

Saathi CK Girls Shelter

Annual Report

(Compilation of the highlights of the monthly report)

January 2014- December 2014

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

Sn,	Name	Class	Age	Reason for coming	Address	Entry Date
1	Laxmi Gautam	One	8	Street Child	Chabihel, KTM	6/16/2011
2	Safina Khadka	U.K.G	9	Street Child	Pako Newroad	5/23/2008
3	Anita Lo	U.K.G	9	Orphan	Jorpati	12/10/2009
4	Lucky Shrestha	Two	9	Domestic violence	Dhumbarai	3/14/2009
5	Kusum khadka	One	10	Street Child	Patan Bangalo	5/31/2011
6	Samikchya Muktan	One	8	Domestic violence	Jorpati	5/31/2011
7	Saraswoti gurung	Two	10	Poor economic condition	Bhaisepti	4/20/2009
8	Apekshya Bk	four	13	Domestic violence	Baitadi	2/24/2011
9	Samikshya Rai	Three	11	Street Child	Sindupalchok	6/4/2008
10	Sita rokaya	Four	11	Orphan	Sanepa	7/10/2008
11	Bhagwati Awosti	Four	13	Poor economic condition	Kapan	4/17/2008
12	Nisha Gurung	Four	14	Street Child	Pashupati	7/8/2008
13	Sabina Bk	Four	13	Domestic violence	Gausala	3/3/2008
14	Akanchya Bk	Four	13	Conflict affected	Surkhet	4/28/2008
15	Bimala Lama	Four	12	Poor economic condition	Kalimati	2/27/2008
16	Rabina Khadka	Four	11	Poor economic condition	Imadol	2/20/2008
17	Prerana Khadka	Four	11	Street Child	Pako Newroad	4/13/2007
18	Maya Shrestha	Five	13	Street Child	Bauddha	4/22/2008
19	Pramila Bhandari	Five	13	Poor economic condition	Kapan	3/4/2008
20	Sajina Bk	Five	14	Domestic violence	Gausala	3/3/2008
21	Menuka Tamang	Five	15	Domestic violence	Bhaisepti	3/15/2008
22	Smriti Devkota	Five	13	Domestic violence	Sukedhara	7/21/2008
23	Kusum Kc	Six	12	Domestic violence	Trisuli	3/28/2008
24	Rejina	Six	14	Domestic violence	Balkhu	5/2/2008
25	Laxmi Gurung	Six	15	Poor economic condition	Bhaisepti	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 13th Dec 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 Programs.
- **French Class**;-We have a weekly French class for one hour every Friday.
- **Outings**: The children are taken on a regular basis to visit places like Taudaha, Mal Pokhari, Zoo 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 13th Jan 2014. 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 three/three 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.
- **Annual Parents Meeting**:-Every year in the month of April we organize our Annual Parents meeting to share all the rules and regulation of the shelter.
- **Annual Program**;-Every year 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
7. Trauma Counseling
8. Sexually abused children and counseling
9. Education Counseling
10. Psycho social Intervention (Therapy)

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:

- Coordinator, Supervisor and Field worker visited three other homes J and K house of **NAIF and Creating Possibilities Nepal** on the 23rd Jan for a visit.
- On Jan 10th and 31st staff and warden were given the training of **Mentoring training** from Ms Nura Basnet
- Warden attended **Ullens School** on Jan 26th they had a pot luck party and they also celebrated their Diversity Day where Samikshya wore a Newari dress.
- Coordinator and Supervisor attended a '**Grand Parent's Day**' in **Ullens School** on the 14th Feb.
- Warden and staffs took the '**Mentoring Training**' on the 3rd and 10th of Feb. Altogether there were 9 sessions.
- Coordinator and Social worker attended an "**8th Annual General Meeting**" of **NAOSC** (National Alliances of Street Children) in the month of feb.
- On the month of 11th Feb Anju Singh and Field worker Kabita Panta attended the **CNET planning Consultation Meeting**. The focused topics in this meeting were of children, care takers, Board of Child Care Homes (CCH) and Government.
- On March 21st Coordinator and supervisor went to attend the graduation ceremony of Samikshya Mktan at **Ullens School** Jawalakhel.

