Dear sir/madam

 I am Pabirta Lakkai from Nepal representing alternative care on the Day of General Discussion working as a team member of child advisory team (CAT). Here is my task.

In my point of view, every child is unique with their own hidden treasure. They play a crucial role in the future for the well-being of any society. Apart from that, every child has the right to grow up with special care and protection until they become an independent young adult. Parents are responsible for this. They should be able to provide fundamental rights along with additional needs. If the children who cannot live with their biological parents still have the rights to grow up in a loving home no matter who they are, where they live, what language they speak, which religion they follow, what their gender and capacity are. They should be providing alternative care. For that, they should not be in the high risk of neglect, physical, emotional, and sexual abuse. To make alternative care a positive experience for children and young people the care-givers must fulfill the fundamental rights, emotional, social, and financial support. Similarly, we can ensure that all children and young people have the same opportunities to grow up, certainly there should be the division of the budget for children's rights from the government level, there should be the key message for adults to support parents/families. Likewise, the children must be placed in relevant alternative care, the adult must recognize the best interest of the child and should work according to it. For all their needs the regular supervision of governments, NGOs, and INGOs. In Fact, we can help children and young people build (or keep) their identity especially in alternative care by being helpful, determination to help them to provide emotional, social support. Providing opportunities (or space) and time for what they want, respecting their culture, language, religion, disability, gender, living in a loving and healthy environment. The caregivers must have the skills to analyze awareness about the development of children and young people. They should know the international laws and guidelines, reporting and responding mechanism, safe engagement, and problem-solving skills. Maintaining the privacy of the individual. Respecting views, making a policy to establish a system of child participation as a norm rights and duties, confidence boost up activates, helping the children and young people to analyze the importance of personal value, the person who are doing best in the path should be encourage (providing awards and appreciations) more to continue, etc. Which helps to keep children and young people safe, and one should not criticize the individual's hard work and should not harm/ hurt the people emotionally. The COVID-19 pandemic brought unbelievable changes in children's lives and in our learning. Uncertainty, stress, confusion, fear, and many more are still there. Many children and young people are feeling more isolated, anxious, bored and uncertain. Because of lock down Children and young people are compelled to stay inside home. They do not have opportunities to play physical games, especially as the education system is going through virtual mode. They aren't getting a chance to have enjoyment and day to day interaction with their friends in the physical presence. They are facing online abuse because of lack of proper knowledge and guidance about the internet. In fact, they are in the more vulnerable phase. Food crisis due to absence of job\work, addiction of internet and games, conflict with caregiver\parents, loneliness etc. are other forms of problems youths and children are facing in developing countries like ours. To overcome all the problems, the following things need to be done: -More communication with them and listening to them. - Manage time schedule for different activities (study, internet, playing, family, health and hygiene), less concern about the non-authentic news on social media. -They should be involved in creative activities in order to keep them busy. -They should provide emotional and mental support. -Children and young people must need regular and proper diets. -They must be provided with opportunities like career development program, skills development programs.

 Best regards,

 Pabitra Lakkai