

Duhabi Children Home
Duhabi, Sunsari
Month: May, 2025

Monthly Report

Date	Activities	Participant	Achievement	Remarks
1/05/2025	Group Meeting with the children about the Rabies disease and hygiene sessions	14 Children And Home Mother	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today, we discussed rabies disease and hygiene sessions with the participating children. • Participating children learned about what rabies is, how it is spread (primarily through the bite of an infected animal), and its dangers. • The children who participated were able to explain how to prevent rabies and what to do to avoid animal bites. • Children understood the importance of avoiding stray or unknown animals. • Participating children have learned to immediately report an animal bite or scratch to an adult nearby. • Children learned the importance of handwashing, especially before meals and after playing. • Caregivers noticed increased handwashing and cleanliness habits after the session. • Children became more responsible in keeping their environment clean • 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. 	
2/05/2025	Discussion about the Quiz competition preparation for children	14 Children's	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today, we selected two leaders to prepare for the quiz competition, and we prepared how to do it, what type of questions to include, and how many groups to participate. • After that, we asked all the children to prepare for the quiz competition, and we asked two leaders to prepare the questions. • After that, we asked all the children to prepare for the quiz competition, and we asked two leaders to prepare the questions. Everyone was excited about the kids participating in the quiz competition. 	

3/05/2025	Organized a quiz competition	12 Participated and 2 quiz master and scorekeeper	<ul style="list-style-type: none"> • Today, we conducted a quiz competition to enhance the general knowledge of all the children. Four groups participated, each consisting of three members. There was one quiz master, one timekeeper, and one scorekeeper. The quiz was conducted in eight rounds. • We organized a quiz competition for kids to encourage learning and teamwork. • The children participated with great enthusiasm and showed excellent knowledge. • They performed well across all eight rounds. • Their achievements included improved confidence, better communication skills, and enhanced general knowledge. • The winners of the quiz competition were Devika's team in first position, Kareena's team in second position and Bijay's team in third position. The winners were felicitated with prizes and all participants were encouraged for their efforts. 	
15/05/2025	Group discussion with children about their daily schedule	14 children	<ul style="list-style-type: none"> • Today, we had a group discussion with the children about their daily schedule. • After that, we shared with the children their daily routines, including their study time, play time, and rest time. • They learned how to effectively balance schoolwork, hobbies, and relaxation. • Children also gained confidence in speaking and listening to others. • Overall, the meeting encouraged self-discipline and better planning in their daily lives. 	
17/05/2025	Meditation and outdoor games (Run and catch the object)		<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today, we played a pleasant sound and asked all the participating children to sit comfortably and close their eyes for meditation. After some time, when the meditation was complete, we asked the children how they were feeling. • Today, we taught the children how to play a game that involved running and catching an object placed at a specific spot, following certain rules. They were very excited and happy to participate. It's clear that when children engage in such games, they are not only having fun but also learning and putting in effort. These activities help enhance their learning abilities and thinking skills 	

23/05/2025	Group Discussion about the Motivational and social subject related	14 children	<ul style="list-style-type: none"> •Today's meeting started by discussing the activities of the previous meeting. •Then, we had a motivational and social theme-based discussion with the kids today. In which we discussed time management, good manners, respect for each other, and school homework. •The children have learned about time management, good manners, respect each other and school homework, and have expressed that they will apply these things in their daily life and feel comfortable. 	
24/05/2025	Physical exercise and An outdoor game (20-box jumping game)	11 Children And 12 Children	<ul style="list-style-type: none"> •Today, we started with physical exercise in a different way than usual. •We organized physical exercise sessions for all the children, and every child participated with great enthusiasm. According to the participants, the workouts made them feel physically active, refreshed, and energized. •We drew 20 boxes on the ground and instructed the participating players to jump from one box to the next. They were guided to jump without going in a straight line—first jumping sideways (horizontally), then forward. •These games help children develop endurance, balance, and coordination while building overall physical fitness. They also enhance attention span and boost mental alertness. •Children felt excited and energetic during the 20-Box Jump game. It made them feel active, confident, and happy. Many found it fun and rewarding, as it encouraged balance and determination. Overall, it was a refreshing and enjoyable experience. 	
29/04/2025	Individual counselling	2 Children	<ul style="list-style-type: none"> •Today, we held individual counseling sessions with both daughters to discuss their behavioral issues, focusing on laziness and a lack of interest in cleanliness and daily routines. •More individual counseling sessions will likely be needed for these two and other children in the coming days. 	
30/05/2025	Group discussion about whether children followed the daily schedule or not	12 Children	<ul style="list-style-type: none"> •Today, we discussed with the children whether they have been following their daily routine. We found that many of them have not been applying it. •Then, we discussed the daily routine with the children. They were asked to include study time, playtime, and rest time in their routine and to follow it consistently. •Overall, the meeting promoted self-discipline and effective planning in their daily lives. 	

31/05/2025	Meditation and motivational social story related video.	13 children	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting. • Today's meeting started by discussing the activities of the previous meeting. • Today, we played a pleasant sound and asked all the participating children to sit comfortably and close their eyes for meditation. After some time, when the meditation was complete, we asked the children how they were feeling. • Meditation helps children relax, focus, and reduce stress, while motivational stories teach values like kindness, honesty, and empathy in a fun way. • Inspirational messages promote a positive mindset and help children build confidence and manage their emotions better. 	
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Lesson learned:

- Structured competitions such as quizzes for children can be effective tools to increase general knowledge, confidence, and communication skills.
- Regular monitoring sessions are essential for reinforcing positive behavior in children.
- Encouraging small, manageable changes in daily routines can lead to gradual but lasting improvements.

Challenges:

- Children are exhibiting behavioral issues such as laziness and a lack of interest in cleanliness.

Reported by

Raj N. Chaudhary

Counsellor

Date 08/06/2025

Approved By

Aashu Mandal

Manager

Duhabi Children Home