



Empowering the Next Generation of Changemakers: **GHAR Youth Rising Program**

This program is open to all **Students aged 9 and above** who are ready to step into leadership roles as **GHAR Youth Ambassadors**. Through innovative youth-led initiatives, the Ambassadors will aim to raise **\$500–\$1000** with support from **GHAR's** Team, to promote awareness of heat stress and kidney health, and support for kidney transplant care among migrant worker returnees. Throughout the program, participants will deepen their understanding of kidney disease and heat-related risks, while building valuable skills in Fundraising, Event planning, and Advocacy. They will be supported through regular mentorship and peer check-ins to encourage collaboration and growth.

 **Sign Up Deadline:** Wednesday, 30th July, 2025

 **Who's Invited:** Students aged 9 years and above

 **Registration Link:** [Youth Rising](#)

About **GHAR**

GHAR is a nonprofit organisation addressing the health impacts of extreme heat, with a particular focus on the alarming rise in kidney failure caused by heat stress. **GHAR** works towards protecting Nepali Migrant Workers in some of the hottest parts of the world. Advocating for their right to a **“Healthy Journey. Safe Return.”**

Our efforts centre on **Policy Advocacy**, **Grassroots Education**, and partnerships with aligned organizations. Over the last two years, **GHAR** has been working directly with policymakers and changemakers to elevate this critical issue.

Our **#AfaiNayak** Initiative:

Through our other initiative **#AfaiNayak** (translated to: *Be the Hero of your own Journey*) we will also be developing a climate curriculum for Nepal, to be disseminated to District schools, with tools and awareness for a healthier future. The eventual goal being to reach the pre-migrant population—our children!

Surendra Tamang and **Sagar Tamang** - first Ambassadors of our **#AfaiNayak** Campaign, are two courageous individuals, receiving life-sustaining hemodialysis due to kidney failure. We aim to support them through their journey—from dialysis to transplant, to recovery and eventually as empowered and contributing members reintegrating back into society.



The program concludes with a virtual showcase in late 2025, where **Youth Ambassadors** will present their initiatives and celebrate the impact of their contributions.

The most meaningful initiatives will receive bumper prizes:

🏆 1st Prize – \$1,000

🏆 2nd Prize – \$500

🏆 3rd Prize – \$250

Don't miss your chance to be a part of this inspiring journey. Be the change.
Become a **GHAR Youth Ambassador**.

💡 About **GHAR**: [LinkTree](#)

💡 **GHAR** Team: [Video](#) [PDF](#)

Looking Forward to Welcoming YOU!
Team GHAR