- Last session of **Mentoring Training** was done on March 10th for all the staffs at the girls shelter
- Coordinator and Supervisor attended **8th Annual general meeting of CZOPP** (national Coalition for Children as Zones of Peace and Child Protection) at Pataleban Resort Thankot on 17th and 18th April.
- Warden and tuition teacher attended a teacher and parents meeting on the 28th April at **Ullens School**.
- On 11th May Social worker Kabita Panta attended a program organized by NAOSC on **Strategy plan at NAOSC** office Putali Sadak.
- Warden and tuition teacher attended a teacher and parents meeting on the 13th May at Ullens School.
- Coordinator and Social worker attended a program organized by NAOSC at NAOSC office Putali sadak for the **“Partnership Agreement between CWIN and NAOSC”** on the 30th June.
- Supervisor Anju Singh attended the **National Child Protection Conference** 2014 at Everest Hotel on the 24, 25 and 26th June organized by NCPA.
- Supervisor Anju attended **National Consultation** with Children and Adult on Child Rights Convention on the 17th June at Everest Hotel.
- Social Worker Kabita Panta attended a program organized by CWIN **“National Conference on Adolescent Forum”** on 22nd June at Hotel Yellow Pagoda.
- Coordinator and Supervisor went to **SDB School** for parents teachers meeting on the 11th June.
- Coordinator and Supervisor went to visit **Ullens School for Parents Teacher meeting** on the 17th June for Samikcha Moktan.
- Coordinator and Supervisor attended **‘Child Protection Working’** meeting group organized by CZOPP at Naxal on the 7th July.
- Coordinator, Supervisor & Warden went to **SDB School for parents teachers meeting** on the 16th July.
- Coordinator and warden went to visit **Ullens School for Parents Teacher meeting** on the 17th July for Samikcha Moktan.
- All the shelter residential staffs had a **6 days training on Awareness, stress, anger management and good communication** which was given by our counselors in the month of August.
- Some Police personal had come to the shelter on the 11th August to distribute Horlicks for the girls.
- Coordinator Sangeeta and Social Worker Kabita attended a meeting at **Woman Commission** on the 18th August.
- Saathi organized the **Basic Counseling training** from 15th Sept for five days where the Coordinator, Supervisor and all the wardens, Social worker participated at the Women Safer Home.

- On the occasion of Children's Day on 14th Sept ten girls were taken to Lainchaur for the program organized by CCWB.
- Coordinator Sangeeta Rana attended a program to celebrate the " **International Girl Child Day**" organized by CWIN at Rabi Bhawan Kalimati in the month of Oct.
- Follow up counselor training was arranged for all the staff at the Girls safer home on the 10th Nov.
- Coordinator and Supervisor attended a program on " **Ending Child Marriage**" organized by UNICEF at the Yak palace Pulchowk on the 3rd Nov.
- We celebrated "**International Girl Child Day**" on the 4th Nov at the girl's shelter.
- Coordinator and Social worker attended CZOPP " **Semi Annual Review meeting**" at Baneshore on the 13th Nov.
- Coordinator and Supervisor attended a program at yak palace organized by CWIN on " **National Policy Dialogue on Street Children**" on 14th Nov.
- Warden went to visit Ullens School for Parent teacher meeting on 30th Nov.
- Coordinator and Supervisor went to visit SDB School with the wardens on the 11th Nov.
- Staffs from Laxmi Bank came to our safer home to distribute noodles, Chocolates, biscuits etc on Dec 26th.

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 Four. Sabina secured 92.43% in the first term and 78.12% in the second term. She is good in her studies and is interested to dance, reading story books and visiting new places.

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. Psycho-education on her behavior.

Problem:

She has some problematic behavioral with staffs and friends in the shelter before now she is improving her behavior.

Approach used

- Play Therapy with expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy
- Awareness of sex education.

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 Samakhusi. She has a small mobile shop. She has negative attitude in her behavior. Her family environment is also not safe this year both the daughters didn't go to stay with her. We are planning to give counseling to their mother.

Medical Assessment:

Sabina weighed 37 kg. She was found healthy this year and has no health complains.



2. Name: Sajina BK

Educational & Extra Curricular Assessment:

Sabina is in class Five. Sabina secured 85.85% in the first term and 81.93% in the second term. She is good in her studies and likes to dance and read.

