

# Pratiksha Gurung

## VOLUNTEER OF THE MONTH

Pratiksha Gurung was born in Nepal. After living in England for a few years she moved to Canada with her family in 2007. She currently attends the University of Calgary and is working towards her Bachelors of Science in Psychology. In her free time she enjoys swimming, painting and reading.

Pratiksha currently volunteers as a mentor with the Youth Mentorship Program. She has been with this program for 3 years now. She has also been on the committee to host CIWA's Youth Forum multiple times. She likes volunteering as she feels it is a great way to give back to the community. When she first came to Canada there wasn't a program for her to join and she had to struggle to integrate into society. Also being the oldest in her family she was the mentor for her siblings. She likes how the Youth Mentorship Program gives girls the opportunity to have a mentor to lead them through the transition. In addition she believes whole heartedly in CIWA's mission and vision to empower immigrant women and their families. Through volunteering she has had the opportunity to meet many people and make new connections.

One rarely comes across a young individual who is so committed to volunteering such as Pratiksha is. She is inspirational to her mentees as well as all of the participants in the Youth Mentorship Program and she inspires them to work harder and achieve their best. She has excellent time management skills, a warm, welcoming and easy going personality as well as a high level of commitment to the program. Through her mentorship, two immigrant youth mentees have both found new confidence, overcome barriers and developed positive goals for their futures.

With great pleasure, CIWA recognizes Pratiksha as the Volunteer of the Month for December!



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Calgary Immigrant Women's Association