


## Girls in ICT Day Nepal 2025 – Overview of training programmes


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Following the successful launch of **Girls in ICT Day Nepal 2025**, the ITU Area Office for South Asia & Innovation Centre (AOIC), Delhi, in collaboration with the Nepal Telecom Authority (NTA), is organizing three focused training programs running from July to September 2025. These programmes aim 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 will take 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 (TBC) – Surkhet and Itahari

## One-Day Coding Challenge

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The one-day coding challenge is a team-based coding activity organised as part of the Girls in ICT Day Nepal 2025 training programmes. Participants will be introduced to a coding problem, collaborate in teams to develop a solution, and present their projects to a panel of judges by the end of the day. The challenge includes mentor support, interactive sessions, and culminates with feedback, awards, and certificate distribution. The challenge will take place on 2 July 2025 at Palm International, Milan Chowk, Butwal in Butwal, Nepal and 3 July 2025 at Saunrai Square, Uttar Mukhe Marg, Dhangadi, Nepal. Provide 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.

### Expected 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 will be participating in the event through in-person attendance.

Admission to this event will be 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**

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**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

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**Lunch Break**

**Afternoon Session: 14h00-16h00**

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**Coding Challenge**

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**Interactive Q&A and Networking**

- Open opportunities Floor for questions
- Networking

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**Awards and Wrap-Up** from

- Announcement of winners and distribution of prizes
- Certificates distribution

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**Closing remarks and networking**

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# **Inclusive ICT Workshop for Girls with Disabilities: 10th July 2025, Kathmandu and Pokhara, Nepal**

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Inclusive ICT Workshop for Girls with Disabilities is a pioneering initiative aimed at promoting digital empowerment and inclusion for girls with disabilities in Nepal. Scheduled to take place concurrently in Kathmandu and Pokhara on July 10, 2025, the workshop is part of a broader effort to foster equal access to Information and Communication Technologies (ICT) for marginalized groups, particularly young women with disabilities.

Despite the growing importance of digital skills in today's knowledge-based economy, many girls with disabilities continue to face systemic barriers that limit their access to technology and digital education. This workshop seeks to address those challenges by equipping participants with foundational ICT knowledge, introducing assistive technologies, and providing a platform for learning, collaboration, and self-expression.

Designed to be interactive and inclusive, the workshop will focus on practical skills such as digital storytelling, cyber safety, and the use of accessibility tools. It also aims to raise awareness about the digital divide and the transformative potential of technology in improving educational and employment opportunities for individuals with disabilities.

By bringing together participants, trainers, and advocates in a supportive environment, the event will also help foster a sense of community and belonging—essential components in building a more inclusive digital future.

## **Objectives:**

1. Empower girls with disabilities by providing them with essential ICT skills and knowledge.
2. Raise awareness about the importance of assistive technologies and accessibility tools.
3. Promote digital inclusion by bridging the digital divide for girls with disabilities.
4. Develop foundational skills in coding, digital storytelling, and cyber safety.
5. Create opportunities for participants to network and share experiences.

## **Outcomes:**

1. Participants will gain a basic understanding of ICT and its applications in education and employment.
2. Participants will become more aware of the digital divide and the importance of accessibility tools.
3. Participants will have hands-on experience with assistive technologies and basic coding exercises.
4. Through digital storytelling, participants will learn to express themselves creatively using multimedia tools.
5. Participants will understand safe Internet practices and the importance of digital citizenship.
6. Enhanced connections among participants, fostering a supportive community.

## **Participation Information:**

Young women between the ages between 18-24 will be participating in the event through in-person attendance.

Admission to this event will be by invitations only.

**Girls In ICT Day Nepal 2025 –training programmes**  
**Inclusive ICT Workshop for Girls with Disabilities: 10<sup>th</sup> July 2025 at**  
**Alice Reception, Subarna Shamsher Marg, Gairidhara, Kathmandu, Nepal and**  
**Saiman Party Palace and Hotel Pvt. Ltd, Srijanachowk-8, Pokhara, Nepal**  
**Program Agenda**

**Day 1: Thursday 10 July 2025**

**Venue: Alice Reception, Subarna Shamsher Marg, Gairidhara, Kathmandu, Nepal and Saiman Party Palace and Hotel Pvt. Ltd, Srijanachowk-8, Pokhara, Nepal**

**Morning session: 9h00 - 13h00**

**Welcome and Introduction**

- Participants register and receive workshop materials.
- Welcome address by the organizers.
- Ice breaker activity - Interactive games to help participants get to know each other.

