

# **Saathi CK Girls Shelter**

## **Annual Report**

**(Compilation of the highlights of the monthly report)**

**January 2013- December 2013**

**Submitted to:**

**Crystal Kids**

**Submitted by:**

**Saathi**

**We can make a difference**

**We must make a difference**

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### **Details of children residing in the shelter at present**

<b>Sn,</b>	<b>Name</b>	<b>Class</b>	<b>Age</b>	<b>Reason for coming</b>	<b>Address</b>	<b>Entry Date</b>
1	Laxmi Gautam	L.K.G	7	Street Child	Chabihel,	6/16/2011
2	Safina Khadka	L.K.G	8	Street Child	Pako Newroad	5/23/2008
3	Anita Lo	L.K.G	8	Orphan	Jorpati	12/10/2009
4	Lucky Shrestha	One	8	Domestic violence	Dhumbarai	3/14/2009
5	Kusum khadka	U.K.G	9	Street Child	Patan Bangalo	5/31/2011
6	Samikchya	K.G	7	Domestic violence	Jorpati	5/31/2011
7	Saraswoti	one	9	Poor economic condition	Bhaisepati	4/20/2009
8	Apekshya Bk	two	12	Domestic violence	Baitadi	2/24/2011
9	Samikshya Rai	two	10	Street Child	Sindupalchok	6/4/2008
10	Sita rokaya	Three	10	Orphan	Sanepa	7/10/2008
11	Bhagwati Awosti	Three	12	Poor economic condition	Kapan	4/17/2008
12	Nisha Gurung	Three	13	Street Child	Pashupati	7/8/2008
13	Sabina Bk	three	12	Domestic violence	Gausala	3/3/2008
14	Akanchya Bk	three	12	Conflict affected	Surkhet	4/28/2008
15	Bimala Lama	three	11	Poor economic condition	Kalimati	2/27/2008
16	Rabina Khadka	three	10	Poor economic condition	Imadol	2/20/2008
17	Prerana Khadka	three	10	Street Child	Pako Newroad	4/13/2007
18	Maya Shrestha	four	12	Street Child	Bauddha	4/22/2008
19	Pramila Bhandari	four	12	Poor economic condition	Kapan	3/4/2008
20	Sajina Bk	four	13	Domestic violence	Gausala	3/3/2008
21	Menuka Tamang	four	14	Domestic violence	Bhaisepati	3/15/2008
22	Smriti Devkota	Four	12	Domestic violence	Sukedhara	7/21/2008
23	Kusum Kc	Five	11	Domestic violence	Trisuli	3/28/2008
24	Rejina	Five	13	Domestic violence	Balkhu	5/2/2008
25	Laxmi Gurung	Five	14	Poor economic condition	Bhaisepati	4/18/2009

### **General Report**

There are altogether 25 girls and five staffs residing in the shelter.

## **Education Report**

Among the 25 girls at present, 23 girls are studying in Shahid Dharma Bhakta Boarding School, and 2 girls go to Ullens School .Our Coordinator and warden have been conducting monthly visits to both the schools to review their progress and meeting with their respective teachers. Two tuition teachers have been hired to help them with their homework after school. They come to the shelter daily from 4:30-6:30 pm. We have also hired one English language teacher in the morning from 6:30 - 8 am to facilitate their English language because most of the children are having difficulty with English language. We have also hired on French Language teacher once a week on Fridays from 3:30 – 4:30 from last year. All the staff members are making serious efforts to help them in their studies. Two times in a week counseling service is also provided for the children as well as all the staff, which make them more confident to perform their duty. Once a week we have also hired one Dance teacher to teach dance.

## **Medical Report:**

Once a year we organized one health and one dental camp to the children. This year we organized the health camp on 22nd July with the coordination with Alka Hospital Jawalakhel for all the children residing in our shelter. All the check up including Blood, urine Stool, Dental and Regular check up was done. Medicine for the prevention of worms and various vitamins are regularly distributed at the Shelter. The shelter has equipped First Aid boxes and competent staff who are trained to perform First Aid, if need arises. Expert opinion on adding nutritional food to the present diet is also taken from time to time.

Children who reach serious stages of any illness or who are badly injured are taken to different government Hospitals.

## **Extra Curricular Activities:**

The shelter tries to include a variety of activities to entertain and educate the children all year round:

- **Dance Classes** – The children take Nepali, Hindi and English dance classes with a dance teacher. They performed at Saathi's program and in their school.
- **French Class**;-We have a weekly French class for one hour very Friday.
- **Outings**: The children are taken on a regular basis to visit places like Fun Park, Dakshinkali Temple, Pasupati Nath Temple, observe Bhote Jatra in Lagankhel, Narayanhiti Palace Museum, Krishna Mandir Patan, to watch Nepali movies and Chobar.
- **Festivals**: The children celebrate festivals like Dashain, Tihar, Christmas, Holi, Maghe Sankranti ,Janai Purnima, and Shivaratri. They are taught about the different religions and how to respect and follow them equally. The staff celebrates the festivals with them by preparing cultural program special meal and distributing gifts and new clothes.