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
- Psycho-education on her behavior
- Projective techniques.
- Awareness on sex education as well as teenager problem

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 weighs 44 kg.. She was taken to medical shop as she had allergy on her body in October. On Dec she was taken to patan hospital as she complained of stomach ache

3. Name: Rabina BK

Educational and Extracurricular Assessment:

Rabina is in class Four. She got 62.33% in her first term exam and 59.91% in second term. She likes singing and likes writing.

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
- Awareness on sex education as well as teenager problem

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. The relation between her parents is not good that is why she does not want to go home for longer period.

Medical Assessment:

Rabina weighs 37 kg. She had no health complain this year.



4. Name: Bimala Lama

Educational and Extracurricular Assessment:

Bimala is studying in Grade Four. She got 62.03 % in her first term exam and got 65.85 % in second term.. 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

- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem
- Play Therapy with expressive techniques
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy
- Projective techniques

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. Parents relation is good and her mother has a small shop where she cooks and sell tea and some snacks. She likes to go home and has attachment with her mother.

Medical Assessment:

She weighs 41 KG. She was taken to Patan hospital in Dec to check her corn and the doctor advised to operate and has called her for follow up.

5. Name: Menuka Tamang

Educational & Extra Curricular Assessment

Menuka is studying in class five. She got 74.65 % in her first term exam and 74.84% in second term. She likes dancing, reading books.

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

- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem
- Play Therapy with expressive techniques
- Art Therapy
- Anxiety reducing techniques
- Creative movement therapy
- Cognitive Behavior Therapy
- Projective techniques

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. Her mother gave birth to a boy this year and her leg is fine. Her father works in a furniture shop and mother does not work. All the family stay in one room.

Medical Assessment:-

She weighs 37 kg. She was found healthy this year.



6. Name: Pramila Bhandari:

Education and Extra Curricular Assessment:

Pramila is studying in class five. She got 72.41 % in her first term exam and 67.88 % in second term.. 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:

- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem
- 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. One of her sister is in Saathi new girls home. Her mother works as a domestic worker. Her family condition is very poor. Time to time her mother comes to visit her.

Medical Assessment

She weighs 45 KG .She was taken to eye hospital for her eye check up on the month of June. On 18th June she was taken to Omkaar Poly Clinic as she had allergy on her face. Again she was taken to Patan hospital on the 25th July as she had stomach pain. Again on Nov she was taken to Patan hospital as she complained of stomach pain. the doctor found out that she had small small pimples type of cysts in her uterus and gave her medicine.

7. Name: Kusum K.C.**Education and Extra Curricular Assessment:**

Kusum is studying in grade six. She got 81.3% in her first term exam and 79.52 % 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**
- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem
- Expressive techniques
- Art Therapy
- Anxiety reducing techniques
- Creative movement therapy
- Cognitive Behavior Therapy
 - Projective techniques

**Progress:**

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

Family Assessme

Time to time her parents' relation is not good. Her father becomes sick most of the time and comes to stay with his sister for treatment in Kathmandu. Her mother has a small hotel in village and does not treat her husband well. Time to time she goes home to visit her family.

Medical Assessment:

She weighs 26 kg. She was taken to patan hospital for consultation on 1st may. She was taken to medical shop on 29th june as she had allergy on her tongue .She was again taken to Patan hospital on july 25th as she had stomach pain. Again on 29th July she was taken to medical shop for her follow up of her tongue allergy. On sept 19th she was again taken to the medical shop for body allergy. She was taken to Patan hospital in Dec to check her corn and the doctor advised to operate and has called her for follow up.

8. Name: Bhagwati Awasti

Education and Extracurricular Assessment:

Bhagwati is studying in class Four. She got 68.26 % in her first term exam and got 60.84 % in second term. She likes to dance and to read books.

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:

- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem
- 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 and lives in Kapan. Her father works as a driver and step brother lives in Dhading. One of her sister got married this year and has a child .Another sister was returned home from the organization and studies in class 8. Their economic condition is not so good.

