

My Legacy

2026

Growing and giving back



MADE POSSIBLE BY
CAPTAIN SCOTT SHAW

MY LEGACY MAGAZINE

Arsala Rasool

ENGINEERING, LEADERSHIP AND GIVING BACK



Systems Engineering student • Simon Fraser University

Over the past year, I've grown academically, professionally and personally while continuing to give back to my community.

I'm studying Systems Engineering at Simon Fraser University, where hands-on projects have helped me develop my technical and design skills. I designed a modular desk organizer for engineers using SolidWorks, and I'm now developing a robotic desk buddy that lets me explore my interests in engineering and technology.

I've also taken on new leadership opportunities. In March, I served as Director of OpFair, helping lead a two-day engineering career fair that brought together more than 300 students and 15 companies. I represented TCF SFU at a fundraising event where our team took the stage as part of an effort that raised more than \$400,000. More recently, I've become involved with Salam Central, which brings Muslim communities together through programs, outreach and charitable initiatives such as Charity Week.

This semester, I joined the REAL Training program through Beedie Luminaries. A three-day trip gave me the opportunity to build meaningful connections, learn more about myself and reflect on my personal growth.



Community involvement: the TCF fundraising event.

Learning. Leading. Giving back.

ARSALA RASOOL / CONTINUED



Martial arts at YBYG.

One of the most meaningful parts of my year has been continuing my journey with Yo Bro | Yo Girl. I work part-time with the organization, visiting schools to tutor students in chemistry, teach wrestling and play basketball with high school students. I've also helped teach on weekends at the new Cloverdale Youth Hub while continuing my own martial arts training during the week.

Through YBYG, I've advanced two belt colours and competed in my first Brazilian Jiu-Jitsu tournament. Competing alongside youth I train with made the experience especially meaningful. Earning my first tournament medal was an unforgettable milestone.



A milestone at her first BJJ tournament.

These experiences have helped me become more confident, independent and willing to challenge myself. I'm especially grateful to Yo Bro | Yo Girl and Captain Scott for providing an environment where I can keep learning, growing and giving back to the next generation. The skills and confidence I've gained through the program now carry into my studies, leadership and community involvement, and I'm excited to see where they take me next.

“These experiences have helped me become more confident, independent and willing to challenge myself.”

Milestones and memories

ARSALA / FRIENDSHIP, GROWTH AND COMMUNITY



A graduation milestone.



Javeria, Adiba, Arsalah and fellow youth leaders.



Making memories together outdoors.

Ammar

FROM YOUTH LEADER TO PROGRAM ASSISTANT



Celebrating his high school graduation.



Together with the YBYG community.

Since graduating from high school and completing five amazing years as a volunteer youth leader with YBYG, I've stepped into a staff role as a program assistant. Staying connected with the initiative and continuing to support my community has been incredible as I transition into university.

I'm currently studying Kinesiology at Simon Fraser University, with plans to pursue a career in healthcare. Alongside my studies and work with youth, I volunteer in the emergency department at my local hospital and recently began volunteering as a crisis responder with Kids Help Phone.

Outside of classes, work and volunteering, I stay active through weightlifting, hiking and recreational sports whenever I get the chance.

“Staying connected with the initiative and continuing to support my community has been incredible as I transition into university.”

Growing through service

AMMAR / VOLUNTEERING AND COMMUNITY CONNECTIONS



Ammar, a member of the YBYG team.



Connecting with the YBYG community.



Continuing to give back as a volunteer.



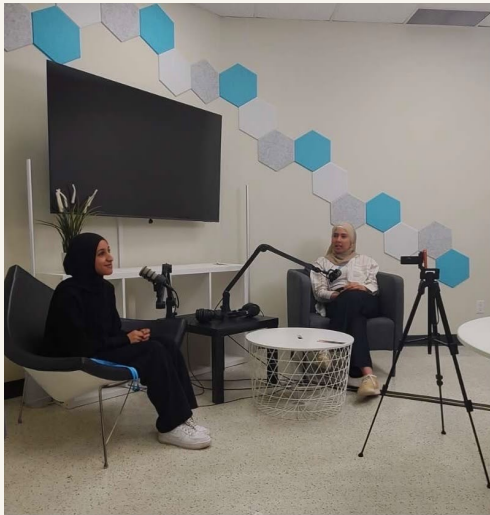
Ammar, Mustahan and fellow YBYG community members.

