

Duhabi Children Home
Duhabi, Sunsari
Month: October 2025

Monthly Report

Date	Activities	Participant	Achievement	Remarks
7/10/2025	Group and Individual counselling	6 children	- Individual counseling sessions were conducted with six children to address behavioral challenges, including incidents of bullying and fighting among peers. During the sessions, it was observed that some children continued to display recurring behavioral issues, indicating the need for regular follow-up counseling and close monitoring. - Out of the six children, three had been involved in physical fights with each other, while three others were counseled in response to complaints related to poor personal hygiene. Additionally, one child exhibited self-harming behavior and received focused counseling support. - The sessions aimed to help the children recognize the consequences of their actions, develop empathy, and adopt positive coping and social interaction skills. Continued counseling and guidance are recommended to reinforce behavioral improvements and emotional well-being.	
11/10/2025	Individual counselling	6 children	- We sat down with six children for a consultation again. Today we discussed the issues raised in the previous session. - The discussions focused on promoting positive behavior, cleanliness, self-awareness, and academic improvement. The sessions were effective in helping children reflect on their actions and understand the importance of maintaining good behavior and consistent academic performance.	
17/10/2025	How to celebrate Tihar discussion	10 children	- Today, a group discussion was held with the children to plan how they would celebrate the upcoming Tihar festival. The children participated enthusiastically, sharing creative ideas such as decorating their living spaces with lights and flowers, preparing traditional sel roti, and enjoying Deusi-Bhailo performances. - The discussion helped the children express their	

			excitement for the festival while fostering teamwork, cultural appreciation, and a sense of togetherness within the group.	
18/10/2025	Awareness session on Cyber safety	All children and mother staff participants	•Today, we conducted a session with children's and mothers' representatives on the safe and responsible use of the internet and digital devices. •A cybersecurity awareness session was conducted for representatives of children and mothers' representatives to promote the safe and responsible use of the internet and digital devices. The session addressed key topics, including protecting personal information, recognizing online risks, using social media safely, and reporting cyberbullying or any suspicious online activity. •Participants actively engaged in discussions and shared their experiences, enhancing their understanding of online safety and responsible digital behavior. The session aimed to build digital awareness and ensure that both children and staff are well-equipped to navigate the online environment safely.	
24/10/2025	Group counselling	4 children	•Today, we conducted a group counseling session with four children to address behavioral concerns such as disruptive and noisy behavior and difficulty concentrating on their studies. The session provided an opportunity for open discussion, which helped children reflect on their behavior and understand the importance of discipline and focus. •The discussion focused on helping the four children identify practical ways to manage their behavior at night to avoid disturbing neighbors and to encourage a sense of personal responsibility and respect within the community. •The discussion encouraged the children to adopt a more practical approach, remain focused on their studies, and maintain a positive attitude toward personal growth and behavior.	
25/10/2025	Eyelash Blinking Game	14 children	•As always, we started today's meeting by discussing the activities of the previous day's meeting. •Today, a fun and engaging group activity was organized to promote social interaction and teamwork among participants. The activity involved a creative "blinking game," designed to encourage participation, focus, and cooperative play.	

			•All participants were briefed about the rules in advance and divided into pairs. Winners from each round competed further until the final winner was selected. The activity created a lively and joyful atmosphere, helping strengthen positive relationships and enhancing group bonding. Everyone participated enthusiastically and enjoyed the experience •The activity concluded with the selection of two winners, who were awarded small prizes in recognition of their participation and achievement. •The winners expressed great joy and satisfaction, and all participants enjoyed the event enthusiastically. The activity helped foster a sense of togetherness, motivation, and happiness among the group	
27/10/2025	Activities: physical exercise with task-based challenges. individual counselling sessions with one child	10 1 children	•Today, 10 children participated in a fun and engaging activity that combined physical exercise with task-based challenges, promoting teamwork, coordination, attentiveness, and active participation while providing an enjoyable and interactive experience. Children enthusiastically completed all tasks, demonstrating energy, cooperation, and creativity. The session not only supported their physical well-being but also enhanced concentration, communication, and problem-solving skills. •Overall, the activity contributed to the holistic development of the participants, fostering both learning and physical fitness in a fun, engaging, and motivating environment. •Today, we conducted an individual counseling session with a girl to discuss and address her behavioral challenges, including self-harming behavior. The session provided a safe space for her to express her feelings and reflect on her actions. •During the session, specific issues were identified that require ongoing attention and support. To ensure her well-being and promote positive behavioral changes, additional monitoring and follow-up sessions have been planned in the coming days.	

Lesson learned:

- Some children show ongoing behavioral challenges, making regular follow-up and support essential.

Challenges:

- Some children are showing repeated behavioral challenges, highlighting the need for ongoing monitoring and support.

Reported by

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Date 09/11/2025

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