

2021 TRANSFORMING FOOD SYSTEMS



12-13 AUG 2021

PROGRAM REPORT























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www.nationalyouthcouncil.org

The Federal Democratic Republic of Nepal, bordered by China in the north and India in the south, is a land of sublime natural beauty. Often recognized for its natural beauty, cultural diversity, and ethnic diversity, the country is famous as the land of Buddha and the land of Gurkhas all over the world. Although the country occupies a small area of 147,181 sq. km, it houses over 28 million people in its diverse landscape. The country follows a federal parliamentary republic system and has 7 provinces and 77 districts. Nepal has a traditional economic system in which the majority of the population engages in subsistence agriculture, and the allocation of available resources is made based on primitive methods.

Albeit the country houses over 28 million people only, the population comprises of youths in major numbers with a percentage of over 40. This population group has played an extremely prominent role in leading the overall development of the nation to make it one of the fastest-growing economies in the world. However, disparities are still prevalent and the tendency of youths to go abroad is causing a major setback for the country. This age group bears the capacity to bring table-turning changes in the country if their energy is rightly utilized. Therefore, it is of utmost importance that the youths be guided and led to explore their path in life and set goals for themselves with a vision for their nation.

If we look at the trend of the Nepalese youths, most of the youths are unaware of the potential to make a successful living in the motherland itself. A lot of youths are moving out to a new land in search of a better life and better earning. However, they are unaware of the opportunities due to the lack of knowledge, guidance, and motivation. Nepal shows extreme potential in agriculture as well as tourism. The youths must understand the necessity of engaging in these potential areas and earning their living in their motherland. Furthermore, the youths must also take charge of the leadership positions in governmental as well as non-governmental entities to make sure that the nation is moving ahead with changes as per the necessity of time. The nation also demands equal participation of women and men to make sure that both groups enhance their capacities equally and nourish their skills.

With a vision to address the problems the country and the youths face in the present scenario, Nepal Youth Council was successfully organized the two-day "National Youth Conference 2021" from 12-13 August 2021 in Kathmandu Nepal. From its establishment, Nepal Youth Council has been notably practicing gender equality and has been sticking its importance in the mind of youths from time to time as both parties carry an equal part for the prosperity of the nation. So, the conference will house equally represented and inclusive representatives, 220 Youths from Nepal will attend the Conference where 154 youths (one female and one male) from all 77 districts of Nepal. In addition to that, 66 youths (gender-balanced) will be selected from the differently-abled, Dalits, diverse ethnic groups, minority communities, and LGBTQ to ensure inclusion. Nepal Youth Council is convinced that the conference will recognize the youths as an undeniably effective force into the mainstream of development in Nepal.

"Thousands of Nepali youths have sacrificed their blood and sweat to establish Nepal as a federal democratic republic. While a number of youths have lost a lot during the process, I feel they are ignoring their responsibility to maintain the integrity of the very system itself. If this is the case, the federal system won't be successful. Youths need to engage robustly in the local, federal, and the central level as well."



THEMATIC SESSION OF NATIONAL YOUTH CONFERENCE 2021

Nepal Youth Council values youths as the most valuable assets for a nation and has constantly been involving with youths to encourage them to involve in community. their Since its establishment, NYC has made sure that the thematic areas resonate with the necessity of time and widens a of possibility among sense participating youths. Taking the same tradition forward, Nepal Youth Council has come up with the following areas as the thematic areas for National Youth Conference 2021.



- 1. Transforming Food Systems: Youth Innovation for Human and Planetary Health
- 2. Sustainable Development Goal No.3 Good health and Well-being
- 3. Civic Engagement for Environment and Agriculture
- 4. Youth & Information Technology



OPENING CEREMONY OF NATIONAL YOUTH CONFERENCE 2021 (VIRTUAL)



Hon'ble Keshav Raj Pandey (Minister – Minister of Ministry of Internal Affairs & Law Bagmati Province) addressed that youth need to take nationwide initiation from themselves to promote the participation of Youths. Youth should be responsible and determined enough to do something for the betterment of the nation.

