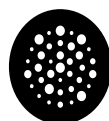




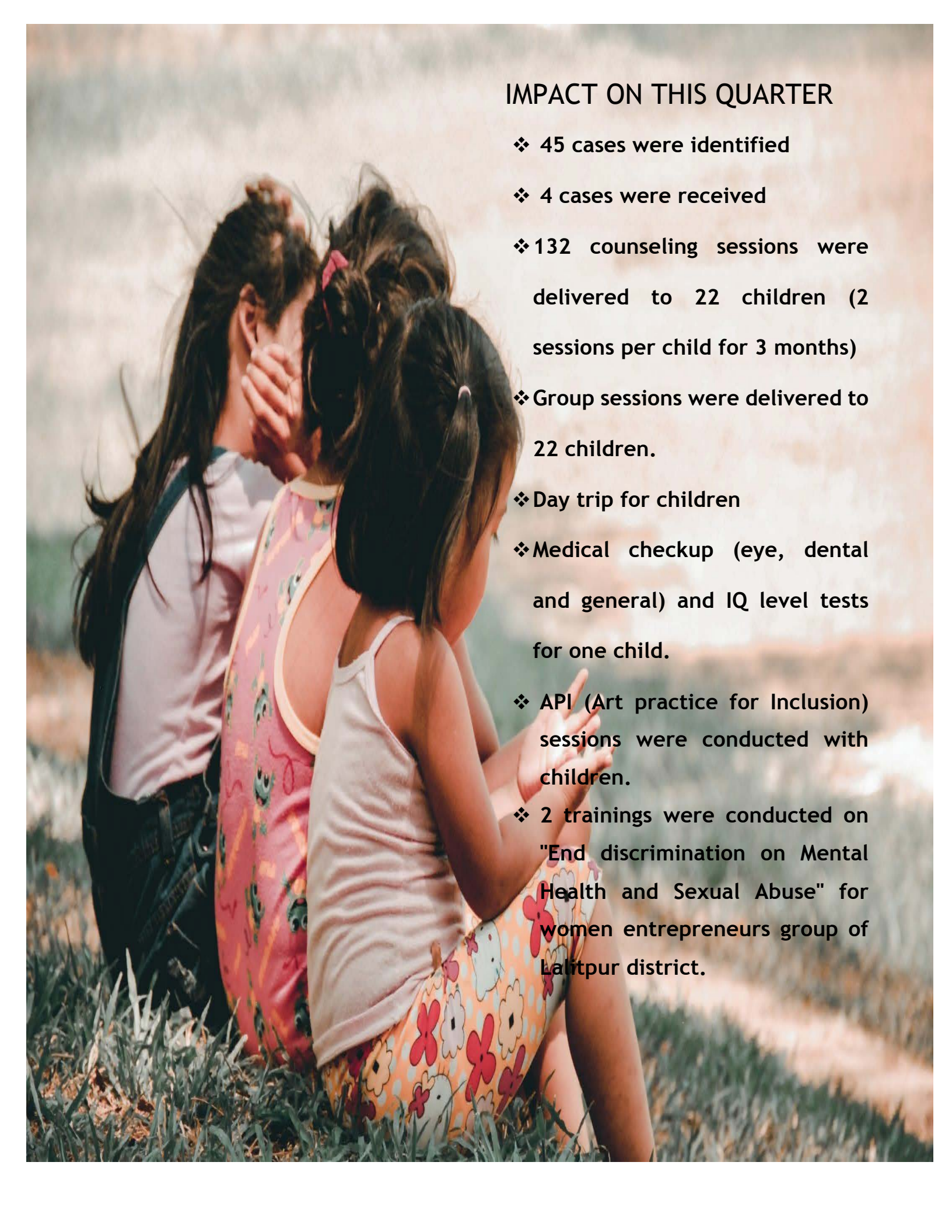
# QUARTERLY IMPACT REPORT

April 2022 to June 2022

Submitted to:



GUIDING LIGHT



## IMPACT ON THIS QUARTER

- ❖ 45 cases were identified
- ❖ 4 cases were received
- ❖ 132 counseling sessions were delivered to 22 children (2 sessions per child for 3 months)
- ❖ Group sessions were delivered to 22 children.
- ❖ Day trip for children
- ❖ Medical checkup (eye, dental and general) and IQ level tests for one child.
- ❖ API (Art practice for Inclusion) sessions were conducted with children.
- ❖ 2 trainings were conducted on "End discrimination on Mental Health and Sexual Abuse" for women entrepreneurs group of Lalitpur district.



Children have begun a new academic year this quarter. At the safe house, all children are engaged in their regular tuition, karate, and music lessons. In this quarter, we have directly identified numerous rape cases from newspaper, online news sources and various network organizations. We closely followed all cases. Some of them are in process of receiving while others parents are not ready to send their children. The majority of cases were from the far areas, outside of the Kathmandu district. We received four girls this quarter, including two who was reintegrated and one who was at high risk. There are currently 23 children resident and 3 housemothers.

## CASES RECEIVED

Case 1

Name: Binita BK

Age: 11 years

Education: six class

While doing a risk assessment of Asmita BK, found Binita BK was at high risk.



