

Duhabi, Sunsari
Month: September 2025

Monthly Report

Date	Activities	Participant	Achievement	Remarks
4-5/09/2025	Preparation of various activities for National Children's Day Individual counselling	12 Children 2 children	•Today's meeting started by discussing the activities of the previous meeting. •In preparation for National Children's Day, we actively participated in various practice sessions for children playing outdoor games and dancing, and drama according to their interests. We practiced for the preparation, in which their enthusiasm and excitement were evident as they engaged wholeheartedly in each activity. •These practices not only helped to boost their confidence but also promoted teamwork, cooperation, and self-expression. •The children are eagerly preparing to celebrate the special day with pride and happiness, looking forward to sharing their performances and making the event both meaningful and memorable. •Individual counseling sessions were conducted with four children to understand and address their behavioral challenges. During the sessions, it was identified that some children were continuing to repeat previous issues, highlighting the need for regular follow-up counseling.	
12-13/09/2025	Final Preparation of various activities for National Children's Day	12	•As part of the final preparations for National Children's Day, children enthusiastically completed the rehearsals for four dances and one drama based on their interests. •They also engaged in an outdoor game, selected a program conductor, and divided other event responsibilities among themselves, demonstrating teamwork and leadership.	

	Individual counselling	4 children	•To make the celebration more joyful, the children planned a cake-cutting ceremony at the end of the program. Their excitement and active participation reflect their enthusiasm to celebrate the special day with happiness and unity. •This time, children are very excited to celebrate National Children's Day. They are also preparing well. •Individual counseling sessions were conducted with four children to understand and address their behavioral challenges. During the sessions, it was identified that some children were continuing to repeat previous issues, highlighting the need for regular follow-up counseling. •The discussions focused on promoting positive behavior, self-awareness, and academic improvement. The sessions were effective in helping the children reflect on their actions and understand the importance of maintaining good behavior and consistent academic performance.	
14/09/2025	National Children's Day celebration	All children and staff participants	•Today, we joyfully celebrated the 61st National Children's Day. All preparations for the program were completed in advance. The event was hosted by one of our daughters, who confidently conducted the entire program. •The program began with the arrival and seating of the guests, followed by the playing of the National Anthem. After that, we observed one minute of silence as a mark of respect for the martyred youth of the Gen-Z movement. This was followed by welcome speeches and best wishes. The children then presented a welcome dance, along with several other dance and song performances. The program concluded with a drama carrying an inspirational message and theme, which left a meaningful impression on everyone. •The program was concluded with the closing speech	

			of Ms. Urmila, the president of the children's club •Finally, we celebrated the day with great enthusiasm by cutting a cake and sharing happiness. •The children were very happy to celebrate National Children's Day in this way; they expressed that they felt very happy, enjoyed and very happy.	
17/08/2025	Meditation and Group discussion about their exam preparation	8 children	•Today's meeting started by discussing the activities of the previous meeting. •A meditation activity was organized with the children to promote their emotional well-being, concentration, and inner calm. The session helped them learn techniques to reduce stress, improve focus, and maintain a positive mindset. Children actively participated and expressed that meditation made them feel relaxed, refreshed, and more prepared to handle daily challenges and academic responsibilities. •After meditating, all the participating children did the drawing activity. They also actively participated in this. They have expressed that they are very happy to make drawings according to their abilities. •A group discussion was conducted with the children to support their exam preparation. During the session, the children shared their study methods, challenges, and goals, while receiving guidance to improve their time management and confidence. The discussion helped motivate the children to stay focused, organized, and positive towards achieving better academic performance.	
20/09/2025	Group activity about positive and negative habits and behaviors	14	•As always, we started today's meeting by discussing the activities of the previous day's meeting. •Today, 14 children participated in a group activity focused on positive and negative habits and behaviors. At the start, they were introduced to the concept through discussion and guidance. The children then formed a circle and took turns sitting	

			in the middle, while the others wrote one or two positive or negative habits about them on a piece of paper. •During the session, some children expressed happiness, while others felt sad when their positive and negative habits were identified. One participant felt very distressed after receiving multiple comments about his negative behaviors. •The session encouraged the children to recognize good and bad habits, reflect on their impact on daily life, and understand the importance of cultivating positive behaviors for personal growth and well-being.	
27/09/2025	Group discussion about the Dashain festival and individual sessions with two children	10 2	•As always, we started today's meeting by discussing the activities of the previous day's meeting. •Today, we talked with the participants about celebrating the coming Dashain festival in a nice and fun way. •After that, we exchanged Dashain greetings with each other. •Today, we conducted individual sessions with two children. The main objective of these sessions was to discuss and address the behavioral issues observed in their habits. During the discussions, we identified specific problems that require continued attention. It was concluded that additional follow-up sessions will be necessary in the coming days.	
29/09/2025	Purchased clothes for girls	10 Children and 4 female staff	•Today, we purchased Dashain clothes for 10 girls and 2 mothers. The clothes were selected based on the preferences and choices of our daughters. •They all liked these clothes because they chose them themselves.	

Lesson learned:

- Continuous follow-up sessions are essential to bring lasting behavioral improvements among children.

Challenges:

- Some children continue to repeat previously discussed behavioral issues, indicating the need for more consistent follow-up counseling and guidance.

Reported by

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Date 08/10/2025

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