

CHFNI socio-counselling

Monthly Report January, 2017

Counsellor's Name

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

Visited orphanages list

- Bal Griha Orphanage
- Laligurans Children Home
- FFTWHL
- Shanti Balgriha Orphanage
- Nepal Children Association
- Ayukta Disabled center
- Shristi Nepal
- Shamvab Nepal

Visited orphanage list

- Nepal Children Sadan
- Setu Nepal
- Sagarmatha Children Home
- Children Welfare Centre
- Women and children service center
- Sabitri Etatajan Welfare Group
- Children welfare center jay

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.

Findings and conclusions

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



