## Duhabi Children Home Duhabi, Sunsari

## **Monthly Report**

Month: July, 2025

Activities	Participant	Achievement	Remarks
Yoga activities	11 Children	Today's meeting started by discussing the activities of the previous meeting.	
		•Today, we taught children the steps of yoga practice. We encouraged them to practice yoga regularly. Yoga will help them stay physically fit and reduce stress. It can boost their self-esteem and improve focus. It also promotes healthy habits.	
		<ul> <li>Yoga sessions are conducted regularly to enhance physical fitness, concentration, and relaxation skills.</li> </ul>	
		•Children have expressed their happiness to learn different steps of yoga practice.	
physical exercise and Individual and group		<ul> <li>Today, we started with physical exercise in a different way than usual.</li> </ul>	
counselling		<ul> <li>We organized physical exercise sessions to promote health and fitness. We organized exercise sessions for children. Every child joined with enthusiasm. Participants felt active, fresh, and bright afterward.</li> </ul>	
		<ul> <li>Physical exercise routines encourage healthy lifestyles and improve overall physical health.</li> </ul>	
	3 Children	<ul> <li>We held separate counseling sessions with 3 children today.</li> <li>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 performance.</li> </ul>	
11/07/2025 Individual and group counselling	3 Children	<ul> <li>Individual and group counselling sessions were conducted to address personal concerns, improve emotional well-being, and foster positive relationships. Participants received guidance and support to build confidence, resilience, and problem-solving skills.</li> </ul>	
		<ul> <li>We conducted a counseling session with three children today.</li> <li>These sessions are essential for them. We are addressing their behavioral and academic issues. The focus is on their current problems. I hope that this will lead to positive outcomes soon.</li> </ul>	
Group Discussion about a person, how to be safe or unsafe	14 children and 2 mothers	<ul> <li>In today's meeting, we started by discussing how to identify safe and unsafe situations that may arise from outsiders.</li> <li>We held a group discussion today with 19 participants, including</li> </ul>	
	physical exercise and Individual and group counselling  Individual and group counselling  Group Discussion about a person, how	physical exercise and Individual and group counselling  3 Children  Individual and group counselling  3 Children  3 Children  3 Children  4 Children  3 and 2	previous meeting.  **Today, we taught children the steps of yoga practice. We encouraged them to practice yoga regularly. Yoga will help them stay physically fit and reduce stress. It can boost their self-esteem and improve focus. It also promotes healthy habits.  **Yoga sessions are conducted regularly to enhance physical fitness, concentration, and relaxation skills.  **Children have expressed their happiness to learn different steps of yoga practice.  **Doday, we started with physical exercise in a different way than usual.  **We organized physical exercise sessions to promote health and fitness. We organized exercise sessions for children. Every child joined with enthusiasm. Participants felt active, fresh, and bright afterward.  **Physical exercise routines encourage healthy lifestyles and improve overall physical health.  **We held separate counseling sessions with 3 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 performance.  **Individual and group counselling sessions were conducted to address personal concerns, improve emotional well-being, and foster positive relationships. Participants received guidance and support to build confidence, resilience, and problem-solving skills.  **We conducted a counseling session with three children today. These sessions are essential for them. We are addressing their behavioral and academic issues. The focus is on their current problems. I hope that this will lead to positive outcomes soon.  **In today's meeting, we started by discussing how to identify safe and unsafe situations that may arise from outsiders.

