



## **Support Services to Socially Isolated and Vulnerable Nepalese in Calgary**

**(COVID-19 Community Funding Recovery Grant,  
March 2021 – June 2023)**

**Project Digital Resource**

**Nepalese Community Society of Calgary (NCSC)**



# क्यालगरीमा सामाजिक एकाकी र जोखिममा परेका नेपालीहरूकालागि सहायता सेवाहरू

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प्रोजेक्ट डिजिटल संसाधन

नेपालिज कम्युनिटी सोसाइटी अफ क्यालगरी  
(एन.सी.यस्.सी)



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## KEY OUTCOMES

Several of the initiatives under this project touch on multiple key outcomes and multiple outcomes have been the conjoint product of the initiatives falling outside of this project, however, for the brevity of this document, they have only been mentioned in a specific category.

- Screen time for the kids has been reduced substantially by engaging kids and youth in productive activities. This has enhanced the mental and physical health of the kids and parents.
- Social isolation of the seniors has been reduced, and their social network increased through a host of engagement, storytelling, and fun-filled activities.
- Vulnerable Calgarians felt supported by NCSC's project during their difficult period (COVID-19 phase and recovery phase).
- Community spirit and trust in an organization have developed substantially during the last two years or so.
- Organizational capacity and skills in managing funded projects increased substantially.
- With sustained staff in place, NCSC opened its help desk and supported the vulnerable Calgarians in diverse areas.
- Built partnerships and collaborations with over a dozen non-profit organizations within a two-year period. The visibility of NCSC within Calgary and the area has increased substantially.
- Partnership built with Mount Royal University in terms of engaging and supervising practicum students. Two students graduated and the NCSC technical expert supervised the students. This has increased the student supervision skills of NCSC experts and developed the capacity of the engaged students.
- Consular services provided benefits to 45 Nepalese in Calgary that saved almost \$30,000 which otherwise could be incurred if they had to travel all the way to Ottawa for basic consular services.
- NCSC has been recognized as one of the vibrant community organizations in Calgary. The positive feedback provided by Nepalese and non-Nepalese Canadians has motivated the board to showcase its excellence further.
- NCSC together with other Nepalese organizations in Calgary has planned for a one-day Nepali Mela and Multicultural Showcasing Event in July 2023 and the concept of Mela has been conceived and conceptualized during the COVID-19 recovery phase. The event anticipates almost 10,000 visitors across Alberta and other parts of Canada.

## मूल उपलब्धिहरू

यस परियोजना अन्तर्गतका धेरै पहलकदमीहरूबाट बहुमुखी नतिजाहरू प्राप्त भएका छन् र यस परियोजना भन्दा भिन्न पहलहरू समेतको प्रयासले अरू विविध उपलब्धिहरू पनि प्राप्त भएका छन्। यद्यपि, यस दस्तावेजको संक्षिप्तताका लागि ती परिणामहरूलाई एक विशेष वर्गमा मात्र उल्लेख गरिएको छ।

- बालबालिका र युवाहरूलाई उपलब्धीमूलक गतिविधिहरूमा संलग्न गराएर बालबालिकाको चित्रपट-समय (इलेक्ट्रोनिक सामग्री हेर्ने समय) निकै घटाइएको छ। यसले बालबालिका र अभिभावकको मानसिक र शारीरिक स्वास्थ्यमा सुधार गरेको छ।
- जेष्ठ नागरिकहरूको सामाजिक सञ्जालमा संलग्नता, कथा अभिव्यक्ति, र मनोरञ्जक गतिविधिहरू मार्फत सामाजिक एकाकीमा पर्ने अबस्थामा कमी आएको छ।
- जोखिमयुक्त क्याल्गेरीबासीहरूले कठिन अवधि (कोभिड-१९ चरण र प्रतिलाभ चरण) मा एन.सी.यस्.सी को परियोजना द्वारा लाभान्वित भएको महसुस गरे।
- पछिल्ला दुई वर्षमा संस्थामा सामुदायिक भावना र विश्वासको यथेष्ट विकास भएको छ।
- संस्थागत क्षमता र वित्तीय सहयोग प्राप्त परियोजनाहरू व्यवस्थापन गर्ने सीपमा उल्लेख्य वृद्धि भएको छ।
- स्थायी कर्मचारीहरूको साथमा, एन.सी.यस्.सी ले हेल्प-डेस्क खोल्न र विभिन्न क्षेत्रहरूमा कमजोर क्याल्गेरीबासीहरूलाई लाभान्वित गर्यो।
- दुई वर्षको अवधिमा एक दर्जनभन्दा बढी गैर-नाफामुलक संस्थाहरूसँग साझेदारी र सहकार्यको निर्माण गरियो। क्यालगरी भित्र र बाहिरका क्षेत्रमा एन.सी.यस्.सी को उपस्थिति उल्लेखनीय रूपमा बढेको छ।
- प्राक्टिकम-विद्यार्थीहरूलाई संलग्न गराउने र पर्यवेक्षण गर्ने सन्दर्भमा माउन्ट रोयल विश्वविद्यालयसँग साझेदारी गरिएको। दुई विद्यार्थीले स्नातक गरे र एन.सी.यस्.सी का प्राविधिक विशेषज्ञले विद्यार्थीहरूको निरीक्षण गरे। यसले एन.सी.यस्.सी विशेषज्ञहरूको विद्यार्थीको पर्यवेक्षण गर्ने सीप बढाएको छ र संलग्न विद्यार्थीहरूको क्षमता विकास गरेको छ।
- कन्सुलर सेवाले क्यालगरीमा ४५ जना नेपालीहरूलाई लाभ भयो, जसबाट लाभग्राहीहरूको लगभग तीस हजार डलर बचत गर्नु, अन्यथा आधारभूत कन्सुलर सेवाहरूको लागि ओटावासम्मको यात्रामा उनीहरूको यो रकम खर्च हुन सक्थ्यो।
- एन.सी.यस्.सी लाई क्यालगरीमा एक जीवन्त सामुदायिक संस्था को रूपमा परिचित भएको छ। एन.सी.यस्.सी बोर्डलाई नेपाली र गैर-नेपाली क्यानेडियनहरूले दिएको सकारात्मक प्रतिक्रियाले अझ उत्कृष्टता प्रदर्शन गर्न उत्प्रेरित गरेको छ।
- एन.सी.यस्.सी ले क्यालगरीमा रहेका अन्य नेपाली संस्थाहरूसँग मिलेर जुलाई २०२३ मा एकदिने नेपाली मेला र बहुसांस्कृतिक प्रदर्शनी कार्यक्रम आयोजना गर्ने योजना बनाएको थियो। र मेलाको अवधारणा कोभिड-१९ प्रतिलाभ चरणमा परिकल्पना गरिएको थियो। नेपाली मेला र बहुसांस्कृतिक प्रदर्शनी भब्य रूपमा सफल भयो। कार्यक्रमले अल्बर्टा र क्यानाडाका अन्य भागहरूमा लगभग दश हजार आगन्तुकहरूको सहभागिता गरेको अनुमान गरेको छ।



## EXECUTIVE SUMMARY

*With funding support from Alberta Health (from April 2021) and in partnership with Together with Senior Society (TOSS), Nepalese Literary Society of Calgary (NLSC), and Danfe Sports Club, NCSC ran a project aiming to reduce social isolation and improve the mental health of the Nepal-origin vulnerable Calgarians. The project provided benefits to a diverse group of community members: kids, youth, parents, seniors, students, and people with work permits and visitor visa. The project implemented engagement activities for different groups of people, skill-building sessions, awareness/education sessions, fun-filled indoor, and outdoor activities, in-person support and one on one counseling, sports sessions for the kids and youth, grocery support to the COVID-19 impacted families and individuals, services to the community members leading to employment and partnership building.*

*The project has been considered highly timely by the parents given that their kids' screen time has increased significantly due to COVID-19 restrictions. The kids' focused activities have become highly successful as there has been a consistent and high rate of participation in all activities. For instance, almost 91% of parents (n=470) found that their kids made notable progress after joining the host of activities, and 95% of parents (n=428) reported that the activities helped them to mix and mingle with their friends and it helped reduce mental and physical stress caused directly or indirectly by COVID-19, and almost 95% of adults (n=610) expressed that project activities provided an opportunity to discuss/share their ideas/knowledge. Similarly, out of 283 participants of virtual mindfulness sessions, 89% reported that the mindfulness and guided meditation sessions helped them reduce their stress and anxiety while assisting them to retain a healthy lifestyle. Almost 92% of seniors (n=618) agreed that they learned new things from the project activities, 95% (n=585) agreed that the project helped them provide an avenue to share their ideas, knowledge, and experience that has given them mental relief, and 97% of seniors (n=570) reported that they got opportunities to resume their socialization and reduced social isolation.*

*During the tenure of the project (May 2021 to June 2023), a total of 8,828 participants (2,799 unique participants) attended 431 project sessions (156 unique sessions), mobilized 1,074 volunteers (315 unique volunteers), 2,802 volunteer hours from community members, 3,000 hours of volunteer contribution from staff and technical experts with almost \$190,000 value of the volunteer contribution to the organization and the project. The projects generated **\$18,790** in revenue for NCSC. Under community outreach activities organized during COVID-19 and recovery phase, the projects provided grocery packages and customized support to 165 vulnerable families that benefited almost 550 family members of various communities especially, Nepal, Bhutan, India, Pakistan, Bangladesh, Philippines, and Mexico origin Calgarians. We have partnered with over 15 non-profit organizations in Calgary. The COVID-19 project has increased NCSC's organizational capacity in several areas, specifically in the areas of project management, awareness raising, skill development, partnership building, exploring funding opportunities, and future collaboration.*

## विशेष सारांश

अल्बर्टा हेल्थ (अप्रिल २०२१ देखि) को सहयोगमा, टुगेदर विथ सिनियर सोसाइटी (TOSS), नेपाली लिटरेरी सोसाइटी अफ क्यालगरी (NLSC), र डॉफे स्पोर्ट्स क्लबसँगको साझेदारीमा, NCSC ले नेपाली मूलका अति सम्वेदनशील क्याल्गेरियनहरूको स्वास्थ्य तथा सामाजिक-एकाकीपनलाई कम गर्ने र मानसिक सुधार गर्ने उद्देश्यले एउटा परियोजना चलायो। परियोजनाले समुदायका तोकिएका सदस्यहरूको विभिन्न समूह: बालबालिका, युवा, अभिभावक, ज्येष्ठ-नागरिक, विद्यार्थीका साथै वर्क-परमिट र भिजिटर भिसामा भएका व्यक्तिहरूलाई लाभान्वित गरेको छ। परियोजनाले विभिन्न समूहहरूकालागि सीप विकास तालिम, सचेतना/शिक्षा सत्रहरू, घरभित्र तथा बाहिरी रमाइला गतिविधिहरू, व्यक्तिगत सहयोग र एक-एक जनाको परामर्श सेवा, बालबालिका र युवाहरूको लागि खेलकुद सत्रहरू, किराना सामान खरिदमा समेत सहयोग गर्यो। कोभिड-१९ प्रभावित परिवार र व्यक्तिहरूलाई रोजगारी र साझेदारी निर्माणकोलागी समुदायले अगुवा बनेर सहयोग गर्यो।

कोभिड-१९ प्रतिबन्धका कारण आफ्ना बच्चाहरूको चित्रपट-समय उल्लेखनीय रूपमा बढेको कारण अभिभावकहरूले परियोजनाका गतिविधिहरूलाई निकै समयसापेक्ष मानेका छन्। बालबालिकाका केन्द्रित सबै गतिविधिहरूमा सहभागिता दर निरन्तर र उच्च भएकोले अत्यधिक सफल भएको पाइएको छ। उदाहरणका लागि, सर्वेक्षणमा सहभागी लगभग ९१ % आमाबाबु (संख्या ४७०) ले आफ्ना बच्चाहरू सहभागी गतिविधिहरूको परिचारकको रूपमा सहभागी हुँदा उल्लेखनीय प्रगति गरेको देखियो। सर्वेक्षणमा सहभागी ९५ % आमाबाबु (संख्या ४२८) ले यी गतिविधिहरूले वालवालिकाहरूलाई घुलमिल हुन र आपसी मिलापमा मद्दत पुगेको बताएका छन्। परियोजनाका गतिविधिहरूले कोभिड-१९ बाट प्रत्यक्ष वा अप्रत्यक्ष रूपमा हुने मानसिक र शारीरिक तनावलाई कम गर्न मद्दत गरेको र आफ्ना विचारहरू/ज्ञानहरू छलफल/साझेदारी गर्ने अवसर प्रदान गरेको तथ्य लगभग ९५ % वयस्क (सङ्ख्या ६१०) ले बताए।

त्यसैगरी, अनलाइन ध्यानका सत्रका २८३ सहभागीहरूमध्ये, ८९% ले ध्यान र निर्देशित-ध्यान सत्रहरूले उनीहरूलाई स्वस्थ जीवनशैली कायम राख्न एवम् तनाव र चिन्ता कम गर्न मद्दत गरेको बताए।

परियोजना गतिविधिहरूबाट नयाँ कुराहरू सिकेको भनेर लगभग ९२ % ज्येष्ठ-नागरिकहरू (संख्या ६१८) सहमत भए। सर्वेक्षणमा सहभागी ९५ % (संख्या ५८५) ज्येष्ठ-नागरिकहरू परियोजनाले उनीहरूको विचार, ज्ञान, र अनुभव साटासाट गर्ने अवसर परियोजनाका गतिविधिले प्रदान गरेको स्विकारे। ९७% ज्येष्ठ नागरिकहरूले (संख्या ५७०) ले आफ्नो एकाकीपन घटाएर सामाजिककरण पुनः सुरु गर्ने परियोजना प्रदत्त अवसरले मानसिक राहत पाएको बताए।

परियोजनाको कार्यकालमा (मई २०२१ देखि जुन २०२३ सम्म) कुल ८,८२८ सहभागीहरू (२,७९९ अलग-अलग सहभागीहरू) ४३१ परियोजना सत्रहरू (१५६ अलग-अलग सत्रहरू), १,०७४ स्वयंसेवकहरू (३१५ अलग-अलग स्वयंसेवकहरू), २,८०२ घण्टा सामुदायिक सदस्यहरूबाट सहभागी भएका थिए। संस्था र परियोजनाका स्वयंसेवकहरूबाट १९०,००० डलर बराबरको योगदानका साथै कर्मचारी र प्राविधिक विशेषज्ञहरूले ३,०००



घण्टा स्वयंसेवी योगदान गरेका छन्। परियोजनाले एन.सी.एस.सी.को लागि १८,७९० डलर आम्दानी गर्यो। कोभिड-१९ र प्रतिलाभ चरणमा सञ्चालित सामुदायिक पहुँच गतिविधिहरू अन्तर्गतका परियोजनाहरूले १६५ जोखिममा परेका परिवारहरूलाई किराना सामग्री प्याकेजहरू र विशिष्टकृत सहयोग प्रदान गर्यो। यसरी, परियोजनाले विशेष गरी नेपाल, भुटान, भारत, पाकिस्तान, बंगलादेश, फिलिपिन्स र मेक्सिको मुलका लगभग ५५० क्यालगरीवासी परिवारका सदस्यहरूलाई लाभान्वित गरायो। हामीले क्यालगरीमा १५ भन्दा बढी गैर-नाफामुलक संस्थाहरूसँग साझेदारी गरेका छौं। कोभिड-१९ चरणमा परियोजनाले विशेष गरी परियोजना व्यवस्थापन, सचेतना अभिवृद्धि, सीप विकास, साझेदारी निर्माण, सहयोगी कोषका अवसरहरूको खोजी गर्न भविष्यमा सहकार्य गर्ने क्षेत्रमा एन.सी.एस.सी. को संगठनात्मक क्षमता बढाएको छ।



## BACKGROUND

The project entitled “Support Services to Socially Isolated and Vulnerable Nepalese in Calgary” aims at addressing social isolation leading to mental stress among vulnerable Nepalese seniors, children, youth, and adults living in and around Calgary. One of the prominent cultures of Nepalese is to mix and mingle with relatives and friends almost every day. This culture helps seniors and other members of the family to share their life experiences and make and strengthen social networks sharing similar cultures. Due to the global pandemic, social gathering has been restricted for a year or so, leading to a series of physical and mental health issues, and social, emotional, financial, and psychological consequences. The youth and adults who lost their job due to COVID-19 had a hard time recovering from the loss of jobs and disruption of social networks. Since they have built their habit of working full-time and spending the rest of their time with family, they seem to be mentally stressed. Youths became particularly vulnerable to addiction and substance use. This might have further affected their mental health putting more pressure on the health care system on the one hand and stress on family on the other. Seniors became more vulnerable due to multiple reasons on top of health measures. Temporary foreign workers and those on student visa faced multiple stressors: i) they were not eligible for CERB and hence faced financial problems to make a daily living, ii) this group was socially isolated and hence stressed physically, mentally, and emotionally, and iii) the compounding effect of financial issue and stress. Kids in the family realized an increased screen time leading to physical and mental stress on them and their families. During COVID-19 and recovery phase, it was strongly felt that the community members needed focused conversation/interaction sessions for the women and youths, engagement activities for diverse age groups, and some activities for intergenerational sharing and capacity building.

