

Independent Supervision and counselling Report

September, 2026

1. Basic Information

Location: Duhabi Children Home, Sunsari	Report to: Henk Hooghuis
Reporting Period: September,2026	
Date of Supervision: September,2026	
Supervisor/ counselor: Independent Supervisor and Counselor	Report Date: 09/10/2026

2. Purpose of Supervision

To monitor children's overall wellbeing, safety, education, nutrition, hygiene, care, discipline, and emotional health, while providing counselling and guidance as needed.

- Children's personal hygiene and sanitation
- Quality and adequacy of nutritious food
- Discipline and behavior management
- Children's emotional wellbeing and safety

3. Key Areas of Monitoring and Supervision

- A. Care and Living Conditions:** Children receive regular care, accommodation, and basic support.
- B. Food and Nutrition:** Regular meals are provided. Balanced diets, food variety, and kitchen hygiene require continued attention.
- C. Education:** Children are encouraged to attend school regularly and maintain study routines.
- D. Counselling and Wellbeing:** Individual and group sessions provided opportunities to express feelings and concerns.
- E. Safety and Protection:** Continued monitoring of child protection, safe surroundings, and appropriate supervision is recommended.
- F. Hygiene and Sanitation:** Personal hygiene, clean clothing, handwashing, and sanitation practices require regular guidance.
- G. Discipline and Participation:** Positive, non-violent discipline and age-appropriate participation in household responsibilities should be encouraged.

4. Overview of Children

Aspect	Details
Total Children	17
Boys	7
Girls	10
Age Range	4-16 Years
Children with Special Needs	1

Children with Special Needs: One child with special needs continues to require individualized care, education support, and regular psychosocial follow-up.

5. Counseling Session

Aspect	Details
Type	Individual and group counselling
Sessions Conducted	2 individual and 3 group sessions
Focus Areas	Positive behavior, personal hygiene, school attendance, flood-related trauma, social learning, and stress management.
Participation	Good
Observations	Children showed a willingness to share their feelings and discuss personal, behavioral, and school-related concerns.
Outcomes	The sessions helped children improve emotional awareness, build confidence, strengthen relationships, and develop positive behaviors and discipline.

Observation and Intervention:

Children openly shared their concerns about behavior, hygiene, school attendance, and emotional wellbeing.

Individual and group counselling provided guidance on positive behavior, personal hygiene, school attendance, and stress management.

Achievement:

Improved awareness of positive behavior, emotional wellbeing, personal hygiene, and coping skills.

6. Supervision Schedule Overview

Date	Activity/Supervision Areas	Findings/Observations
4, Sep	General home supervision	Children's basic care and support were reviewed.
5, Sep	Personal hygiene and Irregular drinking water supply affecting daily hygiene	Hygiene guidance was provided; irregular water supply affected daily hygiene.
8, Sep	Surroundings and sanitation	Regular cleanliness and sanitation require continued attention.
12, Sep	Food and nutrition	Regular meals were provided; dietary variety needs improvement.
14, Sep,	Education monitoring	Regular school attendance and study routines were encouraged.
19, Sep	Emotional wellbeing	Emotional wellbeing was supported through counselling and guidance.
20, Sep	Bedroom cleanliness	Bedroom cleanliness and organized living spaces were encouraged.
27, Sep	Caregiver behaviors	Respectful communication and positive discipline were emphasized

Achievements:

Completed regular supervision of children's care, hygiene, nutrition, education, emotional wellbeing, and living conditions. Promoted cleanliness, positive discipline, and a safe, supportive environment for all children.

7. Key Achievements

- Monitored children's care, safety, hygiene, nutrition, and education.
- Conducted individual and group counselling sessions.
- Promoted positive behavior, emotional wellbeing, and self-awareness.
- Encouraged cleanliness, discipline, and a supportive living environment.

8. Challenges

- Irregular drinking water supply affecting hygiene and sanitation.
- Maintaining balanced nutrition and consistent cleanliness.
- Addressing behavioral concerns and irregular school attendance.

9. Risk

- Poor hygiene and sanitation may affect children's health.
- Inadequate dietary variety may affect nutritional wellbeing.
- Irregular school attendance may hinder educational progress.
- Insufficient individualized support may affect children with special needs.

10. Recommendation

- Strengthen hygiene, sanitation, and nutrition monitoring.
- Encourage regular school attendance and positive behavior.
- Ensure a regular supply of safe drinking water.
- Continue counselling and individualized support for children with special needs.

• Key Observations

Overall, the children home was functioning satisfactory. Children's basic care and support were maintained during September. Children participated positively in counselling sessions, while continued attention is needed to hygiene, nutrition, school attendance, and emotional wellbeing.

Regular supervision and timely support remain essential to ensure a safe and healthy environment for all children.

Name: Raj Narayan Chaudhary

Designation: Independent Supervisor and Counsellor

Date: 09/10/2026

**Supervision Schedule
September,2026**

Date	Time	Duration	Activity/ supervision areas	Finding observation
4 Sep	2:00PM-3:00PM	1 hour	General home supervision	Children's basic care and support were reviewed.
5 Sep	2:00PM-3:00PM	1 hour	Personal hygiene	Hygiene guidance was provided; irregular water supply affected daily hygiene.
8 Sep	2:00PM-3:00PM	1 hour	Surroundings and sanitation	Regular cleanliness and sanitation require continued attention.

12 Sep	10:00AM-11:00AM	1 Hour	Food and nutrition	Regular meals were provided; dietary variety needs improvement.
14 Sep	2:00PM-3:00PM	1 Hour	Education monitoring	Regular school attendance and study routines were encouraged.
19 Sep	2:00PM-3:00PM	1 hour	Emotional wellbeing and counselling	Emotional wellbeing was supported through counselling and guidance.
20 Sep	10:00AM-11:00AM	1 hour	Bedroom cleanliness	Bedroom cleanliness and organized living spaces were encouraged.
27 Sep	2:00PM-3:00PM	1 :30 Hour	Caregiver behaviors	Respectful communication and positive discipline were emphasized

Submitted by:

Raj N. Chaudhary
09/10/2026