

Saathi CK Girls Safer Home

2017 Annual Report

(Compilation of the highlights of the monthly report)

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 in 2017

Sn.	Name	Class	Age	Entry Date
1	Anita Lama	3	12	12/10/2009
2	Safina Khadka	3	12	5/23/2008
3	Samikchya* Muktan	3	10	5/31/2011
4	Lucky Shrestha	3	12	3/14/2009
5	Saraswoti	3	13	4/20/2009
6	Kusum khadka	4	11	5/31/2011
7	Laxmi Gautam	5	13	6/16/2011
8	Samikshya Rai	5	12	6/4/2008
9	Prerana Khadka	5	12	4/13/2007
10	Bimala Lama	6	14	2/27/2008
11	Apekshya Bk	7	16	2/24/2011
12	Rabina Khadka	7	14	2/20/2008
13	Sita rokaya	7	13	7/10/2008
14	Bhagwati Awosti	7	16	4/17/2008
15	Nisha Gurung	7	15	7/8/2008
16	Sabina Bk	7	14	3/3/2008
17	Akanchya BC	7	16	4/28/2008
18	Smriti Devkota	7	15	7/21/2008
19	Maya Shrestha	8	17	4/22/2008
20	Pramila Bhandari	8	17	3/4/2008
21	Sajina Bk	8	15	3/3/2008
22	Menuka Tamang	8	17	3/15/2008
23	Kusum Kc	9	16	3/28/2008
24	Rejina Damdung	9	17	5/2/2008
25	Laxmi Gurung	9	17	4/18/2009

**: Samikchya was reintegrated in her family this year on 22nd August 2017.*

Background:

Saathi's children support program was opened in October 2001. In this regard Saathi expanded its program and started Crystal kids' shelter for 25 girls from February 2008, with support from Crystal Kids Association in France. The shelter's objective is to help these needy children to be able to live in a regular and amiable ambience.

The shelter has been able to set up various activities and programs for the children. Saathi has given more importance for providing the children with formal

education, extracurricular activities, regular meetings for the children with their parents/guardians and also providing counseling when necessary.

Our mission is to give the children good health, better education and to sustain and improve the quality of life for in future.

General Report

Now we have 24 girls and 5 residential staffs (Warden, Cook, two didi and one guard) and 7 part time staffs (Coordinator, Social worker, two tuition teachers, French language teacher, counselor, finance officer) involved in running the shelter.

Education Report

At present 24 girls are studying in **Shahid Dharma Bhakta Boarding School**. Our Coordinator and warden have been conducting monthly visits to 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 daily from 4:30-6:30 pm. We have also hired on French Language teacher once a week on Friday from 3:30 - 4:30. All the staff members are making serious efforts to help them in their studies. Warden also conducts computer classes for the girls in their free times. Counseling service are also provided for the children as well as all the staff, which make them more confident to perform their duty thrice a week.

Medical Report:

Every year we organized Annual Health Camp on **9th Dec 2017** with the coordination with **Alka Hospital** Jawalakhel for all the children residing in our shelter. We had gynecologist, general physician and pediatrician in the health camp. 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.

This year we organized two dental camps on **10th may** and **18th nov** with the coordination with **Hamro Dental Clinic** Jawalakhel.

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

Activities:

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

- **French Class** : We have a weekly French class for one and half hour every Friday.

- **Outings/Parties:**
 - ❖ Our sponsors visited us in our safer home on 22nd October. We organized lunch and dance program for them. All of us enjoyed the whole day spent with the sponsors.
 - ❖ Two guests also visited our safer home on 20th and 25th October. They brought food for all the children and for staff on the 25th.
 - ❖ All the girls went outing with our sponsors on the 28th Oct to Whoopee Land (the water park).
- **Festivals:** The children celebrate festivals like Dashain, Tihar, Christmas, Holi, Maghe Sankranti, guru purnima, teej, ram nawami, 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 movie halls regularly. They also watch nepali, hindi and English movies every Saturday and on public holidays in the shelter itself.
- **Sports:** Girls participate in different sports activities inside and outside the shelter. Each year we organize annual sport's day. All the children are divided into four groups Red, Blue, Yellow and Green House. On that day the girls took part in various competitions like needle race, balloon race, caterpillar race, Banana race, kabaddi, art, quiz and speech competition etc.
- **Birthdays celebration:** Each and every child's birthday and staffs is jointly celebrated in four 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 and organize programs on this day.
- **Annual Parents Meeting:** We organize our Annual Parents meeting to share all the rules and regulation of the shelter. We also organized our Annual Parent's Meeting on the 22nd Oct at Saathi Ck Home. On this day we also had a scholarship meeting with the respective parents and boys and girls.
- **Annual Program:** We also organize Yearly Annual Program in which we award the best students of the year in academic field and in shelter activities. On 29th June we distributed prizes to some excellent performers from this shelter and celebrated our Annual Program:
 - **Best Academic Performance (2016)-** Class 2nd -Maya Shrestha , Class 3rd - Laxmi Gurung.
 - **Best Captain-** Pramila Bhandari.
 - **Best Overall Helper-** Saraswoti Gurung,
 - **Best Room-**Bhagwati's Room,
 - **Discipline-**Menuka Tamang ,
 - **Cleaness-**Samikchya Rai.