The project aimed at addressing then challenges such as increased screen time of the kids and youth, social isolation of seniors, and social issues of women, which were the aftermath of the pandemic by implementing focused activities for each group cohort. The focused activities have been implemented to protect and promote psychosocial well-being and resilience, supporting individuals’ ability to adapt to the stress and distress of COVID-19, and increasing individuals’ and families’ capacity to respond to the current issues. The project implemented a host of activities like kids’ engagement sessions, kids’ career coaching, youth conversation café, and sports, women’s conversation café, seniors’ storytelling and experience sharing sessions and awareness raising sessions, and intergenerational learning and sharing, among others. The success of each activity and the entire program was assessed through feedback collection and in-person surveys at the end of each activity using a structured questionnaire designed by an expert and translated into Nepalese language (wherever required). Collected data were analyzed qualitatively and quantitatively based on the nature of the activity and group of program participants.

## पृष्ठभूमि

"क्यालगरीमा सामाजिक-एकाकी र असुरक्षित नेपालीहरूलाई सहयोग गर्ने सेवाहरू" शीर्षकको परियोजनाले क्यालगरी र वरपर बसोबास गर्ने असुरक्षित नेपाली ज्येष्ठ-नागरिक, बालबालिका, युवा र वयस्कहरूमा मानसिक तनाव निम्त्याउने सामाजिक एकाकीपन निवारणलाई सम्बोधन गर्ने लक्ष्य राखेको छ। लगभग हरेक दिन आफन्त र साथीभाइसँग घुलमिल र मेलजोल नेपालीहरूको प्रमुख संस्कृति हो। यो संस्कृतिले ज्येष्ठ-नागरिक र परिवारका अन्य सदस्यहरूलाई जीवनका अनुभवहरू र समान संस्कृतिहरू साटासाट गर्दै सामाजिक सञ्जालहरू निर्माण र सुदृढिकरण गर्न मद्दत गर्दछ। विश्वव्यापी महामारीको कारण सामाजिक जमघट एक वर्ष वा सो भन्दा बढीको लागि प्रतिबन्धित गरिएको थियो, जसको सामाजिक, भावनात्मक, आर्थिक परिणामहरूले मनोवैज्ञानिक, शारीरिक र मानसिक स्वास्थ्य समस्याहरूको शृंखला निम्त्यायो। कोभिड-१९ का कारण जागिर गुमाएका युवा तथा वयस्कहरूले रोजगारी गुमेको र सामाजिक समुह अभावको कठिनाइ झेले। पूर्णकालीन काम गर्ने र बाँकी समय परिवारसँग बिताउने बानी बसेकाहरूमा मानसिक तनाव देखियो। केही युवाहरू विशेष गरी कुलत र लागूपदार्थको दुर्व्यसनको चपेटामा परे। एकातिर यसले युवाहरूको मानसिक स्वास्थ्यमा दुष्प्रभाव र अर्कोतिर स्वास्थ्य सेवा प्रणालीमा थप दबाव साथै परिवारमा तनाव थप्यो। यिनै विविध कारणहरूले स्वास्थ्य सेवा प्रणालीमा परेको दवावले गर्दा ज्येष्ठनागरिकहरू बढी पिडित भए। विदेशी अस्थायी कामदार र विद्यार्थी भिसा रहेका जनसमुदायले तनावहरू सामना गरे:

- क) तिनीहरू सी.इ.आर.वि. का लागि योग्य थिएनन् र दैनिक जीवन चलाउन आर्थिक समस्याको सामना गर्नुपरेको थियो,
- ख) यो समूह सामाजिक रूपमा अलग थियो र त्यसैले शारीरिक, मानसिक, र भावनात्मक रूपमा तनावपूर्ण थियो। र,
- ग) उनीहरू वित्तीय समस्या र तनाव को मिश्रित प्रभाव थियो।

परिवारका बालबालिकाहरूले चित्रपट-समय बढ्यो जसले गर्दा बालबालिका र उनीहरूका परिवारमा शारीरिक र मानसिक तनाव उत्पन्न भयो। कोभिड-१९ र प्रतिलाभ चरणमा समुदायका महिला र युवाहरूका लागि केन्द्रित वार्तालाप/अन्तरक्रिया सत्रहरू, विभिन्न उमेर समूहहरूका लागि समावेशी गतिविधिहरू, अन्तर-पुस्ता साझेदारी र क्षमता निर्माणका लागि गतिविधिहरू आवश्यक भएको अनुभूति गरियो।

यस परियोजनाले बालबालिका/युवाहरूको बढ्दो चित्रपट-टाइम, ज्येष्ठ नागरिकहरूको सामाजिक एकाकीपन र महिलाहरूको सामाजिक समस्याहरू जस्ता चुनौतीहरूलाई सम्बोधन गर्ने लक्ष्य राखेको थियो। महामारीको परिणाम स्वरूप प्रभावित प्रत्येक समूहको सामुहिकता केन्द्रित गतिविधिहरू सन्चालन गरिएको थियो। प्रभावित समूह केन्द्रित गतिविधिहरू मनो-सामाजिक भलाइ र अप्ठेरो सामना गर्ने क्षमता प्रवर्द्धन गर्न, कोभिड-१९ को तनाव/संकटमा अनुकूलन गर्न व्यक्तिको क्षमतालाई टेवा दिन, वर्तमान समस्याहरूबाट निकास दिन, व्यक्ति र परिवारको क्षमता वृद्धि गर्न लागू गरिएको थियो। परियोजनाले बालबालिकाको समावेशी सत्र, बालबालिकाको आजीविका कोचिङ, युवा कुराकानी क्याफे, खेलकुद, महिला कुराकानी क्याफे,

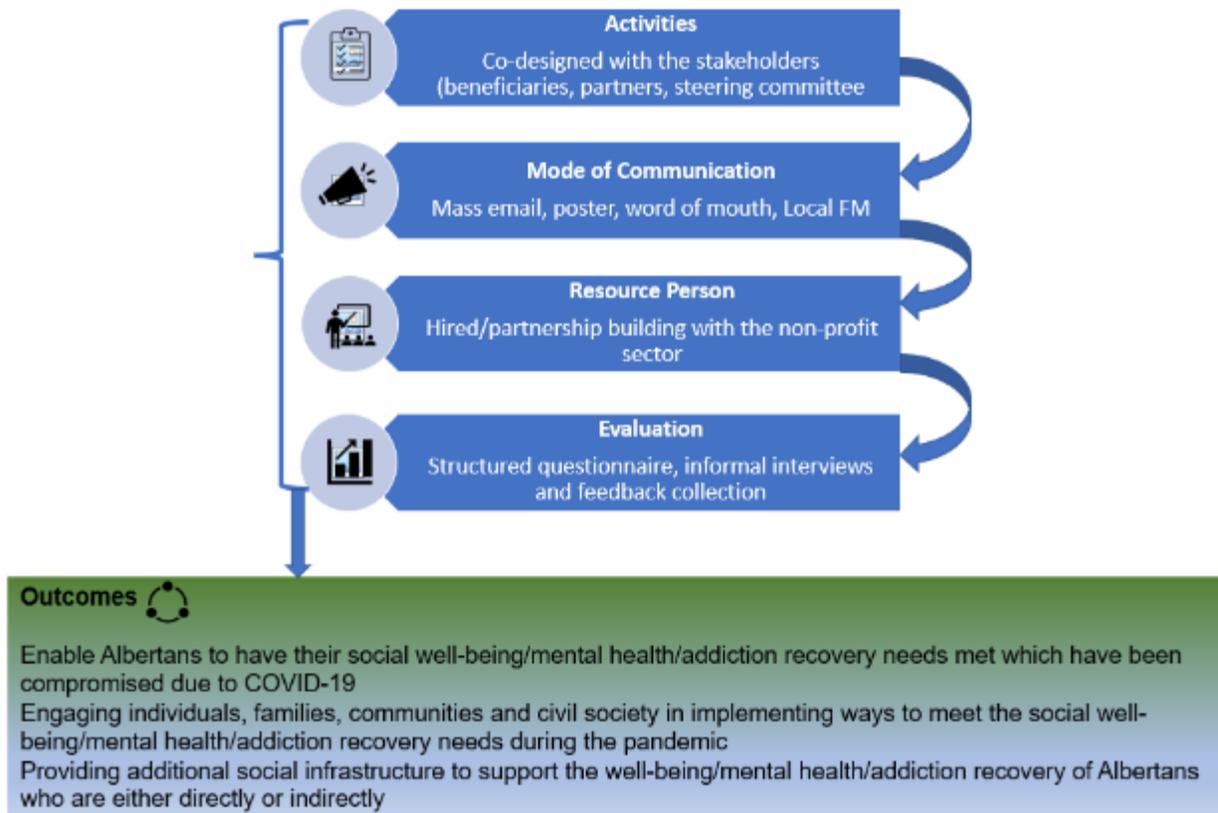


जेष्ठनागरिक कथा-कथन, अनुभव साझेदारी सत्र र सचेतना अभिवृद्धि सत्रहरू, र अन्तरपुस्ता सिकाइ र साझेदारी जस्ता धेरै गतिविधिहरू गर्यो। प्रत्येक गतिविधि र समग्र कार्यक्रमको सफलता आकलनका लागि पृष्ठपोषणको राय सङ्कलन गर्न प्रत्येक गतिविधिको अन्त्यमा विशेषज्ञ द्वारा डिजाइन/विन्यास प्रश्नावली प्रयोग गरी नेपालीमा अनुवाद (जहाँ आवश्यक छ) गरी व्यक्तिगत सर्वेक्षण मार्फत मूल्याङ्कन गरिएको थियो। गतिविधिको प्रकृति र कार्यक्रम सहभागीहरूको समूहको आधारमा गुणात्मक र मात्रात्मक रूपमा संकलित तथ्याङ्क विश्लेषण गरियो।



## APPROACH

The project followed a top-down approach initially because of a lack of knowledge and resources. After a couple of sessions, the project team realized the poor participation of the beneficiaries. The approach has been refined gradually to incorporate the voices of the beneficiaries. In each session, we administer a brief survey followed by the participants' feedback about the session and what they would like to see in the next session. Based on the feedback collected from the participants, activities or sessions have been co-designed and participation has increased substantially thereafter. During COVID-19, most of the sessions were done via Zoom platform and wherever possible in-person. During the recovery phase, almost 90% of project activities went in-person and this has given refreshment to the participants as they could expand their social network and interact with each other in person. A structured questionnaire was administered mostly in in-person sessions to find out the efficacy of each session in terms of increasing awareness, reducing screen time, breaking social isolation, and enhancing engagement. The feedback has been analyzed qualitatively and open-ended responses (a few random verbatims) are provided as is.





## ACTIVITIES, OUTPUTS, AND OUTCOMES



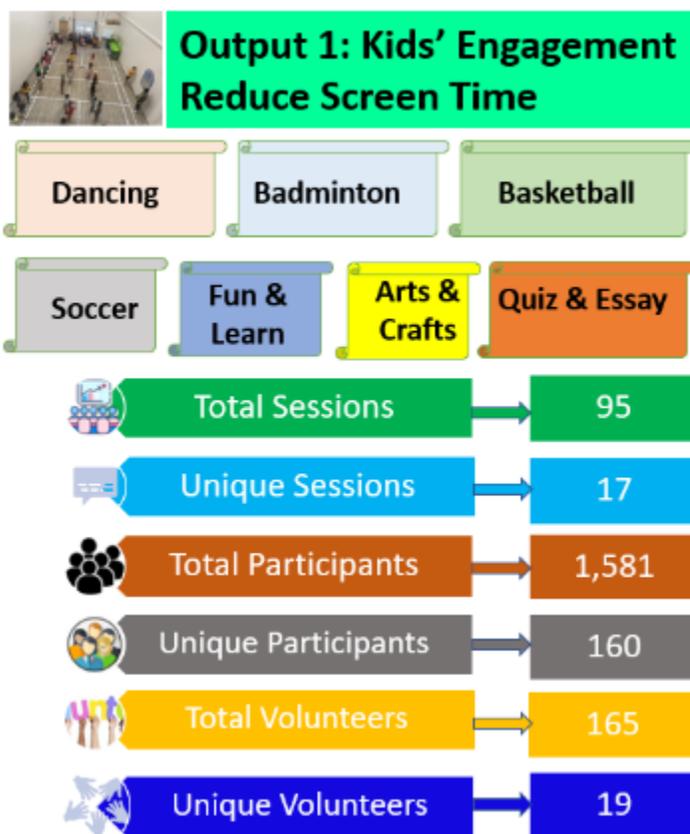


## THEMATIC ACTIVITIES

### KIDS' ENGAGEMENT

With the onset of COVID-19 and subsequent restriction measures, the kids' screen time has increased substantially, leading to mental health and social isolation. The global pandemic has affected the psychosocial functioning of children and youth due to a lack of outdoor activities, an online mode of learning, and increased screen time. NCSC has realized that the mental health of kids and youth has been degrading due to increased screen time and some kids follow what they watch on the screen. COVID-19 has compounded common issues, profoundly impacting the mental health of the youth and kids and associated families. Witnessing mental health problems in its community, particularly among kids and youth, NCSC realized that an urgent preventative and early intervention should be taken immediately. Based on in-house interaction sessions, key issues identified are:

- i) how to engage the kids and youth in productive activities, particularly outside of school hours;
- ii) how to reduce screen time of the kids; and
- iii) how to engage and enable kids and youth in productive activities.



**Key Programs**

- Soccer training and engagement sessions
- Badminton training and engagement sessions
- Basketball training and engagement sessions
- Dancing and engagement sessions
- Multicultural arts and craft sessions
- Youth-led mentorship sessions for kids
- Kids' health and well-being sessions
- Rhyming, singing, and storytelling sessions
- Reading and writing circle

Based on the interactive sessions and emerging issues related to kids and youth and with the funding support from Alberta Health since 2021, NCSC has organized engagement sessions for the kids as part of preventive intervention and sessions have been mostly led by community experts.

These activities aimed to enhance the socio-psychological state of the participants and to engage them in physical and creative activities to achieve the following objectives:

- Engage kids in productive activities and raise their health awareness;
- Increase friendship circle and reduce screen time; and
- Engage parents while kids in the learning and engagement sessions



### **Key Feedback (Verbatims)**

*“NCSC has been promoting many programs, and we are really satisfied and feel proud”.*

*“During COVID-19, my kids hardly got time to get connected with their peers and I noticed increased screen time. This was a great concern to me. NCSC’s kids’ engagement activities started at the right time, and I was able to enroll my kids in different activities on the weekend. I have noticed my kids talking about the activities while at home, what they learned, and their continued interest in such activities. Thanks, NCSC, and all those involved in making such fantastic programs”.*

*“When my child gets engaged in NCSC’s activities, I get time to work worry-free. Please bring more activities”.*

*“Kids engagement activities organized by NCSC are awesome gifts, please keep doing these activities in the future too”.*

*“My kid made new friends and I have noticed his reduced screen time when he is at home.”*

*“See these kids ‘Krishna and “Radha” attire and observe how they are internalizing cultural values. Look at them, they seem as if they are a divination of then Krishna and Radha. They are spellbound and perform the magic of Nepali culture. What a fantastic program ever attended in Canada”.*

*“We believe in religion and culture, especially Nepali cultural heritage. For me, all Nepali festivals bear therapeutic values, especially Krishna Ashtami and Teej. Such events/programs not only provide an opportunity for our younger kids to learn Nepali cultural heritage but also encourage them to promote them. Such socio-cultural festivals help release our stress and promote the mental health of the participants”.*

*“NCSC, particularly its project team is doing great. The concept of engaging diverse age groups and particularly the ways to reduce kids’ screen time by engaging them in productive activities deserve a great shout-out Keep doing this kind of work in days to come.”*



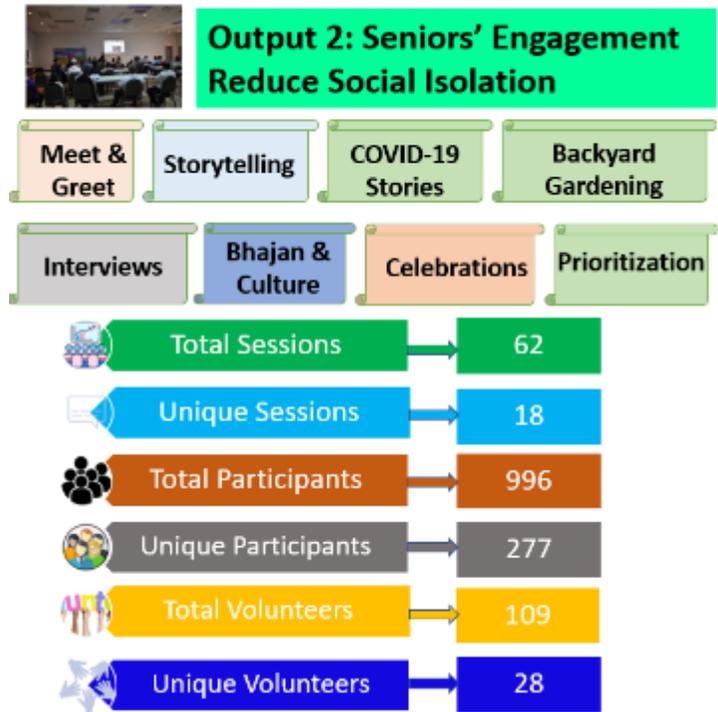
## SENIORS' ENGAGEMENT

The most common risk factors that increase the probability of elders becoming socially isolated and more vulnerable include lack of awareness of or access to community services, transportation, physical and mental health issues, income, and challenges relating to technology. For immigrant seniors, language and socio-cultural barriers create additional social isolation. The social isolation of seniors can cause higher social costs, financial costs, and the loss of the wealth of experience. NCSC have frequently heard from the elders that they have been facing multiple challenges such as lack of interaction with their peers due to busy hours of childminding, language barriers to interact with other elders from diverse ethnic groups, mobility issue, they could not do the spiritual practice (Bhajans)– a very important activity of the elders which keep them engaged, refreshed and mentally and emotionally de-stressed, lack of time in keeping themselves busy. Elders become permanent residents or Canadian Citizens with much happiness but once they mix with their kids and grandkids, they feel that they are less valued and less heard. Seniors became more vulnerable due to COVID-19 and subsequent lockdown measures restricting the space for engagement and interactions.

