

**Duhabi Children Home**  
**Duhabi, Sunsari**  
**Month: August, 2025**

**Monthly Report**

Date	Activities	Participant	Achievement	Remarks
02/08/2025	Yoga meditation activities and Mo: Mo making skills support for girls	10 Children  4 Girls	<ul style="list-style-type: none"> <li>•Today's meeting started by discussing the activities of the previous meeting.</li> <li>•Yoga and Meditation sessions were organized to support children's physical fitness, emotional well-being, and stress management. These activities enhanced their confidence, improved concentration, and equipped them with healthy coping skills.</li> <li>•Children have expressed their happiness to learn different steps of yoga practice.</li> <li>•After that, we provided the girls with practical training on Mo: Mo making. The objective was to help them learn healthy cooking practices and gain Mo: Mo-making skills.</li> <li>•During the session, the girls learned about food hygiene, teamwork, and basic business concepts. They actively participated and enjoyed the learning process.</li> <li>•The activity encouraged creativity and built their confidence.</li> </ul>	
08/08/2025	Group discussion on how to make our daily life better, and Individual counselling	12 children  3 Children	<ul style="list-style-type: none"> <li>•Today, A group discussion was held with the children on the topic "How can we make our daily life better?".</li> <li>•This session encouraged the children to share ideas about healthy habits, discipline, and positive behavior. The children actively participated and expressed their ideas confidently.</li> <li>•They also learned from each other during the discussions. This activity helped them build communication skills, teamwork, and awareness to improve their daily lives.</li> <li>•We held separate counseling sessions with 2 children today. Regular sessions were needed for three children. We discussed their behavioral issues. Participants noted that past problems did not occur this time. The session highlighted the value of positive behavior and academic</li> </ul>	

			performance.	
15/08/2025	Orientation in personal and menstrual hygiene	14 children and 2 mothers	<ul style="list-style-type: none"> <li>•Today, we have provided orientation to all our children and mother representatives on personal hygiene and menstrual hygiene.</li> <li>•Girls gained knowledge on personal hygiene and safe menstrual practices.</li> <li>•Increased confidence in managing menstruation without fear or stigma.</li> <li>•Improved daily hygiene habits and proper use of menstrual products.</li> <li>•Reduced absenteeism at school during menstruation.</li> <li>•Created awareness on safe disposal and environmental cleanliness.</li> <li>•Encouraged open discussion and peer support on menstrual health.</li> </ul>	
16/08/2025	Group discussion on the five messages for safe food and played TT Ball Drop Game	12 Children	<ul style="list-style-type: none"> <li>•Today's meeting started by discussing the activities of the previous meeting.</li> <li>•After that, we had a group discussion with the children on "Five Key Messages for Safe Food". The session helped them understand the importance of hygiene, proper cooking, safe storage, the use of clean water, and choosing fresh food. Children actively participated, shared their ideas, and showed interest in implementing safe food habits in their daily lives.</li> <li>•After the discussion, we organized the <i>TT Ball Drop Game</i> for the children to enjoy. In this game, when the TT ball is dropped on the ground, the participants must keep moving</li> </ul>	

			<p>forward. As soon as the person playing catches the ball, everyone has to stop immediately. Any player who continues moving after the ball is caught is considered out of the game.</p> <ul style="list-style-type: none"> <li>•The children actively took part in the game and had great fun. It made the session lively and helped foster teamwork, focus, and enthusiasm. Overall, the activity successfully blended learning with play, promoting both awareness and positive engagement among the children.</li> </ul>	
22/07/2025	Risk Assessment of the Exposure Visit and Hiking Activity in Dharan	13 children	<ul style="list-style-type: none"> <li>•Today's meeting started by discussing the activities of the previous meeting.</li> <li>•After that, we discussed the possible risk assessment of Dharan's exposure tour and walk with the child and mother representatives.</li> <li>•The exposure visits and hiking activity in Dharan may involve certain risks such as slips or falls on uneven trails, minor injuries like cuts or sprains, and the possibility of dehydration or exhaustion due to physical exertion. Weather conditions, including sudden rain or strong heat, can also pose challenges. There is a small risk that children may become separated from the group or encounter traffic hazards during travel. To minimize these risks, staff supervision, first-aid support, safe drinking water, regular headcounts, and proper safety instructions will be ensured throughout the program.</li> </ul>	
23/07/2025	Exposure Visit and Hiking Activity in Dharan	All Children, mother and staff	<ul style="list-style-type: none"> <li>•Today, children, mother representatives, and staff members participated in an exposure visit and hiking program in Dharan. The group arrived at 9:00 a.m. and began the trek from Budh Subba Temple to Dakshinkali Temple and then continued to Pindeshwor Temple. Afterwards, the team trekked from Pusare to Shramsaksanti Park, enjoying both the walk and the scenic surroundings.</li> <li>•The visit concluded with a gathering at the Green Park of Dharan, where children played, relaxed, and shared a meal in a safe and joyful environment. The activity provided</li> </ul>	

			children with meaningful exposure, physical exercise, and opportunities for social interaction, while also strengthening relationships among children, caregivers, and staff. Overall, the day was both educational and enjoyable, combining learning, cultural experience, and recreation.	
29/01/2025	Group discussion and social and motivational storytelling	13 Children	<ul style="list-style-type: none"> <li>•Today's meeting started by discussing the activities of the previous meeting.</li> <li>•Today, we had a group discussion and shared social and motivational stories with the children.</li> <li>•A group discussion session was organized with children, where they actively shared their views and learned from one another. To inspire and encourage them, social and motivational stories were also shared. Storytelling created a positive environment, teaching children values of resilience, teamwork, and self-confidence.</li> <li>•The inspirational storytelling session deeply engaged the children and encouraged their personal development, communication skills, and positive behavior. It created a meaningful learning experience that raised awareness while keeping the atmosphere lively, interactive, and enjoyable for all participants.</li> </ul>	
30/07/2025	Individual counselling and glass pass game	13 children	<ul style="list-style-type: none"> <li>•Today, we decided to play a glass passing game that everyone agreed could be played outdoors.</li> <li>•To play the <i>Glass Pass Game</i>, children were asked to stand in a circle. Each participant held a pencil in their mouth with a glass balanced on top and passed it to the next person in turn. If the glass fell to the ground, the participant was out of the game. The activity was enjoyable and engaging, helping children develop concentration, coordination, and teamwork in a fun and interactive way.</li> <li>•The children actively participated in the Glass Pass Game, which was designed to promote teamwork, focus, and coordination. Through this interactive activity, the children enjoyed themselves while learning to collaborate and support one another. The game created a lively and engaging environment, combining fun with valuable social and cognitive skills development.</li> </ul>	

		2 children	<ul style="list-style-type: none"> <li>• We held individual counselling with two children, who were showing signs of disobedience, restlessness, and difficulty concentrating on their studies, received individual counseling. During the sessions, they were guided on strategies to focus, manage distractions, and develop positive study habits. The children actively participated and showed improved understanding of the importance of concentration and discipline in their learning.</li> <li>• We expect to see significant improvements in their behavior, concentration, and academic performance in the coming days.</li> </ul>	
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**Lesson learned:**

- Interactive and hands-on activities (cooking, games, storytelling) greatly increase children's engagement and learning retention.

**Challenges:**

- Ensuring all children consistently practice hygiene and safety habits outside organized sessions remains a gradual process.

Reported by

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Date 09/09/2025

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