







2024

NATIONAL E-COURSE 5.0

LEARN | THINK | GROW

SUBMITTED BY:
NISHANT KUMAR
NATIONAL COORDINATOR
Y-PEER NEPAL











ACKNOWLEDGEMENT

We, Y-PEER Nepal extend our deepest appreciation for the invaluable collaboration and support from Y-PEER Asia Pacific Center, Bangkok, Disabilities 2030, Youthday. Space that has marked a significant chapter in our shared commitment to advancing youth empowerment. Your technical and financial dedication has played a pivotal role in ensuring the seamless and impactful implementation of our e-course.

We would like to express our special gratitude to the mentors and facilitators from Y-PEER Nepal to Mr. Sangeet Kayastha (Coordinator, Y-PEER Asia Pacific Center), Ms. Bhawana Pradhan (Regional E-course Coordinator & International Core Member, Y-PEER AP), Mrs. Anju Shrestha (Awnu) (Co-Founder, Working group on Disabilities 2030 & Agenda & Board Member, Y-PEER Nepal) for their special presence on Orientation Session and Mr. Palden Wangchuk Dorji (Focal Point, Y-PEER Bhutan) Mr. Ram Dulip Randombage (Focal Point, Y-PEER Srilanka), Mr. Fura Gelzen Sherpa (Board Member, Y-PEER Nepal) for their special presence at the closing ceremony and for sharing their experiences with us. Their dedication, expertise, and guidance have created an environment conducive to the growth and development of our participants, contributing significantly to the overall success of the program.

To the diligent participants from Y-PEER Nepal, we commend your remarkable dedication and hard work that culminated in the successful completion of the course. Your resilience and enthusiasm throughout this journey have served as a beacon of inspiration for all involved, underscoring the transformative power of collaborative efforts.

Together, our partnership has achieved significant milestones, elevating the e-course into a powerful platform for empowerment and growth. As we continue this shared journey, our collective goal remains steadfast – making a positive impact on communities and beyond. We eagerly anticipate further collaborative endeavors, confident in the continued success of our collective mission to empower and inspire.

Thank you once again for your support and dedication. We look forward to continuing this impactful journey together.











Introduction:

On the occasion of the Youth Day Regional Celebration, Y-PEER Nepal is announcing the Fifth National E-course on Sexual and Reproductive Health & Rights (SRHR), Peer Education, and Mental Health, together with its partners: Y-PEER Asia Pacific Center, Disabilities 2030 and Youth Day. Space for young people in Nepal.

This e-course intends to bring information on SRHR, understand issues of (Young Key Population) YKPs, learn better communication channels, and various other issues to the young peoples of Nepal. Young people of the age group 15-29 years are highly encouraged to apply for this course.

Purpose:

- To build capacities of participants as SRHR youth advocates including those in remote /difficult-to-reach settings and those who are not affiliated with any organization / group.
- To provide an online platform to enhance, share and update knowledge and skills in the field of SRHR including emerging topics.



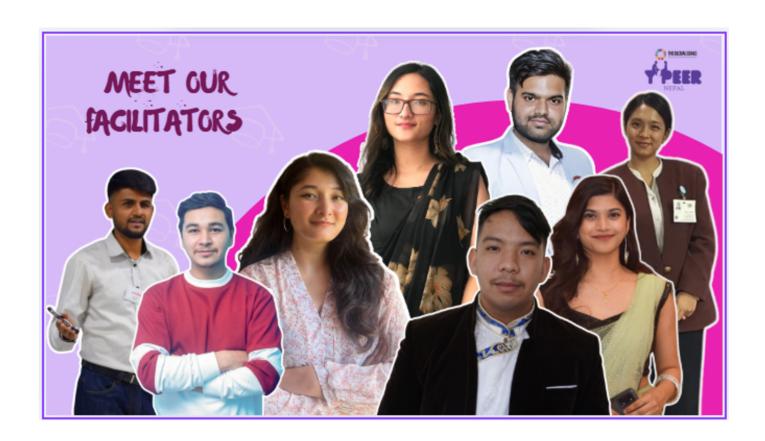








MEET OUR FACILITATORS:



Mr. Fura Gelzen Sherpa

Ms. Saru Shrestha

Mr. Govinda Kayastha

Ms. Dikchhya Rauniyar

Ms. Situ Shrestha

Mr. Naresh Sharma Awasthi

Mr. Nishant Kumar

Ms. Kashish Shrestha











Objectives:

By the end of this e-course, participants will be able to:

- Have up-to-date knowledge of emerging trends, opportunities, and challenges related to SRHR of young people in Asia and the Pacific.
- Identify some possible ways to address these challenges either as an individual or a group.
- Make action plans to advocate for improved SRHR of young people in their community using knowledge and skills gained through this course, including action plans for major international days relevant to youth.

E-course Details:

1. Cost and Time Commitment:

- Cost: This e-course is free of cost
- Application Duration: 7th 14th Sep. 2024
- Course Duration: 21st Sep. 2024 21st Oct. 2024
- Weekly time commitment: One class (or maximum of two classes) of 60-90 minutes per week. Each participant is expected to complete the required tasks for each class within a gap of 3 days.

2. E-Course Modality:

- The e-course will be set up within Google Classroom and will be delivered to a closed group of participants. Each participant will receive a referral code to access class through an email.
- Total 11 classes will be delivered in addition to, two virtual gatherings for opening and closing ceremony.
- Each class will consist of reading materials and a short assignment.
 Then, participants will be expected to share their answers on the Google Classroom discussion board.











Outcomes:

A deep understanding of Sexual and Reproductive Health and Rights (SRHR) has been provided to participants thanks largely to the YPEER National E-Course 5.0. This increased consciousness acts as a spark, inspiring individuals to passionately support youth rights and actively engage in good social change. The e-course's emphasis on communication skills development further enhances participants' ability to effectively advocate and take on leadership roles.

The National E-Course 5.0 has a lasting effect on the communities it serves, extending beyond its direct participants. The strategic planning of awareness campaigns, workshops, and projects focused on SRHR has resulted in measurable positive improvements that participants and facilitators have worked together to achieve. These programs demonstrate the transformative potential of learned information and abilities, leading to concrete improvements in the larger community.

All things considered, the National E-Course 5.0 has developed into a key force behind social change and community development. The e-course's overall impact on society advancement is exemplified by the observable gains that result from the coordinated efforts of empowered participants, which demonstrate the e-course's significant significance.











Topics covered in E-course:

CLASSES	TOPICS	Dates
Class 0	Introductory Class	20th Sep 2024
Class 1	Understanding Sexual Reproductive Health and Rights and Adolescent Health and well-being	21st Sep 2024
Class 2	Menstrual Hygiene Management	24th Sep 2024
Class 3	Violence, Sex, and Gender	27th Sep 2024
Class 4	Sexually transmitted infection & HIV	30th Sep 2024
Class 5	Family Planning	3rd Oct 2024
Class 6	Abortion	6th Oct 2024
Class 7	Body Shaming & Bullying	9th Oct 2024
Class 8	Mental Health & Well-being	12th Oct 2024
Class 9	Comprehensive sexuality education (CSE)	15th Oct 2024
Class 10	SRHR issues of Young Key Populations(YKPs) and LGBTIQA+	18th Oct 2024
Class 11	Consent	21st Oct 2024











ACTIVITIES	Dates
Application Open	7th - 14th Sep 2024
Reminder (3 days remaining) to apply - POSTER Release	11th Sep 2024
Shortlisting of the Participants	15th Sep 2024
Finalize the participants	16th Sep 2024
Email the selected applicants and inform them about the orientation	16th & 17th Sep 2024
Orientation about course	18th & 19th Sep 2024
Classes	21st Sep - 21st Oct 2024
Quiz day	24th Oct 2024
Closing Ceremony	1oth Dec 2024