Amid COVID-19 restrictions, NCSC realized the urgency of providing engaging activities for seniors to achieve the following objectives:

- Make seniors physically and mentally agile by reducing their social isolation;
- Enhance social relationships and networks to promote social inclusion; and
- Promote and enable seniors' physical, mental, and social engagement within the community.

Top 10 issues/gaps and activities identified and prioritized by seniors	
Motivation to attend seniors' activities	Socio-cultural events
Lack of seniors' database	Support to seniors in need
Mental and physical health issues	Seniors database
Intergenerational gap	Awareness sessions
Lack of cross-cultural awareness	Cross-cultural tours
Mobility problems	Hearing test campaign
Documentation problem	Indoor activities during winter
Lack of awareness on available resources	Meet and greet
Childminding	Celebration of special days
Linguistic issue	Backyard gardening



- List of Key Sessions**
- Meet and greet sessions
  - Storytelling and sharing life experiences
  - Virtual mindfulness
  - Expert interactions
  - Interviews and sharing of the seniors via ethnic radio
  - One-on-one counseling and in-person support
  - Focus group activities
  - Scoping and prioritization

Using the funding support from Alberta Health, the Government of Alberta, NCSC has organized diverse types of engagement activities for seniors starting from Mid-2021.



### **Key Feedback (Verbatims)**

*“Meet and greet, social gatherings, cultural programs, health camps, Bhajan/kirtan, and singing/dancing programs are essential for seniors. And I am extremely happy that NCSC is on top of these activities and helping seniors make them active”.*

*“Seniors are of all, and they need to be heard by all. I felt so connected to get involved in this program with Nepali-speaking seniors. Thank you to the organizer of this talk program”.*

*“Thank you so much for NCSC Project and TOSS for organizing such an event. I felt it is a cornerstone in developing resilience among aging Nepali seniors”.*

*“I got time to interact with seniors in my community. When I share with the seniors, I feel mental relief”.*

*“Awesome approach. NCSC is following a pragmatic approach by working with the vulnerable groups, scoping the gaps, and making strategies to narrow the gaps down”.*

*“The term “Prioritization” itself is new to me. I learned how to prioritize activities and NCSC’s plan going forward. Thanks for inviting me to this important session”.*

*“I personally feel happy that actual beneficiaries have been consulted to prepare an action plan. Thanks NCSC team to make use of an innovative approach”.*

*“I was overwhelmed about how to speak and what to speak in the beginning. After 4-5 minutes I felt normal and told everything I experienced. Now I feel really lightened. I think seniors are provided an opportunity to tell their stories and should be listened to unjudgementally because I feel that it helps them to de-stress their burdens while it also a prevent seniors from potential mental health”.*

*“Seniors are of all, and they need to be heard by all. I felt so connected to get involved in this program with Nepali-speaking seniors. Thank you to the organizer of this talk program”.*

*“I am happy to attend this program with the seniors from the Nepali community. I felt true Nepali when we were telling our stories and listening to others. It is a great opportunity for me”.*

*“I appreciate this program because we are encouraged here to share our problems especially the due to linguistic problems we are experiencing in the hospitals, in service centers, in accessing various resources, and sometimes in the grocery stores”.*

*“It is a great program for me because it provided me with a sort of encouragement. I usually feel that seniors in our community are disconnected and isolated from their children and grandchildren in relation to culture and are experiencing vulnerability day by day though the Canadian government has been providing various benefits for seniors. Due to this, we are deprived of healthy aging practices due to deprivation of information”.*

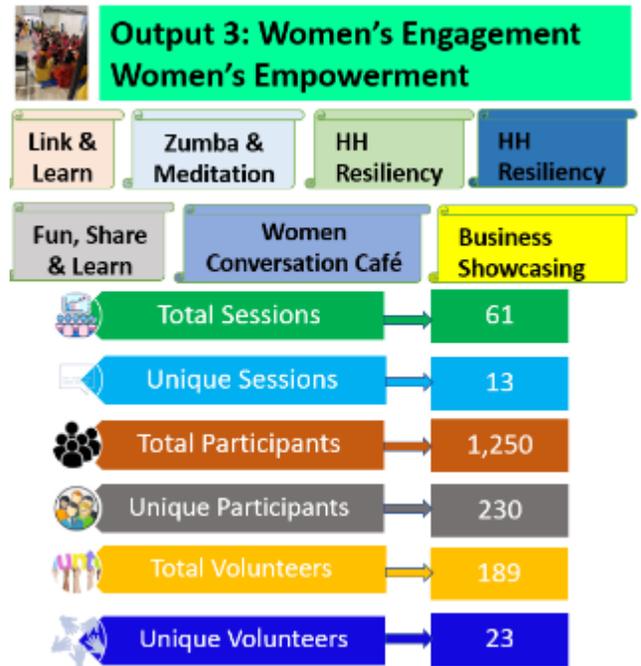


## WOMEN'S ENGAGEMENT

It has been historically realized that there has been a disproportionate rate of participation in different programs organized by NCSC and other non-profit organizations. Women in the Community have also raised their voices against this disproportionate rate of participation and asked NCSC to come up with some strategies to engage women through customized programming. Realizing a need for this cohort, the NCSC project team incorporated the concept of Women's Conversation Café (WCC) to bring community women and girls together in one platform, share their experiences and hurdles, and define the strategies to make NCSC programs/activities more inclusive and participatory.

NCSC internalized the need for engagement activities for the women to meet the following objectives:

- Enhance the mental and physical well-being of women by implementing customized activities; and
- Provide a platform for the women to share their experiences/stories and get them empowered.



### Key Women Engagement Sessions

- Women's conversation cafés
- Women's interaction sessions
- Take a stand against domestic violence
- Zumba and physical fitness sessions
- Awareness sessions
- Virtual mindfulness sessions
- Adult resiliency sessions
- International Women's Day
- Mother Goose program



### **Key Feedback (Verbatims)**

*“Great outdoor event with nice participation. Perfect management. I am thankful to enthusiastic volunteers who organized so many fun games and meditation sessions for seniors, and women. Special thanks go to the NCSC team for perfectly managing the event”.*

*“It is not only the festival where we sing and dance, but also the celebration of feminine principles. I am so proud in celebrating femininity while demanding gender justice, equality, and honor in our society”.*

*“Women Conversation Café is a unique and customized program for women to share their feelings in a fun-filled environment. Thanks to those who have been involved in making this program available”.*

*“I saw all the devotees here enjoyed the program and experienced light and happy as if they have released their pain, tension, and stresses through singing and dancing. I love to attend such events”.*

*“When I came here to Canada, I was a bit worried about how my family members were living. But today, I realized that they are in Nepal. I feel I should stay here forever. I wish Nepali women here in Canada keep the spirit of this festival”.*

*“I appreciate the concept of engaging women while their kids get engaged in some productive activities. Parents and kids together seem to be working perfectly as women get time to revive their network and make a portfolio of new friendships and get time to share their stories with each other”.*



## YOUTH ENGAGEMENT

COVID-19 affected all age groups and youth has been disproportionately impacted. Many youths and/or their family members lost their job and their interaction with their peers have been curtailed due to social restrictions. As a matter of fact, knowingly or unknowingly youth may be following a bad course of action. Realizing this fact in mind, NCSC together with a few active youths in the community decided to organize a series of engagement sessions with the goal that youth could share their experience and interact with their peers to reduce the feeling of social isolation. It is also important to bring community youth on the same platform and develop their volunteerism attitude and make use of their skills and knowledge for the benefit of the community members. The foundation for this type of engagement is to build strong social assets for the community.

Realizing this fact in mind, NCSC, together with active youths in the community, organized a series of engagement sessions to meet the following objectives:

- Bring youth to a common platform, facilitate sharing of experience, and reduce social isolation;
- Facilitate intergenerational learning; and
- Motivate youth in volunteering work.



- Key Youth Engagement Programs**
- Youth conversation café
  - Youth meet and greet session
  - Youth interaction with the expert
  - Youth sports
  - Youth-led kids' engagement activities
  - Youth-led mentorship sessions
  - Youth-led homework support program
  - Home Alone program



### **Key Feedback (Verbatims)**

*“This youth sports event created an intergenerational impact as all family members from small kids to seniors met friends, engaged themselves, and learned a lot. See me, my family, and my kids especially got quality time during these two days. The kids and youth made many friends and enjoyed playing together, we met our community members and shared so many things after Covid. Thanks, the NCSC, and Danfe Sports Club for re-energizing youths and others”.*

*“Youth connecting circle initiative brought all community youths together, shared their experience and expertise, and planned activities for the future. Thanks, NCSC, for making this unique program for us”.*

*“This youth sports event is very important and successful; I would say in connecting people after a long gap. It has an intergenerational impact or link in every walk of life. An awesome event. Thank you to the organizer”.*

*“For me, this event is a bridging event to allow people to meet and greet. It is also a milestone event in promoting business for the future. I am not talking about today but about tomorrow. I became able to introduce my business to all aged people, which means an intergenerational impact the event allowed me to create. I figured out an image of Nepali Mela in the future by being here. If the organizer of such a Mela includes me as an organizer, I would create a special situation among business owners to make it a grand success like the Himalayan Mela in Toronto”.*

*“My kids and my spouse had lots of fun by joining the friendly sports competition in an outdoor fun environment. Kids connected with many other kids played all day along. In the evening, they were asking me to be here the next day. They gained the natural fun, and pleasure of running, watching games, and eating our cuisines. My spouse stood here and briefed people visiting my stall about my business. She was so proud to do that. This event provided much to all age groups”.*

*“My grandchildren are making new friends and now see they are playing in a group whom they met here. They might have made many close friends”.*



## CULTURE AND HERITAGE

The vision of NCSC is to preserve and promote Nepalese culture, tradition, arts, and crafts. Keeping this vision in mind, the project team incorporated cultural elements into its project activities. The rationale for incorporating cultural components is to facilitate intergenerational learning on top of preserving and promoting the culture. The activities also engaged Nepalese in the cultural celebration, thereby increasing social inclusion and learning circles and providing a platform for the elders to express their cultural knowledge and share their experiences.

Community experts have been contacted and mobilized to run the events with logistic support from the project team to meet the following objectives:

- Bring all generations together on a common platform, observe, share, and learn culture and heritage together;
- Facilitate intergenerational learning; and
- Revitalize the cultural aspirations of the seniors and women and reduce social isolation.



### Key Cultural Events

- Buddha Jayanti
- Nepali New Year
- Dashain and Tihar
- *Deusi Bhailo* program
- *Mah Pooja*
- Krishna Janmashtami
- Bhanu Jayanti
- Nepalese arts and crafts showcasing
- *Teej* celebration and awareness session



### **Key Feedback (Verbatims)**

*“Oh my god. Never imagined an event. It was all exciting, joyous, and refreshing. I met my friends and we danced together. I wish the event would continue the whole night. I loved this program. What to say! it was so! so!! so good. I don’t have words to express the real pleasure I experienced here. I mingled myself into the joys. It is really entertaining for me and my friends. We enjoyed puja and felt inner peace, and performed group dance while my mom and her friends were singing bhajans. What an event! It offered everything to all age groups over here. We felt happy and realized that such a program should be promoted. I and my friends would tell our Canadian friends about this. I am sure they would be amazed”.*

*“This is a milestone event for intergenerational knowledge transformation. This program will help to understand the importance of peace, love, compassion, non-violence, and meditation in our daily life, especially here in Canada”.*

*“Being here I feel that the Nepali diaspora in Canada is expanding, and Nepali second-generation kids and adults are, as I see here, positively encouraged towards intergenerational learning. Leaders of NCSC and NLSC need to be praised for their initiative to organize such programs in the presence of all stakeholders. I thank you all and wish you success in your every initiation”.*

*“Meet and greet, social gatherings, cultural programs, health camps, Bhajan/kirtan, and singing/dancing programs are essential for seniors. And I am extremely happy that NCSC is on top of these activities and helping seniors making them active”.*

*“I am so overwhelmed with happiness that my daughter recited a poem in the Nepali language. She hardly writes in the Nepali language. But, after receiving encouragement from NCSC and NLSC, she is determined to write a poem even using Roman language. I felt valued when my daughter presented her poem in the celebration and listened to the interaction”.*

*“I am so excited and pleased to attend the Bhanu Jayanti celebration over here at NCSC premises. Both events were interesting and important. I would like to thank all organizations for organizing these events”.*

*“I would say such programs should go every two months and kids and youths are encouraged to attend. Many thanks to NCSC’s ongoing project activities and people involved in making these activities available to our kids and youth”.*

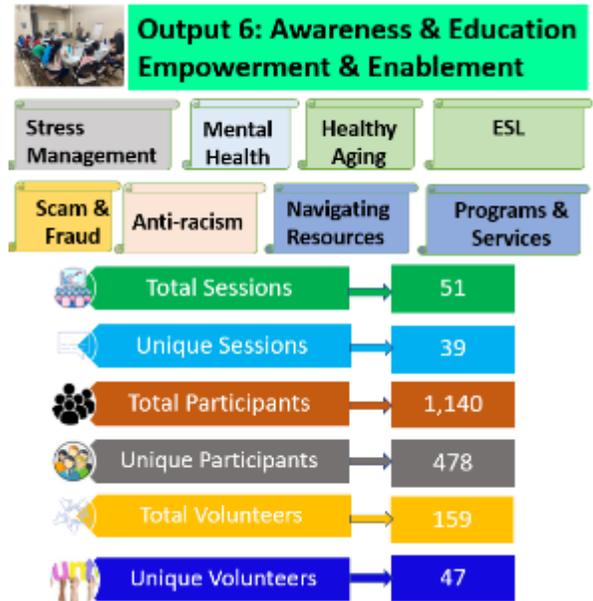
*“I am so overwhelmed with happiness that my daughter recited a poem in the Nepali language. She hardly writes in the Nepali language. But, after receiving encouragement from NCSC and NLSC, she is determined to write a poem even using Roman language. I felt valued when my daughter presented her poem in the celebration and listened to the interaction”.*

*“I saw all the devotees here enjoyed the program and experienced light and happy as if they have released their pain, tension, and stresses through singing and dancing. I love to attend such events”.*



## EDUCATION AND AWARENESS

Immigrants lack basic awareness and culture in a new environment. Nepalese immigrants in Calgary cannot remain aloof from this. It has been felt a need to increase the level of awareness in key areas like government support services/programs for different age groups, mental and physical health awareness, domestic violence, city-subsidized programs and services, senior abuse and fraud, discrimination, and racism, among others. During COVID-19, the need for awareness and education sessions has been felt strongly by community members. Based on the need of the community members, awareness sessions have been included in all projects as an important piece of activity, some customized for the specific age group/gender while some for all age groups. The main objective of the education and awareness sessions is to make the participants well-equipped with the fundamental knowledge in the sector they need in their day-to-day lives.



### Key Awareness Sessions

- Anti-racism conversation café
- Healthy aging
- Government programs and services
- Canadian culture
- Life in pandemic
- Racism and discrimination
- Scam and fraud prevention
- Mental health awareness
- Kids' health and wellbeing
- Suicide prevention
- Workplace communication
- English language classes (ESL)
- Saving and investment
- Autism awareness
- Vaccine Awareness
- Stress management
- COVID-19 quizzes, poems, and songs

Community people need awareness in the areas like workplace communication, family relations, mental and physical health, racism and discrimination, stress management, financial management, scam and fraud, elder abuse, etc. to help make a decent life and decent living under changing circumstances, particularly meeting following objectives:

- Provide knowledge and awareness in diverse areas;
- Empower and enable participants through education and awareness sessions;
- Provide knowledge about available government; and non-government resources and ways to navigate them whenever needed.



### **Key Feedback (Verbatims)**

*“I was not aware of such a range of government services and city rebate programs. This awareness session is an eye-opener to me. Thanks, NCSC, for organizing these kinds of awareness sessions”.*

*“Today, I know about the importance of mental health, and I will follow up with the doctor/counselor on a regular basis”.*

*“We knowingly or unknowingly are the victim of racism and discrimination. Today’s session helped me understand how to spot if this happens to me, reporting such incidents and available resources”.*

*“I came to know about available resources in case I am being abused. I want to see this kind of awareness session frequently by the NCSC team”.*

*“I appreciate this program because we are encouraged here to share our problems especially the due to linguistic problems we are experiencing in the hospitals, in service centers, in accessing various resources, and sometimes in the grocery stores”.*

*“It is a great program for me because it provided me with a sort of encouragement. I usually feel that seniors in our community are disconnected and isolated from their children and grandchildren in relation to culture and are experiencing vulnerability day by day though the Canadian government has been providing various benefits for seniors. Due to this, we are deprived of healthy aging practices due to deprivation of information”.*

*“I liked the meditation session included in outdoor activities like today. Meditation program should be included in all programs of NCSC”.*

*“It is an awesome program for all. Events like this create a space for our youths and kids to know our culture, tradition, and values even if they are near to Canadian values. For sure, they will not at least forget their root and in the future, they may take the initiatives to do research on Nepali festivals and Nepal. That’s why they should be tuned in with such programs”. Likewise, others expressed that “it is a part of learning that includes celebration and fun. NCSC deserves special thanks for this”.*



## OUTREACH

While implementing project activities and reaching out to the vulnerable members to provide social support, it has been realized that there are some people in other communities looking for our support. Having showcased in-house expertise through grant approval, implementing a host of activities to address concerns of different age groups, and interactions with several ethnocultural communities in Calgary while providing support services, the need for collaboration and fan out of the programs and services have been widely felt. It has also been noticed that there are immigrants that share Nepalese culture, language, and lifestyle, and are expecting to be part of the Nepalese community.

