

Duhabi Children Home
 Duhabi, Sunsari
 Month: October 2024

Monthly Report

Date	Activities	Participant	Achievement	Remarks
04/10/2024	Meditation and Energizer game (blindfolded person recognition game)	12	<ul style="list-style-type: none"> • Today's meeting started by discussing the activities of the previous meeting • Today we instructed all participating children to sit comfortably and meditate by closing their eyes and quietly noticing the thoughts that come to mind and mind. Then after some time, we finished the meditation. Ask the participating children how they are feeling right now. Only a few participants felt joy, while others said it was difficult to do for a long time. • We do this regularly. After that, we informed the participants about the importance of meditation practice and its benefits. We were informed that meditation practice helps us in health and vitality. • After that, we played a game today at the request of the participants. In which one participant had to close his/her eyes. Each participant has to close their eyes and identify them by touching others. The children participating in this game had a lot of fun. 	
05/10/2024	Paper kite-making activity	14	<ul style="list-style-type: none"> • About the activities to be done today, in the previous meeting, there was a discussion about the plan to do some new activities with the participation of children. • Today, we did a paper kite-making activity with the participation of 14 children, as kites are flown during the Dashain and Tihar festivals of Nepalese. • Everyone actively participated in the activity of making paper kites to fly kites during Nepalese festivals. At first they were taught how to make kites for some time, then the participating children learned together and made paper kites. • Participants made their own paper kites. Some of the participants said that it was very fun to make a kite for the first time and they were very happy. 	
10/10/2024	Drawing competition related to the Dashain festival	11	<ul style="list-style-type: none"> • Today we organized a drawing competition related to the Dashain festival on the Dashain festival of Nepali people. • We conducted drawing activities with the active participation of 11 children in a drawing competition 	

			<p>reflecting the Nepali festival Dashain.</p> <ul style="list-style-type: none"> •In the drawing competition, 11 children made very beautiful drawings related to the Dashain festival with active participation. They made these drawings very carefully. Out of 11 drawings, we have chosen the best three drawings through everyone's vote. •In this way, the children were very happy to make drawings related to the Nepalese festival Dashain, they felt that they were very happy, fun, and very happy. Three winners have said that they are even happier. The participants said that this kind of activity would help us to improve. •We will distribute prizes to the best three people in this drawing competition in November. 	
19/10/2024	Cleaning and kitchen gardening	10	<ul style="list-style-type: none"> •We discussed the activities to be done today in the presence of staff, mothers, and children. At first, we started the work with the plan of cleaning our surroundings and then planting green vegetables in the kitchen garden. •Initially, we cleaned our surroundings and kitchen garden area today. After that, we dug the kitchen garden and prepared the kitchen garden for planting green vegetables and sowed the green vegetable seeds •The children have expressed that they have learned how to do a kitchen garden by directly participating in the kitchen gardening activity. In this way, the children have expressed that they are very fun and happy to be directly participating in the kitchen garden activities. 	
25/10/2024	Discussion and conversation with children about their problems in groups and individually And Energizer game (blindfolded voice recognition game)	9	<ul style="list-style-type: none"> •As always, we started today's meeting by discussing the activities of the previous day's meeting. •Today we met with 8 children in one group and 1 child separately. Today especially, the main purpose of sitting in groups and individually was to discuss the problems seen in their habits, and behavior. In which we have discussed with 1 girl who has a behavior problem separately about her problem. 8 children sitting in the group were also discussed about their practical problems. It seems necessary to have more meetings with those who have behavioral problems in the coming days. •After that, at the request of the participants, we played the game today. In which one participant had to close 	

			his eyes. The participant has to close his/her eyes and identify the voice coming from the group at once. Children participating in this game had a lot of fun.	
26/10/2024	Birthday to Today Activity	8	<ul style="list-style-type: none"> •As always, we started today's meeting by discussing the activities of the previous day's meeting. •According to the participation of 8 children and the discussion with them, we agreed to do a new activity today. After that, today we did the activity of writing the fun and happy moments and memories from the birthday to today on A4 paper and after writing it, we took turns telling it. •When 8 children participated in this activity, they expressed that it was difficult to remember the funny moments from birth till now. We asked the participating children to gradually remember the fun and happy moments from birth and childhood to today. After that, they excitedly wrote down their fun and happy memories and moments on A4 paper. After that, they shared their fun and happy memories and moments from their birthday till today. •Fun and happy experiences create lasting memories that contribute to children's sense of identity and joy. These memories can provide children with comfort and joy for a lifetime. Encouraging moments of fun and happiness can help care for children, reduce stress, and teach them to be mentally healthy and happy. 	

Lesson learned:

- Through various awareness sessions, games, and fun activities, children's interactions with their peers can help build a sense of friendship and belonging, encourage them, and teach important social skills such as sharing, cooperation, and empathy.

Reported by

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Date 07/11/2024

Approved By

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