quality, efficiency and adequacy of different social services. They have been applied to numerous contexts in different public service delivery offices. Apart from the executing of a survey, CRC involves effort at dissemination and institutionalization that make them effective instruments to measure social accountability.



Beneficiaries

It benefits the voiceless public service recipients. A follow up survey will be conducted after six months which will provide a clear idea of the changes being implemented.

Name: Pasang Karpa Tamang
Age: 24
Address: Guplang-4, Rasuwa
Area of work: **Education**
Project Title: **Information Centre**
Project Location: Guplang V.D.C, Rasuwa



Problem

Rasuwa is a non-developed district in the Bagmati zone. The district lies far away from Kathmandu. There is no proper transportation system in Rasuwa district. The closest access to the information technology for the youth is at the nearest village development committee which is 10 hours away from the district by foot. In our V.D.C, youth has almost no access to the information technology.

Project idea

An information centre will be built in Guplang V.D.C where we will arrange for a small library and an information desk. In the library, we will arrange for different books which are related to youth, development, agriculture, education, health, etc. Information centre will be open all day, every week. At the information centre, students can easily read books and other news materials. After the project, informational centre will continue to run in the same way with the help of different local organisations.



Beneficiary from the project

The information centre is especially targeting the youth and students but it will be a beneficial to the local public as well.

Name: Prabin Shrestha

Address: Madhyapur Thimi-14 Bhaktapur

Area of Work: **Environment**

Project Title: **Installation of Vermicomposting plant for Solid Waste Management**

Location: Kathmandu and Bhaktapur



Problem

With the rapid increase in population and increasing urbanization, Kathmandu, the capital of Nepal is now facing a major problem of solid waste management. Therefore, the management of the solid waste is one of the major challenges for Kathmandu metropolitan city. The organic waster comprises of 70% of the total waste in Kathmandu valley and could be used as a resource of composting.

Project Idea

This program is to manage the organic solid waste generated from the canteen and kitchens in schools and other household organic waste generated from the local community. This kind of activities is practical to be conducted in areas where the management of solid waste is a serious problem and where the majority of the locals are involved in agriculture.

Concrete Vermin composting plant will be installed in two targeted schools. In the community level, Vermin composting bins will be provided to the community women for implementing Vermin composting at their homes. Vermin composting plant would be operated and monitored by club of trained students in coordination with the school management.



Beneficiaries

The schools students of Kathmandu and the local community women of Bhaktapur will be encouraged towards keeping their community clean through proper management of degradable solid waste.

Name: Riju Shrestha

Age: 22

Address: Bhadrapur, Jhapa

Area of Work: **Education**

Project title: **Nepali Nursery rhymes**

Project Location: Lalitpur (But campaign covers the entire country)



Problem

Most of the schools in Nepal teach only English Rhymes to the students in kindergartens, while only a few schools are still trying to preserve our tradition songs. Today, Nepalese are giving less importance to the national language, Nepali, and we can see a growing trend that the young generations are drifting away and moving on to foreign languages. This project will address this trend and help encourage restoring the national language back to its shine by filling a void in availability of Nepali nursery rhymes.

Project Idea

Through this project, we will collect as many numbers of forgotten traditional Nepali Rhymes in words or in written form and record them using professional studio equipments. A team of children will be formed to practice and sing these rhymes. Depending on the type of rhymes, a specialist will be hired who can fuse the traditional and modern instruments to produce a melodious sound.

Finally, a record & master copies of these rhymes will be compiled in the studio using the children's little choir group and distributed to targeted schools and child care centre.



Beneficiaries

140-150 community, government agencies, non-government agencies, private schools and even baby's day care centre will benefit from this program.

Name: Ritu Shrestha

Age: 22

Address: Wamune-13, Thimi, Bhaktapur

Area of Work: **Health Education**

Project Title: **HIV and Drug abuse Prevention among Youth of Madhyapur Thimi Municipality**

Project Location: Bhaktapur District



Problem

According to UNAIDS, Nepal has now been categorized a country with a "concentrated epidemic" in which the HIV/AIDS prevalence consistently exceeds more than 5% in one or more sub-groups. Actual HIV/AIDS infection in Nepal is feared to be many times higher than the reported cases. Lack of access to testing facilities, counseling, fear of being exposed due to higher level of stigma and discrimination to HIV positive people, ignorance, non-availability and little use of condoms are the major factors responsible for the low reporting of HIV/AIDS.

Project Idea

This project will develop a skilled and well-aware youth that would discourage seeking drugs and risk behavior as well as also motivate people to go for HIV test and encourage proper behavior with PLWHA (people living with HIV and AIDS). The activities will be designed for youth including students, carpet factory worker and club members of Madhyapur, *Thimi* who are taken as prone to risk behavior which could lead to HIV and drugs intake. The program would include facilitators from different organization working in the field of Drugs and HIV and AIDS. The awareness program shall include sessions which will be focused on both theoretical as well as practical knowledge that shall help the students to prevent themselves from HIV and AIDS.