### Key Activities

- Supporting seniors in an elderly care home
- Link and learn sessions
- Earth Day celebration and park clean up
- Integration of Nepali speaking population (Bhutanese) in programming
- In-person support beyond the Nepalese community
- NCSC Help Desk
- Networking and settling into the job
- Capacity building of functional/ethnic groups
- Consular services in Calgary
- Support services to other ethnic communities and families in Calgary
- Hearing test for the seniors in super visa



After realizing this fact, the project team added an “Outreach” component in the projects to engage Bhutan-origin seniors in several engagements and enabling activities together with Nepal-origin immigrants. NCSC soon opened its Resource Centre for any community

in Calgary to make use of the available resources for non-commercial activities. The objectives of the outreach activities are:

- Provide organizational expertise and resources to other communities for their prosperity;
- Support vulnerable people in other communities; and
- Fan out NCSC’s activities beyond the border.



### **Key Feedback (Verbatims)**

*"I am really overwhelmed by the way I am treated, asked, assessed, and valued. Despite living in Canada, I have no idea that hearing tests are free and hearing loss can be prevented. I was feeling hopeless when I lost hearing power and my family members started to ignore me. I was unable to drive and apply for a job for fear that I wouldn't be able to do it. Today, I came to know that it is part of aging, and it could be prevented, or hearing loss can be retained. In the case of using a hearing aid, one can lead a very normal life like those who don't have hearing loss. This test became therapeutic for me. I am getting confident that it is a condition only which can be changed. Many thanks to NCSC for making me aware and providing this opportunity".*

*"Hearing loss has pushed me towards the hopeless dark and I was scared to walk outside, especially around the street due to the fear that I might face an accident. Today, I came to realize that with the assistance of a hearing aid, I can be normal again. I am going to sell my ornaments and have a hearing aid very soon. NCSC's project activity to support seniors like me is highly applauded. Keep up the good work and help us when we need it".*

*"Thank you so much for NCSC Project and TOSS for organizing such an event. I felt it is a cornerstone in developing resilience among aging Nepali seniors".*

*"This is a new event of its type. I think listening to such encouraging stories will help seniors to plan and tackle the potential challenges of old age in Canada. It offered me a life skill for my future. I suppose NCSC and Nepali seniors should plan of running a separate old age home for Nepalese only so that aging seniors would enjoy peace of mind inside the old age home".*

*"I am so proud of our NCSC executives who made this happen at the NCSC resource center. I saw around 15 seniors, vulnerable people, and women receive services related to Nepali Embassy in Canada. I express my commitment to join hands in each call made in the activities like this, and other initiatives taken by the NCSC team".*

*"I am happy that my parents got consulate service from the NCSC resource center. I would request NCSC to take the initiative to establish a consulate center in Calgary. I would say NCSC should take similar initiatives in cultural preservation, Nepali language classes to children, and volunteerism of any types".*

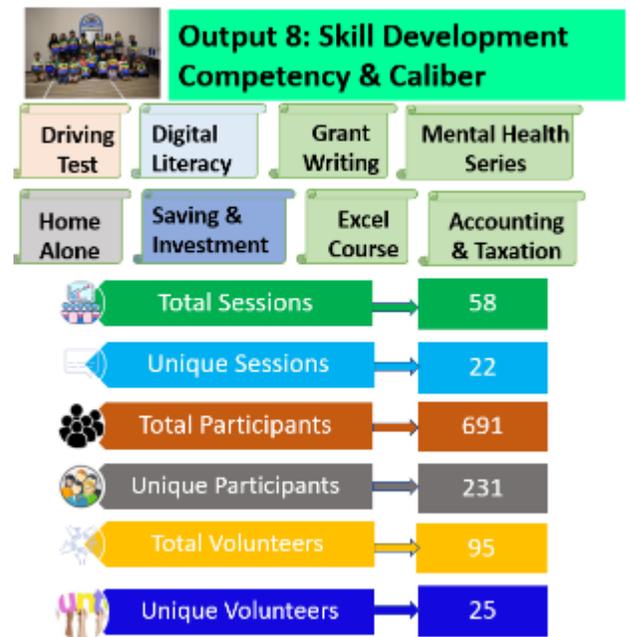
*"I am happy to have consulate service just in front of my house. If I had to travel to Ottawa, I would have spent thousands of dollars and time. Thank you, NCSC team, for these services".*



## SKILL DEVELOPMENT

Many immigrants, despite having a higher level of education and qualification for the workplace, lack the skills required for the Canadian workplace. Many seniors, for instance, lack digital literacy. COVID-19 made digital literacy a very essential part of our daily life to get connected with their peers, share experiences, and access services. However, some community members hesitate to attend the skill development courses provided by native English speakers simply because of linguistic barriers. Many ethnic communities struggle in finding resources to run important activities for their members even though funding support from different levels of government is there.

NCSC, with a mission to fan out its activities beyond the border and develop the potential of its members, started running skill development sessions for ethnic communities, its members, and specific groups of people like seniors to increase social and professional connections and to develop competency in navigating resources, particularly to enhance and revitalize the skills of the immigrants and make ethnic communities competent in terms of exploring resources for their sustainability.



### Key Sessions

- Digital literacy sessions
- Basic and advanced Excel classes
- Driving License classes
- Grant writing classes
- Focused sports sessions
- Quick book and accounting
- Strategic action planning
- Arts and craft sessions
- Home alone program
- Adaptive YYC
- Arts of Friendship
- Resume and cover letter preparation and job interviews

NCSC, with a mission to fan out its activities beyond the border and develop the potential of its members, started running skill development sessions for ethnic communities, its members, and specific groups of people like seniors to increase social and professional connections and to develop competency in navigating resources, particularly to meet following objectives:

- Enhance and revitalize the skills of the immigrants; and
- Make ethnic communities competent in terms of exploring resources for their sustainability.



### **Key Feedback (Verbatims)**

*"Sometimes we ignore the type of skill program we need in the job thinking that employers will train us at the workplace. Structured Excel sessions enhanced my skills and I am more competent for the job. Excel is part and parcel these days and NCSC should encourage all age groups to take part in this kind of modular course".*

*"I have a linguistic problem and I couldn't attend written test due to this. Making the sessions available at NCSC and in my own language, I felt that I am acknowledged".*

*"As a new immigrant in Calgary, I felt valued and got insights into the Canadian culture, workplace requirements, and the writing style of the resume and ingredients of the interview process. I used to prepare as long curriculum vitae as possible. I applied to multiple positions using the same CV but no response from the employers. The NCSC's project team guided me tirelessly and manually prepared my resume and cover letter, and the day I applied with the revised resume, I got called for an interview. Thank you so much for guiding me from scratch".*

*"Home Alone Certificate program helps make me worry-free. I would have to stay at home or engage someone to take care of my kids and I would have lost my job. The certificate program, which I have never heard of, helped me manage my time to work and earn money".*

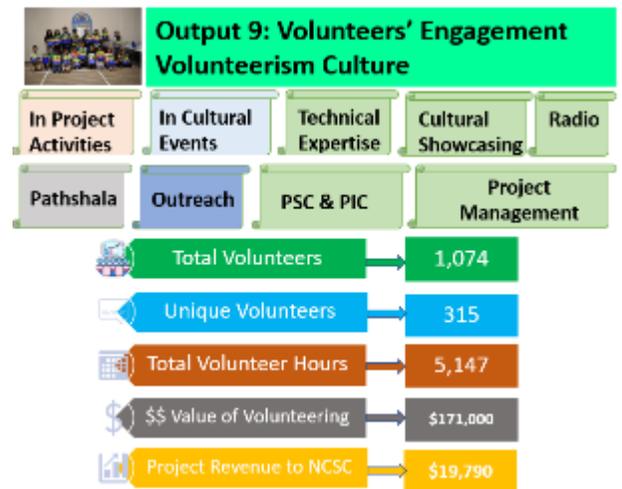
*"It was a totally new program and training session for me. Thanks, NCSC for exposing me to the Art of Friendship training course. I am pretty sure it will add credit in my professional life".*



## VOLUNTEERISM

Volunteers are the backbone of any organization it serves time and expertise. NCSC, being a small ethnic community-based organization, mobilizes its volunteers every year to run different activities. The importance of volunteers has been realized more strongly during the time of COVID-19 in which the organization needed a greater number of volunteers to help impacted families and run project activities. Nepalese volunteers have contributed various resources in the construction of NCSC resource centers through their volunteer work in various organizations like AGLC casino events every two years and collecting funds from donors.

Realizing this, NCSC projects have included volunteerism as one of its components with the aim of developing a culture of volunteering among its members. For example, the formation of a Project Steering Committee (PSC) and subsequently developing members' leadership and managerial capacity are rooted in the objectives of developing volunteerism among elders. Community members like kids, youth, women, and elders have contributed to running various project activities. NCSC's projects are the outcome of thousands of hours of volunteer contribution from one of the community experts. Community members are highly encouraged and motivated to be part of the projects to develop the culture of volunteerism and make strong social capital for the community.



Realizing this, NCSC projects have included volunteerism as one of its components with the aim of developing a culture of volunteering among its members. For example, the formation of a Project Steering Committee (PSC) and subsequently developing members' leadership and managerial capacity are rooted in the objectives of developing volunteerism among seniors. Community members like kids, youth, women, and seniors have contributed to running various project activities. NCSC projects are the outcome of thousands of hours of volunteer contribution from community experts. Community members are highly encouraged and motivated to be part of the projects to:

- Develop a culture of volunteerism; and
- Strengthen social and human capital for the community



### Key Feedback (Verbatims)

*“Great program of its type. I suppose we need to pass this culture of volunteerism to our youths and kids as well and NCSC should further take special initiative to involve adults and students from high schools and university”.*

*“I love volunteering to uplift the status of the organization. This is how you could contribute what you know and make everyone in the community grow”.*

*“I feel valued being here as a volunteer. While receiving my certificate I realized that I should take responsibility of engaging our youths and kids towards sports so that they can be refrained from screen time”.*

*“Despite the fact that I was not a member of the community, I was contacted and requested help to grow the community through my expertise. I invested tons of hours, and you can see the fruits now”.*

*“I felt encouraged for being honored by me and my team. I feel it is an encouragement to youths who like to be engaged in sports. I heartily thank NCSC executives and expressed my commitment that we would keep up our spirit in a more enthusiastic way”.*

*“This ceremony has motivated me to dedicate myself to the work of volunteerism”.*





## Appendix 1: List of Activities, Method of Delivery, and Number of Participants

Date	Method	Participants	Title	Session #	Volunteers	Unique participants
Jun 2021 – June 2023	In-person and virtual	302	Senior meet and greet	22	11	116
Jul 2021 – Sep 2022	In-person and virtual	341	Virtual mindfulness and engagement	34	34	67
Jun 2021 – Dec 2022	In-person	226	Kids' health and wellbeing	15	7	111
2 Sep 2021	In-person	41	Youth meet and greet	1	9	59
28 Aug 2021	In-person	52	Mom and dad resiliency program	1	1	34
4 Sep 2021	In-person	60	Link and learn through outreach engagement	1	3	18
4 Sep 2021	In-person	36	Link and learn	1	5	34
5 Sep 2021	In-person	89	Youth engagement through Danfe Saanjh	1	7	37
23 Sep 2021	Virtual	11	Stress management	1	1	3
11 Oct 2021	In-person	4	Google classroom literacy	2	1	4
27 Dec 2021	Virtual	21	Pathshala kids' program	1	1	11
1 & 9 May 2021	Virtual	20	Pathshala kids' arts and crafts	2	2	7
4 Oct 2021	Virtual	17	Family relation	1	1	7
9 Oct 2021	Virtual	42	Culture and Heritage: Dashain	1	3	16
10 Oct 2021	Virtual	14	Where are we heading as parents	1	1	5
13 Nov 2021	Virtual	35	City of Calgary program and services	1	1	12
17 Nov 2021	Virtual	21	Building self-esteem in kids	1	1	8
24 Oct 2021	Virtual	99	Anti-racism conversation, experiences, and strategies	1	3	57
4 - 5 Sep 2021	In-person	320	Youth sports (soccer) & post-event fun and interaction	1	37	202
19 Dec 2021	Virtual	19	Healthy aging	1	1	5
10 Jun 2021	Virtual	17	COVID-19 vaccine awareness	1	1	11
8 Sep 2021	Virtual	6	Back-to-school parenting	1	1	1
4 & 5 Sep 2021	In-person	312	Youth engagement through sports	2	34	210
May 2021 – Jun 2022	In-person & virtual	390	In-person support: Groceries, counseling, cash, goods, and services	120	47	215
30 Nov 2021	Virtual	6	Resources for job search	1	1	2
7 Dec 2021	Virtual	15	Suicide prevention	1	1	4
17 Dec 2021	Virtual	15	Money management	1	1	9
21 Dec 2021	Virtual	10	Workplace communication	1	1	2
26 Dec 2021	In-person	25	COVID-19 impacts on ethnocultural groups and local businesses	1	3	11



Dec 2021 – May 2022	In-person	161	Fun games with the kids	23	26	23
23 Nov 2021 3 Feb 2022	Virtual & in-person	98	City of Calgary programs and services for kids, youth, seniors, and low-income households	4	4	32
27 Dec 2021 – 30 June 2023	In-person	118	Kids' arts and crafts session	12	18	53
1 July 2022	In-person	36	Youth meet and greet	1	5	23
5 May - 17 Aug 2022	In-person	109	Youth Conversation Café	7	13	67
Jun 2021 – May 2023	In-person and virtual	231	Storytelling and sharing life experiences	19	21	99
July – Dec 2022	In-person	375	Seniors' issues identification, scoping, and prioritization	15	23	78
May– Aug 2022	In-person	532	Kids' engagement through soccer	31	62	27
July - Sep 2022	In-person	220	Kids' engagement through badminton	12	12	23
July – Sep 2022	In-person	186	Kids' engagement through basketball	10	10	22
July – Sep 2022	In-person	285	Kids' engagement through dancing	12	12	31
Mar – May 2022	In-person	136	Rhyming, singing, and storytelling: reading and writing circle	16	16	42
Jun – Jul 2022	In-person	50	Basic and intermediate Excel training sessions	7	14	13
9 Jan 2022	Virtual	8	Canadian culture	1	1	3
22 Jan 2022	In-person	52	Life in pandemic	1	3	18
6 Feb 2022	virtual	8	Volunteerism and skill development	1	1	3
20 Feb 2022	In-person	9	Racism and discrimination	1	1	0
1 Apr 2022	Virtual	13	Scam and fraud prevention	1	1	5
10-11 Apr 2022	In-person	87	Seniors' mental health concerns and way out	2	2	24
20 May 2022	In-person	49	Nepali consular services in Canada	1	5	31
17 Jun 2022	In-person	15	NCSC's programs and services for the seniors	1	1	5
Jun 2022	In-person	18	Basic excel sessions	5	7	7
Jun-Jul 2022	In-person	11	Bookkeeping training sessions	5	5	3
Jul 2022 – Sep 2023	Virtual and in-person	23	Virtual mindfulness	31	37	6
14 Aug 2022	In-person	144	Household resiliency and outdoor engagement event	1	11	37
22 May 2022	In-person	55	Volunteerism through Earth Day celebration	1	43	43
10 Jan 2022	Virtual	14	Mental health awareness	1	1	4
14 Jan 2022	Virtual	10	Saving and investment	1	1	3
21 Jan 2022	Virtual	14	Positive discipline	1	1	1
27 Jan 2022	Virtual	17	Screen time: good or bad	1	1	6
10 Feb 2022	Virtual	13	Stress management	1	1	4
11 Feb 2022	Virtual	9	Saving and investment	1	1	2