Medical Assessment;-

She weighs 31kg. She was taken to Patan Hospital on the 16th Feb to check her teeth again she was taken for follow up 6th March and 1st April. On 2nd April she was again called for her follow up of RCT. On June 3rd she was taken to Patan Hospital as she complained of stomach pain. On 22nd June she was called for dental check up at Patan hospital. Again she had stomach pain and was taken to patan hospital on 25th july.



9. Name: Sabina Shrestha(Maya)

Education and Extra Curricular Assessment:

Sabina studies in class five and she got 92.43 % in her first term exam and got 86.34 % in second term. She loves to dance and sing.

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
- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem

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 Bouddha. Her mother drinks a lot and her brother run away from their room from time to time. Her father works as a wage worker.

Medical Assessment:



She weighs 37 kg. She was taken to Patan hospital in Dec to check her corn and the doctor advised to operate and has called her for follow up.

10. Name: Akansha B.C.

Education and Extra Curricular Assessment:

Akansha studies in class four and got 60.11 % in her first term exam and 60.61 % in second term .She likes dancing, singing and reading.

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
- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem

Progress

She is charming and of open minded.

Family Assessment:

Her mother stays in Dailekh and her sister stays in Kohalpur to study. Her mother does farming in village and stays in touch with her and also takes her home in long vacation.

Medical Assessment:

She weighs 35 kg..In Nov she complained of stomach ache and was taken to Patan hospital. She was taken to Patan hospital in Dec to check her corn and the doctor advised to operate and has called her for follow up.



11. Name: Rejina Demdung

Education and Extracurricular Assessment:

Regina is in class Six. She got 76.25% in her first term exam and 75.05 % in second term. She loves to dance and is good in her studies.

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.

Approach used

- Talking therapy
- Projective techniques
- Play therapy
- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem

Progress

This year she has worked a lot in her self-esteem. She has very good communication skill.

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. Her younger sister is getting scholarship from Saathi and she is doing well in her studies. Her mother's health is not like before so she works less.

Medical Assessment:

She weighs 40 kg. She was taken to Patan hospital in Dec to check her corn and the doctor advised to operate and has called her for follow up.

12. Name: Sita Rokka

Education and Extracurricular Assessment:

Sita is studying in class four. She got 58.58 % in her first term exam and 55.72% .She is average in her studies. She loves singing.

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:

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

Approach used:

- Play Therapy
- Art Therapy
- Creative movement therapy
- Cognitive Behavior Therapy
- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem

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

Family Assessment:

Sita ia an orphan and has one brother of her own. He works in a futsal. But they have a very caring house owner. In long vacation she goes to stay with them.

Medical Assessment:

She weighs 31 kg. She was found healthy this year and had no complains.



13. Name: Smriti Devkota

Education and Extracurricular Assessment:

Smriti is studying in class five. She got 51.33% in her first term exam and 49.52% 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
- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem



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 Chandol. Her younger sister stays with her and goes to school. She seems very happy and comes to visit her regularly. Her income source is better than before now she can look

Medical Assessment:

She weighs 43 kg . She was taken to Patan hospital in Dec to check her corn and the doctor advised to operate and has called her for follow up.

14. Name: Nisha Gurung

Education and Extracurricular Assessment:

Nisha is studying in class four. She got 79.15 % in her first term exam and 80.32 % in second term. She is interested in dancing, singing and reading.

Counseling Assessment:

Nisha Gurung is developing her modified good behaviors. There is 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
- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem

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 health condition is not so good that is why she does not come to visit her regularly.

Medical Assessment:

She weighs 41kg. She was taken to patan hospital on 22nd as she had skin allergy. She was taken to Patan hospital in Dec to check her corn and the doctor advised to operate and has called her for follow up.



15. Name: Samiksha Rai

Education and Extra Curricular Assessment:

Samiksha is studying in three. She got 55.41 % in her first term exam and got 43.97 % 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
- Awareness on sex education as well as teenager problem
- Awareness on Teenagers problem

Progress:

Slight improved in her aggressive and temper tantrum behavior.

Family Assessment:

Her mother stays in Baudha and stays with her sister in law. She works as a wage worker. Her brother is with her aunt and is studying and elder sister is studying and staying in other organization in Boudha. Her mother comes to visit her regularly.

Medical Assessment:

She weighs 33 kg. She is fine and healthy.