KEY NUMBERS

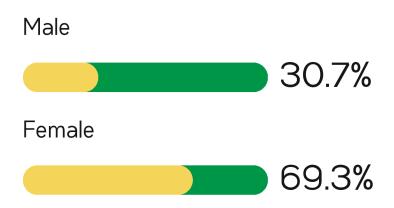


Fig 1: Gender Disaggregation of Participants in Percentage

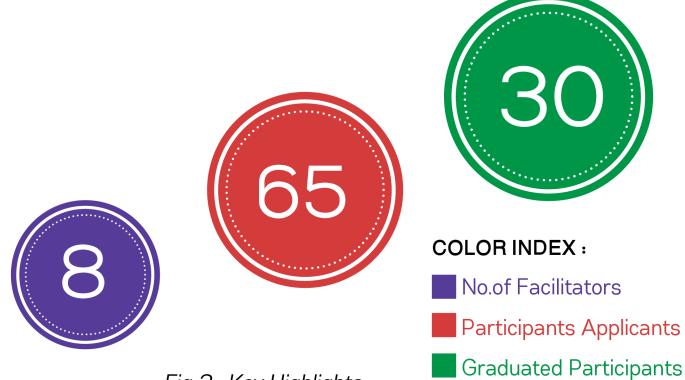


Fig 2: Key Highlights











Challenges:

- Variations in devices used by students led to compatibility issues, affecting the uniformity of the learning experience.
- Inconsistent or slow internet connections hindered access to course materials and disrupted real-time interactions.
- Keeping participants engaged without face-to-face interaction was challenging, especially over an extended period.

Recommendations:

- Implement a variety of assessment methods beyond online quizzes, such as projects, presentations, and collaborative assignments, to mitigate the impact of technical issues on a single assessment format.
- Provide flexibility in assessment submission methods to accommodate varying technical capabilities.
- Foster active engagement through well-structured and facilitated online discussions, encouraging participation from all students.
- Incorporate multimedia elements strategically to enhance content delivery and maintain student interest.











TESTIMONIALS

The Y-PEER Nepal E-Course provided valuable insights into key topics like Sexual and Reproductive Health Rights (SHR), safe abortion practices, Comprehensive Sexuality Education (CSE), and the importance of consent and many more. I particularly appreciated how it emphasized making informed choices, respecting boundaries, and promoting awareness for healthier lives. The interactive sessions, relatable examples: ppt video and the safe learning environment made the experience both engaging and impactful.

YPEER Nepal National E-course on Sexual and Reproductive Health Rights (SRHR) was an enriching experience for me. The course included 11 comprehensive lessons, each providing detailed descriptions of crucial SRHR topics alongside engaging short YouTube videos. Assignments that were assigned throughout the course, enabled me to reflect on what I learned through this National-e-course. Overall, it was an impactful initiative that empowered me with knowledge and skill to advocate for SRHR.

I'll like to express my sincere gratitude to Y-PEER Nepal for engaging youths like me to be part of such an important learning. This course has not only equipped us with knowledge and skills to advocate for SRHR but also have empower us to make informed choices regarding SRHR. Huge Shoutot to Y-PEER Nepal for doing an amazing job.











TESTIMONIALS

As someone working in the field of Sexual and Reproductive Health and Rights (SRHR) for the past two years, enrolling in the Y-PEER ecourse was a transformative journey for me.

The course covered vital topics like SRHR, consent, mental health, and more, providing in-depth knowledge and practical tools that enhanced my professional skills. Completing the assignments challenged me to think critically and apply theoretical concepts in real-life scenarios.

I'll like to express my sincere gratitude to Y-PEER Nepal for engaging youths like me to be part of such an important learning. This course has not only equipped us with knowledge and skills to advocate for SRHR but also have empower us to make informed choices regarding SRHR. Huge Shootout to Y-PEER Nepal for doing an amazing job.











ANNEXURE

• Orientation Session:



















ANNEXURE

• Closing Ceremony:











Y-PEER NEPAL

OUR CONTACT DETAILS



Kathmandu, Nepal



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