25 Feb 2022	Virtual	9	Conflict management	1	1	3
8 Mar 2022	Virtual	16	Cryptocurrency: general background	1	1	13
11 Mar 2022	Virtual	11	Autism awareness	1	1	9
12 Mar 2022	Virtual and in-person	36	Women engagement: International Women's Day celebration	1	3	21
12 Jan-23 Feb 2022	Virtual	9	Art of friendship certificate course	6	1	7
March 5 to May 14, 2022	Virtual	24	English language literacy for the beginners	15	15	13
26 Feb 2022	Virtual	26	Vaccine awareness for kids and pregnant women	1	1	12
Jun 2021 – Jun 2023	Virtual & in-person	120	Resume writing, cover letter, interviews, and landing in a job	53	53	38
8 Feb 2022	Virtual	11	Pathway to Nursing in Canada	1	1	5
27 Feb 2022	Virtual	15	Adaptive YYC certificate program	1	1	3
May – Aug 2022	In-person	19	Youth Conversation Café	7	7	5
Jul – Aug 2022	In-person	15	Women Conversation Café	6	6	11
Jun 2022 – May 2023	In-person	55	Kids engagement through youth mentorship	16	16	32
Aug – Nov 2022	In-person	14	Youth-led homework support	12	12	5
Oct 2022 – Mar 2023	In-person	25	Women engagement and awareness through guided Zumba session	30	30	12
Feb 2023	In-person	5	Mother goose program	4	4	3
Aug 2022	In-person	11	Basic excel guided sessions	4	5	6
Aug 2021/22	In-person	340	Women engagement through cultural celebration: Teej	2	13	112
21 Oct 2022	In-person	5	Cultural showcasing in the university	1	1	3
1 Aug 2022	In-person	12	Cultural showcasing in Heritage Festival	1	2	3
13 Nov 2022	In-person	10	Cultural showcasing in Fiji community event	1	1	2
Jul – Nov 2022	In-person	10	Driving test guided learning sessions	10	10	7
Jun – Jul 2022	In-person	61	Home Alone Certificate sessions	2	5	37
4-5 Sep 2022	In-person	228	Youth engagement through sports	1	31	109
1 Jan 2023	In-person	250	Engagement in New Year program	1	14	87
Jan 2023	In-person	5	Advanced excel guided sessions	3	3	3
Jan – Apr 2023	In-person	22	Kids engagement through guided badminton classes	15	15	5
Jan – Feb 2023	In-person	22	Quick book guided sessions	4	4	11
29 Jan 2023	In-person	215	Cultural transmission through Saraswati Pooja	1	7	36
Feb – Mar 2023	In-person	11	Virtual meditation sessions	7	7	7
2 Apr 2023	In-person	94	Kids' arts and crafts showcasing	1	5	39
May – Jul 2023	In-person	48	Kids' arts and crafts sessions	10	8	11





Appendix 2: Vision, Mission, Goals, and Programs of NCSC



## Vision, Mission, Goals and Programs



### Nepalese Community Society of Calgary Vision, Mission, Goals and Objectives



#### Vision

- Preserve Nepalese culture and heritage and help achieve the full potential of Nepali-speaking Calgarians by integrating into the Canadian multicultural society



#### Mission

- Become vibrant ethnic community capable of serving vulnerable Nepali-speaking Calgarians
- Empower and engage Nepali-speaking Calgarians to enable them to showcase their innate potential and succeed in their lives



#### Goals

- Increased community buy-in in all activities, programs, and services
- Increased partnership with different organizations supporting communities in terms of funding, programs and services
- Increased number of outreach activities
- Increased support (technical and non-technical) to Nepalese ethnic groups, community organizations and other non-profit organizations to increase their efficiency



#### Strategic Pillars

- Promoting culture and heritage
- Social inclusion of vulnerable Nepali-speaking Calgarians
- Building capacity of community members
- Service diversification



#### Our Programs

Nepali Pathshala (school), 2015

Nepali Radio, 2016

Resource Centre, 2020

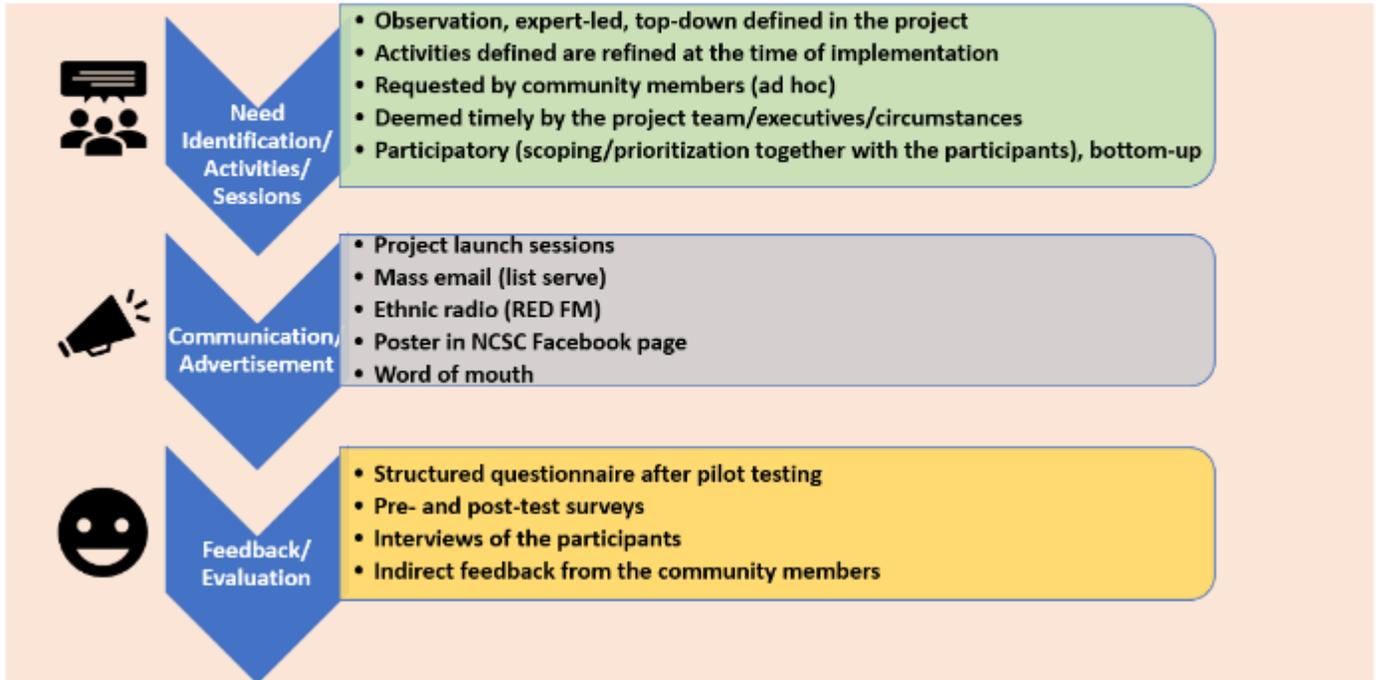
Funded Projects, 2021



### Appendix 3: NCSC's Working Approach



## Our Approach Towards Participatory Framework





Appendix 4: Activity Promotional Materials (Posters)

**Nepalese Community Society of Calgary Presents**  
**Multicultural and Anti-Racism Quiz Session**

- Top 15 winners will be selected for the upcoming quiz session.
- Ambassador Certificate will be provided to all the selected participants.
- Top 3 in-person quiz winners will be awarded with cash.

**QUIZ!**

**In-person session Info**  
Date: July 15, 2022  
Time: 3 pm - 4 pm  
Location: NCCB Resource Centre, 3763 52 Ave SE Unit #154, Calgary, AB

Registration required

CONTACT WK PRIMAVERA DREH OR 63 PDI

**Nepalese Community Society of Calgary (NCSC)**

IN COLLABORATION WITH

**CIWA**  
Calgary Immigrant Women's Association

**girls mentorship program**  
Join us in the pandemic / make friends & have fun!

**MENTORSHIP OPPORTUNITIES FOR IMMIGRANT YOUTHS TO ENGAGE WITH MAINSTREAM YOUTH!**

**Nepalese Community Society of Calgary**  
Introduces a New Project  
**Support Services to Socially Isolated and Vulnerable Nepalese in Calgary**

**JOIN US ON**  
**13th June 2021**  
6:00 - 7:00 PM  
ONLINE

- SERVICES FIRST & GREET
- HOUSE HUNT/TOUR ASSISTANCE
- AIDS HEALTH & WELLBEING
- JOB SEARCH SKILLS
- VIRTUAL MENTORSHIPS
- LINK AND LEARN
- IN-PERSON SUPPORT
- DIGITAL RESOURCES
- YOUTH & SPORTS

By: **Concentration Advisory Program** ★★★★★

**NEPHESE COMMUNITY SOCIETY OF CALGARY**  
#154 3801 52 Ave NE Calgary, Alberta, T2C 0J7

**"SENIORS SUMMER PICNIC"**

**JOIN US**  
18th August 2021  
at  
Wyndham Carlsland Park

This picnic time: 8 AM  
Drop off time: 4 PM  
at Wyndham C-Train station

**This Program is "FREE OF COST"**

**Nepalese Community Society of Calgary (NCSC)**

**Link & Learn**

**Building Resiliency:  
Returning to School in  
Times of Uncertainty**

**Strategies to support children  
with back-to-school anxieties  
during uncertain times**

**Sept: 8th, 5-7 pm on Zoom**

**CCIS**  
O. Ganes & Son

**HOME ALONE!**  
Saturday July 23

Topics covered include:

- Home safety inspection
- Safety of the school climate
- The prevention & awareness
- Blood safety
- Call us 9-1-1

**Facilitator: Ananya Pandey**

**Location: Royal Community Services Centre**

**Pre-register with Anil: 413.865.4744 | 416.868.0282.25**

**Nepalese Community Society of Calgary (NCSC)**

Dear all,  
NCSC is running a series of instructor-led sessions for the kids, teens, youth and all age groups. Following sessions are scheduled from the first week of July, 2022. Please fill out the form by clicking the link above.

- BASKETBALL
- BADMINTON
- BOWLING
- SOCCER

**DONATE BLOOD & SAVE LIVES**

Canadian Blood Services, Calgary, 200 Barclay Parade SW #202

**COORDINATOR  
VIKRAM ADHIKARI**

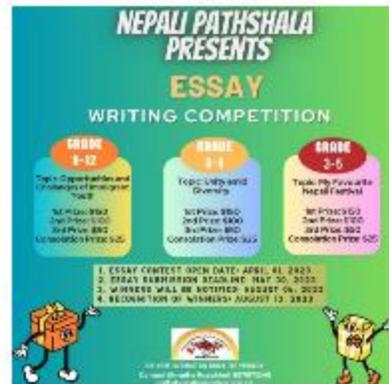
**NCSC PRESENTS UNCOVERING THE LESSONS OF PARENTING**

**PARENT CHILD MOTHER GOOSE SESSION FOR PARENTS OF CHILDREN 0-6 YEARS OLD**

**ABOUT THE PROGRAM!**

- singing and rhyming various songs, and stories
- developing language skills
- physical literacy
- Communication skills and many more

**Highly skilled**





**NCSC by NEPSA**  
**Meet and Greet with**  
Universities, Colleges and High School Students

We invite all the interested students to be a part of one day meet and greet. The program offers a perfect platform for sharing higher education knowhow with our own students.

Sunday  
April 30, 2023 | 1:00pm  
NCSC Resource Center

Nepalese Community Society of Calgary  
NCSC  
Nepalese Students Association - Calgary  
NEPSA

**NCSC CELEBRATES**  
**RETIREMENT DAY OF**

**Er. Govinda R Upadhaya**

PLEASE JOIN US FOR A SPECIAL DAY TO HONOR ACHIEVEMENTS, CONTRIBUTIONS AND HAPPY RETIREMENT OF OUR INVITED MEMBER

**Happy NEW YEAR 2080**

NCSC wishes all its members, volunteers, stakeholders and all the Nepalese around the world a very **Happy New Year.**

May the bonding from yesteryears get stronger in the years ahead.

**NCSC PRESENTS**

**VOLUNTEER APPRECIATION EVENT WITH BBQ**

Many thanks to all our valued volunteers who provided their support selflessly to NCSC's activities in 2022 and 2023.

Features  
- Meet and greet with the

**SATURDAY**

**NEPALI PATHSHALA PRESENTS**

**Nepali Cultural Exhibition Show for kids**

**APRIL 2 SUNDAY 2023**

**1PM-3PM**  
NCSC RESOURCE CENTER

AN OPPORTUNITY FOR PATHSHALA KIDS TO SHOWCASE  
Nepali history, language, arts, culture, food, music, instruments, festival, or costumes  
NCSC members outside of Calgary are encouraged to create presentations or videos to be displayed on the exhibition day.

**NEPALI PATHSHALA PRESENTS**

**Nepali Cultural Exhibition Show for kids**

**APRIL 2 SUNDAY 2023**  
**1PM-3PM**  
NCSC RESOURCE CENTER

Free Kids In

AN OPPORTUNITY FOR KIDS TO SHOWCASE  
Nepali history, language, arts, culture, food, music, instruments, festival, or costumes  
NCSC students outside of Calgary are encouraged to create presentations or videos to be displayed on the exhibition day.

**NCSC**  
**NEW YEAR CELEBRATION**  
**2080**

TICKET  
\$20 (ADULT)  
\$10 - (8-15 YEARS)

FREE ENTRY FOR ALL AGES 8 & UNDER

**14TH, APRIL 2023**  
HARLEBOUGH COMMUNITY ASSOCIATION  
632 HARLEBOUGH WAY NE

**BUFFET DINNER / MUSIC / ENTERTAINMENT**

**We have started operating**

**NCSC RESOURCE CENTER**

Workshop/Party	Dish/dinner	Workshop Party
- Get together	- Drink/Event	- Social/Event
- Cultural Programs	- Seminar	- Fair
- Meeting	- Training	- Showcasing

NCSC resource center is ready to accommodate your personal/social celebration at it's own resource center.

2081 St. Joe St Unit 428  
Calgary and Sherwood City NE  
T5E 0E9

**BOOKING AVAILABLE 7 DAYS A WEEK**

**NCSC PRESENTS**

Planning for retirement in next couple of years and/or learn about Government Pension Plan or other benefits?  
**We have a session for you.**

Panelists	Facilitator
Amor Dhalwal	Prakash Bhatyal
Narayan Gaudam	

Highly informative session/panel discussion for the adults and elders

**SATURDAY, MARCH 11, 2023**



**Building Calgary's Anti-Racism Strategy**

hosted by:

Have you experienced racism in Calgary?  
Are there barriers keeping you from accessing City services?  
We want to hear from YOU!

October 04, 2021  
6:00PM-7:00PM

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4184 2861 52 Ave NE Calgary, Alberta, T2J 6J7

**"Where are We Heading as Parents?"**

Join Us On  
10th November Wednesday  
6:00 - 7:00 pm  
at  
zoom

We would like to invite all our Nepalese parents living in Calgary to attend this program

For registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4184 2861 52 Ave NE Calgary, Alberta, T2J 6J7

**"Building Self-Esteem in our Children"**

Learn the ways we can build and maintain our self-esteem and help our children to build theirs

Join Us On  
Date: November 17,  
Wednesday  
Time: 5-7 pm  
Virtual on Zoom

We would like to invite all our Nepalese parents living in Calgary to attend this program

For registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4184 2861 52 Ave NE Calgary, Alberta, T2J 6J7

**"MENTAL HEALTH AWARENESS"**

Learn the common misconceptions surrounding mental health, mental illness, and stigma, and how to best support the person and address

Join Us On  
29th November,  
Thursday  
6:00 - 7:15 pm  
at  
zoom

We would like to invite all our Nepalese living in Calgary to attend this program

For registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4184 2861 52 Ave NE Calgary, Alberta, T2J 6J7

**"Job Search Strategies in Current Situation"**

Employment Support Program

Join Us On  
Date: November 30,  
Tuesday  
Time: 6-7 pm  
Virtual on Zoom

We would like to invite all who are unemployed, underemployed or looking for better career opportunities to attend this program

For registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4184 2861 52 Ave NE Calgary, Alberta, T2J 6J7

**"Senior/Elder Abuse & Available Supports in the context of Pandemic"**

Join Us On  
5th December, Sunday  
4:00 - 5:00 pm  
at  
zoom

We would like to invite all our Nepalese Senior living in Calgary to attend this program

For registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4184 2861 52 Ave NE Calgary, Alberta, T2J 6J7

**"Suicide Prevention"**

for everyone above the age of 18

Join Us On  
21st December, Tuesday  
6:00 - 7:15 pm  
at  
zoom

We would like to invite all our Nepalese living in Calgary to attend this program

For registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4184 2861 52 Ave NE Calgary, Alberta, T2J 6J7

**"CASINO VOLUNTEER OPPORTUNITY"**

Casino Volunteers Needed

Venue: Penn Casino, Calgary  
1620 Hendrix Rd Calgary

Day One Shifts (Thursday, December 30, 2021)  
First Shift: 11:00 AM to 1:30 PM (18 Positions)  
Second Shift: 7:00 PM - 9:30 PM (18 Positions)  
Third Shift: 11:00 PM - 4:00 AM (18 Positions)

Day Two Shifts (Friday, December 31, 2021)  
First Shift: 11:00 AM to 1:30 PM (18 Positions)

We would like to invite all our Nepalese living in Calgary above 18 years or older

Please confirm your participation by providing your name to the

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4184 2861 52 Ave NE Calgary, Alberta, T2J 6J7

**"WORKPLACE COMMUNICATION SKILLS"**

Join Us On  
14th December, Tuesday  
6:00 - 7:00 pm  
at  
zoom

We would like to invite all our Nepalese living in Calgary to attend this program



NEPALESE COMMUNITY SOCIETY OF CALGARY  
4164 2061 82 Ave NE Calgary, Alberta, T2J 6J7

### NCSC - BLOOD DONATION PROGRAM

Date: 1st January, Saturday  
Time: 1:10 to 3:05 PM  
Venue: Sun Centre Market  
200 Stanley Parade SW  
+202 (Free parking in parking)

If you have any queries or concerns, please contact Rajesh Sharma.

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4164 2061 82 Ave NE Calgary, Alberta, T2J 6J7

### "MANAGE YOUR MONEY"

Join Us On  
17th December, Friday  
6:00 - 7:00 pm  
at  
2:00m

We would like to invite all our Nepalese living in Calgary to attend this program.

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4164 2061 82 Ave NE Calgary, Alberta, T2J 6J7

### "Resume Writing Workshop"

Join Us On  
21st December  
6:30 - 7:00 pm  
at 2:00m

We would like to invite all our Nepalese living in Calgary to attend this program.