Mr. Krishna Kumar Aryal supported the nationwide conference by congratulating Nepal Youth Council for being able to bring youth from all over Nepal on one platform. He then clarified that education health and other major infrastructure are related to tourism. Individual's ideas and innovations should be initiated by their own motivation.

Mr. Aart Bos motivated youth participants that the youth generation is so capable of doing any activities in various disciplines. All disciplines have talents and youth can contribute to ending various social issues such as poverty, gender equality and soon. Mr. Bos shared



quotation of Malala, "If you don't focus on the future generation, it means you are destroying your country."



Dr. Aruna Uprety, The importance of a balanced diet during the COVID-19 pandemic is to help any individual to fight against the virus. Youths can play the role of taking responsibility to upgrade the good health infrastructure. The consequences of an irregular diet can lead and make us prone to diseases along with weakening our immune system.



Dr. Yamuna Ghale: Transforming our food system for the Sustainable Development of the Nation indicates the roles of Youth in the Decision-making process, leadership, entrepreneurship networking and personality development. Youth are change agents of political economic and social transformation. The National Youth Policy 2015 of Nepal specifies that youth belong to special priority groups. Youth can play a prominent role in research, innovation, solution-oriented, explore and present responsible behavior regarding climate action.



THE THREE THINGS THAT YOUTH ARE EXPECTED TO DO:

- Know the policy provision
- Know the plan and budget
- > Know the institutional arrangement



Mr. Kapil Sharma: COVID-19 & Mental Health is important for every individual during critical times such as pandemic and quarantine. The key terms of mental health such as communicating emotions, why sharing matters, the role of media in mental health, referral and linkages are necessary to have mental health. One of the major key indicators of Mental health is ventilation, validation, generalization, perspective and empathizing an individual as well as others.



Dr. Sher Bahadur Pun: Dr. Pun shared his success story with the Government of Nepal- Epidemiology and Disease Control Division and the Role of Youth in controlling the pandemic. The role of frontline workers was most important of all who worked day and night to save millions of lives. Various groups of youths played an important role to control and minimize the spread of coronavirus by leading different activities and campaigns.



Ms. Nisha Sharma: Sustainable Development Goal 3: Good health and well-being that addresses all the major reproductive. priorities maternal. newborn, child and adolescents' health, communicable and non-communicable disease. There are various Problems and consequences of adolescent's issues. The study of maior Elements of Comprehensive Sex Education (CSE) is included in the curriculum for youths and adolescents with the knowledge of comprehensive approach.



Mr. Rajendra N Suwal: If the objective of tourism is to sell the dream destinations, the goal of eco-tourism is to nurture the destinations with climate-friendly applications. Human and wild animals face new challenges for survival every day because of climate change. By referring to Greta Thunsberg's activism, we can clearly know that "You are never too small to make a difference". Thus a clear development trajectory with an increased contribution of renewable energy needs to develop.



Dr. Krishna Prasad Poudel: Youth should Agriculture engaged in for be decentralized development and for the innovation of new ideas and technologies. There is a huge gap in the field of agriculture from the youth population. Being active in agriculture has still been a field of humiliation for many youths. Instead, it should be taken as a boon to be born in a country like Nepal with high potential in agriculture. Youth should be encouraged from the side of government



as well as society to take responsibility in the field of agriculture.

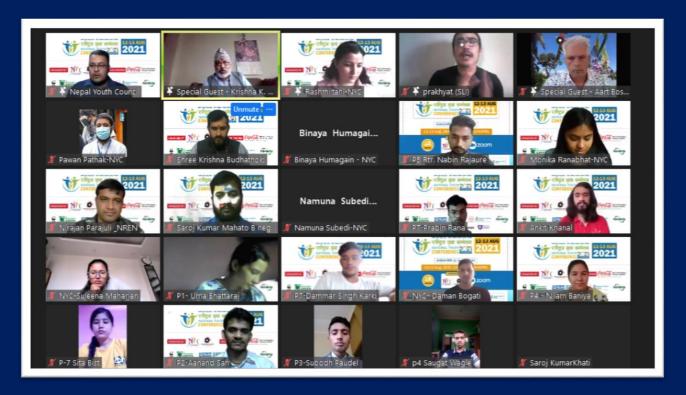
Ms. Shreejana Bajracharya: The online community takes a zero-violence approach to violence against girls and young people online. Perpetrators are reported and stop trolling, bullying or harassing girls and young women choosing to be active online. More girls feel able to participate in public life as a result of increased feeling of freedom to move around convene and mobilize. there is an overall increase in content recognizing girls and young women's power and agency created by them across all forms of media.



