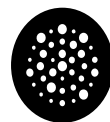





QUARTERLY IMPACT REPORT

January to March 2023

Submitted to:



GUIDING LIGHT



IMPACT ON THIS QUARTER

- ❖ 15 cases were identified
- ❖ 126 counselling sessions were delivered to 21 children (2 sessions per child for 3 months)
- ❖ Group sessions delivered to 21 children.
- ❖ Medical checkup
- ❖ One-day awareness program at Lalitpur district on 113th International Women Day
- ❖ Staff training
- ❖ Art therapy training for children and staffs
- ❖ Parents Meeting
- ❖ Home Visit
- ❖ Awareness classes at schools of Kathmandu district



Children had regular classes in this quarter. This quarter, Children's education performance was poorer than previous year so we cut down some regular safe house activities. Prior to their final term exam, we stopped their music and karate classes for two months. So, this quarter they were engaged in their academics and they celebrate some of the festivals.

We identified 15 cases. We closely followed all cases we are in process of receiving. There are currently 21 children in safe house.

Some elder girls who were 16 + went their home to make citizenship cards. Two girls made citizenship without any problem. Two girls have some difficulties (the father is not in contact) so we are trying to find out second option for them.

INDIVIDUAL AND GROUP COUNSELLING SESSIONS

In this quarter's group counselling session, we especially focused on their studies and good habits.

Individual counselling was done with elder girls on their behavior issues and career counseling.



HEALTH REVIEW

This quarter all children's health condition were found good. One girl had her eye checked. Some of the children had a cold but they got better with home remedies. One girl had skin problem but with doctor's medicine she is better. One girl continues her laser treatment at Dhulikhel hospital.

ART THERAPY SESSIONS

We also held a 4-day art therapy workshop at the safe home. From The United Planet organization, 10 volunteers had come to offer various forms of art and craft therapy to both staff members and children. Their entire methods was fresh and incredibly energizing.



Children were instructed on how to meditate and do arts and crafts. They were greatly pleased and felt refreshed.

PARENTS MEETING

This quarter, we had one-on-one meetings with a few parents of older girls. Some of the girls were having issues with their parents, one girl in particular having issues with her mother. We contacted them and made sure there were no misunderstandings. All of the parents were very supportive and resulted in excellent relationships with their children.



This time, we also observed that some young girls, without parents' experiencing intense sadness. Therefore, we advised parents who frequently came to visit to come every three months only.

STAFF TRAINING

In this quarter, one of the staff participated in two days Trauma Care Training organized by FOR THE ONE. This organization is working with sexually abused children, trafficking case and domestic violence. Yearly they organize different training on various topics. Many international professional trainers facilitated the training.





Two days training include Motivational interviewing, Solution focus therapy and Trauma focus CBT. We can directly apply these theories with our children. It is very helpful to release trauma.

We took few sessions with our housemothers

about stress release/ self-actualization and self-care. We are continuing sessions once a week. Total four housemothers were taking this session.



AWARENESS PROGRAM

This quarter, we conducted one awareness program on 113th International Women Day. Women department of Lalitpur municipality and Antardristi Nepal jointly organized the program. Total 38 women from ward 1 to 29, actively participated in the program.



We focused on present issues of mental health and sexual abuse. (a) How we identify these issues? (b) What are the impacts? (c) How can we provide proper and right services to the victims? (d) We showed different documentaries, played games and group activities.

The entire program was very interactive and effective. Most of the participants shared their experience.

We officially partnered with the Kathmandu Municipality office this quarter. We approached them for awareness classes at all government schools of Kathmandu district. Who have given permission to take classes in 89 government schools of Kathmandu.



This quarter due to their annual examination we took four schools. Total 186 students from age 12 - 42-year old age group from class 6 to 9 participated.

During awareness class we made students to pick a different feeling cards, and almost everyone picked negative cards. In these 4 schools we identified 20 abused cases. We did instant counseling sessions with them and are expecting to receive some cases after their annual examination.



HOME VISIT

During our follow-up visit with a child who was reintegrated last year, we spoke with her grandmother who informed us that the family had not received any social support, and their financial situation was very weak. We observed that they were living in a small house that was in poor condition, and they did not have a regular income source. Additionally, they lacked both family and social support.

Now days they both (grandmother and child) are involved in spiritual activities. We gave some financial support to the grandmother



ACTIVITIES AT SAFE HOUSE

- Regular meetings with children, about their school, present behavior, and environment at a Safe House.
- Regular meetings with housemothers to learn about the children's present problems, their responsibilities, and their duties. We also provide them with constructive life skills, approaches and refreshment.
We are continuing our regular training on different topics.

- Continuing our police station visit program.
- This year children celebrated Holi festival with international volunteers' group.



CASE STORY

Nibida Mahato, who is 19 years old is the only child of her parents. When she was 6 months old her parents divorced and both of them got married to different man and woman and she was left in her maternal uncle's house.

When she turned 16 she talked to her father to make citizenship card so she went to her father's house. She reached there but her father engaged her in household chores and gave no interest and attention to make her citizenship card. One day when there were no one in the house he started to touch her and raped her. She told this incident to her own mother and a step father and neighbors. Instead of helping her they helped her father to escape from that community.



An organization helped her to get out from and file the case against her father. The same organization referred her to Antardristi Nepal for counselling and residential support.



Some clips from Art Therapy Sessions

Children got an opportunity to act on one of the music videos.



Children to participated on spiritual activities.

NEXT QUARTER PLAN

- School visit / Meeting with tuition teacher
- Objective observation and ten-point scale of all girls
- Family counselling sessions
- Annual Parents meeting
- Individual/ Group counselling sessions
- Health check up
- Psychological tests
- Follow up of reintegrated children
- Educational Movies and Documentaries
- Different Awareness Sessions
- Life Skills Training
- Staff (house mothers') Meeting
- Regular meeting with all children
- Home visits and risk assessment
- Outdoor activities for Children
- Awareness class in communities
- Awareness training for different groups



THANK YOU FOR YOUR SUPPORT