- **Annual Party:** Saathi children program had Christmas and New year celebration party on 14th January 2017 at Bekha's Party Palace. Saathi children program organized Dashain Party at Ghantaghar party palace at Bhaisepati on the 19th sept. Girls participated in dance.
- **Annual Picnic:** We organized an Annual Picnic every year after their final exams with all the staffs and children from all the shelters.

Counseling and Therapeutic Activities for the Children of CK.

Activity one:

Counseling is a collaborative effort between the counselor and the child. The counselor helps the child identify goals and potential solutions to problems that cause emotional turmoil; with focus on improvement of communication and coping skills; strengthen self-esteem; and promote behavior change and optimal mental health.

1. **Individual counseling** is conducted with follow up sessions as per the need of the child and as per their request. It is a personal opportunity to receive support and experience growth during challenging times in life. Individual counseling can help one deal with many personal topics in life such as anger, depression, anxiety, self-esteem, relationship challenges, parenting problems, school difficulties, etc.
2. **Group counseling** is also done with the groups that have been divided according to their age. It allows one to find out that they are not alone in their type of life challenge. To be involved in a group of peers who are in a similar place not only increases one understands of the struggles around the topic but also the variety in the possible solutions available. The topics revolve around a common topic like: anger management, self-esteem, domestic violence, recovery from abuse and trauma, world issues. Group therapy is a form of psychotherapy that involves one or more therapists working with several people at the same time. Group therapy is sometimes used alone, but it is also commonly integrated into a comprehensive treatment plan that also includes individual therapy and medication.
3. **Family counseling** has started since the counselor saw the need to involve family in the therapy process as well. Since, the children return home during holidays, they have to stay at the same environment that induced trauma as a child for them. Few families are yet to be contained as they still follow domestic violence, which affects the child. It is often sought due to a life change or stress negatively affecting one or all areas of family closeness,

family structure (rules and roles) or communication style. This mode of counseling can take a variety of forms. Sometimes it is best to see an entire family together for several sessions. Common issues addressed in family counseling are concerns around parenting, sibling conflict and loss of family members, new members entering the family, dealing with a major move or a general change affecting the family system.

Activity Two:

Therapeutic activities act as a major force for supporting and motivating children.

1. **Therapeutic Art** is often used with during individual and group therapy. It is a form of expressive therapy that uses the creative process of making art to improve a child's physical, mental, and emotional well being. The creative process involved in expressing one's self artistically can help them to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness.
2. **Therapeutic Play** is another therapeutic activity that is often used. It is a psychotherapeutic approach primarily used to help children ages below 13 to explore their lives and freely express repressed thoughts and emotions through play. It takes place in a safe, comfortable playroom, where very few rules or limits are imposed on the child, encouraging free expression and allowing the therapist to observe the child's choices, decisions, and play style. The goal is to help children learn to express themselves in healthier ways, become more respectful and empathetic, and discover new and more positive ways to solve problems.
3. **Therapeutic role-playing** is to help the child overcome their individual fear. It is often conducted in peer counseling and is used for different phobias although social anxiety is the most common anxiety to treat. There are a number of fears that the children have and some of them may be the result of something negative that has happened in their lives. Other phobias may be present for little to no reason. By acknowledging this fear and asking the children what they are scared off, both the counselor and the child can work together and find a way to overcome the trauma.
4. **Therapeutic movement/dance** is conducted in group therapy, with and without music. Movement in a dance therapy setting is more than just exercise. The actions, fluidity, and movement are interpreted more like a language. It helps the child learn how to develop and trust their ability to be present empathetically. They are also able to respond authentically and

enjoy the movement session. They learn how to translate the nonverbal movements into insights that is used in recovery.