Mr. Shivu Pandey: Crime committed using a computer and the internet to steal data or information is known as cybercrime. Every minute we are seeing about half a million attack attempts that are happening in cyberspace. An individual can take various steps to be safe from such acts such as setup two-step verification, only install software from trusted sources, never reuse your main email password, difficult passwords, think before you share the information, automated backups and soon. Mental health can be impacted drastically cyberbullying. online harassment. misleading data and spam, self-injury or suicide promotion, impersonation and



threats. As a responsible youth, one step from an individual side can minimise such the online platform.



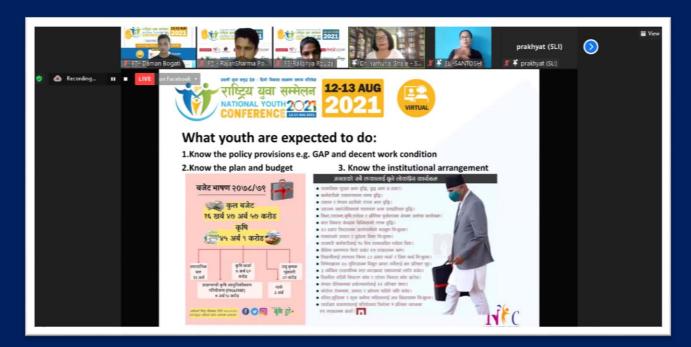






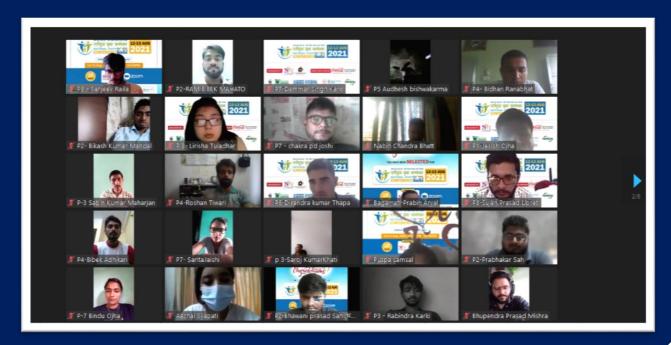


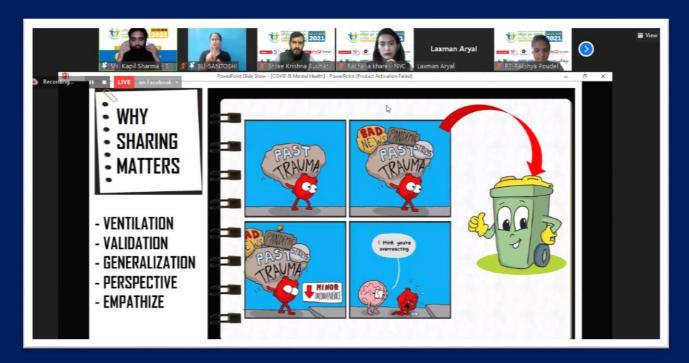




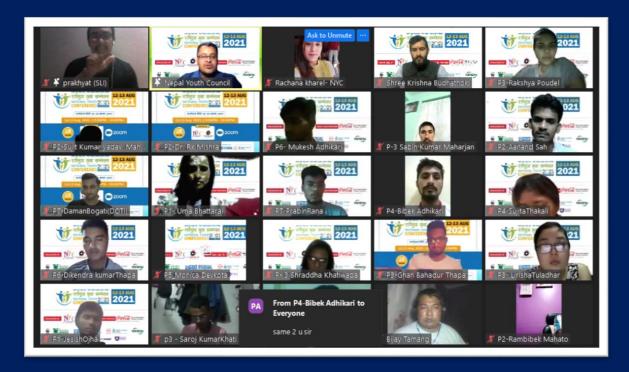














CLOSING CEREMONY OF NATIONAL YOUTH CONFERENCE 2021 (VIRTUAL)