- **Movies** – The children are taken to the movies regularly. They also watch movies every Saturday and on public holidays in the shelter itself.
- **Sports:** Girls participate in different sports activities inside and outside the shelter. This year we had organized annual sport's day on 17th and 18th Jan 2013. All the children from the four shelters were divided into four groups Red, Blue, Yellow and Green House. On that day the girls took part in various competitions like drawing and Poem Recitation, Banana race, etc.
- **Birthday celebration-** Each and every child's birthday is celebrated in two two months according to their birthday .On this special day they are given gifts and special food. We also organize some interesting games and distribute prizes on this day.
- **Program attended:-** 3 girls were taken to watch a documentary film "Girl Rising in DAV School in the month of Dec.
- **Annual Parents Meeting:-**In the month of April we organize our Annual Parents meeting to share all the rules and regulation of the shelter.
- **Annual Program;-**On the 29th May we organized an Annual Program in which we award the best students of the year in academic field, neatness and in discipline.
- **Annual Picnic:-**We organized an Annual Picnic every year with all the staffs and children from all the shelters.

### **Awareness Raising Program**

Saathi shelter periodically provides the children with various awareness raising programs

- Health and Hygiene
- Child Sexual Abuse and child rights
- Family Values
- Domestic Violence
- Value Education
- Positive thinking
- Peer counseling
- Good behavior
- Discipline
- Moral classes
- Discussion with parents
- Smoking and drugs

These programs are conducted by supervisor, warden, counselors, volunteers and the Saathi staff. These programs have helped the children to grow in their capacity of expressing their feelings and have helped them to value the support and guidance that Saathi is providing. After such programs, the children usually express what they have learnt and understood. Saathi hopes to bring in more people to continue such activities for the children.

## **Annual Counseling Report**

### **Introduction:**

Total 25 girls of different age group of CK shelter are receiving regular Counseling services through various forms in the year 2013/14. Despite of age differences there is good relationship between all the girls in the shelter.

Almost all the children (girls) in this CK shelter are from different background holding their past experiences in sensitive situations such as domestic violence, rape, distorted family, being away from the basic child rights, HIV affected parents, orphan or even being sexually molested their state of being physically, psychosocially as well as emotionally healthy is a big challenge for them. Hence, a psychosocial counseling session in a group as well as in an individual way has helped them to be emotionally, physically as well as psychosocially healthy. Therefore, regular systematic counseling sessions has been conducted for this year 2013/14 as per the need and sensitivity of each child.

Basically, the common psychological problems in this group were observed in the form of emotional disturbances, educational, behavioral problems and cognitive functioning in an inappropriate way. To help them to change their problematic behavior, regular counseling is providing them as well as some psychological assessment is also conducted to assess the mental status.

### **Major Problems:**

Above mentioned information shows that the existing children are from different various psycho-social backgrounds with significant and peculiar experiences of their past life. So, specific single problem of an individual cannot cover all the 25 girls at the same time. Therefore, some girls have a problem regarding their sleep disturbance due to nightmares reflecting fears or traumas of past, some of them have a faulty learnt behaviors and using abusive words in the shelter while since some kids are too still in need of the maternal intimacy especially for those kids who were brought here in their early childhood.

Therefore, the pattern of problem varies as according to the background, family history and nature of the child.

In conclusion, the most persisting problems are behavioral problems like aggressiveness, lying, attention seeking, bed wetting, home sick, low self-esteem, anxiety/stress and one more as they are in the pubertal phase of their life attraction towards opposite sex is beginning at the moment. However, if they get emotional support, love & care from caretakers as well as regular counseling and guidance, consistent bond with parents, they will be able to lead a life in a proper, normal and in a meaningful way.

### **Methodology:**

Various types of techniques were applied which helped them to improve their poor emotional, behavioral and cognitive problems as mentioned above and to keep them psychologically healthy. Basically, Behavior Therapy, Art Therapy, relaxation

techniques, Cognitive Behavior Therapy, Creative Movement Therapy, Dance Therapy, Play Therapy and many other informal therapies were applied as according to the need of a child in the sessions. For the effectiveness of the counseling sessions most often below mentioned kind of counseling sessions are also conducted for the better solution of the residing problem of an individual which are as follows:

1. Individual Counseling
2. Group Counseling
3. Family Counseling
4. Staff Counseling
5. Peer Counseling
6. Awareness sessions

Hence, for the good psychosocial health of all the individuals in the CK Shelter, counseling strategy has always adopted the holistic approach in every type of sessions.

### **Academic Development:**

Academic assessment shows that almost all the girls have good intelligence level in their academic field. Only 3 or 4 number of girls is average in the education. Overall, if they are provided with the adequate observation and support by the tuition teachers, school teachers and reinforced by the counseling sessions they can improve their level of education.

