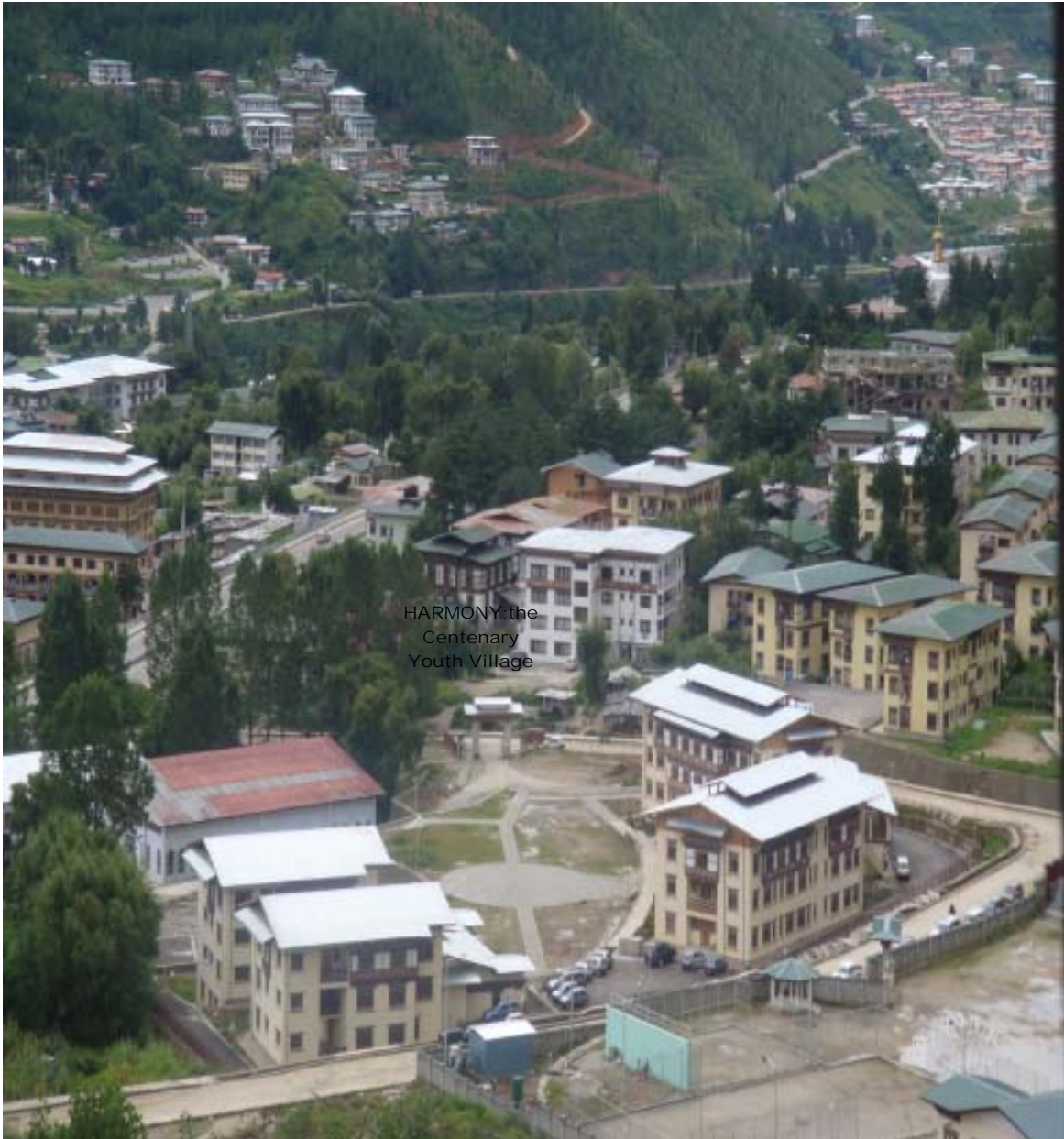


# **“REACHING OUT TO YOUTH”**

Weekend Programmes  
March-December 2009



**Department of Youth & Sports**  
**Ministry of Education**  
**Phone : 325084/335446**  
**Fax : 325199**

### March 2009

<b>Time Frame</b>	<b>Activity</b>	<b>Objectives</b>	<b>Expected Outcome</b>	<b>Target group</b>	<b>Division Responsible</b>
28th March	ToT on LSE for Out of School Youth	- Establish a core group of trainer for LSE would provide future training		25 out of school youth	CSHP
21st, 22nd and 28th March 2009	Seminar on Community based Scouting	<ul style="list-style-type: none"> <li>- To enhance knowledge and skills in project planning and implementation</li> <li>- To inculcate a strong sense of volunteerism and motivate others</li> <li>- To provide opportunity to pursue scouting as a life long education</li> </ul>	<ul style="list-style-type: none"> <li>- A CBS Movement is launched</li> <li>- CBS Action Plan are drawn and the troops are seen implementing the activities</li> <li>- Scouting programme taken beyond school/college to community</li> </ul>	40 old scouts	SCED