Javeria

FROM PARTICIPANT TO MENTOR



Javeria at the keyboard.



Sharing a conversation.

I graduated from Princess Margaret Secondary in 2025 and am now in my second year at Simon Fraser University, studying Criminology. I'm grateful for the opportunity to further my education, and I hope to pursue a career in law where I can advocate for others and give back to my community.

Alongside university, I've been working part-time with Yo Bro | Yo Girl for over a year. I've gone from being a participant who looked up to the mentors around me to working alongside those same people. Learning from them while supporting and inspiring the next generation of youth means so much to me.

I'm grateful for the relationships I've built, the lessons I continue to learn and the opportunity to give back to an organization that has played such an important role in my life. YBYG has helped shape who I am today, and I now have the chance to offer other young people the support and encouragement I received growing up.

As I continue through university and work toward my future goals, I hope to carry these values with me and keep finding ways to make a positive difference in the lives of others.

“I now have the chance to offer other young people the support and encouragement I received growing up.”

Mustahan

GIVING BACK AND BUILDING A FUTURE



Economics student at KPU and YBYG Program Assistant.

With the support and guidance of my mentors and fellow volunteers at YBYG, I graduated from high school with flying colours and made a smooth transition into university.

I now study Economics at KPU and am working toward my goal of becoming a lawyer. It's my turn to support others, and my role as a Program Assistant with YBYG gives me the perfect opportunity to give back to my community.

YBYG has become an important part of my life. I'm committed to supporting and encouraging young people as they work toward becoming the best versions of themselves.

“It's my turn to support others.”

MUSTAHAN / YBYG PROGRAM ASSISTANT

Omar

RESEARCH, REPRESENTATION AND YOUTH MENTORSHIP



Kinesiology student and undergraduate researcher at UBC.

I am a Kinesiology student and undergraduate researcher at the University of British Columbia. My research explores sports gambling through a sociocultural lens, focusing on masculinities among young men.

My research also encompasses equity, diversity and inclusion across academic disciplines, particularly in medicine and surgery.

Alongside my studies, I work as the Web Manager for Pamson Grill and volunteer with NextGen Canada in community youth mentorship, helping students from similar underrepresented backgrounds access post-secondary education.

Yo Bro | Yo Girl shaped my path by showing me the profound impact of community support. It continues to inspire my commitment to youth mentorship today.

“Yo Bro | Yo Girl shaped my path by showing me the profound impact of community support.”

OMAR / YOUTH MENTOR

YBYG & Captain Scott

SUPPORTING THE NEXT GENERATION OF LEADERS



The YBYG team and Captain Scott. Photograph from the original 2024 magazine.

YBYG is partnering with Captain Scott to run the Youth Leaders program this year.

If accepted into the Youth Leaders program, Youth Leaders will receive program support and training, mentor and support younger participants, and gain practical work experience while developing transferable skills that are key to employment.

This program has an increased focus on career development, aiming to provide volunteer opportunities and access to the skills, job experience and career networks needed for youth to succeed and thrive in their future careers.

Scholarship recipients and leaders



OUR YOUTH LEADERS AND SCHOLARSHIP RECIPIENTS

Adiba Rani

Rhea Kahlon

Ekamproet Thandi

Prabhjot Mander

Sehajpreet Thandi

Harkeerat

Lojyan Al Bakour

Maneet Sandhu

Cole Ross

Haley Ross

Milan Virk

Humaid Abassi

Abdul Kadir Fahel

Gavin Sidhu

Belal Nezari

Suryansh Singh

Zoya Reaz

Chanolle Chiquillo

Issabelle Lynn

Antonio Cirillo

Mehul Bhanot

Omar Arain

Riya Toor

Ishaan Bhattacharjee

Stefano Foggetti

Ero Ikeakhe

Oudom Phea

Vardaan Babbar

Myra Asghar

Javeria Rani

Maya

Josh Jyavecilla

Nikita Gurm

Arsala Rasool



MY LEGACY

Captain Scott & YBYG Edition.
Youth leadership, volunteerism
and growing together.