### **Conclusion:**

All the girls in the CK Shelter are well mannered and appear neat and clean. There is a quick progress in their behavior and surrounding after the counseling sessions. So the counseling outputs could be seen precisely. Although there are problems coming and going, the girls are good enough in handling and adjustment process. Through the whole counseling session each individuals are being made to handle their persisting problem by their own so that they will not be dependent in future so counselor is being a channel to identifying and exploring their hidden potentialities.

### **Suggestion**

The team work of this shelter is very hard working and appreciable so this team spirit should be maintained in the upcoming years for the successful life of all the girls staying in the shelter and reach the mission and vision of the organization. The counseling materials and play materials should be added for more effective and quality counseling.

### **Staff Capacity Building/Program Attended:**

- Warden attended training in “**How to Develop in Listening Power**” given by the Past President Madhuri Singh on 30<sup>th</sup> of April at the Saathi Woman Shelter.
- On the 7<sup>th</sup> May Coordinator Sangeeta and Supervisor Anju Singh attended a “**Workshop on Case Administration Central Guidelines and Forms for Child Welfare and Child Rights Officers**” jointly organized by Central Child Welfare Board and Inter Agency working group in Dhokai ma Café Patan.

- On 22<sup>nd</sup> May Coordinator Sangeeta attended a Consultation Meeting on “**Guidelines of Alternative Care**’ organized by VOC (Voice of Children) in Dhokaima Café Patan.
- Coordinator and Supervisor attended a program in the month of July jointly organized by Saathi, Lacc and Ministry of Woman and Children welfare at Dhokaima Café on “**A program with stake holders on Vital Registrations and other problems of vulnerable woman and children**”.
- On the 29<sup>th</sup> all the wardens and counselor from all the shelters were given a class on **Mentorship**.
- On 30<sup>th</sup> Oct all the staffs were given an Orientation of **Self Awareness and Relaxation** by Menakshi Rana.
- Coordinator Sangeeta Rana and Supervisor Anju Singh visited Friends of Needy Children’s **Nutrition Rehabilitation Centre** to discuss our food menu in Satdobato on the 13<sup>th</sup> Dec..

**Note:** The staff also participates in other trainings and programs organized by Saathi and different organization on issues related to children.

### **Outreach Report**

The outreach worker goes to visit the family frequently and also follow up home visits. The children are encouraged to go to their homes and reunite with their families during their vacation. The outreach worker also helps to give information of family planning, reproductive health and how to deal with the children when they come home in their vacation to the children’s family. The outreach worker also tells them not to share the kids about their drinking habits and their problems so that the children don’t feel stressed when they come back to the shelter. And also tell them to inform us when they change their home and working address and their mobile number. All the parents are also told to submit their citizenship and child birth certificate to keep the records, most of them had submitted but few were reminded to submit.

### **Meetings inside the shelter**

Staff and children meeting with the warden takes place every week in the shelter. Every week staff meeting is conducted to make the action plan of weekly activity. In the meetings staff members set up their weekly plan for the coming week and share the following week’s work report. Every staff in the shelter participates in this meeting. Important issues and problem are also discussed during these meeting.

Similarly the Coordinator conducts children meeting twice a month. Children share issues concerned to them during these meetings.

Case meetings are also held among the Coordinator, counselor and the outreach worker to facilitate decisions regarding education and follow up .Coordinator also conduct monthly staff and tuition teacher’s meeting.

Coordinator also conducts Core staff meeting once a month. In this meeting all the Wardens of the concerned shelters to discuss the Plan for the next month, discuss all the needs and problems of all the shelter, shares their views. We also sit with all the five counselors together to share their experience and difficulties.

**Networks and Alliances:**

Saathi is also an active member of different network of NGO's working for the cause of children. These networks help to strengthen NGO partnerships and exchange experience of sharing and learning. The members of these networks meet from time to time to discuss the problems the children are facing and how to tackle them. Various workshops and seminars also take place on a regular basis. Among various networks Saathi is an active member of CZOPP (Children Zone of Peace and Protection), CNET (children homes net work) and NAOSC (National Alliance of Street children).

## Individual Progress Report of Children residing in the shelter

### 1. Name: Sabina BK

#### **Educational & Extra Curricular Assessment:**

Sabina studies in class Three. Sabina secured 86.9% in the first term and 84.75% in the second term. She shows interest in all the activities and is good in her studies.

#### **Counseling Assessment**

Sabina she has some lying behavior otherwise overall counseling session Sabina has performed well. Overall For the betterment of her healthy growth she needs Cognitive Behavior Therapy (CBT) as per her performance.

#### **Problem:**

She has some problematic behavioral with staffs and friends in the shelter.

#### **Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

#### **Progress:**

She has been in the session with the Cognitive Behavior Therapy and play therapy for the betterment of her behavior.

