



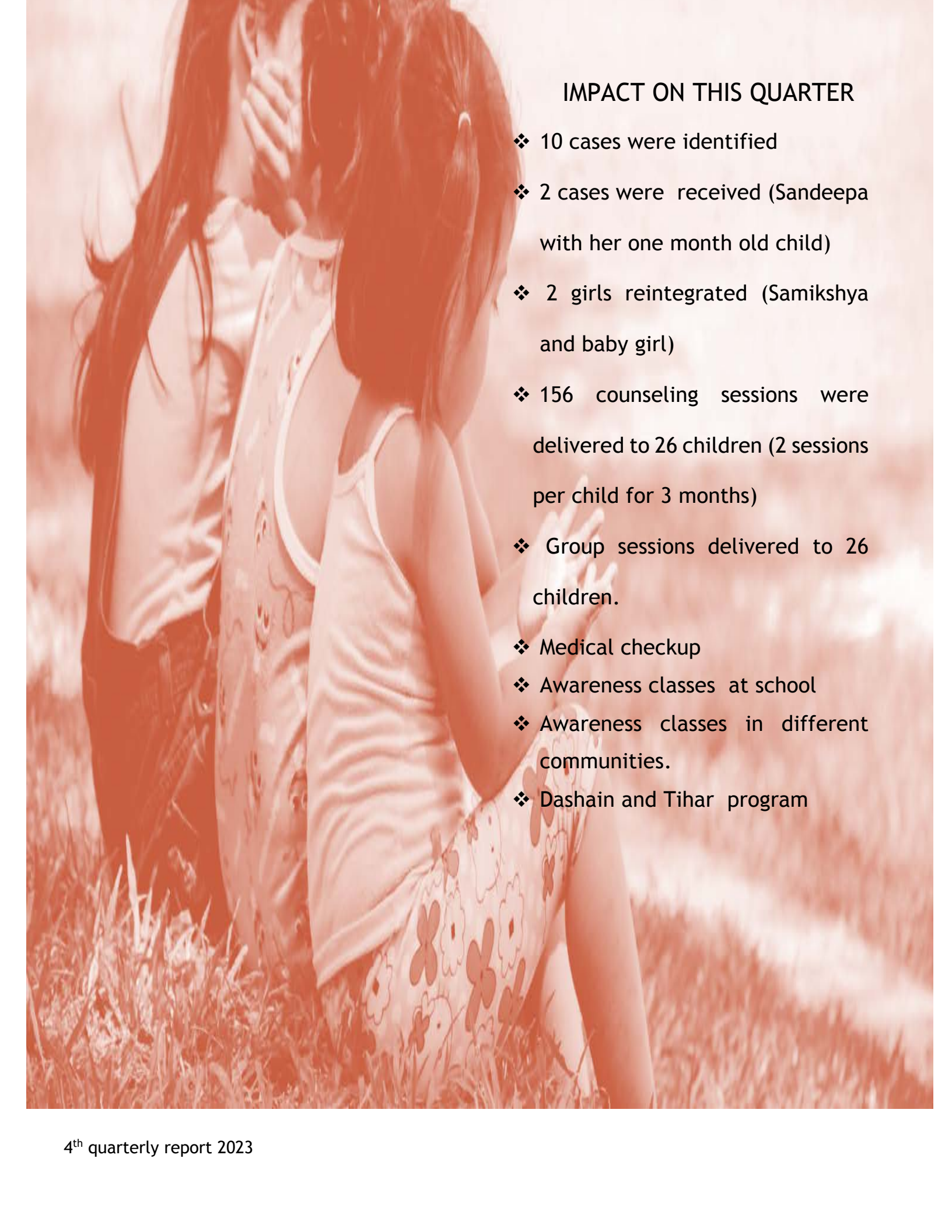
# QUARTERLY IMPACT REPORT

October to December 2023

Submitted to:



GUIDING LIGHT



## IMPACT ON THIS QUARTER

- ❖ 10 cases were identified
- ❖ 2 cases were received (Sandeepa with her one month old child)
- ❖ 2 girls reintegrated (Samikshya and baby girl)
- ❖ 156 counseling sessions were delivered to 26 children (2 sessions per child for 3 months)
- ❖ Group sessions delivered to 26 children.
- ❖ Medical checkup
- ❖ Awareness classes at school
- ❖ Awareness classes in different communities.
- ❖ Dashain and Tihar program



During this quarter, all the children enjoyed their 35 days festival holiday to celebrate Dashain and Tihar. Around 17 children went to their village to celebrate, while 10 celebrated the festivals at the safe house as these children do not have proper and secure home or community.