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

Safina is in UKG and is very good in her studies. She got 93.06 in her first and 88.31 in her second term exam. She respects elders and shows interest to learn new things

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 CK shelter with her. One of her elder sister got married and is having a baby. Brother work in a small hotel in Kathmandu. Her mother is out of contact and her father lives in New road and drinks a lot.

Medical Assessment:

She weighs 21kg .She was found healthy this year and had no complains.

**17. Name: Lucky Shrestha****Education and Extracurricular Assessment:**

Lucky is studying in Ullens School and is in class Two. 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:

Her mother lives in Chobar and works as a domestic worker. Time to time she visits her daughter and takes her in vacation. Her mother has psychological problem and taking medicine.

Medical Assessment:

She weighs 25 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:

Anita is in UKG. She got 94.87 % in her first and 86.56 % 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 her four brothers' works in Kathmandu but all of them are out of contact and does not call her also. One of her brother is in New boys. She misses her family very much.

Medical Assessment:

She weighs 21kg.She looks fine and healthy.



19. Name: Prerana Khadka

Education and Extracurricular Assessment

Prerana is studying in class four .She got 41.30% in her first term and got 37.17% in her second term .She is very weak in her studies.

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
- Awareness on sex education as well as teenager problem

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 34 kg. She was found healthy this year.

20. Name: Laxmi Gurung

Education and Extracurricular Assessment:

Laxmi is studying in class six. She got 89.7% in her first term and got 91.34% 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
- Awareness on sex education as well as teenager problem

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 and step mother lives in Bhaisepati .Her father works as a driver and drinks a lot and step mother works as a domestic worker.Her grandmother passed away this year.

Medical Assessment:

She weighs 37 KG .She was taken for check up of her lump on 12th march and the doctor suggested for operation for one more time. She had already done the minor operation twice before.She was admitted at bir hospital on 8th Aug for her operation of her lump oh her nose and on 12th and was discharged on 18th. She is fine now. She was taken to Patan hospital in Dec to check her corn and the doctor advised to operate and has called her for follow up.



21. Name: Saraswati Gurung

Education and Extracurricular Assessment:

Saraswati is studying in class two. She got 49.36% in first term and 53.13% 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
- Awareness on sex education as well as teenager problem.

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 20kg. She had no complaints regarding her health.

22. Name: Kusum Khadka

Education and Extracurricular Assessment:

Kusum is in class one. She got 69.06% in first term and 71.91% 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
- Awareness on sex education as well as teenager problem.



Progress:

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

Family Assessment:

Her father who works as a wage worker and his economic condition is very poor. Her father stays in a rental room. 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 20kg. She was taken to eye hospital to check her eye on 1st July. She was taken to medical shop as she had cough on Oct.

23. Name: Samikchya Shrestha.

Education and Extracurricular Assessment:

Samiksha is in class one 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
- Awareness on sex education as well as teenager problem.

Progress:

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

Family Assessment:

Her mother got married again and stays with her new husband in Narayanghat. She took her in vacation this time. She talked with us and shared this news. Her step father told us that he will help her to make her birth certificate.

Medical Assessment:

She weighs 24kg. She was found healthy this year.

24. Name: Laxmi Gautam.

Education and Extracurricular Assessment:

Laxmi is in class one. She got 95.66% in first and 86.06% 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
- Awareness on sex education as well as teenager problem

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 30kg. Laxmi was taken to Patan hospital for her stomach pain on the 22nd.



25. Apekshya B.K.

Education and Extracurricular Assessment:

Apekshya is in class four. She got 72.1% in first term and 76.38 % in second term. She likes dancing and singing.

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
- Awareness on sex education as well as teenager problem.

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 stays in Bishal nagar and works as a domestic worker. Her father sometimes comes to stay with her mother. She comes to visit her daughter often.

Medical Assessment:

She weighs 40kg. Apekshya BK was taken to hospital for follow-up of her tooth ache on Oct. She was taken to hospital as she had tooth ache on Sept.

Photo of different activities of C.K shelter



Orientation class in health camp 2014



With parents



Visit to Bajra Barahi temple



Gathering @ Annual Picnic



Getting ready for annual sports

Performing
dashain



dance at
party

A cultural program at ullens school



Birthday celebration in the shelter



Performing dance at Christmas party 2013



c.K. group photo