### April 2009

<b>Time Frame</b>	<b>Activity</b>	<b>Objectives</b>	<b>Expected Outcome</b>	<b>Target group</b>	<b>Division Responsible</b>
11th April	Parent and Youth Discussion	Bridge the gap between youth and parents	Better understanding between parents and youth	20 parents 20 youth	CECD and CSHP
25th April	Youth and Buddhism	<ul style="list-style-type: none"> <li>- Develop appreciation towards buddhist philosophy on peace and harmony.</li> <li>- Promote mind discipline</li> <li>- Instill the sense of</li> </ul>	<ul style="list-style-type: none"> <li>- Youth are careful about ones own action</li> <li>- the participating youth become more compassionate</li> <li>- they show appreciation to spiritual life</li> </ul>	200 students from 5 HSS of Thimthrom	SCED
26th April	Connecting lives-family togetherness for fun	<ul style="list-style-type: none"> <li>- Provide a creative platform for parent and child participation</li> <li>- Encourage community awareness and participation in parent ing issues</li> </ul>	Improved interaction between parens and children	20 families	CECD
25th & 26th April	Volleyball Tournament	<ul style="list-style-type: none"> <li>-To engage youth meaningfully</li> <li>-Promote volleyball</li> <li>-Inform new rules and regulations of volleyball</li> <li>-Create volleyball court at YC for regular use</li> </ul>	<ul style="list-style-type: none"> <li>- Engaged youth meaningfully motivated and continue to play</li> <li>- Have volleyball court at YC</li> </ul>	In school and out of school youth who are 20 years and below expect-10 teams	GSD
30th April to 4th May	Cub-masters Training for private school	<ul style="list-style-type: none"> <li>- Be able to effectively start and run a Cub Pack - Provide skills to plan,implement and evaluate the programs</li> <li>- Provide leadership skills to work with young people.</li> <li>- Promote school-based Cub Scouting</li> </ul>	<ul style="list-style-type: none"> <li>- The membership in cub sections is increased</li> <li>- Cub programme is extended to the school and pupil are seen keen on the programme</li> <li>- School request more training on cub scouting</li> </ul>	36(Thimphu Dzongkhag - 16 and Thimthrom Private Primary School - 16	SCED

### May 2009

<b>Time Frame</b>	<b>Activity</b>	<b>Objectives</b>	<b>Expected Outcome</b>	<b>Target group</b>	<b>Division Responsible</b>
3rd May	Study skills-preparation and coping with exam stress	<ul style="list-style-type: none"> <li>- Educate the students on examination techniques</li> <li>- Children learn ways to manage stress and anxiety</li> </ul>	- Students better prepared before and during exams	30 students from Thimphu Schools	CECD
9th May	Orientation on Culture Education	<ul style="list-style-type: none"> <li>- Enhance the knowledge and skills on Bhutanese Culture and values.</li> <li>- Promote Culture Education in Schools</li> <li>- Familiarise CE guideline</li> </ul>	Schools effort in promoting Culture Education is enhanced through the support	100 Principal, Vice Principal and coordinators and selected teachers	SCED
16th May	HIV/AIDS Information	- Basic information on modes of transmission of HIV/AIDS	Informed youth	Class IX students Expect - 192	CSHP
24th May	Open chess coaching tournament	<ul style="list-style-type: none"> <li>- To engage youth meaningfully</li> <li>- Promote chess among children</li> <li>- Inform new rules and regulations of chess</li> </ul>	<ul style="list-style-type: none"> <li>- Engage youth meaningfully</li> <li>- Motivated and continue to play chess</li> </ul>	Youth below 20 years Expect- 100 children	GSD

### July 2009

<b>Time Frame</b>	<b>Activity</b>	<b>Objectives</b>	<b>Expected Outcome</b>	<b>Target group</b>	<b>Division Responsible</b>
4th July	Self responsibility /anger management	<ul style="list-style-type: none"> <li>- Be able to take care of oneself</li> <li>- Learn to respect themselves and others</li> </ul>	- Young people equipped with skills to manage anger leading to reduced fights	30-35 youth	CECD
5th, 6th and 7th July	Screen documentary on youth concerns	- Provide edutainment		Open to all	CSHP
25th and 26th July	Swimming Coaching for boys	<ul style="list-style-type: none"> <li>- To engage youth meaningfully</li> <li>- Provide swimming coaching</li> <li>- Teach basics of swimming</li> </ul>	<ul style="list-style-type: none"> <li>- Engage youth meaningfully</li> <li>- Motivated and continue to swim</li> </ul>	10-15 years children 50 children	GSD