Binita with her father

Case 2

Name: Manjita Limbu with her 3 years old daughter

Age: 19 years

District: Taplejung

Manjita was reintegrated into Maya Ghar Nepal, an organization that works with mental health issues on October 27, 2021, following ten months of residential counseling help from AN.

Suddenly she returned on 23 May 2022, with her 3 years old daughter and said she wanted support. After talking with her, we decided to train her as a helper and enroll her daughter to the Montessori school.



### Case 3

Name: Manisha Mandal

Age: 16 years

District: Dhanusha

She was reintegrated in 2020 and again in 2021. She is back in Antardristi Nepal to receive support. She is in worst condition (poor health, disturbed, helpless, physically very weak). We did her medical examination, providing her appropriate care, and a balanced diet.



### HEALTH REVIEW:

This quarter we did a dental checkup, an eye checkup and general checkup for all children

- Dental checkup for children and housemothers. The majority of the children suffer from dental issues. We did basic treatment for them.
- Five girls and two mothers had an eye checkup. Except for two girls, most of them have normal eyes. One girl was suggested for an eye drop and another for a power glass.
- General checkup for 3 girls and 2 house mothers. One girl had pain in her feet and the doctor gave her some medicine. Another girl had abdominal pain, and recommended urine test and video x-ray. All the reports are normal. We also took one girl to the psychiatric department, suggested an IQ test and gave her some anti depression medicines.



At the end of this quarter, we connected with OCMC at Patan Hospital. OCMC (The One Stop Crisis Management Center) which provides minimal cost for general check up, treatment and in medicine.

## INDIVIDUAL AND GROUP COUNSELING SESSIONS

The one-on-one session focused on their present behavioral concerns, their family situation, and their future studies and plan.

Different art therapy sessions about moral education, rights and responsibilities, health education, etc. were covered in-group counseling.

We held various API sessions with all of the girls during these three months, which was held on various themes. Girls actively participated in and learn new artistic skills, such as playing various musical instruments, dancing, drawing, and painting.

### Psychological Tests

#### Draw a man test

Objective:

This is a simple psychological test to know about children's present mental, emotional and thinking status.



Result:

Six children did this draw a man test. Most of the children are disturbed.

## Awareness training

Two trainings were conducted on "End discrimination on Mental Health and Sexual Abuse" for women entrepreneurs of Lalitpur district. This training was conducted along with Lalitpur Metropolitan city.

Sixty women actively took part in the training. There were two groups of the participants, each with 30 women.

Gender violence/discrimination, mental health, and child sexual abuse were the topics of a two-day training session. The training was conducted practically, with group activities, movies on connected subjects, physical and mental exercises, dance, singing, and other activities

All of the women come from various castes, cultures, and communities. They are working women who are active in many fields. Some women run small businesses, others teach yoga, some work on women's rights initiatives, etc.





## Activities at safe house:

Quarterly report 2022



- Their daily schedule includes dance, drama, crafts, storytelling, yoga, TV and movies, as well as inspirational and motivational films.
- Daily tuition, a singing lessons once a week and karate for three days a week.
- Having regular meetings with children about their school, present behavior, and environment at a safe house.
- Regular meetings with house mothers were conducted to learn about the children's problems, their responsibilities, and their duties. We also provided them with constructive life skills approaches and refreshment.
- Refreshment trip for children. The tour to Kathmandu Fun Park was organized by one of the organisations which consistently support Antardristi Nepal in the area of education.
  - Regular meeting with all children about:
  - Current behavior issues
  - Health issues
  - Study
  - Personal hygiene
  - Responsibilities/ duties
  - Self-care
  - Team work

*Happy Mother's day*





*Regular meeting*



*Love to talk with didis*



*Fun time*





*Delicious food*



*Love  
our new dress*



*Distributed stationery, undergarments and cloths*



## OTHER PROGRAMS:

### API (Art Practice for Inclusion) SESSION

We conducted some API programs this quarter that were centered on various art forms, including dance, music and arts.

The Snehadhara (India based organization) team attended one of the sessions. This time, the session's goal was "LIFE IS BETTER WITH MUSIC" where 19 residential children from aged 5 to 20 attended.



## Café Antardristi

Café updates their menu and introduces new food items.

The older children are actively working at the café. One girl who completed her +2 level is working as a staff at the café. Two other girls who were interested are also working as volunteers at the café.



*Lemon Ice tea and Peach ice tea*

*Jhol mo mo*



*Masala omelet*





*Banana  
pancake with  
honey  
Hot lemon  
juice*



*Happy us*



## **NEXT QUARTER PLAN:**

- Preparation for first term exam
- Preparation for " Antardristi's Thanksgiving Day"
- Preparation for Antardristi Nepal's Anniversary, Birthday celebration and other monthly festival celebration.
- School visit / Meeting with home tuition teacher
- Objective observation and ten point scale of all new girls
- Family counseling sessions
- Preparation for Annual Parents meeting
- Individual/ Group counseling sessions
- Health check up
- Psychological tests
- Follow up of reintegrated children
- Educational movies and documentaries
- Different awareness sessions
- Life skills training
- Staff (house mother) 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**