5. **Mirroring** is often done in peer and group therapy. It is matching and echoing the person's movements to show empathy and validate what the person is feeling.
6. **Therapeutic Poetry** is used in individual and group therapy as well, as it is a form of expressive arts therapy, it involves the therapeutic use of poems, narratives, and other spoken or written media to promote well being and healing. Groups are told to make a line of poems individually and is made into a group poem whereby giving feeling of validation and team spirit. As part of therapy, children may wish to explore feelings and memories buried in the subconscious and identify how they may relate to current life circumstances. Poetry is believed to be beneficial to this process as it can often be used as a vehicle for the expression of emotions that might otherwise be difficult to express. It also promotes self-reflection and exploration; increasing self-awareness and helping individuals make sense of their world in simple words. It also helps the child redefine their situation by opening up new ways of perceiving reality. It is also very important as it validates emotional experiences and improve group cohesiveness by helping the group realize many of their experiences are shared by others

All the therapeutic activities are very important as it instills hope, universality, altruism, and are healing process. Seeing the child who are coping or recovering gives hope to those at the beginning of the process as well. The setting is safe and supportive, allowing group members to experiment without the fear of failure. Individuals can model the behavior of other members of the group or observe and imitate the behavior of the therapist as well.

Academic development:

Most of the girls have good intelligence level and are improving their education. Most of the children are doing well in their education with the adequate observation and support by the tuition teachers, schoolteachers and reinforced by the counseling sessions. Despite these all goods, some of the children have poor performance in school and academics like 5 girls have to repeat their class. (2017).

Staff Capacity Building/Program Attended:

- Warder participated in a Rally organized by Saathi in International's Women's Day program on March 8th at Ratnapark.

- Coordinator, Supervisor, Social worker and warden attended the Teej Talks program on the 18th August organized by Saathi at Family Planning at Pulchowk.
- Saathi organized training for all the children program staffs, wardens and counselor on 21st and 22nd November. The workshop was on how to cope with stress, anger, and healthy ways of expressing anger and thoughts, feelings regarding job satisfaction, Dance and Drama therapy. The workshop was run by Neha Christopher
- We organized meeting with the officials of District Child Welfare Board and chief district officer for monitoring and evaluation for the approval of our program on 27th July at Ageno restaurant Dhobighat in the presence of our president and vice president. Coordinator Sangeeta Rana briefed about our children program.
- Coordinator Sangeeta attended the Annual General Meeting of CZOPP at Baneshwor on the 19th August 2017.
- Program Coordinator Sangeeta attended program at Olgapuri (Girls and boys home) for coordination meeting and interaction program.
- Program Coordinator Sangeeta attended one day training organized by Saathi on Inter Personal skills given by Dr Madhuri Singh.

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

Outreach Report

Social worker also visits and does follow up of Saathi CK scholarship children. She also conducts school visit if problem arises. She also coordinates for the annual parents meeting held in our CK home every year.

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 conducts 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.

We also organized meeting individually and discussed about their role and responsibility critically and discussed about the challenge.

Saathi's children steering committee consists of 3 Board members of Saathi, Social worker, Coordinator and Supervisor and in need; it also includes warden and counselor. In this meeting we discuss about the children. The meeting is conducted once in two months or in need.

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).

Saathi CK Scholarship Program:

Saathi CK Scholarship program started from 2016 to support the brothers and sisters of girls staying in our Saathi CK shelter. We have been supporting total 7 boys and girls (5 boys and 2 girls) .One girl is studying in nursing college in 2nd year. (Detail reports of scholarship will be given after the final results)

Photo of different activities of C.K shelter



Annual picnic at Dhulikhel-2017



Sport's meet 2017



Group photo 2017



Staff training of 2017

Sponsor's visit 2017



Annual sports day program 2017

Outing to Zoo 2017



Annual Cultural program 2017



Annual Health program 2017



Annual Dental camp 2017



Birthday 2017



Counselling activities 2017



Staff teej festival celebration 2017



Annual Program prize winners



Sponsors visit



Outing at Swayambhu



Diwali 2017