

CHFNI report

Psycho-social counselling

December, 2016

Brief

We performed our psycho social council trainings to the following children homes of Nepal:

- Hope Raising Nepal
- Madat Nepal
- Nepal Women and Children Welfare
- Akriti Shrijanshil Samaj
- Sanu Foundation
- Himalayan English Secondary School
- Sagarmatha Anath Ashram
- Bal Basera
- Apanga Punarsthapana Kendra
- Parijat Bachera Bas

- Nepal Ma Raheka Anath
- Future Hope
- Bright-star children Home
- Bachi-Ama Foundation Nepal
- Om Shree Sai Home
- New Children Home
- Umbrella Foundation
- Nepal Children Welfare Association
- Hamro Bal Samrakchan Kendra
- Uncle's Family Home
- Nepal Mahila Tatha Bal Sewa

Programme done:

- Discussion about the home and children with Contact person.
- Introduction with children
- Singing songs by children.
- Chart Presentation (Mentally Healthy and Unhealthy)
- Game (Hot Potato....)
- Chart Presentation (Drawing.....)
- Game (Mirror.....)
- Final discussion with the contact person and caregivers about the home Management system.

What we did

- After the introduction, we played games via. mind refresher game and 7 up game. From the game, children had self realization about the importance of concentration for success. We build rapport with them and made them to enjoy with the drawing and colours.
- After the entertainment, we discussed about the mental health and its importance. We played mirror effect with them for fun. Moreover, we discussed about their problems and made them to write the problems with they are hesitating to share. We had individual counseling with them. We played games, sang songs and danced. We made them to practice relaxation techniques like meditation, reviewing the happy moments and so on. We showed them videos related to goal setting and motivation for their bright future.
- At the end of the program, they blew the balloon and wrote their problems and blast them. They had glimpse of smile after releasing their stress through balloon.

Appointed volunteers

- Merina Karki
- Mousam Thapa
- Manjil Karki
- Yamuna Maharjan
- Aaradhana Rimal
- Bhim Kumari Payangu
- Dipendra Thapa
- Aakriti Poudel
- Sandesh Neupane
- Grishma Paneru
- Rupa Pandey
- Madhavi Sharma
- Sonam Tiwari

Extra Programs

Training to the home incharge, management, caregivers and mothers. This was conducted by CHFN and expertise were invited to give the training regarding the sanitation, counselling were done. This made us updated regarding the current status of the orphanages.

Findings and conclusions

- Second visit to some orphanages.
- The program had a positive feedback from both the children and the caregivers



Training conducted on 28 December onwards to the caregivers, incharge and management



On the counselling

Thank You!!

Children Home's Federation Nepal