This quarter we identified 10 cases. We closely followed all cases and received one girl with her one-month-old baby girl. We are in the process of receiving some more children. There are currently 27 children reside in the safe house.

Throughout this period, we conducted regular awareness classes in various communities and schools.

## CASES RECEIVED:

This quarter we received only one girl with her one-month-old baby girl referred from Aperion which is in our network.

### Case 1:

Name: Sandeepa Baram (a girl with a printed trousers and black jacket)

Age: 15 years

Education background: Grade 7

Abused by: Elder brother

Referred by: Aperion

District: Gorkha



## CASES REINTREGATED:

This quarter, we helped reunite Samikshaya Nepali/Bhujel with her family. She has been under the care of Antardristi Nepal since 2014, completing her grade 8 and currently working as a staff member at Café Antardristi.

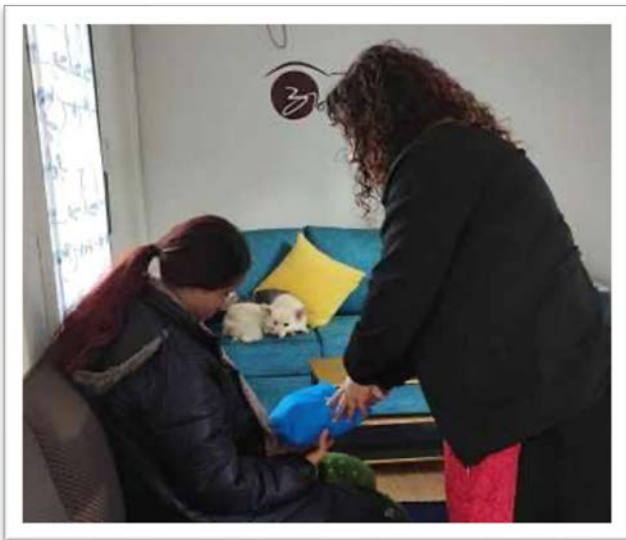
She showed interest to go back to her home town and wanted to get married. From risk assessment and consultation with her family we decided to send her back to her family with respect and more confidence.







Samikshaya  
Nepali/Bhujel's  
house



Hygiene packet given to girl

- This little girl is only two months old; her mother (Sandeep) is only 15 years old. She was raped by her own brother and got pregnant, gave birth to a baby girl. Since the mother is too young the family decided to take the child themselves so we handed over the little baby to her elder sister.



## HEALTH REVIEW:

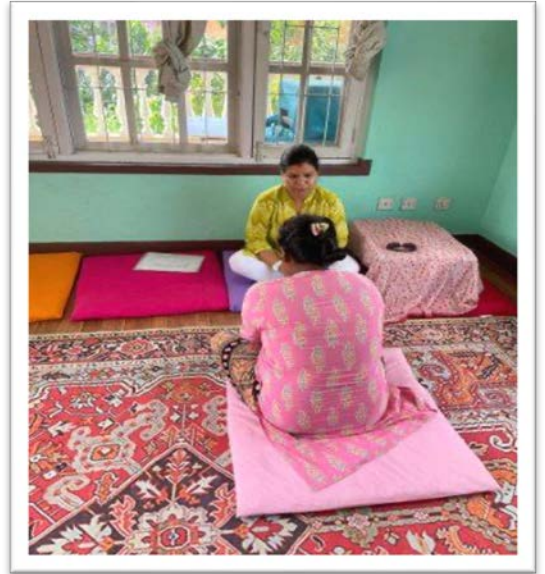
Likewise, another girl whose name is Pinkey experienced breast pain, prompting us to take her to a gynecologist. The doctor discovered a tumor and recommended surgery. Despite our efforts to involve her father and waiting for a month, he did not show up. Eventually, we proceeded with the operation after few days. She is currently in the recovery phase. Thankfully the tumor is not cancerous.

Yet another girl Samita is undergoing rabies vaccination following a dog bite from a street dog.

## INDIVIDUAL AND GROUP COUNSELING SESSIONS

The one-on-one session focused on children who has behavioral issues. It's an ongoing session for all the children in the safe house.

We try and focus on the issues the individuals are suffering with. However, we often talk about and emphasize the importance of studies and good behavior, this is followed by career counseling to elder children.