**Need:** She needs therapies that could help her in cognitive growth and behavior modification.

**Family Assessment:** Her mother lives in Gothataar .She has a small mobile shop. Her younger brother goes to school regularly. Her mother visits the shelter regularly and she takes them in long vacation. She is very happy with her daughters' improvement.

#### **Medical Assessment:**

Sabina weighed 32 KG. She was taken to Alka Hospital for her eye check up in July.



### 2. Name: Sajina BK

#### **Educational & Extra Curricular Assessment:**

Sabina is in class Four. Sabina secured 86.88% in the first term and 85.67% in the second term. She is good in her studies, shows interest in her work and enjoys all musical activities.

#### **Counseling Assessment**

Sajina has performed well in the year 2013/14. She has problematic behavior sometimes which is improved soon after joining counseling sessions.

#### **Problem:**

Emotional disturbances form the side of her parents.

#### **Approach used**

- Relaxation
- Expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

#### **Progress:**

She has been conscious towards her behavior among her friends. She has reduced her behaviors that has created disharmony in the shelter.



**Need:** She needs extra support from the staffs of the shelter and therapies that could help her in personality development.

**Family Assessment**

Same as her sister Sabina B.K

**Medical Assessment**

Sajina BK weighs 40 KG. She had no health complain this year.

**3. Name: Rabina BK**

**Educational and Extracurricular Assessment:**

Rabina is in class Three. She got 69.3 % in her first term exam and 63.72% in second term. She is good natured girl and mixes well with her friends.

**Counseling Assessment**

Rabina is an extrovert girl who enjoys playing and entertaining with everyone. She has a good memory and she is very sensitive towards every situation and incidents

**Problem:**

She has peer adjustment difficulty.

**Approaches Used:**

- Cognitive Behavior Therapy
- Behavior Modification Therapy
- Play Therapy

**Progress:**

She has been more enrolled in the groups and making fun.

**Family Assessment:**

She has mother, step father and step younger brother. Her family lives in Imadol, Lalitpur in a rental room. Her own father works as a wage worker and works in Lagankhel but he drinks a lot. He said that he will help us to make her birth certificate and will be in touch with her daughter. Her mother comes to meet her regularly and works as a wage worker.

**Medical Assessment:**

Rabina weighs 29 KG. She had no health complain this year.



**4. Name: Bimala Lama**

**Educational and Extracurricular Assessment:**

She got 75.96 % in her first term exam and got 68.32 % in second term. Bimala is studying in Grade Three. She likes to learn new things and loves coloring.

**Counseling Assessment:**

Bimala is a very intelligent girl; her cognitive development is very good at the moment. She is also keen at guiding her younger sisters and leading them in a good track.

**Problem:**

Leadership problem as she is the captain of the room.

**Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy



**Progress:**

Counseling session has helped her to developing leadership skill.

**Family Assessment:**

She has father mother and two elder brothers. Her two elder brothers are studying in Saathi boy's shelter. Her mother has a small mobile shop and her father's health has also improved. She regularly visits her daughter.

**Medical Assessment:**

She weighs 35 KG. She had no health complain this year.

**5. Name: Menuka Tamang****Educational & Extra Curricular Assessment**

She got 75.63 % in her first term exam and 68.7% in second term. She is studying in class four. She is good mannered, cooperative girl. She loves dance and music.

**Counseling Assessment**

Menuka Tamang is physically as well as psychologically well. She is now in the pubertal phase and being little bit conscious about her physique. Anyways she also needs guidance and support from the teachers and staffs for her overall growth.

**Problem:**

Menuka has some academic and educational problem which is still due to her careless she is scoring less point in the exam.

**Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Anxiety reducing techniques
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

She has developed some maturity level to handle her emotional imbalance due to menstruation cycle.

**Family Assessment**

Her family lives in Bhainsepati Lalitpur. She has father, mother, step sister and brother. Both her parents work as a wage worker. Her mother fainted due to epilepsy and was treated by an NGO called Burns (President Pramada Shah) if she was not treated on time she would have lost her leg. She was operated all the medical support was done by the Burns. She is very thankful towards to Saathi.

**Medical Assessment:-**

She weighs 38 KG. She had fever on the month of March and had medicine for one week. On the month of July she was taken for an eye check up,



## **6. Name: Pramila Bhandari:**

### **Education and Extra Curricular Assessment:**

She got 80.64 % in her first term exam and 68.47 % in second term. She is studying in class four. She is cheerful, cooperative and friendly girl. She likes to learn new things and singing.



### **Counseling Assessment:**

Pramila Bhandari is also an extrovert girl; she likes being in a group rather than sitting alone. She is interested towards new topics and issues to learn and getting exposed with the unknown issues.

### **Problem:**

She shows some rudeness and possessive behavior during her captainship as a room captain.

### **Approaches used:**

- Verbal counseling Techniques for effective communication
- Art Therapy
- Creative movement therapy in a group.