Please contact Us:  
Nishu Rai (Program Coordinator)  
Cell/Phone: 453-462-1183

Nepalese Community Society of Calgary is going to organize a series of certification program (7 Weeks long) on an art of friendship/relationship building. The program will be hosted by Mental Health Association Canada - Calgary.

The program will cover the following:

- Art of Friendship
- Healthy Behaviour
- Empowerment & Confidence
- Values and Integrity
- Boundaries
- Self-Discovery, Trust
- Conflict resolution and anger resolving Conflict

Every Tuesdays from 6-7:30 PM  
**Jan 11-Feb 22**

Please check above registration link

Response over the age of 18 years  
commitment for 7 weeks program

ORGANIZED BY: NEPALESE COMMUNITY SOCIETY OF CALGARY

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4164 2061 82 Ave NE Calgary, Alberta, T2J 6J7

### Mental Health Awareness

Learn the common misconception surrounding mental health, mental illness, stigma and preventive approaches to personal wellness.

### Mental Health Awareness

Join us on  
January 04,  
Tuesday  
on ZOOM

For registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4164 2061 82 Ave NE Calgary, Alberta, T2J 6J7

### Senior Meet & Greet CANADIAN CULTURE

DATE: 9TH JANUARY (SUNDAY)  
TIME: 4 TO 5 PM  
ON ZOOM

We would like to invite all our Senior in Calgary to attend this program.

ORGANIZED BY: NEPALESE COMMUNITY SOCIETY OF CALGARY

January 14, Friday  
6 - 7 PM

### Savings & Investment

Learn how to grow your hard earned money

For registration please click on the link above

ORGANIZED BY: NEPALESE COMMUNITY SOCIETY OF CALGARY

January 17, Monday  
6 - 7 PM

### Job Interview Preparation

Learn the best practices in job interview and land your dream job

For registration please click on the link above

ORGANIZED BY: NEPALESE COMMUNITY SOCIETY OF CALGARY

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4164 2061 82 Ave NE Calgary, Alberta, T2J 6J7

### "POSITIVE DISCIPLINE FOR CHILDREN"

### Positive Discipline

JOIN US  
January 21st, 2022  
9:30 AM - 11:00 AM

We would like to invite all our Nepalese parents living in Calgary to attend this program.

For registration please click on the link above



NEPALESE COMMUNITY SOCIETY OF CALGARY  
4194 2881 82 Ave NE Calgary, Alberta, T2J 6J7

**SCREEN TIME: GOOD & BAD**  
In partnership with  
  
Join Us  
January 27th, 2022  
6- 7PM (MST)  
on zoom

We would like to invite all our Nepalese parents living in Calgary to attend this program

For registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4194 2881 82 Ave NE Calgary, Alberta, T2J 6J7

**"SENIOR MEET & GREET VIRTUAL PROGRAM"**



Time: 4-6 PM  
Date: Sunday 28 February, 2021  
on zoom

We would like to invite all our Senior Citizens living in Calgary to attend this program

To join please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4194 2881 82 Ave NE Calgary, Alberta, T2J 6J7

**"PATHWAY TO NURSING IN CANADA"**



Join Us On  
8th February Tuesday  
6:00 - 7:00 pm  
at zoom

We would like to invite all our Nepalese living in Canada and Nepal to attend this program

To join please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4194 2881 82 Ave NE Calgary, Alberta, T2J 6J7

**"Stress Management"**  
In partnership with  
  
Join Us On  
10th February Thursday  
6- 7 PM at zoom



We would like to invite all our Nepalese living in Calgary to attend this program

please click on the zoom link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
4194 2881 82 Ave NE Calgary, Alberta, T2J 6J7

**"SAVING AND INVESTMENT"**  
In partnership with  
  
Join Us On  
Date: 11th February, Friday  
Time: 6- 7 pm  
Virtual on Zoom



We would like to invite all our Nepalese living in Calgary to attend this program

February 17, Thursday  
6 - 7 PM

**Self-Care**  
in partnership with  




We need more self-care than ever  
Come learn the techniques for self-care

For registration or more click on the link above  
ORGANIZED BY: NEPALESE COMMUNITY SOCIETY OF CALGARY

SPONSORED BY:  
  
  


February 20, Sunday  
4-5 PM (MST)

**Racism and Discrimination**

Seniors from all over Canada are welcome  
The session will be delivered in Nepali

**Senior Meet & Greet**

For registration please click on the link above  
ORGANIZED BY: NEPALESE COMMUNITY SOCIETY OF CALGARY

SPONSORED BY:  
  
  


February 25, Friday  
5-7 PM (MST)

**Conflict Management (Family Relationships)**

Interested person from all over Canada invited and welcome to join.

Learn how to maintain healthy family relationship

For registration please click on the link above  
ORGANIZED BY: NEPALESE COMMUNITY SOCIETY OF CALGARY

SPONSORED BY:  
  
  


February 26, Saturday  
5-7 PM (MST)

**Covid Vaccine Safety Children and Pregnant Women**

Interested person from all over Canada invited and welcome to join.

Learn if Covid vaccine is safe for children and the pregnant women

5 Lucky participants receive Gift Vouchers

In Partnership with  
Action Dignity

For registration please click on the link above  
ORGANIZED BY: NEPALESE COMMUNITY SOCIETY OF CALGARY

SPONSORED BY:  
  
  




**Improve Your English** **Create Opportunity**

Nepalese Community Society of Calgary Presents

## English Language Classes

**Details:**  
**Date:** Every Saturday (Starting March 5, 2022)  
**Time:** 8-9 AM  
**Cost:** FREE

**For Admission:**  
 Email: [ccordinator@nepaliscot](mailto:ccordinator@nepaliscot)

NEPALESE COMMUNITY SOCIETY OF CALGARY  
 4184 2961 52 Ave NE Calgary, Alberta, T2J 0J7

## Cryptocurrency: Risks & Opportunities

**Date: March 8, Tuesday**  
**Time: 6-7 pm**

for registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
 4184 2961 52 Ave NE Calgary, Alberta, T2J 0J7

## Autism Awareness

In Partnership with Autism Calgary

**Date: March 11, Friday**  
**Time: 6-7 pm**

for registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
 4184 2961 52 Ave NE Calgary, Alberta, T2J 0J7

## Creative Programs for Kids

In Partnership with FESA

For Registration, Please click on the link above

### Read, Sing, Create and Learn

- 0-3 years
- 4-7 years
- 8-12 years

for registration please click on the link above

NEPALESE COMMUNITY SOCIETY OF CALGARY  
 4184 2961 52 Ave NE Calgary, Alberta, T2J 0J7

## MARK YOUR CALENDAR

**Date: Saturday, March 12**  
**Time: 5-7 PM (MST)**

**Program Moderators:**

- Sharmila Ranabhat
- Prinjya Dhungel

NEPALESE COMMUNITY SOCIETY OF CALGARY  
 4184 2961 52 Ave NE Calgary, Alberta, T2J 0J7

## Nepalese Community Society of Calgary (NCSC)

### New Horizon For Seniors Workshop

This is a register only workshop. Please register by using the Link above or below

- Abuse Prevention
- Recreation & Leisures
- Health & Wellbeing
- Senior Age Benefit

**Lunch Provided**

Venues: Green Chilli, South **Join us:**

**Online Reading & Writing Program**

Complete while you read  
 Increase your reading skill

**Thursday program or 403-21**

NEPALESE COMMUNITY SOCIETY OF CALGARY (NCSC)

## Home Alone Safety for Kids

in partnership with Calgary Bridge Foundation for Youth

Learn and follow important safety tips to help keep yourself and your family members safe.

**Workshop DETAILS**

- Home safety registration
- Street Safety/Bike Safety
- Do a walk around when you are home alone
- This safety program is for if you are staying in a rooming or basement
- Household fire/drink safety
- Fire prevention/safety tools, gear/gel
- Fire/Smoke Safety
- Personal weather safety

**Date: May 21**  
**Time: 1:30-3:30 PM**

**Please Register with the link provided**

NEPALESE COMMUNITY SOCIETY OF CALGARY  
 4184 2961 52 Ave NE Calgary, Alberta, T2J 0J7

## Senior Meet & Greet

### Scam & Fraud Safety

**Date: April 24, Sunday**  
**Time: 4-5 pm**

for registration please click on the link above



**Danfes Sports Soccer Club**  
CONCERNED WITH  
Nepalese Community Society Of Calgary (NCSC)  
Youth Grassroots Soccer Program Details  
— Outdoor 2022 Season —

Ages 7-10 Boys/Girls Monday and Wednesday Time: 5:30 - 6:30 pm

Ages 11-15 Boys/Girls Tuesday and Thursday Time: 5:30 - 6:30 pm

**Starts May 16 – Sep 1st**

Register at danfesports@gmail.com  
Max 25 player registration

Nepalese Community Society of Calgary (NCSC) Presents  
**HAPPY NEPALI NEW YEAR 2079 CELEBRATION**

FEATURING:  
Kala Lamsal (Famous Nepali Singer)

DJ Chaks

Singer Yubraj Gurung

**NCSC is excited to celebrate Earth Day 2022 Community Clean**

Please RSVP by clicking link above or below

Date: Sunday May 22, Time: 11:00 to 1 PM  
Location: Prairie Winds Park

Gloves and garbage bags will be provided. Please RSVP, so we know how many to bring. You are welcome to bring your own gloves and other PPE.

For more details: Sharmila Ranabhat | 587-7 Email: ncsc@nepalisoci.ca

Organized by: Nepalese Community Society of Calgary (NCSC)

**NCSC Nepali Pathshala Essay Writing Contest 2022**

Let's encourage our children to EXPLORE Nepal!

Topics:  
Grade 9-12: Changing perceptions in Nepal - is cultural heritage how society has been treated through then and now  
Grade 6-8: Learning from during the Pandemic  
Grade 3-5: Traditional musical instruments

Prizes for each category:  
1st Prize: \$150  
2nd Prize: \$100  
3rd Prize: \$50  
Consolation Prize

Essay submission deadline: May 22, 2022

mail: pathshala@nepalisociety.ca

NCSC presents **Basketball training 2022**  
For Boys and Girls Age 7-12  
Coach: Suman Baskota

July 5 - September 6 Every Tuesday 6-7 p.m.  
Whitehorn Community Association Court

PHONE: 403-470-0870  
email: coordinator@nepalisociety.ca

हार्दिक निमन्त्रणा  
नेपालिय समुदायको संस्कृति र नेपाली साहित्यिक सभ्यताको सम्पूर्ण आशयलाई विस्तारपूर्वक रूपमा २०२२ को भाद्रपदमा सम्पन्न गर्ने कार्यक्रमको तयारी गर्दै समुदायको लागि हार्दिक आभार व्यक्त गर्दै।

कार्यक्रमहरू:  
• भाद्रपदको सभ्यता कार्यक्रम  
• नेपालको साहित्यिक सभ्यताको परिचय  
• साहित्यिक प्रतियोगिता  
• साहित्यिक प्रतियोगिता  
• साहित्यिक प्रतियोगिता

कार्यक्रमको तयारी गर्दै समुदायको लागि हार्दिक आभार व्यक्त गर्दै।

आयोजक:

**NCSC is accepting FREE registration for following programs:**

- TUTORING/MENTORING/HOMEWORK SUPPORT
- DRIVING LICENCE WRITTEN TEST PREPARATION
- CITIZENSHIP WRITTEN TEST PREPARATION

Venue: For the Tutoring/Mentoring/Homework Support do your own arrangement. For the Driving License and Citizenship written test preparation, contact us at 403-470-0870 from 9am-5pm at the NCSC Resource Centre.

**WOMEN CONVERSATION CAFE**

The long goal of the cafe is to bring women to the same platform and share their ideas, experiences and issues, and help provide them ideas in terms of accessible development services.

Venue: NCSC Resource Centre  
Date: July 15, 2022  
Time: 6 - 7:30 PM

**"Fun with FESA" Summer Program!**

Make new friends while learning this summer. Come join us for a FREE week-long program with educational activities, games, and lots of fun! Spots are limited, sign up today.

Each day is a new topic:  
• Art Activities  
• Healthy Relationships  
• Learning about other cultures  
• Board Games • more!

August 02 - 05, 2022  
3:00 PM - 5:00 PM  
396152 Ave NE Unit #194



**निमन्त्रणा ! निमन्त्रणा ! निमन्त्रणा !**

NCSC परिवारका जसलाई NCSCले सेवाका रूपमा विनियत गर्नु, तपाईं परम्परागतहरूलाई अनुदान गर्ने अधिप्राप्तले आज्ञा लागेको कृष्णन-भाइमीको घामन सु-भवसरमा पूजाआजा, योग, ध्यान तथा किलेन आयोजना गर्दैछ।

**स्वाम: NCSC हल**  
**मिति: शुक्रवार, १९ अगष्ट, २०२२**  
**समय: ६ बजेपछि**

प्राप्तकर्ता: बुद्धजयन्तीको शुभ अवसरमा, १९००को प्रथम शताब्दीको तपसा अर्थात् पूजाआजाको विशेष महत्त्वको लागि तपाईंलाई आमन्त्रित गरिन्छ।

सुखमयतापूर्वकमा उपस्थित हुनुमा हामी मितानीको विशेष महत्त्वलाई दिखना मिलाउनुमा हामी तपाईंलाई आमन्त्रित गरिन्छौं।

९९९-९९९-९९९  
९९९-९९९-९९९  
९९९-९९९-९९९

**NCSC PRESENTS**  
**BADMINTON TRAINING SESSIONS-2022**

"Lets Play and Learn Together"

**July 10 - Sep 25**  
**Every Sunday**

**NEPALESE COMMUNITY SOCIETY OF CALGARY (NCSC)**

**2584 Buddha Jayanti Celebration**  
बुद्धम् शरणम् गच्छामि  
धर्मम् शरणम् गच्छामि  
सोचम् शरणम् गच्छामि

NCSC would like to invite all of you for Buddha Jayanti Celebration on the following date and venue:

Phone: 581-99-9999

**NCSC TEA CELEBRATION 2022**

सागर, शिवा, ब्रह्मि, तीज जसो वरी ने सबैलाई निम्नवना गरी खरे तै आउनु होला सभै जसो माय माय गरीजो यो वरी सै तीज मुना प्रायोजन सौ गरीजो।

**Submit your best**  
-Teajphoto  
-Teaj Poem or song  
on our facebook page  
(Please send it ASAP) to: [ncsc@nepalcalgary.ca](https://www.facebook.com/ncscnepalcalgary)  
Four winners will receive a cultural gift basket worth \$50.

**Date: August 26, 2022**  
**Time: 9-11 pm**  
**Address: Malheurough Community Association**  
838 Malheurough Way NE

**ALL AGES WELCOME** **ADULTS MUST SIGN THE WAIVER FORM**

Supported by NHSP, NCSC offers guided Meditation sessions starting from 03, September, 2022

Join us every Saturday 9 - 10 am at NCSC Resource Center  
1207, 32 Ave NW, Unit 5, 4th Floor Calgary AB

*motivation*

For more information please contact:  
CONTACT: SUSHAMA KUMAR  
NCSC OFFICE: 587-99-9999

**Wellness Through Mindfulness**

**NCSC SUMMER PICNIC 2022**

Reserve the spot for yourself and family

Feed, Music, Dance & Games

**REGISTER NOW**

**BBQ**

**AUG 06**

9 AM - 2:00 PM

FREE RESERVATION FOR ALL AGES 12 AND OVER. INTERNATIONAL IDENTITY AND OVER 17 YEARS OLD

**अन्तराष्ट्रिय जेष्ठ नागरिक दिवस**

**CELEBRATE INTERNATIONAL SENIOR DAY ALONG WITH DASHAIN GREETINGS WITH US**

Date: October 6, 2022  
Time: 11 - 1:00 pm  
Venue: NCSC Office

- Music
- Laugh
- Dashain Greeting
- Fun & Many More

भेटघाट तथा मनोरंजनले श्रमिपूर्ण समय व्यतित गरी।

**Get Your Hearing Tested**

**FREE hearing test for the elders in VISITOR Status (60+ age)**

**Hurry Up! Limited Seats Only**

When: Aug 22, 2022  
Where: 4774 Westwinds Dr NE

**NCSC PRESENTS**  
**Deusi Bhallo**  
देउसी भैलो कार्यक्रम

NCSC family cordially invites all community members to be a part of **Deusi Bhallo** program on **October 26 (6-10) P.M.** @ NCSC Resource Center.

**FREE PARTICIPATION**

For more information please contact: NCSC OFFICE: 587-99-9999



**NEPALESE COMMUNITY SOCIETY OF CALGARY (NCSC)**

NCSC is excited to offer yet another **Zumba** sessions for ladies

**Amel Calgary**

Venue: NCSC Resource Center  
Date: October 15, 2022 onwards  
every Saturday  
Time: 10 to 11.30 am

Admission fee \$30

NCSC PRESENTS UNCOVERING THE LESSONS OF

# PARENTING

PARENT CHILD MOTHER GOOSE SESSION  
FOR PARENTS OF CHILDREN 0-6 YEARS OLD

ABOUT THE PROGRAM!

