



Youth Unfiltered

Project No:5

Date:12 August 2026

Location:Google meet

Specified Committee: Community Service

Collaborated with: Interact Club of Gyaneswor Swati Sadan, Interact Club of Annapurna H.S School, Interact Club of Creative Academy Kritipur Academy, Interact Club of Valley Public, & Leo Club of Kathmandu Dharara Height

About 'Youth Unfiltered '

Introduction:

The event Youths Unfiltered explored the challenges, pressures, expectations, and realities faced by young people today. As youths are the foundation of our future, understanding their experiences is one of the most important responsibilities we share as a society. The session also aimed to create an open and supportive platform where young people could freely share their perspectives, concerns, and aspirations.

Summary:

The session featured a Canva presentation, interactive activities based on participants' personal experiences, and an open discussion and Q&A session, making the program both engaging and informative. The event focused on the realities faced by today's youth, including educational gaps, climate change, social exclusion, unemployment, and mental health challenges. It emphasized the importance of supporting young people through guidance, resources, active listening, and creating safe spaces where they feel heard and valued. The discussion also highlighted the role of youth in society through volunteering, civic engagement, innovation, and advocating for positive change. The session gave special attention to mental health awareness, encouraging young people to express their thoughts, seek support when needed, and not to wait for others to let them speak. The event created understanding among participants that disagreement doesn't have to

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be division, differences in experience create different perspectives and good ideas get only stronger when it is challenged.

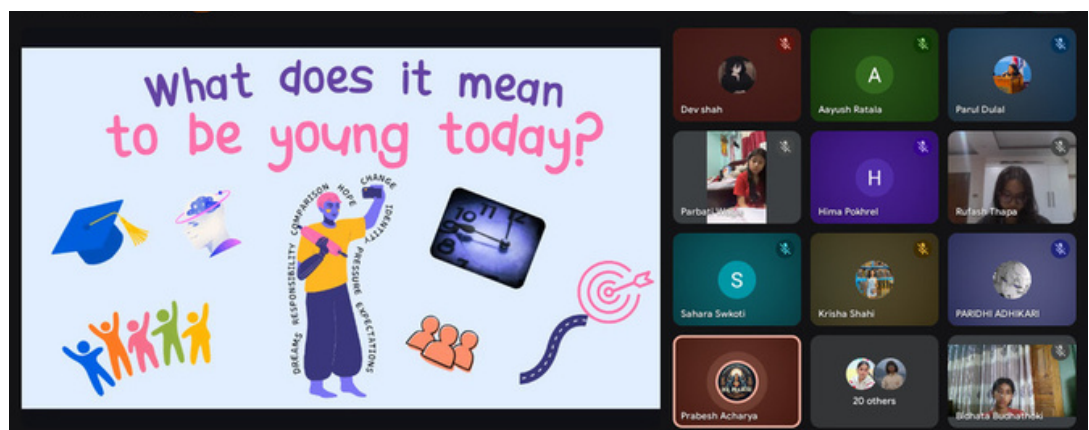
Overall, the event encouraged participants to embrace different perspectives, promote understanding, respect diverse opinions, and contribute to building a more supportive, listen before comparing and inclusive society. The objective of the program was not only to discuss the challenges faced by young people but also to create a platform where youth can share their experiences, understand these issues, and collectively explore possible solutions.

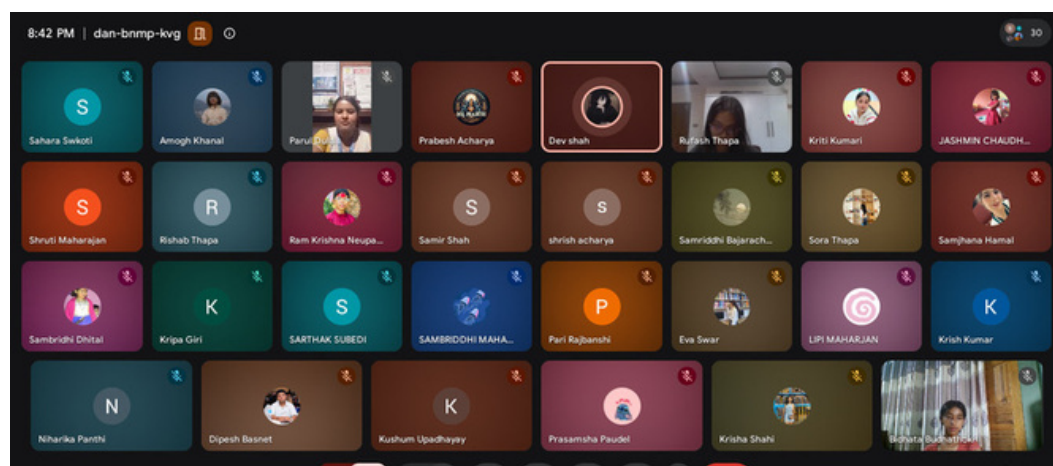
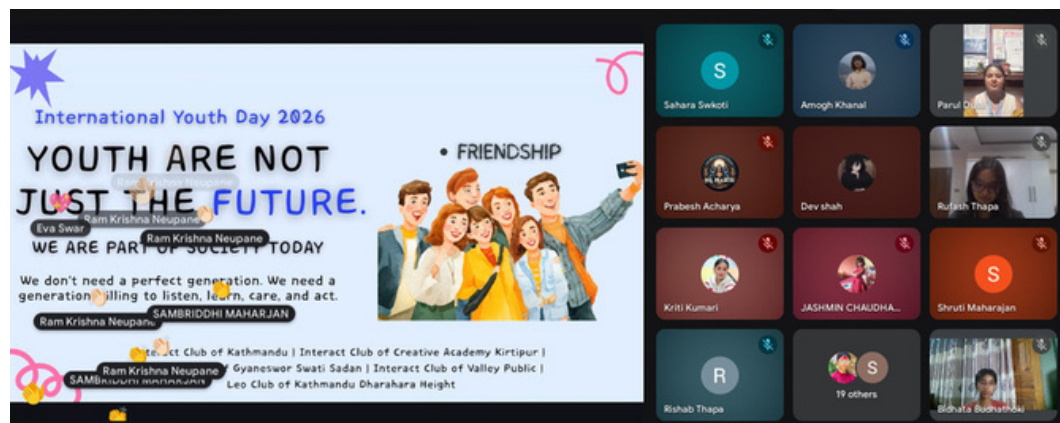


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