### **Progress:**

After regular sessions in the counseling she had improved in handling the group but still she is lacking some of the important facts of being and dealing the group.

### **Family Assessment:**

Her family lives in Kapan Kathmandu in a rental room. Her mother works as a domestic worker. Her father stays with another woman. She has two sisters and one brother. She has five step sisters they also stay with them. One of her step sister who was abused was rescued by Saathi is in Saathi New girl's shelter. Her sister's legal case is followed by CWISH organization.

### **Medical Assessment**

She weighs 40 KG .She was taken for an eye check up on the month of July.

## **7. Name: Kusum K.C.**

### **Education and Extra Curricular Assessment:**

She is studying in grade Five. She got 71.35% in her first term exam and 76.7 % in second term. She is good in her studies, dancing and enjoys taking part in extra activities.



### **Counseling Assessment**

Kusum K.C has a unique identity in the shelter. Although she is very little her academic performance is very good. She is very alert all the time to learn and practice new things.

### **Problem:**

She is very active but she has difficulty in her academic field especially in maths.

### **Approach used**

- Expressive techniques
- Art Therapy
- Anxiety reducing techniques
- Creative movement therapy
- Cognitive Behavior Therapy

### **Progress:**

Counseling sessions seems very effective to her as she is a quick learner but explored learning technique.

**Family Assessment:**

Kusum's parent now live in Trisuli and has opened a small shop. Her parent relation is good. Both the parent love and care her and comes to the shelter to meet her from time to time.

**Medical Assessment:**

She weighs 26 KG. She is healthy and has no complains.

**8. Name: Bhagwati Awasti****Education and Extracurricular Assessment:**

She is studying in class Three. She got 77.1 % in her first term exam and got 73.7 % in second term. She has improved in her studies and shows more interest in games.

**Counseling Assessment:**

Bhagwati Awasti is hyperactive and talkative girl. She is at the same time funny and humorous. Otherwise her psychological and physical health is very good.

**Problem:**

Most often she is hyperactive.

**Approach used:**

- Communication skill
- Art Therapy
- Cognitive behavior therapy.

**Progress:**

Her hyperactivity has somewhat reduced

**Family Assessment:**

Bhagwati has mother step father, step younger brother, and own two sisters. Her two sisters are in other organization Aasha Nepal and one of them studies in class 11 and is doing her training cum job as a tourist guide in Pokhara and they wanted to keep her other sister with the family but her family don't have a proper environment. We also had talked to Aasha Nepal about the family situation and had told them not to reintegrate them now and they also have agreed.

**Medical Assessment; -**

She weighs 29 KG. She was taken to Patan Hospital on the 1<sup>st</sup> of July as she had tooth ache. She was taken to Alka hospital in Aug for the scaling of her teeth.



## 9. Name: Sabina Shrestha(Maya)

### Education and Extra Curricular Assessment:

She studies in class four and she got 91.56 % in her first term exam and got 90.43 % in second term. Sabina has good concentration power and is good in her studies and is well disciplined girl. She is interested in dancing.

### Counseling Assessment:

The physical, psychological as well as social health of Sabina Shrestha (Maya) is very good. She is energetic and fresh mostly although little bit shy.

### Problem:

She has sometimes some emotional attachment problem.

### Approach used

- Verbal techniques to make herself expressive.
- Art Therapy
- Cognitive Behavior Therapy
- Projective Techniques

**Progress:** Emotion adjustment technique which has improved a lot.

### Family Assessment:

Sabina's father and mother both work as a wage worker and her parent stays in a rented room in Gothataar. As her mother drinks a lot her brother does not go to school regularly. Her brother sometimes runs away from home as he is not taken care by her. We have talked with her father for birth certificate he said after making his citizenship he will make her birth certificate.

### Medical Assessment:

She weighs 32 KG .She was taken for her eye check up in Aug 10<sup>th</sup> and had to wear power glasses.



## 10. Name: Akansha B.C.

### Education and Extra Curricular Assessment:

She studies in class three and got 77.48 % in her first term exam and 72.73 % in second term. Akansha is good mannered and has positive attitude.

### Counseling assessment

Akansha B.C is very good in expressing, communicating and easygoing. She is friendly with her younger sisters as well as her elders. So her physical and psychosocial health is very good at the moment.

### Problem

Akansha has good psychosocial health.

### Approach used

- Art Therapy
- Cognitive Behavior Therapy
- Play therapy

### Progress

She is charming and of open minded.

### Family Assessment:

Akansha's sister lives in Nepalgunj and is in class ten. Her mother lives in Dailekh alone and does tailoring. She requested for travel expense for her daughter in Dashain vacation this year and had taken Akanshya for holiday. She calls her quiet often.



**Medical Assessment:**

She weighs 32 KG .In March she was taken to Patan hospital as she had skin allergy.

