

Duhabi Children Home
Duhabi, Sunsari
Month: April, 2025

Monthly Report

Date	Activities	Participant	Achievement	Remarks
4/04/2025	Group Meeting with the children about the guard and Cleanliness camp	14 Children And Home Mother	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • We initially learned from the children that the guard had entered from outside after consuming alcohol and was causing a disturbance inside. Following this, we held a separate meeting with the children to educate them about different forms of misconduct. According to their account, the guard, after consuming alcohol, was making noise, speaking incessantly, and misbehaving by taking pictures with his mobile phone. The children expressed feelings of fear. Subsequently, we advised them to report such incidents to the relevant authorities promptly and to remain vigilant for their safety. • After that, I tried to have a meeting with the guard that same day, but since the guard had consumed alcohol, I was unable to hold the meeting, and we decided to meet the next day when he was fresh. • Later that same day, we organized a cleanliness campaign focused on educating the children about maintaining a clean environment. As part of the initiative, all the children were encouraged to pick up and dispose of the surrounding garbage. Once they engaged in the activity, they found it enjoyable and participated enthusiastically. 	
5/04/2025	Systemic circle Activity with children And Meeting with the guard and the home mother	14 Children's	<ul style="list-style-type: none"> • Today, we conducted a systemic circle activity in a unique way, different from our usual approach. Fourteen children participated with enthusiasm and active engagement. During the activity, they created four smaller circles within a larger circle, forming five circles. <p>Each circle represented different aspects of life:</p> <p>First circle: Understanding our existence and how we are formed.</p> <p>Second circle: Parents—mother and father.</p> <p>Third circle: Family members, including siblings, relatives, and</p>	

		2 home, mother, and 1 guard	<p>extended connections.</p> <p>Fourth circle: Social surroundings—neighbors, school, and the broader community.</p> <p>Fifth circle: Nature, the universe, and the larger world beyond human interactions.</p> <ul style="list-style-type: none"> • Through this activity, we guided the children in exploring the significance of these elements in a person's life, helping them reflect on the differences between their presence and absence. • Through this experience, the children learned how to adapt, persevere, and develop the skills needed to move forward with confidence in the days ahead. • I held a separate meeting with the guards after talking to the 2 mothers separately on April 5 to discuss alcohol consumption and its effects on children. • During the meeting, we reminded the security guard to refrain from such actions or behaviors in the future, as they could negatively affect the mental and emotional well-being of the children. • After our discussion, the guard acknowledged the concerns and agreed to refrain from repeating such behavior in the future. • Although the manager of the Duhabi Children's Home was already aware of the issue, I provided him with a detailed account of the discussions that took place during the meeting. 	
13/04/2025	Physical exercise activity And Group discussion with children about plans for the Nepali New Year 2082		<ul style="list-style-type: none"> • Today, we started with physical exercise in a different way than usual. • We organized exercise sessions for children. Every child joined with enthusiasm. Participants felt active, fresh, and bright afterward. • Today, we held a group discussion with the children to plan for the Nepali New Year 2082. We exchanged warm wishes and shared ideas on how to make this year meaningful and productive. • During the discussion, we talked about letting go of bad habits and embracing good ones. We emphasized the importance of working hard in studies and striving for personal growth. • The atmosphere was filled with excitement and happiness as 	

