

Duhabi Children Home
Duhabi, Sunsari
Month: July, 2025

Monthly Report

Date	Activities	Participant	Achievement	Remarks
04/07/2025	Yoga activities	11 Children	<ul style="list-style-type: none"> •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. •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. 	
05/07/2025	physical exercise and Individual and group counselling	12 children 3 Children	<ul style="list-style-type: none"> •Today, 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. 	
11/07/2025	Individual and group counselling	3 Children	<ul style="list-style-type: none"> •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. 	
12/07/2025	Group Discussion about a person, how to be safe or unsafe	14 children and 2 mothers	<ul style="list-style-type: none"> •In today's meeting, we started by discussing how to identify safe and unsafe situations that may arise from outsiders. •We held a group discussion today with 19 participants, including children, mothers, and staff. 	

Challenges:

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

Reported by

Raj N. Chaudhary

Counsellor

Date 09/08/2025

Approved By

Aashu Mandal

Manager

Duhabi Children's Home