**11. Name: Rejina Demdung****Education and Extracurricular Assessment:**

She is in class Five. She got 84.6 % in her first term exam and 82.76 % in second term. Rejina is well disciplined and has interest in art and coloring and likes to read story books.

**Counseling assessment**

Rejina Demdung is also very active and extrovert kind of girl. She is very intellectual and her ideas are very good although she is small in her age.

**Problem**

She has very good communication skill.

**Approach used**

- Talking therapy
- Projective techniques
- Play therapy

**Progress**

This year she has worked a lot in her self-esteem.

**Family Assessment:**

Rejina's mother lives in slum area in Balkhu and works as a domestic worker. She has two elder sisters, one younger brother and sister. Both her sister got married..Her younger sister is getting scholarship from Saathi and she is doing well in her studies.

**Medical Assessment:**

She weighs 36 KG. She had no health complain this year.

**12. Name: Sita Rokka****Education and Extracurricular Assessment:**

She is studying in class Three. She got 64.18 % in her first term exam and 55.82% in second term. Sita is improving in her studies. She likes playing in groups and loves dancing.

**Counseling Assessment:**

Sita Rokaya is taken as one of the girl who is developing in the slow and steady way on the basic of her performance. Her cognitive development is comparatively slow in the group of other girls of same age.

**Problem:**

Sitahas Attention Deficit Hyperactivity Disorder (ADHD).

**Approach used:**

- Play Therapy
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:** This year there is slight improvement in her hyper behavior.



**Family Assessment:**

Sita's father passed away this year. She has only one brother and he works as a sales boy in Swayambhu with his friend. He comes to visit her and loves her. The previous house owner of her brother and father loves Sita and her brother so they both got to stay with them in long vacation.

**Medical Assessment:**

She weighs 29 KG. She was found healthy this year and had no complains.

**13. Name: Smriti Devkota****Education and Extracurricular Assessment:**

She is studying in class four. She got 55.51% in her first term exam and 50.7% in the second term. Smriti is improving in her studies and shows interest in dancing.

**Counseling Assessment**

Smriti Devkota is very introvert and sensitive girl. She has a very good communication skill which is observed during the session. Overall, her physical and psychosocial health is very good.

**Problem:**

Smriti has low self-esteem and learning difficulty.

**Approach used:**

- Play Therapy
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:** She has slight improvement in self-esteem and learning methods.

**Family Assessment:**

Smriti's mother works as a helper in a finance and lives in Sokedhara. Her younger sister stays with her and goes to school. She seems very happy.

**Medical Assessment:**

She weighs 34 KG .She was found healthy this year and had no complain.

**14. Name: Nisha Gurung****Education and Extracurricular Assessment:**

Nisha is studying in class Three. She got 86.66 % in her first term exam and 82.71 % in second term. She is well mannered, enjoys drawing and coloring and has interest in dancing.

**Counseling Assessment:**

Nisha Gurung is developing her modified good behaviors. There is a big change in behavior of Nisha in comparison to other girls of the shelter. She is quite reserved but attentive during every counseling sessions.

**Problem:**

Nisha is average in overall activities with average performance.

**Approach used:**

- Art Therapy
- Concentrating exercises
- Creative movement therapy
- Cognitive Behavior Therapy



**Progress:**

She has improved her hyperactive and temper tantrum behavior and performing as a room captain.

**Family Assessment:**

Her mother got remarried and stays in Pashupati area and begs. Her mother is deaf and dumb. Her mother has the habit of drinking and stays in the street. Her situation is very critical. Sometimes she comes to visit her in the shelter and is very happy with Saathi.

**Medical Assessment:**

She weighs 35 KG. This year she had no complains on her health this year.

**15. Name: Samiksha Rai****Education and Extra Curricular Assessment:**

She is studying in two. She got 68.62 % in her first term exam and got 66.27 % in her second term. She is careless in her studies and is weak in Maths and Nepali. She does not like to mix up with others.

**Counseling Assessment**

Samiksha Rai is a very little girl with the childish behavior. She has a fear of being in front of the elders and in a group as she needs to learn lot of things.

**Problem:**

General anxiety; of being expressive in a group and elder people like teacher, sisters or warden.

**Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

Slight improved in her aggressive and temper tantrum behavior.

**Family Assessment:**

Her mother works in Sindhupalchowk and works as a domestic worker. Her brother is with her aunt and elder sister is studying and staying in other organization in Boudha. Her mother's citizenship is not made and we are trying to get her birth certificate also. Her mother is out of contact.

**Medical Assessment:**

She weighs 29 KG. She is fine and healthy.

**16. Name: Safina Khadka****Education and Extracurricular Assessment:**

Safina is in LKG( Lower Kinder Garten) and is very good in her studies. She respects elders and shows interest to learn new things She got 94.71 in her first and 97.57 in her second term exam.

**Counseling Assessment:**

Safina Khadka is too young in the shelter. She is still in the period of development of her physical, mental, psychological and social and cognitive skills.