Beneficiaries

The major beneficiaries of this program will be the youth going to schools, college and the workers in the carpet factory. The whole community will benefit because of this project as they learn to accept HIV patients at the same time being aware of the causes of contraction of the disease.

Name: Roshan Kumar Thakur

Age: 24

Address: Bhutahi, Paterwa-3, Dhanusha

Area of Work: **Health and education**

Project title: **Awareness about poisonous mushroom (Chure and Mahabharat regions)**

Project Location: Sindhuli



Problem

Lots of people living in the regions between Chure and Mahabharat are poisoned due to the intake of venomous species of mushroom. In remote parts of Sindhuli, Kapilbastu, Kaski, Gorkha almost 25 cases per month are recorded from the health posts, hospitals pertaining to wild mushroom consumptions. About 25% of the total number dies instantly while 75% are treated for long time to get cured. Hence, mushroom eating and selling without prior knowledge about its species is a huge life threatening problem.

Project Idea

The program will include workshops in the remote parts of Sindhuli district to generate awareness in a specific group from the community. A documentary will be prepared to make the locals more careful regarding venomous mushrooms.

Street drama will be organized in order to teach the people of the community about ill-effects of consuming poisonous mushrooms. There will be debate programs organized in the government schools regarding mushrooms because children are mostly the collectors of mushroom for the family.



Headline: 25 people fall sick after consuming poisonous mushroom

Beneficiaries

This program will be highly beneficial for the Mushroom collecting locals, the people who buy the mushrooms and the students who are willing to learn more about mushroom cultivation.

Name: Sujan Gurung
Address: Ghandruk – 4 (V.D.C) Kaski, Nepal
Area of Work: **Health Education**
Project Title: **All for one!**
Project Location: Kaski District



Problem

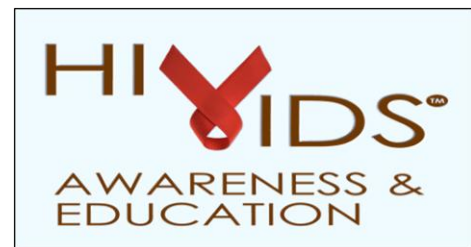
HIV/AIDS is a major threat to the social and economic development of people in general and to young people specifically.

The estimated number of People infected with HIV in Kaski is 1500. It is also an area of great risk since there is a large community of young people injecting drugs and migrant laborers.

Both of those groups belong to the “High Risk Groups” with a prevalence rate of 9.2% for the Injecting Drug Users and 27% for women with husbands working abroad. Young people don’t have the courage to test themselves out of fear. They lack information on what to do, when they know they have been infected.

Project idea

We will set up an online community in which young people can share their questions, worries, experiences and dilemma’s concerning HIV/AIDS. This platform also provides basic information about HIV and where you can go if you need counseling, getting tested etc.



Beneficiaries

Youth living with HIV/AIDS in Nepal can share their thoughts and help others to prevent themselves from the infection. The program will encourage students to get tested and prevent infecting other partners. Students, teachers and community members can also learn and contribute a lot from this program.

Name: Suman karki

Address: Bhandara-9, Daduwa, Chitwan, Nepal

Age: 23

Area of Work: **Agriculture Sector**

Project Title: **Improvement of the milk productivity of the cattle in Chitwan**

Project Location: Chitwan District



Problem

Ruminant livestock production in developing countries like Nepal is almost entirely dependent on fibrous feeds residues consisting of crop residues and low quality pasture. These feeds are often of poor quality, usually deficient in protein, minerals and vitamins. To improve production, the efficiency of utilization of the available feed resources can be optimized by the use of supplements that provide the deficient nutrients. The purpose of supplements is to provide nutrients that are deficient in the basal diet and nutrients needed for production.

Project Idea

Urea Mineral Molasses Block (UMMB) as a feed supplement corrects the infertility problem. Animals come into heat and conceived due to the positive effect of UMMB. Body condition score was improved from 3.5 to 4 due to the effect of UMMB supplementation. This project is intended to introduce the technique of formation of UMMB by livestock farmers and increase the milk production of the dairy cattle. Therefore the project includes the initial phase of training for development of technique of formation of UMMB by farmers of Nawalparasi which will let to increase in the milk production and feed intake by the dairy cattle. Finally, there will be dissemination of the technological knowledge through leaflets distribution.



Beneficiaries

This program mainly targets the local community people who practice animal husbandry. The quality and quantity of milk will increase after using UMMB.