- singing and rhyming various songs and stories
- developing language skills
- physical literacy
- Communication skills and many more

Highly Skilled

**NEPALESE COMMUNITY SOCIETY OF CALGARY INC.**  
2005 Alberta, Canada

**TOGETHER WITH SENIORS SOCIETY (TOSS)**

## SUMMER PICNIC FOR ELDERLY ON JUNE 25, 2022

NCSC & TOGETHER WITH SENIORS SOCIETY (TOSS) WOULD LIKE TO INVITE COMMUNITY MEMBERS AND THEIR FAMILIES TO JOIN AND ENJOY THE PICNIC

**FREE**

Date: June 25, 2022

Community Mha Purn and Nepal Day-Lal Celebration jointly organized by Nepalese Community Society of Calgary (NCSC), Newari Society of Calgary (NSC) and Calgary Nepalese Community Association (CNCA)

**OCTOBER 29, 5.30P.M**  
**VARSAITY COMMUNITY CENTER**  
महा पुरन - नेपाल दिवस

For more information about the program, contact: NCSC office 403-242-0119  
www.nepalcommunity.ca | www.newarisociety.ca | www.ncsc.org

**ARE YOU A BADMINTON ENTHUSIAST?**  
If yes, NCSC is providing a platform for adults to play and train.

**EVERY**  
**SATURDAY : 8 AM - 10 AM**  
**SUNDAY : 9 AM - 11 AM**  
**@ NCSC RESOURCE CENTER**

**REGISTRATION FOR B1 & B2 ONLY**

FOR MORE INFORMATION ABOUT THE PROGRAM, please email: [ncsc@ncsc.org](mailto:ncsc@ncsc.org) or call: 403-242-0119  
You can also contact: [ncsc@ncsc.org](mailto:ncsc@ncsc.org) or call: 403-242-0119

**NEPALESE COMMUNITY SOCIETY OF CALGARY INC.**

**NEVER STOP**

**NCSC PRESENTS**  
**BADMINTON TRAINING**  
**SESSION FOR KIDS 2022-2023**  
**STARTING DECEMBER 4, 2022**  
**EVERY SUNDAY 11-12 P.M**

**BLOOD DONATION**

**NCSC BLOOD DONATION PROGRAM**

## DONATE BLOOD & SAVE LIVES

GIVE BLOOD, GIVE LIFE

**JANUARY 14, 2022**  
Starting 12:00 PM

Canadian blood donation, Calgary  
250 Mackay Parade, T4M 2T2

FOR MORE INFORMATION ABOUT THE PROGRAM, please email: [ncsc@ncsc.org](mailto:ncsc@ncsc.org) or call: 403-242-0119  
You can also contact: [ncsc@ncsc.org](mailto:ncsc@ncsc.org) or call: 403-242-0119

If you are a recent immigrant (less than 6 months in Calgary) or New international student and looking for some support, please call NCSC office.

We have a support package for you.

**We are here to help**

In-person support available

FOR MORE INFORMATION ABOUT THE PROGRAM, please email: [ncsc@ncsc.org](mailto:ncsc@ncsc.org) or call: 403-242-0119  
You can also contact: [ncsc@ncsc.org](mailto:ncsc@ncsc.org) or call: 403-242-0119

**NCSC PRESENTS**

## LIVE FIFA WORLD CUP 2022 FOOTBALL FINALE

Mark your Calendar to witness the greatest footballing action in the planet together with Nepal Community

**Witness greatness**

**18 DECEMBER, 2022**  
**08:00 AM**  
**NCSC RESOURCE CENTER**

**REGISTRATION FOR B1 & B2 ONLY**

FOR MORE INFORMATION ABOUT THE PROGRAM, please email: [ncsc@ncsc.org](mailto:ncsc@ncsc.org) or call: 403-242-0119  
You can also contact: [ncsc@ncsc.org](mailto:ncsc@ncsc.org) or call: 403-242-0119



**NCSC OFFERS BASIC FREE EXCEL TRAINING FOR ALL AGE GROUPS**

Location: NCSC Resource Centre  
12511, 52 Ave. N.E. Calgary AB T2E 4G2M1

Date: November 06, 2022 (Every Sunday)  
Time: 10:30 am - 12:00 Noon

**REGISTER NOW**  
TO GET TRAINED  
BY EXPERTS

NCSC Office: 403-252-5272

**Dasha**

ENJOY THE LIVE MUSIC FROM OUR LOCAL BAND "THE YATRI"

**LIVE MUSIC**

For more information, contact the resource center: NCSC office: 557-352-5272  
Calgary: 403-252-5272

**NCSC: Nepali Pathshala & Project celebrates Saraswati Puja & Aksharamba**

Sunday, Jan 29th, 2023  
@ 1 PM

Program  
-Saraswati Puja  
-Prashad Grahon  
-Kids Performance  
-Refreshment

NCSC Resource Center  
5901 52 Ave NE

Please bring your 5-6 years kid for Aksharamba.  
Elders are requested to take part in the puja and share their lived experience with the Pathshala children.

For more information, contact the resource center: NCSC office: 557-352-5272  
Calgary: 403-252-5272

**NCSC PRESENTS Basic Quick Books Training**

Are you looking to manage your business/ personal accounts?

- If yes, NCSC is organizing a 30 session Quick Books Training Program. Come and get a premium free session.

For individuals and business:

- Book Keeping
- Financial reports
- Payroll
- GST Filing
- Tax preparation

**28 JANUARY, 2023 ONWARDS**  
Every Saturday  
9:30am - 10:30pm

**FREE ENTRY**  
\$9.99 (\$1.99)

For more information, contact the resource center: NCSC office: 557-352-5272  
Calgary: 403-252-5272

**NEW YEAR 2023**

**Celebration & Fund Raising Program For Nepali Pathshala**  
Jointly Organized by NCSC & CANIS

**\$20 ENTRY** **\$25 SEATING CHARGE**

**30TH DEC, 6 PM-12 AM**

Temple Community Centre 167 Teplergram RD 31

LIVE PERFORMANCE, MUSIC, DJ & MANY MORE

PAID FOOD & BAR AVAILABLE IN VENUE

FREE REGISTRATION FOR KIDS UNDER 10 YEARS

Come and join us for a fund-raising musical program, along with our local artists & our very

**NCSC presents STRATEGIC ACTION PLANNING SESSION**

Security December 10, 2022  
7:30pm - 9:00pm  
167 Teplergram Rd 31

Registration is FREE/NO COST.  
Must register and register by November 8, 2022

For more information, contact the resource center: NCSC office: 557-352-5272  
Calgary: 403-252-5272

**FREE LOW-INCOME ANNUAL SENIOR TRANSIT PASSES AVAILABLE**

Limited number of passes will be given on the first come first serve basis.  
Your personal information will be kept highly confidential.

यदी तपाईं ६५ वर्ष अथवा त्यो भन्दा माथि उमेरको हुनुको साथै निम्न आय वर्गमा पर्नुहुन्छ भने **FREE SENIOR ANNUAL TRANSIT** पास को लागि **NCSC** को कार्यालयमा सम्पर्क राखी उक्त कार्यक्रम बाट लाभ लिन हुन

## Appendix 5: Executive Summary of Rise and Shine Project

### सारांश

नेपालीज कम्युनिटी सोसाइटी अफ क्यालगरी (NCSC) र टूगेदर विथ सिनियर सोसाइटी (TOSS) सँगको साझेदारीमा २०२२ को मध्य मे देखि डिसेम्बर २०२२ सम्म **राइज एन्ड शाइन (R&S): आपवासी जेष्ठ-नागरिकहरूलाई सामाजिक एक्लोपन सम्बन्धी परियोजना** सन्चालन गरिएको थियो। सिटी अफ क्यालगरीको (FCSS 2022) क्षमता निर्माण कोषको लगानीमा जेष्ठ-नागरिकहरूलाई सामाजिक एक्लोपन सम्बन्धी संवेदनशिलतालाई सम्बोधन गर्नका लागि यो परियोजना सन्चालित थियो। जेष्ठ-नागरिकहरू बीच स्वयमसेवी संस्कृतिको विकास गर्ने, ज्येष्ठ नागरिकहरूमा जल्दाबल्दा मुद्दाहरूको पहिचान गर्ने, र प्रमुख समस्याहरूलाई सम्बोधन गर्ने रणनीतिहरू बनाउने उद्देश्यले परियोजना सन्चालित थियो। यो पहल मुख्यतया समुदायका बृद्ध उमेरसँगै सामाजिक एक्लोपन र तत् सम्बन्धी संवेदनशीताले जोखिममा परेका ज्येष्ठ नागरिकहरूमा केन्द्रित छ।

राइज एन्ड शाइनको कार्यान्वयनका क्रममा परियोजना व्यवस्थापन, सामुदायिक परिचालन र परियोजना गतिविधिहरूको अनुगमन/मूल्याङ्कन मात्र होइन अनुदान प्रस्ताव लेखन सम्बन्धी तालिम प्रदान गर्ने स्वयंसेवी जेष्ठ-नागरिकहरूको नेतृत्वमा परियोजना संचालन समिति (PSC) गठन समेत गरेर यो पहल सुरु भएको थियो। परियोजना कार्यान्वयनका अवधिमा १२ जेष्ठ-नागरिक कार्यक्षेत्र सत्रहरू, ६ परियोजना संचालन समिति बैठकहरू, २ समस्याहरू एवं गतिविधिहरूको प्राथमिकीकरण सत्रहरू, १ रणनीतिक कार्य योजना र २ परिणाम साझेदारी सत्रहरू समेतका ५ क्षेत्रमा क्यालगरीका अन्य जातीय समुदायहरूसँगको सफलतापूर्वक सहकार्यमा परियोजना सम्पन्न गरिएको छ।

परियोजनाले पूर्व-परिक्षण र पश्च-परिक्षण समयमा एक व्यवस्थित प्रश्नावली प्रयोग गर्‍यो र केन्द्रिकृत समूह छलफल मार्फत प्रतिक्रिया पनि संकलन गरिएको थियो। परियोजना गतिविधिहरूमा कुल ५०६ वृद्धहरू (२३९ अलग सहभागीहरू) र ३१० वयस्क र युवाहरूले भाग लिए। परियोजना कार्यकालमा PSC का सदस्य (२७ अलग स्वयंसेवक) सहित १०४ स्वयंसेवक परिचालन गरिएको छ। परियोजनामा स्वयंसेवकहरूले ३१० घण्टा, लगभग \$९,००० बराबरको योगदान गरे। यस परियोजनाले नेतृत्व कौशल र PSC को संगठनात्मक क्षमता वृद्धि गर्न उल्लेखनीय योगदान पुऱ्यायो र भविष्यको लागि संगठनात्मक खाका तयार गर्यो। जल्दाबल्दा समस्याहरूको सूची अन्वेषण र कार्यक्षेत्र मापन सत्रहरूको श्रृंखला मार्फत पनि पहिचान गरिएको थियो। जेष्ठ-नागरिकहरूको समसामयिक समस्याहरूलाई सम्बोधन गर्न रणनीतिहरू विकसित गरिए पश्चात जेष्ठ नागरिकहरू बीचको रणनीतिक कार्ययोजना सत्र मार्फत त्यसलाई अन्तिम रूप दिइयो। कार्यक्षेत्र मापन सत्रहरूमा सबै पहिचान गरिएका मुद्दाहरू र गतिविधिहरूलाई थप प्राथमिकतामा राख्न प्राथमिकता-वजन विधि प्रयोग गरिएको थियो। NCSC ले प्राथमिकतामा राखेका विषय र कार्यहरूलाई अगाडि बढाउने प्रतिबद्धता व्यक्त गरेको छ। परियोजना गतिविधिहरूले जेष्ठ नागरिकहरू, वयस्कहरू र युवाहरू बीच स्वयमसेवाको बलियो संस्कृति विकास गर्यो जसले अन्ततः संगठनको स्थायित्वका लागि बलियो सामाजिक पूंजी प्रदान गर्यो। सहभागीहरूको ठूलो अनुपात (८०-९५% सम्म) सहमत/उच्च सहमत भए कि परियोजना गतिविधिहरूले जेष्ठ नागरिकहरूलाई महताबोध र सम्मान गरेको महसुस गराएको छ। जेष्ठ नागरिकहरूमा समुदायसँग आबद्धताको भावना बढेको छ, प्रत्येक कृपाकलापहरूबाट साझेदारी, सन्जालीकरण र सहकार्यबाट सिक्ने अवसर प्रदान गरेको छ। यसरी जेष्ठनागरिकहरू बीच सामाजिक अलगावको संवेदनशील असर कम भयो।



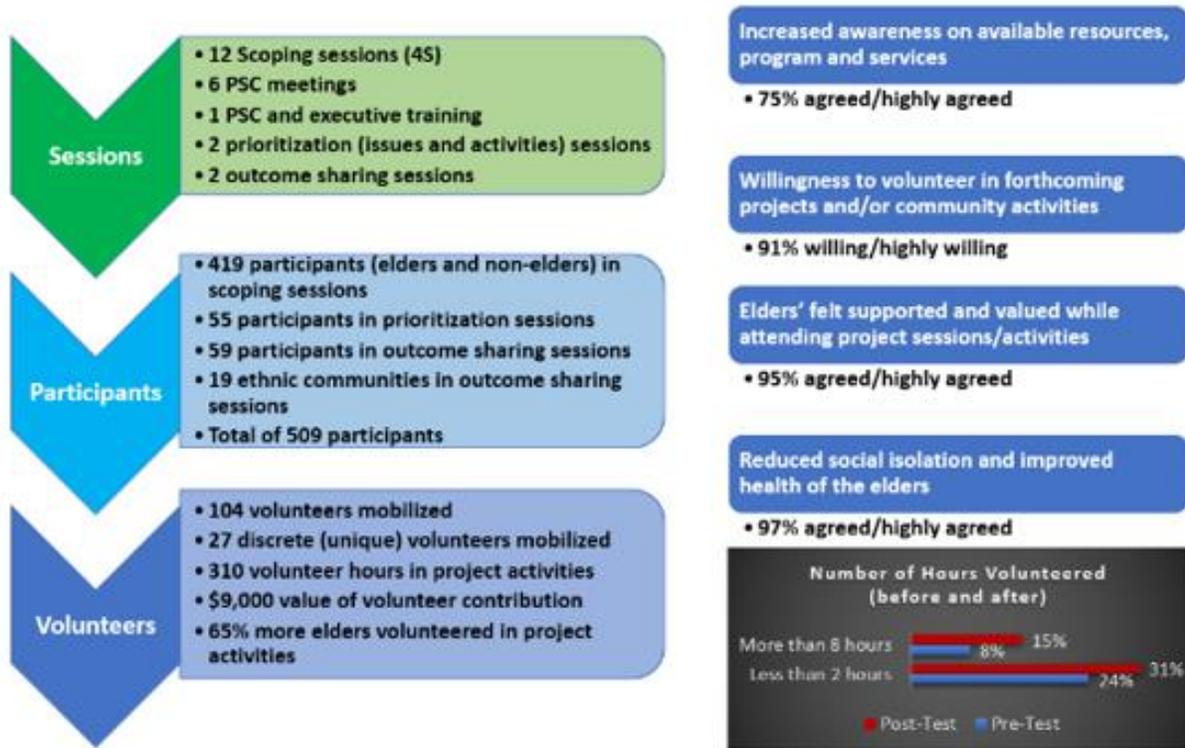
## EXECUTIVE SUMMARY

Funded by the City of Calgary’s FCSS 2022 Capacity Building Fund and implemented by Nepalese Community Society of Calgary (NCSC) in partnership with Together with Senior Society (TOSS) from Mid-May 2022 to Dec 2022, **the Rise and Shine (R & S): Preparing Immigrant Elders to Address Social Isolation and Vulnerability initiative** aimed at developing a culture of volunteerism among elders, identifying emerging issues among seniors, and devising strategies to address the major issues. The initiative focuses mainly on the elders of the community as they have become socially isolated and vulnerable as they age. The initiative started with the formation of a Project Steering Committee (PSC), headed by volunteer seniors who were provided with a training on project management, community mobilization, monitoring and evaluation of project activities and grant writing. The project, during its tenure, has successfully completed 12 seniors scoping sessions, 6 PSC meetings, 2 issues and activities prioritization sessions, 1 strategic action planning and 2 outcome sharing sessions with other ethnic communities in Calgary. The project used a structured questionnaire during pre-test and post-test and feedback was also collected through focus group discussions. A total of 506 elders (239 discrete participants) and 310 adults and youth participated in project activities. During project tenure, 104 volunteers including members of PSC (27 discrete volunteers) have been mobilized. Volunteers contributed 310 hours, equivalent to almost \$9,000 to the project. The project made remarkable contribution in increasing leadership skills and the organizational capacity of PSC and prepared an organizational blueprint for future. A list of emerging issues was explored and identified through a series of scoping sessions and developed strategies to address the cross-current issues of seniors, and latter were finalized through a strategic action planning session among seniors. All identified issues and activities during scoping sessions have further been prioritized using scoring and weighting method. NCSC has made its commitment to follow the prioritized issues and actions going forward. The project activities developed a strong culture of volunteerism among elders, adults, and youth which eventually provided with a strong social capital for the organization. A large proportion of the participants (ranging from 80-95%) agreed/highly agreed that the project activities have made the elders felt valued and respected, increased sense of belonging in the community, provided opportunity to share, link and learn from each other, and eventually reduced social isolation among elders.