**Problem:**

She has some emotional attachment disorder.

**Approach used**

- Play Therapy with movement techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

She has increment in the level of emotion attachment.

**Family Assessment:**

She has a father, mother, one Step sister, two brothers and two sisters .One of her sister is in Saathi shelter. Her sister works as a domestic worker in Kamaladi Kathmandu and brother is in village.Her mother got remarried and her father lives in New road and drinks a lot.He does not want to take responsibility of her two daughters and does not come to meet them.

**Medical Assessment:**

She weighs 19 KG .She was taken to Patan Hospital as she had allergy in her eyes on 3<sup>rd</sup> June.

**17. Name: Lucky Shrestha**

**Education and Extracurricular Assessment:**

Lucky is studying in Ullens School and is in class One. She is good in her studies. She looks happy and takes keen interest in musical activities.

**Counseling Assessment:**

Lucky Shrestha is a talented and quick learner. She is active in a peer group or friendly with the staffs of the shelter. She is playful and charming girl with attractive smile and creative ideas.

**Problem:**

She has emotional adjustment difficulty.

**Approach used**

- Play Therapy with movement techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

She has quick learning capacity and her emotional adjustment is done through frequent counseling sessions

**Family Assessment:**

Lucky's mother is working as a domestic worker in Kalopul, Kathmandu. She has a psychological problem and a heart problem and takes medicine. She also visits her daughter often. Her house owner is very kind when she takes Lucky in long vacation both of them stay with them.

**Medical Assessment:**

She weighs 21 KG. Her blood group check up was done in April for school record .She was taken to Alka hospital as she fractured her hand on the month of June



**18. Name: Anita Lo (Tamang)****Education and Extracurricular Assessment:**

She is in LKG. She got 96.57 % in her first and 98.64 % in second term exam; She is very good in her studies. She has good manner and likes to learn new things.

**Counseling Assessment:**

Anita is still introvert and shy in her nature. She has a very low voice and feels shy in expressing her thoughts and ideas.

**Problem:**

Anita has slight problem in her self-esteem and confidence.

**Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

She has an improved a lot in her emotions and communication skill.

**Family Assessment:**

She is an orphan and has five brothers. All the three brothers live in Jorpati and one works as a domestic worker in Pokhara. One of her brother is in Saathi shelter. She misses her family. No one comes to meet them because all of them are busy with their work. We have convinced them to come to meet them from time to time. But she meets her brother in Saathi new boy's shelter. No one from the family is in contact with her and Saathi when we tried to trace them we could not find anyone. But we are still trying to trace her family.

**Medical Assessment:**

She weighs 18 KG .She looks fine and healthy.

**19. Name: Prerana Khadka****Education and Extracurricular Assessment:**

Prerana is studying in class Three .She got 48.02% in her first term and got 52.22% in her second term .She is slowly improving in her studies .She mixes well with her friends. She loves dancing but is not ready to perform.

**Counseling Assessment:**

Prerana Khadka is little bit extrovert in nature. Although she is helpful in nature sometimes she gets negative comments by the staffs and the teachers for the behavior.

**Problem:**

Prerana Khadka has Attention Deficit hyperactivity Disorder (ADHD) along with learning difficulty.

**Approach used:**

- Play Therapy with expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

She has slight improvement in her hyperactivity and academic level.



**Family assessment:**

She is the real sister of Safina and her family assessment report is same as hers.

**Medical Assessment:**

She weighs 30 KG. She was found healthy this year.

**20. Name: Laxmi Gurung****Education and Extracurricular Assessment:**

Laxmi is studying in class Five. She got 91.46% in her first term and got 93.85% in her second term. Her performance is excellent .Overall good.

**Counseling Assessment:**

Laxmi Gurung is one of the self-motivated and talented girl in the shelter. She has a unique identity for her intellectual capacity and leadership quality.

**Problem:**

Laxmi has developed superiority complex due to which she started dominating other children.

**Approach used:**

- Talk Therapy
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

There was integrated communication with warden, counselor and laxmi due to which she has reduced her dominating behavior at present but later on it might develop again.

**Family Assessment:**

Her father ,grandmother and step mother lives in Bhaisepati .Her father works as a driver and drinks a lot Her step mother has a small mobile shop. Her step mother is very loving and caring she takes Laxmi and Saraswoti home in their long vacation. She and her sister is very happy with her step mother.

**Medical Assessment:**

She weighs 37 KG .She had no complain regarding her health.

**21. Name: Saraswati Gurung****Education and Extracurricular Assessment:**

Saraswati is studying in class one. She got 72.74% in first term and 72.43% in second term. She is very creative and loves drawing.

**Counseling Assessment:**

Saraswati Gurung is physically, psychologically and socially good but sometimes as she is too young, she has some difficulty in sound functioning.

