

Independent Supervision & Counseling Report

January, 2026

1. Basic Information

Location: Duhabi Children Home, Sunsari	Report To: Henk Hooghuis
Reporting Period: January 2026	
Date of Supervision: January, 2026	
Supervisor/Counselor: Independent Supervisor & Counselor	Report Date: 09/02/2026

2. Purpose of Supervision

The purpose of this supervision visit was to independently assess the overall care environment, psychosocial well-being of children, and the effectiveness of counseling, yoga, and developmental activities supported by donors at Duhabi Children's Home.

3. Overview of Children

Category	Details
Total Children	16
Boys	7
Girls	9
Age Range	4–16 years
Children with Special Needs	1

Children with Special Needs: Pratima is a physically healthy child who faces challenges in learning and development. She requires additional care and support to aid her growth. Her reading and comprehension skills are below the typical level for her age, and with tailored guidance, she can make steady progress.

4. Counseling Sessions

Aspect	Details
Type of Counseling	Group and individual counseling
Number of Sessions	1 group session, 4 individual sessions
Key Focus Areas	Emotional well-being, behavior management, and confidence building
Participation Level	High
Key Observations	Children actively shared feelings and concerns in a safe environment
Outcomes	Improved emotional expression, reduced behavioral concerns, and stronger peer relationships

Observation & Intervention:

We held counseling sessions with Ram, Laxman, Abhay, and Devika to guide them toward positive habits and improve focus on daily tasks. They were making minor practical mistakes and needed encouragement to maintain cleanliness and concentrate on studies.

Achievement:

Through these sessions, the children showed increased awareness of personal responsibility, better attention to cleanliness, and a gradual improvement in study habits, reflecting positive behavioral progress.

5. Yoga, Meditation, and Mindfulness Activities

Aspect	Details
Frequency	Once a week (As per Need)
Activities	Meditation and Yoga postures, breathing exercises, relaxation techniques
Age Group	8–16 years
Participation	Consistent and enthusiastic
Observed Benefits	Improved concentration, calm behavior, better emotional regulation

Achievements:

Children showed noticeable improvements in concentration, emotional regulation, and overall calmness. These sessions contributed to better self-awareness, stress management, and positive behavioral development, supporting their holistic well-being.

6. Child Development Activities

Activity	Purpose	Participation	Observation
Educational Support	Improve learning outcomes	Regular	Academic engagement has improved, with tuition classes running regularly and children showing better participation, focus, and learning continuity.
Life Skills Training	Discipline & self-care	Good	Children showed responsibility
Sports & Games	Physical fitness & teamwork	High	Strong participation
Creative Activities by Marie-Therese van der Riet (Drawing)	Emotional expression	High	Positive creativity observed
High weight measurement of children	To monitor children's growth and identify high weight concerns early.	Hight	Some children showed higher weight for their age, highlighting the need for regular monitoring and healthy lifestyle guidance.
Meeting with the elder child (Anoj) and the representative of the donor organization	To discuss children's well-being, progress, and updates on donor-supported activities.	High	The discussion offered valuable insights into Anoj's routine, studies, and support, demonstrating positive engagement. Donor feedback reinforced collaboration and identified opportunities for ongoing improvement.

Achievement:

The activities contributed to holistic development, including academic improvement, enhanced life skills, emotional expression, physical fitness, and stronger engagement with donor-supported initiatives, ensuring continued progress in children's well-being.

7. Child Protection & Care Environment

Duhabi Children's Home maintains a safe, clean, and child-friendly environment. Staff interactions were observed to be respectful, supportive, and aligned with child protection standards. Children appeared comfortable and secure within the home.

8. Key Achievements

- Regular and structured counseling sessions conducted
- Yoga and mindfulness activities contribute to children's physical health and emotional balance, complementing counseling support.
- Positive behavioral and emotional improvements observed
- High participation in yoga, meditation, and recreational activities
- Strong commitment from caregivers and staff

9. Challenges

- Limited private space for individual counseling sessions.
- Need for additional recreational and educational materials.

Proper maintenance of children's play areas is essential to ensure safe, engaging, and supportive spaces for their physical development and active play.

10. Recommendations

- Continue structured counseling, meditation, and yoga programs to support children's emotional balance and overall well-being.
- Improve the counseling space to ensure privacy, confidentiality, and a child-friendly environment.
- Enhance staff capacity through parenting awareness and child-centered care.
- Ensure regular maintenance and improvement of the playground to support children's physical activity and healthy recreation in the coming days.
- Strengthening monitoring and documentation for donor reporting

11. Key Observations

- The home environment is safe, clean, and well-maintained, with satisfactory hygiene standards observed in living, dining, and activity areas.
- Children were seen practicing basic personal hygiene routines and appeared well cared for and appropriately dressed.
- Staff interactions with children were respectful, supportive, and consistent with child protection and care standards.
- Counseling, yoga, and developmental activities were well organized and positively influencing children's emotional stability, behavior, and participation.
- Overall, the home provides a nurturing and structured environment that supports children's physical, emotional, and psychosocial well-being.

13. Accountability & Value Statement

Partner organization contributions have directly strengthened psychosocial counseling, wellness activities, and holistic child development at Duhabi Children Home. These supports are reflected in improved emotional stability, active participation, and overall well-being of the children. Continued donor support is vital to sustain and further these positive outcomes.

14. Conclusion

Based on independent supervision, Duhabi Children Home shows a strong commitment to child well-being and effective use of partner-supported interventions. Counseling, yoga, and developmental activities are positively contributing to the children's holistic growth.

Reported by

Name: Raj Narayan Chaudhary

Designation: Independent Supervisor & Counselor

Date: 09/02/2026