			The focus was on identifying safe and unsafe situations that may come from outsiders. Participants gained awareness about personal safety and ways to protect themselves. The session aimed to empower everyone to respond wisely in risky situations.	
18/07/2025	Group discussion about the importance of discipline	12 Children	<ul> <li>Today's meeting started by discussing the activities of the previous meeting.</li> <li>We held a group discussion on the importance of discipline, engaging participants in sharing ideas and experiences. The session encouraged positive habits, responsibility, and self-control to support personal growth and community harmony.</li> <li>We taught children about the importance of discipline. They participated in group discussions. The topics included focusing on tasks and responsibilities, following rules, and managing time effectively. They also learned to balance study and entertainment, improve academic performance, and develop healthy habits.</li> </ul>	
19/07/2025	Yoga and meditation, and objectives related to games and Individual counselling	13 children 2 Children	<ul> <li>Today's meeting started by discussing the activities of the previous meeting.</li> <li>We conducted yoga, meditation, and recreational games to promote physical and mental well-being. Individual counselling sessions were also provided to address personal challenges and support emotional health. These activities aimed to enhance focus, reduce stress, and build resilience among participants.</li> <li>Later, we held individual counseling sessions with two children today.</li> <li>These sessions are crucial for them, as we address their behavioral and academic issues and focus on their current challenges.</li> <li>These efforts will soon bring positive results.</li> </ul>	
25/07/2025	A documentary about Japanese children's daily activities	14 Children	<ul> <li>Today's meeting started by discussing the activities of the previous meeting.</li> <li>After that, today we screened a documentary about Japanese children's daily activities to inspire positive habits, discipline, and cultural learning, in which 14 children directly participated and enhanced their learning abilities.</li> <li>We screened a documentary for children. They saw how Japanese children manage their daily activities independently. They also learned the value of discipline and self-reliance.</li> <li>The session inspired them to adopt positive habits in their own lives.</li> </ul>	

Individual counselling and Group discussion about the positive behavior	12 Children	<ul> <li>Today, we discussed positive and negative behavior with the participating children.</li> <li>We again informed the children about positive behavior. It is important to understand more about positive and good behavior, and we have discussed it to help us be positive in our behavior. If you do not behave positively and well, you will have to face difficulties in the coming days. According to 12 participants, if we are aware in time, this kind of behavior will motivate us to move forward.</li> <li>Children have been taught positive behavior skills, such as staying</li> </ul>	
		focused on their studies, paying attention, and maintaining discipline. These skills help them build strong friendships, interact respectfully with peers and adults, and enhance their academic performance.	
	2 Children	We have been holding regular counselling sessions with two children for several weeks. These sessions are essential for their growth and well-being. We address both behavioral and academic issues. The focus remains on their current challenges.      We expect these efforts to bring positive results soon.	
Individual and group counselling	13 children and 3 girls	•In today's session, facilitated by Aashu Sir, we conducted individual counselling with three girls and group counseling with 13 children. The focus was on understanding their needs, challenges, and overall progress. Through these interactions, we actively listened to each child's concerns and provided tailored guidance, emotional support, and practical advice to help them overcome personal difficulties and build confidence.	
		<ul> <li>We held individual and group counselling with three girls and thirteen children.</li> <li>They learned about respectful communication and the value of following rules. We discussed building healthy friendships and integrating into society. Personal safety and the risks of staying out late were addressed. We encouraged going to bed on time and keeping a peaceful environment.</li> <li>These sessions supported positive behavior change and</li> </ul>	
	and Group discussion about the positive behavior	and Group discussion about the positive behavior  2 Children  Individual and group  13 children and	and Group discussion about the positive behavior  **Proportion of the positive behavior**  **Proportion of the positive period of the positive period of the positive period of the positive period positive in our behavior. If you do not behave positively and well, you will have to face difficulties in the coming days. According to 12 participants, if we are aware in time, this kind of behavior will motivate us to move forward.  **Children have been taught positive behavior skills, such as staying focused on their studies, paying attention, and maintaining discipline. These skills help them build strong friendships, interact respectfully with peers and adults, and enhance their academic performance.  **Proportion of the period peri

## Lesson learned:

• Using interactive methods such as group discussions, documentaries, and role-play has made learning more engaging and relatable.

## Challenges:

• Some children continue to face behavioral and academic difficulties, requiring regular follow-up and personalized counselling.

Reported by Approved By

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