**Problem:**

She has difficulty in academic field which might also peak later on

**.Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy



**Progress:**

She has been given more emphasis due to which there is development in her academic level.

**Family Assessment:**

Same as her sister Laxmi Gurung

**Medical Assessment:**

She weighs 18 KG. She had no complaints regarding her health.

**22. Name: Kusum Khadka****Education and Extracurricular Assessment:**

Kusum is in UKG (Upper Kinder Garden). She got 79.43% in first term and 82.62% in second term. She is good in her studies, likes group activity.

**Counseling Assessment:**

Kusum Khadka is very social with everyone in the shelter. She has got many potentialities which are yet to explore. She is little bit submissive when there are problems in her surroundings.

**Problem:**

Kusum still shows the symptoms of separation anxiety sometimes

**Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Anxiety reducing techniques
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

Comparatively last year she has improved a lot in her anxiety level.

**Family Assessment:**

She has a father who works as a wage worker and his economic condition is very poor. Her father stays with his friend in a rental room. So as it is not safe we don't send her home to stay long. Her father is attached and loves her a lot and visits her from time to time. Her mother is out of contact with them.

**Medical Assessment:**

She weighs 19 KG. She was taken to Alka Hospital on the month of March due to cough and breathing problem doctor said she had asthma and gave her medicine for two weeks. She was taken to eye hospital to check her eye and was suggested to wear a power glass on June.

**23. Name: Samikchya Shrestha.****Education and Extracurricular Assessment:**

She is in KG( Kinder Garden) and is studying in Ullens School. She is very talkative and good in extra activities

**Counseling Assessment:**

Samikchya is very active and one of the forward girl in the shelter. Her mother is very attached with her and frequently visits at the shelter. Overall her health condition is good.



**Problem:**

Samikchya has stealing behavior along with speaking lie.

**Approach used**

- Play Therapy with moral story telling technique.
- Art Therapy
- Anxiety reducing techniques
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

Regular counseling session is going on for the modification of this behavior, but she needs supervision from the residential staffs.

**Family Assessment:**

She has a mother and she lives in Jorpati with her friend. She works in a candle factory. Her father left both of them and is out of contact. Her mother comes to visits her often and takes her home in long vacations. To make her birth certificate she is trying to find her husband. She is planning to open a mobile food shop in a partnership with her friend.

**Medical Assessment:**

She weighs 20 KG. She was taken to Omkar Hospital due to common cold.

**24. Name: Laxmi Gautam.****Education and Extracurricular Assessment:**

She is in LKG. She got 100% in first and second term exam.. She is well mannered, respects her elders. She shows interest in reading and writing.

**Counseling Assessment:**

Laxmi is also in her childhood phase where she needs proper support and guidance from the teachers, parents and other residential staffs. Otherwise she is an active and disciplined.

**Problem:**

She has sometimes adjustment difficulty especially while being in a group.

**Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Anxiety reducing techniques
- Creative movement therapy
- Cognitive Behavior Therapy

**Progress:**

She is in the way to progress and make sound adjustment in the shelter with everyone

**Family Assessment:**

She has father, mother, three elder step sisters and one elder step brother. Her father does not do anything and her mother begs in the temple area. Two sisters got married and one works as a domestic worker. Her brother is supported by one organization but stays with the family, They support his education and gives some ration and gas to the family. Their family situation is not good and the expense of the house is given by her sisters salary and the money which her mother gets from begging.

**Medical Assessment**

She weighs 24 KG. She was found healthy this year and had no complains..



## **25. Apekshya B.K.**

### **Education and Extracurricular Assessment:**

She is in class two, She got 97% in first term and 98.61 % in second term. She is good in her studies and in team work. She loves coloring.

### **Counseling Assessment:**

Apekshya B.K. is also one of the good students of the shelter. She has a both introvert and extrovert kind of nature. She is hard working and enthusiastic girl.

### **Problem:**

Apekshya has good emotional intelligence and she is sensitive girl.

### **Approach used**

- Play Therapy with expressive techniques
- Art Therapy
- Anxiety reducing techniques
- Creative movement therapy
- Cognitive Behavior Therapy

### **Progress:**

Although sensitivity is not exactly problem but it might be in future, therefore she is working in her sensitivity.

### **Family Assessment:**

She has mother, father and two younger brothers. She was referred here from the woman shelter. Her mother was reintegrated to the family but could not stay with the family and was back in woman shelter, now she is referred to another organization by Saathi. She comes to visit her daughter often.

### **Medical Assessment:**

She weighs 34 KG .She had no health complain this year,



**Photo of different activities of C.K shelter**



**Orientation class in health camp 2013**



**With parents**



**Visit to dakshinkaali temple**



**Gathering @ christmas party**



**Watching theater show @ dashain party**



**Performing dance at dashain party**



**A cultural program at ullens school**



**Birthday celebration in the shelter**



**Performing dance at Christmas party 2013**



**c.K. group photo**



**Annual sports 2013**