

Independent Supervision & Counseling Report

July,2026

1. Basic Information

Location: Duhabi Children Home, Sunsari	Report To: Henk Hooghuis
Reporting Period: July, 2026	
Date of Supervision: July, 2026	
Supervisor/Counselor: Independent Supervisor & Counselor	Report Date: 09/08/2026

2. Purpose of Supervision

The purpose of the supervision was to assess the overall well-being of the children, review the quality of care and living conditions, monitor their educational, psychosocial, behavioral, and developmental needs, and identify areas requiring further support and improvement. The supervision also focused on child protection, safety, hygiene, nutrition, emotional well-being, and the effectiveness of counseling and recreational activities.

3. Key Areas of Monitoring and Supervision

a. Living Environment & Care:

Reviewed cleanliness, safety, discipline, and the overall child-friendly environment. Children were encouraged to maintain cleanliness, follow house rules, and take responsibility for their surroundings.

b. Food Quality & Nutrition:

Reviewed meal quality, food hygiene, and general nutrition practices. Children were encouraged to develop healthy and balanced eating habits.

c. Education Regularity:

Monitored school attendance, participation, and study habits. Children were encouraged to attend school regularly and remain engaged in their learning.

d. Counseling & Psychosocial Support:

Reviewed children's emotional and behavioral needs through individual and group discussions. Attention was given to conflict, emotional expression, self-discipline, and behavioral concerns.

e. Safety & Risk Management:

Reviewed safety conditions within the Children's Home and identified areas requiring continued attention. Fire, kitchen, and access to hazardous materials remain important areas for regular monitoring.

f. Hygiene & Personal Care:

Promoted personal hygiene, cleanliness, healthy habits, and self-care through group counseling and daily behavioral guidance.

g. Child Participation & House Rules:

Encouraged children to express their views and participate in house-rule discussions. This promoted responsibility, discipline, teamwork, respect, and a sense of ownership.

4. Overview of Children

Category	Details
Total Children	17
Boys	7
Girls	10
Age Range	4–16 years
Children with Special Needs	1

Children with Special Needs: One child was identified as having special needs. The child's needs should continue to be monitored through individualized care, appropriate educational support, regular communication with caregivers, and psychosocial follow-up.

5. Counseling Sessions

Aspect	Details
Type of Counseling	Group and individual counseling
Number of Sessions	3 individual counseling sessions and 2 group counseling sessions
Key Focus Areas	Behavioral concerns, frequent conflicts, emotional regulation, communication, conflict resolution, personal hygiene, positive behavior, healthy habits, decision-making, self-discipline, and life skills
Participation Level	Active participation in both individual and group sessions
Key Observations	Most children were willing to participate and share their experiences. Some children remained hesitant to openly express their feelings and ideas. Behavioral and self-discipline concerns require continued follow-up.
Outcomes	Improved communication, emotional expression, self-control, conflict-resolution skills, awareness of hygiene, decision-making, positive behavior, and essential life skills.

Observation & Intervention:

Individual counseling was conducted on **09, 12, and 17 July 2026** for children experiencing behavioral concerns and frequent conflicts. The sessions focused on understanding underlying concerns, encouraging emotional expression, improving self-control, and developing positive ways of resolving interpersonal conflicts.

Group counseling sessions were conducted on **01 and 05 July 2026**, focusing on personal hygiene, positive behavior, healthy habits, communication, decision-making, and life skills. Children and adolescents participated actively in discussions and activities.

Achievement:

The counseling interventions contributed to improved communication, emotional expression, self-control, positive behavior, conflict management, hygiene awareness, and decision-making. Children demonstrated increased awareness of the importance of responsible and respectful behavior.

6. Supervision Schedule Overview

Date	Activity	Remarks
1Jul	Individual Child Interaction and Peer Relationships and Teamwork	Individual interaction was conducted to understand children's concerns, relationships, cooperation, and peer interactions.
4 Jul	Staff–Child Communication	Communication practices between staff and children were observed, with emphasis on respectful, supportive, and child-friendly interaction.
5Jul	Recreational and Creative Activities	Children were encouraged to participate in recreational and creative activities to promote confidence, creativity, teamwork, and social interaction.
11 Jul	Emotional Well-being and Support	Children's emotional well-being was discussed and monitored, with appropriate support

		encouraged where required.
12 Jul	Daily Routine and Time Management	Daily routines, study time, play, rest, and responsibilities were reviewed to promote balanced time management and self-discipline.
16 Jul	Staff Coordination and Teamwork	Staff coordination and teamwork were reviewed to support consistent care, communication, and decision-making.
17 Jul	Monthly Review and Planning	Monthly progress, challenges, follow-up needs, and priorities for the coming month were reviewed.

Achievement:

The supervision activities provided a clearer understanding of children's individual needs, peer relationships, emotional well-being, daily routines, and participation. Positive staff-child communication and teamwork were strengthened, while areas requiring continued attention and follow-up were identified.

7. Key Achievements

- Children demonstrated improved awareness of personal hygiene, discipline, healthy routines, and responsible behavior.
- Positive communication and interaction between children and staff were strengthened.
- Children demonstrated improved participation in counseling, recreational, and creative activities.
- Increased awareness of emotional expression, conflict management, self-control, and decision-making was observed.
- Staff coordination and teamwork in supporting children were strengthened.
- Individual needs and areas requiring continued follow-up were identified.

8. Challenges

- Some children continue to experience behavioral concerns, interpersonal conflicts, and difficulties with emotional expression.
- A few children require continued support in self-discipline, communication, and personal responsibility.
- Some children remain hesitant to openly share their feelings and concerns, requiring continued counseling and supportive follow-up.

9. Risk Observation

- Regular monitoring of kitchen and fire safety is required.
- Access to potentially hazardous materials and areas should be carefully controlled.
- Continued attention is needed to prevent conflicts and maintain a safe and supportive environment.
- Hygiene and cleanliness should be monitored consistently, particularly in shared living areas.

10. Recommendations

- Continue regular individual and group counseling sessions to support children's emotional and behavioral well-being.
- Strengthen positive behavior management and conflict-resolution practices among children.

- Maintain regular monitoring of school attendance, hygiene, nutrition, and daily routines.
- Strengthen fire, kitchen, and general safety measures within the Children's Home.

11. Key Observations

Overall, the children were generally engaged in daily activities and participated positively in counseling, recreational activities, and group discussions. Improvements were observed in communication, hygiene awareness, emotional expression, teamwork, and positive behavior. However, some behavioral, emotional, and self-discipline concerns require continued attention. Regular supervision, counseling, positive guidance, and a safe, child-friendly environment remain important for the children's overall well-being and development.

Name: Raj Narayan Chaudhary

Designation: Independent Supervisor & Counselor

Date: 09/08/2026