Hon'ble Ram Prasad Thapaliya wished Happy International Youth Day 2021 to vouth every participant present. He expressed that Youths are capable enough to move forward making by responsible themselves regarding any situation that comes across during the pandemic. Even under such circumstances. Nepal Youth Council is connecting many youths through various programs. It seems that the youth will special have to pay attention to the issues of employment promotion protection of the environment. In order to mobilize the youth power as the heritage of the nation, the state has taken



various policy decisions, structures have been formed, and this country needs to move forward through various structures as it moves towards federalism

Mr. Rajendra Giri: Youth has always been competent and extraordinary so in further days they should be conscious and responsible enough to increase their skills in order to compete in global level. The Constitution of Nepal 2015 has stated that local government is the nearest government to the citizen so, always collaborate with local level government. That type of collaboration can make a huge difference either it be for social, economic, or other developmental aspects.

Mr. Rajan Koirala: As always, Mr. Koirala addressed the energy of active youth during the conference in order to make oneself capable enough to address the issues around us and make our better version. Youths are most efficient and consistent while taking any responsibility future of the upcoming generation.

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PARTICIPATES INFORMATION

- > SAUGAT WAGLE
- > DR. RK MISHRA
- > ATMA RAM VERMA
- BASANTI SAPKOTA
- LAXMAN ARYAL
- RAMBINAY YADAV
- LAKMAN TAMANG

- PUNAM KHADGI

 OM PRAKASH GIR

 OM PRAKASH GIR

 SANTOSH KUMAR

 SARU KHANAL

 AMIT KUMAR SAH

 AMIT KUMAR SAH

 MANJILA GNAWALI

 YUBRAJ PANTHI

 ROSHANI MAYA WAIBA

 SUJIT KUMAR VA

- MANJILA GNAWALI
 YUBRAJ PANTHI
 ROSHANI MAYA WAIBA
 SUJIT KUMAR YADAV

- RIKESH NIRAULA
- ARUN RIJALSUJATA SHRESTHA
- ➤ KARINA POUDEL
 ➤ MAHIMA SHARMA DHUNGANA
 ➤ SAVAN KUMAR YADAV

- MAHIMA SHARMA BHONOANA
 SATYA PRASAD BHATTARAI
 AMBIKA AWASTHI
 AJAY SHRIWASTAV
 SUJITA THAKALI
 SHREYA BOGATI
 TIKA RAM ACHARYA
 GYANESHWAR SINGH DANUWAR
 MARK DENDELDO ➢ GYANESHWAR SINGH DANUWAR
 ➢ CHANDRA BHAKTA ADHIKARI
 ➢ RITH KUMARI YARAY
- RITU KUMARI YADAV
- RAMBALI THARU

- KUSHAL DUMRE
 BISHWAMITRA BHITRAKOTI
 BISHWAMITRA BHITRAKOTI
- OMKAR YADAV

- > RAJAN SHARMA
- > BIDHAN RANABHAT
- BIBEK KUMAR SINGH
- > SAROJ DHAKAL
- > PUSKAR POUDEL
- DR. YAMUNA GHALE
- SURENDRA KUMAR YADAV
- > OM PRAKASH GIRI
- > SANTOSH KUMAR RAMTEL

- > SHUDARSAN BIDARI
- SUSHMA CHAUDHARY
 - MONIKA RANABHAT
 - > BARDAN SHRESTHA
 - KRISHNA BOHORA
 - > RTR. NABIN RAJAURE
 - SUDARAHAN NEPAL
 - GANESH BAHADUR BOHARA
 - RAMBIBEK MAHATO
 - > RAMESH BAHADURBOHARA

 - NELISHA GIRI
 - > ASHMITA DHAKAL
- ➢ DEVISAPKOTA
 ➢ NABIN CHANDRA BHATT
 ➢ DR. ARUNA UPRETY
 ➢ KUSHAL DUMRE
 ➢ PICHWANDRA **BIKASH KUMAR MANDAL**