**Bridging the Digital Divide: ICT for Empowerment and Accessibility**

- Introduction to ICT and its importance
- Overview of ICT and its role in education and employment.
- Discussion on the digital divide and how it affects girls with disabilities
- Assistive Technologies and accessibility tools
- Demonstration of various assistive technologies.
- Hands-on session with accessibility tools like screen readers, speech-to-text software, etc.
- Navigation and Mobility Tool using google map, ride sharing app

**Lunch Break**

**Afternoon Session: 14h00-17h00**

**Empowering Independence: Digital Wallets & Mobile Banking Essentials**

- Digital Wallet and Mobile banking
- Digital storytelling
  - o Workshop on creating digital stories using multimedia tools.
  - o Participants create their own digital stories.

**Safe and Smart: Navigating the Online World Responsibly**

- Cyber Safety
  - o Discussion on safe Internet practices.
  - o Activities on understanding digital footprints and online privacy.

**Closing Reflections: Sharing, Feedback, and Connection**

- Summary of the day's activities.
- Participants provide feedback on the workshop.
- Open Floor for questions

## **Skill building on Emerging Technologies: 23-25th July 2025, Surkhet and Itahari (Venue:TBD), Nepal**

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Under Skills Building in Emerging Technologies, the program is designed to provide girls with comprehensive exposure to emerging technologies, artificial intelligence, and cybersecurity, all while cultivating essential skills, career awareness, and confidence to thrive in the digital age.

Despite growing digital advancements, girls—particularly in Nepal—remain underrepresented in the fields of science, technology, engineering, and mathematics (STEM). This initiative addresses that gap by creating inclusive, hands-on learning experiences that not only build technical competencies but also offer mentorship, networking, and real-world application.

The event will be held from July 23 to 25, 2025, will take place in parallel across two locations—Surkhet and Itahari—bringing together aspiring young women, educators, and industry experts in collaborative environments that encourage inquiry, innovation, and leadership. Each day is tailored with a specific focus, ensuring a holistic and engaging journey from digital awareness to practical application.

### **Day 1 –Inauguration & Emerging Technologies Overview**

**Objective:** Introduce participants to the current landscape of emerging technologies and potential career paths

**Outcomes:**

1. Participants will gain a comprehensive understanding of emerging technologies and their impact on the future of work.
2. Attendees will learn about various career paths in emerging technology fields.
3. Participants will understand the specific challenges and opportunities for emerging technologies.
4. Enhanced networking opportunities among participants, industry experts, and mentors.

### **Day 2 : AI/ML**

**Objective:** Build foundational understanding and hands-on experience with AI/ML tools and applications.

**Outcomes:**

1. Participants will acquire basic knowledge of AI and machine learning concepts.
2. Attendees will gain hands-on experience with AI tools and applications.
3. Participants will learn to apply AI to solve local problems, fostering innovative thinking.
4. Enhanced teamwork and collaboration skills through group activities.

### **Day 3: Cybersecurity Skill Building**

**Objective:** Equip participants with basic cybersecurity knowledge and tools to protect digital assets.

**Outcomes:**

1. Participants will understand the importance of cybersafety and common threats.
2. Attendees will learn practical skills and fundamentals for CyberSecurity and CyberSafety.

3. Increased engagement through interactive sessions.
4. Participants will receive certificates, validating their newly acquired skills.

### **Participation Information:**

Young women between the ages between 18-24 will be participating in the event through in-person attendance.

Admission to this event will be by invitations only.

## **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

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**Expected 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 inspired to explore or advocate for emerging tech solutions locally.

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**Lunch Break**

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**Afternoon Session: 14h00-17h00**

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**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**

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**Morning session: 9h00 - 13h00**

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**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**

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**Afternoon Session: 14h00-17h00**

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**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**

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**Morning session: 9h00 - 13h00**

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**Welcome and Introduction**

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- 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?

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**Lunch Break: 13h00-14h00**

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**Afternoon Session: 14h00-17h00**

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

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**Closing Reflections: Sharing, Feedback, and Connection**

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