# SPACES NEPAL

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Source: http://team.georgia.gov/

# MENTAL HEALTH AWARENESS SESSION

In honor of Mental Health Awareness Month, U.S. Embassy Nepal's Public Affairs Office (PAS) and Koshish Nepal invite you to a virtual discussion on awareness session.

DATE: MAY 18 th, 1-2 PM

<u>REGISTER</u>

### MAY PROGRAMS

20

Mental Health Counselling

TIME: 1-2 PM

REGISTER

Debate Program: Mental
Health: Yoga versus

28 Medicine

TIME : 2-3 PM

6

EducationUSA Advising Session by USEF-Nepal's Educational Adviser

TIME: 11 AM
REGISTER

## WELCOME NOTE

#### BY AMERICAN SPACES NEPAL

Namaste!

Thank you for subscribing to our American Spaces newsletter. We appreciate your subscription and your continuous feedback. This newsletter would not be what it is today without your valuable suggestions.

The American Spaces team across Nepal continues to work to develop virtual programs to meet your needs and help you navigate this new world we live in. For May, we plan to provide programs focused on Mental Health, and generate awareness in our communities. Do join us and contribute to the conversations.

As the COVID-19 pandemic continues to alter our lives, we will provide virtual programming until we are able to open our Spaces to the public. If you have suggestions or ideas to share, feel free to contact us.

To register for our programs, please click on the given link (Register). We post our programs in our respective Corner <u>Facebook pages</u> (<a href="https://np.usembassy.gov/education-culture/american-spaces">https://np.usembassy.gov/education-culture/american-spaces</a>), so keep checking the page for additional program postings. Also, feel free to share the American Center <u>Newsletter Subscription</u> link (<a href="https://rb.gy/el551i">https://rb.gy/el551i</a>) with interested folks.

Sincerely, American Spaces Team

The office of Regional Public Engagement Specialist (REPS) collaborated with ten American Spaces in the South Asia Region and four library professionals (three Americans and one Indian) for a panel on Future of Libraries: Beyond four walls on April 9, 2021. The program received almost 384,000 views by targeting our emerging voices library science students and professionals in the region. The panel discussion celebrated libraries, pandemic and future best practices while connecting South Asian professionals with their U.S. counterparts to reinforce mutual understanding between regions. (American Spaces in Nepal cross-posted the session through our Facebook pages:

https://www.facebook.com/americancornerbiratnagar/videos/1534114633600737).

AMERICAN
SPACES
COMMEMORATE
ALA NATIONAL
LIBRARY WEEK



MAY 2021 PAGE | 02

# AMERICAN CORNER CELEBRATE EARTH DAY

American corner Surkhet collaborated with its sister Space LLC Bamyan, Afghanistan, on April 21 to honor Earth Day. Titled Role of Youth in Protecting and Improving **Environment: Challenges and** Achievements in Afghanistan and Nepal, the program brought together six young environmental activists from both countries who shared their views on environmental issues such as sources of pollution and impact of tourism on the environment. The panelists also talked about their work in protecting the environment in their localities and recommended ways to prevent environmental degradation.

American corner Dhangadhi collaborated with its sister Space LLC Kohistan, Afghanistan, on April 20 to celebrate Earth Day. Participants from both the countries discussed a host of issues, including environmental situation, climate change, and main causes of pollution. Highlighting the challenges of air pollution in both the countries, the participants suggested various ways to protect the environment such as planting trees, upcycling and recycling, increasing urban green spaces, improving public transportation, and using evidence-based decision making.

# American Spaces in Nepal Organize Public Speaking Competition to Honor Earth Day

To celebrate Earth Day on April 22nd, 2021, American Spaces in Nepal nominated emerging voices participants from their localities and organized a public speaking competition titled The Importance of Earth in Human Life. Embassy Kathmandu's Public Affairs Officer and Regional Environment, Science, Technology and Health Officer judged the participants and selected the top three position holders from among the 11 participants. Emphasizing the importance of Earth to humans, the participants stressed that there is no planet B for humans and detailed ways we can all work together to protect Earth.



## **BOOK BUS HIGHLIGHTS**

From April 19-21, the Book Bus team organized three sessions of 'Classrooms as Safe Space' training for 16 participants under the Creative Educators Program (CEP). The trainees reflected on their educational journey and the roles of educators and students, and discussed how to ensure that classrooms are a safe space for everyone. They drew their tree of life based on where they come from, their skills, what grounds them, their hopes and dreams, what legacies they want to leave behind, and shared it in the safe space they'd created for themselves during the session. By the third day, they learned about the danger of singular stories, the window of tolerance, and how to best recognize the hyper and hypo arousal states in themselves and their students when experiencing trauma/stress.

On April 16th and 18th, the Book Bus team hosted two final sessions of the poetry program, An April of Poems, with 12 participants on the theme of the Moon and Caves. The discussion sessions focused on exploring how we interact with natural phenomena and how they are represented in poetry in the form of symbols, images, and metaphors. Participants wrote about the sensory experiences of being inside caves, their internal worlds, and their external realities. The poems written during these sessions will be shared during a live session on the occasion of Earth Day on April 22nd.

# "Books Beyond Borders," Sixteenth Regional Book Club Continues

The sixteenth regional book club titled Books Beyond Borders continues with participants from Afghanistan, Bangladesh, India, Nepal. and Sri Lanka. To honor the 25th anniversary of National Poetry Month, between April 12 and 29, over 50 participants are reading poems by iconic American poets such as Emily Dickinson, Robert Frost, Allen Ginsberg, Paul Laurence Dunbar, Maya Angelou, Langston Hughes, and many more. In the two hour-long webinars held on April 19th and 22nd, over 30 participants discussed Paul Laurence Dunbar's "We Wear the Mask" and Mava Angelou's "Still I Rise," Louise Glück's "Mock Orange." and Nikki Giovanni's "Ego Tripping." Some of the themes covered during these webinars include oppression of marginalized people, dignity, civil rights movement in the U.S., heritage, and personal identity.

MAY 2021 PAGE | 04