 - TIKARAM ACHARYA
 - BIPANA DHAKAL

- SHIVA BHATTARAI
- > SHRESHA SHRESTHA
- > RASHMI ITANI
- > RAKSHYA PUUDEL
 > PASHUPATI SHRESTHA
- > SHRAWAN PRASAD SAH
- AAYUSHA RAMDAM
- BHAWANI PRASAD SAH
- MANOJ SHRESTHA
- SHARMILA KHANAL
- > ANIL KUMAR SAH
- LIRISHA TULADHAR
- > BHIM THAPA
- > AASHUTOSH SAH
- PRABIN ARYAL
- > SANJEEV RAILA
- > SUJAN PRASAD UPRETI
- RAMCHANDRA BHATTA
- BIBASH KATUWAL
- > TARA OJHA
- BINAYA HUMAGAIN
- > LAXMAN SAUD
- MUKESH ADHIKARI
- > MARYADA NEUPANE
- BIBEK MAGAR
- MANGESH KUMAR JHA
- SUDARSHAN NEPAL
- DAMAN BOGATI
- ARATI LAMA
- RAMIKA PANDEY
- UMA BHATTARAI
- BISHAL KOIRALA
- RAJAN KOIRALA
- > SHRESTHA BARDAN
- DINESH RAJ OJHA
- DULAR SAH
- > NABIN GHIMIRE
- NILAM BANIYA
- NILAM BANIYAAUDHESH BISHWAKARMA
- > APAR PAUDEL
- MANITA BAJAGAIN

- > PADAM RAJ BHATTA
- > SIRISHA SHRESTHA
- OM PRAKASH PANDIT
- SAROJ KUMAR MAHATO
- SABI THARU
- SUSHIL KHANAL
- GANESH SUBEDI
- > SRISHA POUDEL
- BIKRAM MAHARJAN
- > PRADEEP ARYAL
- ANITA SHAKYA
- MUKESH MAHATO
- BIJAY TAMANG
- > BINDU OJHA
- > PRADIP BHATTA
- DHIRAJ DHUNGANA
- SABIN KUMAR MAHARJAN
- > SHRADDHA KHATIWADA
- CHAKRA PD JOSHI
- > NABIN RAJAURE
- > SAGAR THAPA
- > SANTOSHI GHIMIRE
- > MONICA DEVKOTA
- SUMAN BHATTARAL
- DIPIKA TAMANG
- KABITA PANDEY
- SUDARAHAN (NEWPRAN) NEPAL
 - HEM RAJ GURUNG
 - > NIRMALA POUDEL
 - > ALISHA DC
 - > JEBISH PRAJAPATI
 - ASHWINI DHAKAL
 - SUDEEP KHANAL
 - BHUPENDRA SINGH BIST
 - MANISHA GYAWALI
 - > SOPHIYA SHRESTHA
 - > HEM BHAM
 - > MUNA BISTA
 - > RANDHIR CHAURASIYA
- RANDHIR CHAURASIYAGANESH BAHADUR BOHARA
 - MANIRAJ KATUWAL
 - > KRISHNA ACHARYA

- RAHUL KUMAR SAH
- > TIRTHA RAJ KAFLE
- > LUKMAN KHAN
- > DINESH SHRESTHA
- > RAM BIBEK MAHATO
- > DIKENDRA KUMAR THAPA
- ROSHAN TIWARI
- SHRAWAN KUMAR PASWAN
- RAMESH BAHADUR BOHARA
- > SHYAM SHAH
- > PRADEEP BOHARA
- KISHOR NEUPANE
- DAMMAR SINGH KARKI
- GHANSHYAM RANA
- PRIYANKA MAHAT
- > SAVAN YADAV
- NARAYAN KUMAR SHRESTHA
- > AIN BAHADUR SAWAT
- > POOJA KUMARI BAISHYA
- > KESHAV PANDEY
- > BHUPENDRA PRASAD MISHRA
- > OJASWI JOSHI
- KRISHNA KUMAR ARYAL
- BABURAM TIMSINA
- DINESH JOSHI
- ANKIT KHANAL
- > NAMUNA SUBEDI
- SUSMITA BHANDARI
- PRABIN MAHATO
- PRABIN KUMAR MAHATO
- > LUCKY LAMA
- > SURUCHI SAH
- KARAN RAJ BHATTA
- SARITA JAISHI
- RANJANA NEPAL
- RABINDRA KARKI
- > AACHAL SIJAPATI
- > ANJU DAHAL
- DEVI MAHAT CHHETRI
- > DIPENDRA AIDEE
- > BIBEK BHATTARAI
- BHUWAN NEUPANE