			everyone exchanged greeting cards and heartfelt good wishes.	
14/04/2025	Newsletter preparation for Easter Day And Individual counselling session		<ul style="list-style-type: none"> • Today, I prepared a newsletter for Easter Day on my behalf. • After that, we had separate counseling sessions with 2 children. Again today, we talked about their behavior and studies. In this session, we identified the problem of the two children being less interested in studies and more playing and naughty behavior. 	
18/04/2025	Leader selection (Discipline, Cleanliness, and Informants)	15 children	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today, with the enthusiastic participation of 15 children, we selected a leader for discipline, cleanliness, and information from among three candidates. The selection process involved a voting system where each child wrote the name of its preferred leader on a piece of paper. All 15 children took part eagerly in the activity. • During the voting process, each participant wrote down his or her chosen leader's name. Urmila received 6 votes and was elected as the leader of discipline, while the remaining candidates garnered 3, 2, and 1 votes, respectively. Similarly, Khushi secured 7 votes, earning the position of leader of cleanliness, with the other candidates receiving 3, 2, and 1 votes. Likewise, Vijay was selected as the leader of information after receiving 5 votes, while the remaining candidates obtained 3, 2, and 1 votes. • We conducted this voting process through a participatory method. • We handed over the responsibility to those who would win through this process with best wishes. • Through this type of activity, children have learned about the method of voting. • Thus, they have expressed happiness to participate. 	
19/04/2025	Discussion about the roles and responsibilities of leaders (discipline, cleanliness, and informants) and An outdoor game	15 children	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today, we discussed the roles and responsibilities of the three selected leaders. We provided information about the duties assigned to the Discipline Leader, Sanitation Leader, and Informant Leader. In addition to the three leaders, all other participants were also informed about their responsibilities and the expectations associated with each leadership role. 	

			<ul style="list-style-type: none"> •The leaders have committed to carrying out their assigned duties and responsibilities properly. They also urged all the children to remain mindful of their own duties and responsibilities. •After that, we introduced the children to various game materials today. Following this, everyone was encouraged to play together. We also advised them to engage in the games properly and enjoy the experience. •All 12 participating children played games both indoors and outdoors this time. They engaged in carom board and Ludo games, actively taking part in the activities. During the games, the winning players experienced happiness, while the losing participants felt moments of frustration and sadness. Despite this, they all expressed their joy in playing these games together. 	
25/04/2025	Meditation, Yoga, and Individual and group counselling	<p>12 Children</p> <p>2 Children</p>	<ul style="list-style-type: none"> •Today's meeting started by discussing the activities of the previous meeting. •Today, we played a nice sound and instructed all the participating children to sit comfortably and close their eyes to meditate. Then after some time you finished meditating and asked the participating children how they are feeling now. Many participants expressed that they felt a little joy, while some said it was difficult to do for a long time. •After meditation today, we did some yoga exercises. By participating in this practice, the children have to learn the practices of yoga. •Following the individual counseling sessions with the two children, we once again discussed their behavior and academic progress today. During this session, we specifically focused on understanding why they showed less interest in their studies and were inclined toward naughty behavior. •It is seen that more separate counseling sessions will be needed with these 2, especially and other children in the coming days. 	
26/04/2025	Brain test game and session on a short movie about corporal punishment	13 children	<ul style="list-style-type: none"> •Today's meeting started by discussing the activities of the previous meeting. •Today, we played a brain test game without discussing any specific topics. A total of 13 participants actively took part in this activity. The purpose of the game was to assess their cognitive abilities and thinking skills. •In the first stage, we created a simple box and placed the letters A, B, C, D, and E inside it. The task was to match the letters, which we arranged in various ways. While older children found it relatively easy to complete the task, younger children struggled. However, except for 2 to 4 of the simpler words, most 	

			<p>participants were able to match them successfully.</p> <ul style="list-style-type: none"> • Following this, we introduced another challenge— a dot-dot matching game. Unlike the previous activity, most participants found this one difficult and were unable to make the correct matches. • Participants demonstrated their cognitive skills, creativity, and self-confidence through this game. • The participants eagerly joined the game, filled with excitement, curiosity, and joy. • Today, we watched a short, message-based movie about corporal punishment, which focused on the mental and physical harm caused by teachers and parents. Through this movie, the children gained valuable knowledge about their rights, the meaning of corporal punishment, the importance of understanding feelings and emotions, and how to address and solve such issues. • Families, schools, and communities start talking and working to stop corporal punishment. 	
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Lesson learned:

- Creative activities like the "systemic circle" helped children think deeply about family, community, and nature.
- Games and group activities (like voting, meditation, and brain tests) help children learn important life skills such as leadership, decision-making, and teamwork.

Challenges:

- The guard entering under the influence of alcohol scared the children and interrupted their peace. This kind of behavior can harm their emotional well-being.

Reported by

Raj N. Chaudhary
Counsellor
Date 08/05/2025

Approved By

Aashu Mandal
Manager
Duhabi Children Home