## Appendix 6: Rise and Shine Project Activities, Outputs, and Outcomes



### Rise & Shine Project Outcomes



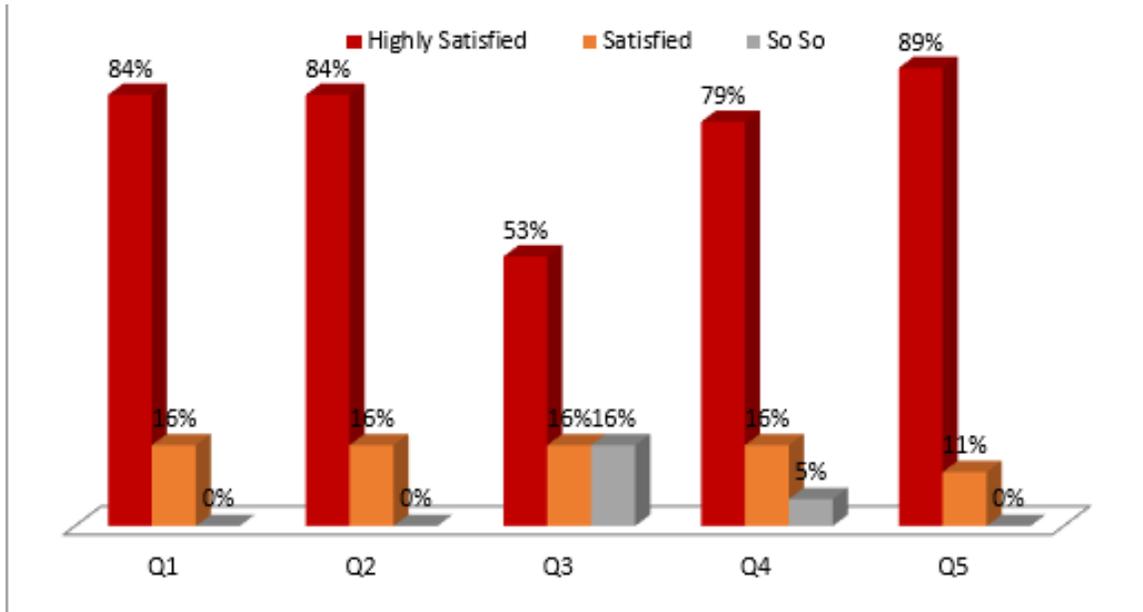


## Appendix 7: Top Nine Issues and Activities Identified by the Elders During Scoping Sessions

<p><b>1. Senior database</b></p>	<p><b>2. Motivation</b></p>	<p><b>3. Mental and physical health</b></p>
<ul style="list-style-type: none"> <li>• NCSC to take a lead role in collecting seniors' data</li> <li>• Organize an interactive session to discuss the strategy for collection seniors' data</li> <li>• Motivate role models (seniors) to accomplish this task</li> <li>• Education session to highlight the importance of a reliable database</li> <li>• Motivate community members to fill out the Stat Can survey</li> </ul>	<ul style="list-style-type: none"> <li>• Organize series of rapport building sessions with seniors</li> <li>• Plan for the activities that are of specific interest to the seniors</li> <li>• Arrange transportation for the seniors with mobility issue</li> <li>• Acknowledge and appreciate seniors and their contribution and invite entire family in such event</li> <li>• Engage seniors right from program planning state</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness sessions on mental and physical health</li> <li>• Customized counselling sessions in confidence</li> <li>• Prepare educational materials in Nepali language and make them available to all households</li> <li>• Expert interaction sessions</li> <li>• Organize engagement activities that mimic their lives back home</li> </ul>
<p><b>4. Intergenerational gap</b></p>	<p><b>5. Cross-cultural awareness</b></p>	<p><b>6. Mobility</b></p>
<ul style="list-style-type: none"> <li>• Motivate kids and youth to take part in NCSC's activities</li> <li>• Socio-cultural events together with different generations</li> <li>• Mobilize kids and youth as volunteers in seniors' activities</li> <li>• Organize interaction, learning and sharing sessions with all generations</li> <li>• Together with seniors, reward youth based on their performance (roles, job, expertise, contribution)</li> </ul>	<ul style="list-style-type: none"> <li>• Organize cross-cultural tours</li> <li>• Interaction sessions with people from diverse cultures</li> <li>• Periodic community visit programs</li> <li>• Interaction with the expert from indigenous community</li> <li>• Awareness sessions on anti-racism, multiculturalism and related areas</li> </ul>	<ul style="list-style-type: none"> <li>• Provide volunteer pick up and drop off service during NCSC's activities</li> <li>• Provide pick up and drop off to enable seniors to meet their important appointments</li> <li>• Ride-sharing system on the day of seniors' activities</li> <li>• Provision of senior annual transit pass</li> </ul>
<p><b>7. Technical knowledge</b></p>	<p><b>8. Awareness and education</b></p>	<p><b>9. Childminding</b></p>
<ul style="list-style-type: none"> <li>• Find out the senior expert volunteers and run training sessions on basic technical stuff like online meeting, use of social media, simply typing, online banking etc.</li> <li>• Motivate newcomer seniors in learning technical stuff</li> <li>• Make learning materials for the seniors available in Nepali language</li> <li>• Assist seniors in filing/ documentation, translation and interpretation</li> </ul>	<ul style="list-style-type: none"> <li>• Together with the experts and seniors, identify areas that require awareness/education</li> <li>• Identify community experts and run need-based awareness/education sessions every month</li> <li>• Prepare an info toolkit in Nepali language with important and pertinent information for seniors</li> </ul>	<ul style="list-style-type: none"> <li>• Organize sessions for seniors together with adult household members</li> <li>• Educate adult household members regarding mental and physical health of seniors</li> <li>• Organize hamlet gathering with seniors and household members to discuss and share issues freely</li> </ul>



### Appendix 8: Respondents' Level of Satisfaction on Focused COVID-19 Awareness and Interaction Sessions



Q1: Today's event is fruitful as it brought both ethnic groups and local businesses in a common platform to discuss the impact of COVID-19 and ways to get back to the business

Q2: I learned new things from group discussions and interactions

Q3: Today's session is relevant to my need in the COVID situation

Q4: I have got the opportunity to discuss/share my ideas/knowledge

Q5: NCSC should organize this kind of event in the future and bring more members for discussions/sharing ideas and learning from each other.



## Appendix 9: Focus Group Discussions on Thematic Areas and Goals

<b>Kids' &amp; Youth Engagement</b>	<ul style="list-style-type: none"><li>• Reduce screen time and develop social asset for the community</li></ul>
<b>Women &amp; Adults Engagement</b>	<ul style="list-style-type: none"><li>• Empowerment and enablement</li></ul>
<b>Seniors' Engagement</b>	<ul style="list-style-type: none"><li>• Reduce social isolation and promote healthy aging</li></ul>
<b>Culture &amp; Heritage</b>	<ul style="list-style-type: none"><li>• Promote, preserve and transfer Nepalese culture and heritage</li></ul>
<b>Media &amp; Communication</b>	<ul style="list-style-type: none"><li>• Provide education and awareness through media</li></ul>
<b>Funding &amp; Partnership</b>	<ul style="list-style-type: none"><li>• Diversify funding sources and enhance institutional partnerships</li></ul>
<b>Infrastructure</b>	<ul style="list-style-type: none"><li>• Maintain, enhance, and develop physical infrastructure based on community needs</li></ul>
<b>Organizational Sustainability</b>	<ul style="list-style-type: none"><li>• Develop organizational sustainability framework for the community</li></ul>



## Appendix 9: Activity Scoping from Focused Engagement and Interaction Sessions

Kids' and Youth Engagement	Women and Adult Engagement	Culture and Heritage	
<ul style="list-style-type: none"> <li>• Collect statistics of Nepali students at various levels</li> <li>• Implement youth conversation programs/activities</li> <li>• Develop youth leadership by motivating them to share their knowledge and skills with the peers</li> <li>• Organize talent competitions for kids and youth (dance, writing, arts, singing etc.)</li> <li>• Develop youth volunteerism and provide incentive</li> <li>• Engage youth in media</li> <li>• Educate parents about existing youth and kids programs/services</li> <li>• Organize youth-led sessions for the kids (sports, dance, arts etc.)</li> <li>• Form clubs for kids and youth identifying their skills and hobbies (science, dance, art clubs etc.)</li> <li>• Foster partnership with youth organization in running sports training sessions and tournaments</li> </ul>	<ul style="list-style-type: none"> <li>• Create an environment to meet and share in a safe/non-judgemental setting</li> <li>• Provision of childminding and/or child care while women partake in activities</li> <li>• Operate English language classes</li> <li>• Implement and promote customized activities for the group of women in a need basis</li> <li>• Develop capacity, skills and leadership of the women through one-on-one consultation, training and education</li> <li>• Promote women membership in the community</li> <li>• Organize financial literacy programs for the women</li> <li>• Organize programs/activities for women and kids at the same time and same day to enhance their participation in the programs</li> <li>• Encourage and motivate women in the committees and board</li> <li>• Promote indoor and outdoor sports together with functional groups in Calgary</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrate different religious and cultural practices in collaboration with different ethnic groups, faith and culture</li> <li>• Actively partner with multicultural communities and showcase Nepali culture, festivals, arts and heritage</li> <li>• Promote participation of kids and youth in all of its cultural programming and facilitate intergenerational learning</li> <li>• Organize Nepali mela annually by inviting other communities from Alberta</li> <li>• Incorporate cultural element in Nepali Pathshala curricula and actively engage Pathshala students in organizing cultural events together with seniors and parents</li> <li>• Political lobbying with Nepali Heritage Day in Alberta</li> <li>• Develop Nepali culture and heritage library (physical or digital)</li> </ul>	
Seniors' Engagement	Media and Communication	Funding and Partnership	Infrastructure
<p>Educate seniors and households about the importance of actual data and collect seniors' data in Calgary</p> <p>Plan for the activities that are of specific interest to the seniors</p> <p>Manage transportation for the seniors with mobility issue</p> <p>Acknowledge and appreciate seniors and their contribution by organizing appreciation events</p> <p>Organize awareness sessions on mental and physical health, healthy aging, seniors fraud and abuse</p> <p>Communicate with the seniors in Nepali language (email, social media, print etc.)</p> <p>Organize engagement activities that mimic their lives back home (gardening, socio-cultural programs, story sharing etc.)</p> <p>Organize cross-cultural tours</p> <p>Identify seniors with lived experience and make those experiences available to the community</p>	<ul style="list-style-type: none"> <li>• Diversify Nepali Radio program/interviews by identifying key experts from the community</li> <li>• Market Nepali Radio program using different channels (email, social media, posters, web link etc.)</li> <li>• Motivate youth in media and provide training on program production</li> <li>• Explore income generating options (advertisement, promotion, grant, corporate tie up etc.)</li> <li>• Strengthen existing Nepali Radio through infrastructure, technology and human resources</li> <li>• Upload media content (audio and visual) in youtube to allow the viewers to get through interviews/educational materials on-demand</li> <li>• Identify the community needs and produce programs on the basis of identified needs/gaps</li> <li>• Promote expertise and talent of Nepalese through media</li> <li>• Promote youth volunteerism in media by providing certain incentives</li> </ul>	<ul style="list-style-type: none"> <li>• Identify funding sources at geographical, local and national level and prepare a database of the sources</li> <li>• Develop grant writing expertise of the executive board, volunteers, and interested community members</li> <li>• Outreach grant writing expertise to ethnic communities in Calgary</li> <li>• Provide project management and reporting training to the executive board, volunteers, and interested community members</li> <li>• Invite expertise from non-profit sectors for customized awareness generation sessions and promote partnership with the agencies in Calgary</li> <li>• Incorporate an element of partnership or collaboration with other organizations in every project/program</li> <li>• Diversify funding resources by approaching to corporate sector, and foster relation with corporate houses in Calgary</li> <li>• Implement strong financial management culture in the community</li> <li>• Strengthen the capacity of the Project Steering Committee through rigorous training, interaction and sharing sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare terms and conditions and resource use policy of the existing infrastructure</li> <li>• Prepare a strong back up plan of managing existing infrastructure considering worst case scenario</li> <li>• Identify infrastructure related grants at geographical, local and national level and prepare a database</li> <li>• Prepare a committee to manage existing resource and several committees to materialize the enhancements on existing resource and for the new community hub</li> <li>• Foster sound communication in the community regarding use of existing resource, enhancement and the next level of developing a new community hub</li> <li>• Organize fund raising campaign within the community, across the city with Nepali-speaking folks, across the province and at national level</li> <li>• Reach out to the corporate house and lobby with them for their funding support to materialize Nepali community hub</li> <li>• Organize regular interaction sessions of the committee members, brainstorm different ideas and document the outcomes of the interaction sessions</li> </ul>



## Appendix 10: Focus Group Work on Defining and Refining the Organizational Vision, Mission, Goals, Strategic Outcomes and Objectives

Vision, Mission, and Values	Strategic Outcomes	Strategic Objectives
<p><b>Vision</b> Preserve Nepalese culture and heritage and help achieve the full potential of Nepali-speaking Calgarians by integrating into the Canadian multicultural society.</p> <p><b>Missions</b></p> <ul style="list-style-type: none"> <li>– To become vibrant ethnic community capable of serving vulnerable Nepali-speaking Calgarians</li> <li>– To empower and engage Nepali-speaking Calgarians to enable them to showcase their innate potential and succeed in their lives.</li> </ul> <p><b>Values</b></p> <ul style="list-style-type: none"> <li>– Community buy-in</li> <li>– Collaboration and teamwork</li> <li>– Need-based services.</li> <li>– Intergenerational learning</li> <li>– Empowerment, engagement, and enablement</li> </ul>	<p><b>Kids' and Youth Engagement</b> Reduce screentime of the kids and youth through variety of activities</p> <p><b>Women and Adult Engagement</b> Empower, engage, and enable women and adults through customized programming</p> <p><b>Seniors' Engagement</b> Reduce social isolation and make seniors active</p>	<ul style="list-style-type: none"> <li>– Promote health and wellness of kids, youth and family</li> <li>– Strengthen methods of public engagement and reach all segments of the community.</li> <li>– Develop and promote customized programs that have community buy-in</li> <li>– Diversify the activities for the kids and youth (such as sports – indoor and outdoors, homework support, arts, and crafts etc)</li> <li>– Together with the youth, identify their needs and engagement activities</li> <li>– Leverage and improve collaboration with other service agencies to address the issues of women.</li> <li>– Strengthen methods of public engagement and reach all segments of the community.</li> <li>– Working with the women, identify their needs and implement need-based activities.</li> <li>– Empower community women to enable them to make decisions that drive their lives.</li> <li>– Implement skill enhancement programs and services</li> <li>– Promote health and wellness of the seniors.</li> <li>– Leverage and improve collaboration with other service agencies to address issues of the elders in the community.</li> <li>– Implement and promote activities that mimic seniors' lifestyle back home.</li> <li>– Develop leadership and volunteerism among the seniors and empower them</li> </ul>
<p><b>Goals and Strategic Pillars</b></p> <p><b>Goals</b></p> <ul style="list-style-type: none"> <li>– Increased community buy-in in all activities, programs, and services.</li> <li>– Make NCSC accountable towards Nepali-speaking Calgarians.</li> <li>– Increased partnership with different organizations supporting</li> </ul>	<p><b>Culture and Heritage</b> Promote, preserve and upscale Nepalese culture and heritage</p> <p><b>Media and Communication</b></p>	<ul style="list-style-type: none"> <li>– Maintain and enhance the culture, heritage and facilitate intergenerational learning.</li> <li>– Proactive in cultural showcasing and motivate community kids and youth in cultural programming.</li> <li>– Strengthen Nepali Pathshala and its activities.</li> <li>– Enhance partnership with multicultural organizations and promote Nepalese culture, language, and festivals in Alberta</li> <li>– Diversify programming of Nepali radio and mobilize community experts for diverse type of programs and enhance awareness.</li> </ul>
<ul style="list-style-type: none"> <li>– communities in terms of funding, programs, and services.</li> <li>– Increased number of outreach activities</li> <li>– Increased support (technical and non-technical) to Nepalese ethnic groups, community organizations and other non-profit organizations to increase their efficiency.</li> <li>– Identify and address the unique needs of community people and bridge the gaps.</li> <li>– Promote community membership.</li> </ul> <p><b>Strategic Pillars</b></p> <ul style="list-style-type: none"> <li>– Promoting culture and heritage</li> <li>– Social inclusion of vulnerable Nepali-speaking Calgarians</li> <li>– Building capacity of community members</li> <li>– Service diversification</li> </ul>	<p>Strengthen NCSC radio and diversify its programming and activities</p> <p><b>Funding and Partnership</b> Enhance and strengthen institutional partnership and diversity funding sources</p> <p><b>Infrastructure</b> Align institutional infrastructure to accommodate diverse need of the community</p> <p><b>Organizational Sustainability</b> Develop a sustainability framework</p>	<ul style="list-style-type: none"> <li>– Increase public interest and community buy-in in radio programming.</li> <li>– Develop leadership, volunteerism and skills of the team.</li> <li>– Foster youth participation in radio programming and volunteering</li> <li>– Foster positive and respectful working relationships with Nepalese organizations (ethnic and functional groups)</li> <li>– Enhance capacity of Nepalese ethnic and functional groups</li> <li>– Promote partnership with ethnic groups, non-profit and corporates in Calgary.</li> <li>– Follow team approach in fund generation and partnership enhancement</li> <li>– Maintain current infrastructure.</li> <li>– Explore funding resources to make enhancement in existing infrastructure.</li> <li>– Explore opportunities for additional infrastructure to meet community need</li> <li>– Develop effective marketing strategies that drive optimal participation of all groups.</li> <li>– Increase the community's resiliency and preparedness for changes.</li> <li>– Improve organizational capability and effectiveness – professional development, leadership, change management, strategic thinking, fiscal literacy, and staff engagement.</li> <li>– Promote a values-driven organizational culture that reinforces ethical behaviour, exercises transparency, and maintains the community trust.</li> <li>– Prepare and implement institutional sustainability framework</li> </ul>

### Appendix 11: Selected Snapshots from the COVID-19 Project Activities