## PSYCHOLOGICAL TEST

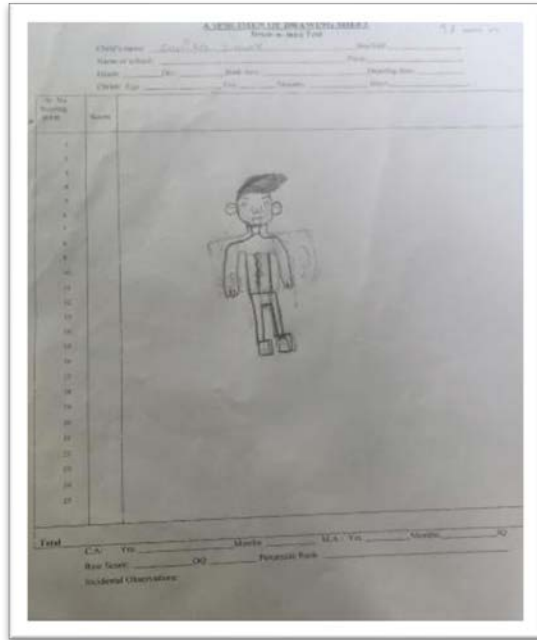
### Draw a man test

- Draw a man test

Objective:

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

From this drawing, we came to know,



Drawing no 1:

- Sensitive
- Creative mind
- Mentally disturbed
- Influence by outsider

Drawing no 2:

- Sensitive
- Mentally disturbed
- Creative



## **PARENTS MEETING:**

We had individual meetings with some parents, and those parents who were occupied with their work remained closely connected with Antardristi Nepal. We also had the opportunity to meet a few parents when they visited the safe house to take their children home for festival vacation

Children are regularly communicating with their parents, most of the parents are in good condition, maintaining a strong connection with their children.



## Awareness Programs:

In this quarter, we conducted our awareness program in three schools and 3 communities which is our regular program.

With adult groups, we focused on present issues of mental health and sexual abused. How to identify such issues? What are the impacts? How can we provide proper and right services to the victims? We show different documentaries as well as games and group works. In addition, we gave opens space to share their experience and knowledge.

With the group of school students, we focus on **Child Sexual Abused**. We started our session with a good and bad touch. Symptoms and impacts of sexual abuse. We also show two different documentaries.

### a) Awareness class at Schools of Kathmandu District

1. Name of school: Nepal National Basic School

Address: Dhalko Kathmandu

Class: 7 and 8

Total no of students: 23

2. Name of school: Shree Bal Bikash Basic School

Address: Chetrapati, Kathmandu

Class: 6, 7 and 8

Total no of students: 25

3. Name of school: Shree Arunodaya basic school

Address: Basantapur, Kathmandu

Class: 6,7 and 8

Total no of students: 23

In this quarter, direct beneficiary of awareness class is 71 students and 5 teachers.





## b) Awareness class at communities

This quarter we took awareness program at four different communities.

1. Name of communities: Motibinayak Women Group  
Address: ward no. 26 Sunakothe  
No of participant: 35
2. Name of communities: Sugam Tole women group and Biseshwor Mahadev Women Group  
Address: ward no. ward no 13, Bista Pakha  
No of participant: 15  
Remark: We combined two communities in one class
3. Name of communities: Ward no 4 local community  
Address: Ward no 4 office, Jawalakhel  
No of participant: 20



In this quarter, directly beneficiary of awareness class is 70 community peoples from four different communities.







Community Awareness Program





## Activities at safe house:

- Daily timetable includes tuition class, dance, crafts, TV and movies.
- Extra activities - Karate and Music class
- Having regular meetings with children, about their school, present behavior, and environment at a safe house as well as annual program's planning and preparation.



Celebrated the Big Festival Dashain and Tihar.



- Celebrated Christmas Day.

- We organized a walk to Chandragiri hillside for the girls who could not go home during Dashain and Tihar.



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



## **CASE STORY (Chandana Shahi)**

Chandana, a 14 years old girl from a very low economic background, faced challenges in her family life. Her father worked in India, and when she was young, her mother left her and her younger sister alone at home. Subsequently, their father returned from India to take care of both daughters. Unfortunately, their father dies due to illness and the girls became orphans.

An elderly couple in village took the younger sister, while Chandana was sent to live with a relative sister. When she was alone the sister's cousin brother took advantage of her and raped Chandana. After some time, the incident came to light and was reported to the police. Chandana was rescued by a local organization, and after a few months, she was referred to Antardristi Nepal for counseling support.

## **NEXT QUARTER PLAN:**

- School visit / Meeting with tuition teacher
- Objective observation and ten point scale of all new girls
- Family counseling sessions
- 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 / class for house mothers
- Regular meeting with all children
- Home visits and risk assessment
- Outdoor activities for children
- Awareness class in communities
- Awareness training for different groups
- Annual parents meeting
- Refreshment for house mothers



# THANK YOU FOR YOUR SUPPORT