## August 2009

Time Frame	Activity	Objectives	Expected Outcome	Target group	Division Responsible
15th August	Religious Discourse	<ul style="list-style-type: none"> <li>- Develop appreciation towards buddhist philosophy on peace and harmony.</li> <li>- Promote mind discipline</li> <li>- Instill the sense of positive thinking in life</li> </ul>	<ul style="list-style-type: none"> <li>- Pupils understanding on spiritualism and compassion are further enhanced</li> </ul>	200 open to the public	SCED
22nd August	Knowing the self	<ul style="list-style-type: none"> <li>- Myths &amp; Misconceptions of adolescent boys/girls</li> </ul>		Cl. VIII boys/girls 100 students	CSHP
23rd August	Debate on sports and physical activities	<ul style="list-style-type: none"> <li>- To engage youth meaningfully</li> <li>- Advocate importance of sports</li> </ul>	<ul style="list-style-type: none"> <li>- Engage youth meaningfully</li> <li>- Educate on sports and physical activities</li> </ul>	2 students each from 5 HSS - 150 as audience	GSD
29th August	Building confidence and esteem	<ul style="list-style-type: none"> <li>- Learn to appreciate and nurture the strengths in oneself</li> </ul>	<ul style="list-style-type: none"> <li>- Decreased youth problems</li> </ul>	30-35 youths	CECD

## September 2009

Time Frame	Activity	Objectives	Expected Outcome	Target group	Division Responsible
12th September	Communication skills	<ul style="list-style-type: none"> <li>- Learn to use appropriate, effective and assertive language in ones everyday life</li> </ul>	<ul style="list-style-type: none"> <li>- Courteous and considerate young people</li> </ul>	30-35 youths	CECD
19th September	Eating wisely	<ul style="list-style-type: none"> <li>- Provide information on healthy eating</li> </ul>	<ul style="list-style-type: none"> <li>- Knowledge on healthy eating provided</li> </ul>	Cl. VII boys/girls 100	CSHP
25th and 26th September	Peer Leaders Training	<ul style="list-style-type: none"> <li>- Know the roles and responsibility of a Peer Leader</li> <li>- provide skills to work with peers</li> <li>- Provide skills to plan, implement and evaluate the programs</li> <li>- Be able to assist scout leaders in running a Pack/Troop/Crew</li> </ul>	<ul style="list-style-type: none"> <li>- The participants youth are better prepared with knowledge and skills in decision making</li> <li>- Youths are seen keen on helping each other</li> <li>- Youths shows interest in such courses</li> </ul>	50 (5HSS)	SCED
27th September	Aerobics	<ul style="list-style-type: none"> <li>- To engage youth meaningfully</li> <li>- Promote aerobics as alternative competitive sports</li> </ul>	<ul style="list-style-type: none"> <li>- Engage youth meaningfully</li> <li>- Introduced to aerobics</li> <li>- Live healthy and active Life</li> </ul>	Open to youth above 12 years Expect-100 children	GSD

**October 2009**

<b>Time Frame</b>	<b>Activity</b>	<b>Objectives</b>	<b>Expected Outcome</b>	<b>Target group</b>	<b>Division Responsible</b>
10th October	Group meeting with youth using drugs in collaboration with self help groups	- Impart and exchange of misuse of drug related issues	- Decrease in substance misuse among the young people	30-35 youths	CECD
24th and 25th October	Swimming Coaching for girls	- To engage youth - Promote swimming - Teach basics of swimming	- Engage youth meaningfully - Motivated and continue to swim	10-15 years expect : 50 girls	GSD
24th October	Eating wisely	- Provide LSE for Out of School Youth	- Knowledge on healthy eating provided	Cl. IX boys/girls Expect-100	CSHP

**November 2009**

<b>Time Frame</b>	<b>Activity</b>	<b>Objectives</b>	<b>Expected Outcome</b>	<b>Target group</b>	<b>Division Responsible</b>
28th November	LSE for out of school youth	- Provide LSE for out of School Youth	LSE Provided	40 OSY	CSHP
29th November	Live telecast of football match	- To engage youth meaningfully - Promote football	- Engage youth meaningfully - Information on latest development in football	Open to all youth 200 children	GSD

**December 2009**

<b>Time Frame</b>	<b>Activity</b>	<b>Objectives</b>	<b>Expected Outcome</b>	<b>Target group</b>	<b>Division Responsible</b>
27th December	Badminton Coaching	- To engage youth meaningfully - Promote badminton - Teach basic skills/t technique in badminton	- To engage youth meaningfully - Motivated and continue - Learned skills and t techniques	- Engage children meaningfully - Acquired skills/techniques in badminton	GSD
19th December	Interviewing skills and techniques	- Learn to write resume and job applications	- Young people equipped with interviewing skills	50-60 youths	CECD

CECD : Career Education and Counselling Division  
 SCED : Scouts and Culture Education Division  
 GSD : Games and Sports Division  
 CSHP : Comprehensive School Health Programme