- MUNA DURA
- > RANJAN NIRAULA
- SAUGAT BASNET
- PAWAN PATHAK
- > SUSHMA LIMBU
- BISHAL PAUDEL
- > ANISH LAMICHHANE
- > SHREE KRISHNA BUDHATHOKI
- > GAYATRI PAUDEL
- MAMITA BHANDARI

Program Report - National Youth Conference 2021 (Virtual)



























































SEED FUND PROGRAM



PROGRAM DETAILS:

- 1. Call for Ideas 12 27 Aug 2021
- 2. Top 21 Ideas selection from 7 provinces 27-30 Aug 2021.
- 3. Final Ideas selection till 15 Sep 2021
- 4. Final Ideas Announcement on 21 Sep 2021
- 5. Each group will get 5 minutes for ideas pitching.

PROGRAM SCHEDULE

National Youth Conference 2021 (Virtual)							
12-13 August, 2021							
Topic	Speakers	Time	Cell	Remarks			
Opening Ceremony		2.30 - 3:00 PM					
Day 1 - 12 Aug 2021 (2:45 PM - 7:00 PM)							
Day 1 - 12 Aug - Transforming Food Systems: Youth Innovation for Human & Planetary Health							
Nutrition & COVID-19	Dr. Aruna Uprety - MD, Public Health Specialist, Team Leader for Public Health & Nutrition Promotion & Rural Health Education Service Trust, Nepal.	3:00 - 4:00		Presentation with Q&A (Presentation 3:00 - 3:40 PM) and Remaning 20 mins Q & A			
Transforming our Food System for Sustainable Development of Nation	Dr. Yamuna Ghale - Agriculture, food, and gender analyst	4:05 - 4:30		Presentation with Q&A (Presentation 4:05 - 4:35 PM) and Remaning 25 mins Q & A			
Question Answer Session		4:35-5:00					
Break - 5 mins							
Sustainable Development Goal No.3 - Good Health & Well-being							

COVID-19 & Mental Health	Mr. Kapil Sharma - Writer and professional Trainer Influencer, Mental health, life skills, and public Health.	5:00-5:30	9851176532	Presentation with Q&A (Presentation 5:00 - 5:30 PM) and Remaning 30 mins Q & A		
Question & Answer Session		5:30-6:00				
Success Story by GoN – Epidemiology and Disease Control Division and Role of Youth in to control pandemic	Dr. Sher Bahadur Pun - Chief, Clinical Research Unit, Sukraraj Tropical & Infectious Disease Hospital (STIDH)	6:00-6:30	9849246140	Only Presentation		
Sexual and reproductive health	Ms. Nisha Sharma - Marie Stopes International Nepal	6:30-7:00		Only Presentation		
Special Program with Closing		7:00-7:15				
Day 2 - 13 Aug 2021 (2:45 PM - 7:00 PM)						
Civic Engagement for Environment & Agriculture						
Recape	Namuna Subedi	2:45 - 3:00				
Eco- Tourism and Climate Action	Mr. Rajendra N Suwal - Head: Partnership Development, WWF Nepal.	3:00 - 3:30		Presentation with Q&A		

Q & A Session		3:30 - 4:00				
Civic Engagement for Agriculture	Dr. Krishna Prasad Poudel - Alliance of Agriculture for food	4:00 - 4:25		Presentation with Q&A		
Q & A Session		4:30-5:00				
Youth & Information Technology - Cyber Security						
Equality Tech & FreeToBeOnline	Ms. Shreejana Bajracharya - Plan International Nepal	5:10 - 5:40		Presentation with Q&A		
Q & A Session		5:40-6:00				
Cyber Crime & Cyber Security	Mr. Shivu Pandey - Managing Director at Semicolon Tec Tech Conscious Speaker & Cyber Security Enthusiasts	6:00 - 6:30		Presentation with Q&A		
Q & A Session		6:30-7:00				
Closing & Special Announcement		7:00- 7:30				