

Girls in ICT Day Nepal 2025 – Overview of training programmes

Following the successful launch of **Girls in ICT Day Nepal 2025**, ITU in collaboration with the Nepal Telecom Authority (NTA), organized three focused training programs. These programmes aimed to empower girls and young women—especially from marginalized communities—with employable digital skills and the confidence to excel in the rapidly evolving digital world.

These training sessions took place at the following locations and dates:

1. **One-Day Coding Challenge**
 2–3 July 2025
 Venue - Palm International, Milan Chowk, Butwal and Saunrai Square, Uttar Mukhe Marg, Dhangadhi
2. **Inclusive ICT Workshop for Girls with Disabilities**
 10 July 2025
 Venue - Allice Reception, Subarna Shamsher Marg, Gairidhara, Kathmandu and Saiman Party Palace and Hotel Pvt. Ltd., Srijanachowk-8, Pokhara
3. **Skill Building in Emerging Technologies**
 23–25 July 2025
 Venue— Kaushik Event Venue, Birendranagar-8, Surkhet and Royal resort, Bhadra Tole, Itahari

One-Day Coding Challenge

The one-day coding challenge was a team-based coding activity organized as part of the Girls in ICT Day Nepal 2025 training programmes. Participants were introduced to a coding problem, collaborated in teams to develop a solution, and presented their projects to a panel of judges by the end of the day. The challenge included mentor support, interactive sessions, and culminated with feedback, awards, and certificate distribution. The challenge took place on 2 July 2025 at Palm International, Milan Chowk, Butwal, and on 3 July 2025 at Saunrai Square, Uttar Mukhe Marg, Dhangadi, Nepal. The event provided participants with an opportunity to enhance their coding and problem-solving skills through hands-on experience.

Objectives:

- 1) Foster teamwork and collaboration by encouraging participants to work in teams.
- 2) Create a platform for participants to network with peers, mentors, and industry professionals.
- 3) Encourage innovative thinking and creative solutions to the coding challenge problem.
- 4) Offer guidance and support from experienced mentors to help participants navigate the coding challenge.
- 5) Recognize and reward outstanding performance and innovative solutions.

Outcomes:

1. Improved coding skills.
2. Building teamwork experience.
3. Networking connections.
4. Innovative solutions to support Sustainable Development Goals (SDGs).
5. Feedback from experts/mentors and enhanced learning.

Participation Information:

Young women between the ages between 18-24 participated in the event through in-person attendance. Admission to this event was by invitations only.

Girls In ICT Day Nepal 2025 –training programmes

One-Day Coding Challenge

2 July 2025 at Palm International, Milan Chowk, Butwal, Nepal and
3 July 2025 at Saunrai Square, Uttar Mukhe Marg, Dhangadi, Nepal

Program Agenda

Day 1: Wednesday 2 July 2025

Venue: Palm International, Butwal, Nepal

Morning session: 9h00 - 13h00

Welcome and Introduction

- Icebreaker activities
- Overview of the coding challenge rules and objectives
- Challenge Kick off
- Participants receive the coding challenge problem statement
- Explanation of the problem and requirements

Lunch Break

Afternoon Session: 14h00-16h00

Coding Challenge

- Participants work in teams to solve the challenge
- Mentors available for guidance and support
- Regular check-ins to monitor progress

Interactive Q&A and Networking

- Open Floor for questions
- Networking opportunities

Evening Session 1700-19h00

Project Submission and Presentation

- Participants submit their solutions
- Presentation of solutions to judges and peers
- Feedback from judges

Awards and Wrap-Up

- Announcement of winners and distribution of prizes
- Certificates distribution

Closing remarks and networking

Day 2: Thursday 3 July 2025
Venue: Saunrai Square, Dhangadi, Nepal

Morning session: 9h00 - 13h00

Welcome and Introduction

- Icebreaker activities
- Overview of the coding challenge rules and objectives
- Challenge Kick off
- Participants receive the coding challenge problem statement
- Explanation of the problem and requirements

Lunch Break

Afternoon Session: 14h00-16h00

Coding Challenge

- Participants work in teams to solve the challenge
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Interactive Q&A and Networking

- Open opportunities Floor for questions
- Networking

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Closing remarks and networking

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Program Agenda**Training programmes****Skill building on Emerging Technologies: 23-25th July 2025, Surkhet and Itahari, Nepal**

Day 1: Monday 23 July 2025

Venue, Surkhet and Itahari, Nepal

Morning session: 9h00 - 13h00

Welcome and Introduction

- Registration & Networking
- Opening Ceremony & Welcome
- Keynote – “Future of Work: Emerging technologies”

Panel Discussion – “Challenges and Opportunities in Emerging Tech for Nepal”**Key Discussion Themes:**

- The State of Emerging Technologies in Nepal
- Opportunities for Youth Engagement
- Infrastructure and Digital Access
- Workforce Readiness & Education
- Gender and Inclusion Gaps
- Policy & Innovation Ecosystem

Format:

- **Duration:** 1.5 hours

Structure:

- Moderator Introduction (5 mins)
- Opening Thoughts from Each Panellist (7 mins x 4–5 panellists)
- Guided Discussion (30 mins)
- Audience Q&A (20 mins)
- Moderator Wrap-Up & Key Takeaways (5 mins)

Panel Composition:**Moderator:**

A facilitator with experience in digital development, innovation, or youth programming.

Panellists:

- Tech Entrepreneur
- Policy Expert
- Academician
- Youth Tech Advocate
- Private Sector Representative

Outcomes:

- Clearer understanding of where Nepal stands in the global tech shift.
- Insight into how to better support youth, especially girls, in tech.
- Ideas for practical collaboration between government, private sector, and civil society.
- Audience were inspired to explore or advocate for emerging tech solutions locally.

Lunch Break

Afternoon Session: 14h00-17h00

Beyond the Screen: Exploring Careers in Emerging Technologies

- Hands-on Icebreaker
 - Career Talk
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Closing Reflections: Sharing, Feedback, and Connection

- Summary of the day's activities.
 - Participants provide feedback on the workshop.
 - Open Floor for questions
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Day 2: Tuesday 24 July 2025

Venue: Surkhet and Itahari, Nepal

Morning session: 9h00 - 13h00

Welcome and Introduction

- Recap & Warm-up
 - Introduction to AI & Machine Learning
 - AI Tools and Demos: ChatGPT and other AI tools
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Lunch Break

Afternoon Session: 14h00-17h00

Getting Started with AI: From Idea to Model

- Lab Session – “Build Your First AI Model”
 - Group Activity – “Solve a Local Problem Using AI”
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Closing Reflections: Sharing, Feedback, and Connection

- Summary of the day's activities.
 - Participants provide feedback on the workshop.
 - Open Floor for questions
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Day 3: Wednesday 25 July 2025

Venue: Surkhet and Itahari, Nepal

Morning session: 9h00 - 13h00

Welcome and Introduction

- Recap & Warm-up
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CyberSafety: Staying Safe in the Digital World

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- Online Safety for women and Girls (online risks, gender-based threats, safety practices for individuals)
 - Group Exercise: What to do in the following situations?

Lunch Break: 13h00-14h00

Afternoon Session: 14h00-17h00

- Cybersecurity Fundamentals (vulnerabilities, threat vectors/techniques, harms from cyber incidents)
- Young entrepreneurs: How do you protect your small business?

Closing Reflections: Sharing, Feedback, and Connection

- Wrap up and Discussion
- Participants provide feedback on the workshop.
- Open Floor for questions