

QUARTERLY IMPACT REPORT

April to June 2023

Submitted to:



AUGUST 21

ANTARDRISTI NEPAL





IMPACT ON THIS QUARTER

- ❖ 12 cases were identified
- ❖ 5 cases received
- ❖ 150 counseling sessions were delivered to 25 children (2 sessions per child for 3 months)
- ❖ Group sessions delivered to 25 children.
- ❖ Medical checkup was carried out
- ❖ One-day awareness program (End Discrimination on Mental Health and Sexual Abuse) for Public Health students of Patan hospital
- ❖ Annual Parents' meeting was held
- ❖ Home visit of three children was done
- ❖ Awareness classes (End Discrimination on Mental Health and Sexual Abuse) at schools of Kathmandu district
- ❖ Silent protest campaign held on the month of April
- ❖ Social audit 2078/79 BS(2022/2023)

SUMMARY:

In this quarter, Antardristi Nepal (AN) identified a total of 12 cases of sexually abused children. Out of these cases, the organization received 5 for counseling and residential support. Within, the safe house, psychosocial intervention was carried out for the new children.

Likewise, other children who are already residing in the safe house got 2 counseling sessions.

Additionally, group counseling was facilitated for all 25 children. There are currently 25 children in the safe house.

Antardristi children successfully accomplished their examination with good marks and were promoted to the next grade. Part of the extra activities at the safe house children are engaged in karate, music and dance classes. These activities along with studies will have a good impact on their mental, physical, emotional, behavioral health. But, health wise, several children caught cold and so had eyes issues and some fever this quarter.

Next thing was parents meeting of almost all the children and one home visit was carried out in this quarter.

In terms of community outreach, AN conducted regular awareness classes in several schools of Kathmandu district and also organized a social audit for the year 2078/79 (Nepali calendar). Furthermore, a silent protest campaign was carried out near to AN office to raise awareness about sexual abuse issues.

Overall, AN has been working to support and empower sexually abused children, providing them with counseling, education, extracurricular activities and community awareness program.

CHILDREN RECEIVED :

In this quarter, AN received a total of five girls from different districts. These girls were referred to AN by various networking organization namely OCMC (One Stop Crisis Management Center), Aperia, Mukti Nepal and Ama Ghar Nepal. All of these girls come from remote areas and have a lower- economic background.

1.

Name: Shristi Tamang (with her father and cousin)

Age: 19 years

Education background: Grade 9

Abused by: Cousin brother

Referred by: OCMC, Patan hospital

District: Okhaldhunga

Case background:

Shristi is a single child to her parents. Firstly, her mother left her and her father and got married to another guy. Likewise, her father also got married to another lady. Shristi used to live with her father. Later, her father went to gulf country to earn money for his family. Unfortunately, during her father's absence, Shristi was sexually abused by her cousin brother. After this incident she has faced various health and emotional issues which has a great impact on her well-being. It was a tragic that she was diagnosed with cervical cancer. She was referred to AN from OCMC for further treatment and counseling support. In light of her situation, she was referred to AN, seeking both further treatment for her cancer and residential counseling support.



2.

Name: Nitu Kumari Mandal (with her mother)

Age: 10 years

Education back ground: Grade 1

Abused by: Neighbor

Referred by: Mukti Nepal

District: Siraha

Case background:

She is the eldest daughter in her family. She has been raped by 55 years old neighbor when she was 4 years old After the incident, that perpetrator ran away. Later it was discovered that he passed away. Sadly, this little girl was in traumatized and she was referred to AN AN for counseling, safety and security.



3.

Name: Chadani Yadav

Age: 15 years

Education back ground: Grade 5

Abused by: Father (Attempt to Rape)

Referred by: Mukti Nepal

District: Siraha

Case background:

She used to live with her stepfather and his family. Her elder sister is already married, before she was married, she had been raped by neighbor and sexually harassed by her stepfather. Her mother was aware of this embarrassing act of her husband. Since she is totally dependent on him, she could not take action against her husband. She doubted her husband's behavior so Chadani was referred to AN for counseling and safety.



4.

Name: Sarmila Bhelan

Age: 13 years

Education background: Informal

Abused by: Father (Attempt to rape)

Referred by: Mukti Nepal

District: Siraha

Case background: She was abused by her father and a guy who worked in a brick factory. She has a big family of 8 members. Sharmila has 6 siblings. They belong to low economic background. All family members were totally dependent on her father. After the incident, the father is in jail now. Her mother worried about her another girl child. The younger sister of Sharmila is at high risk.



5.

Name: Saraswoti Shrestha (with her grandparents)

Age: 17 years

Education background: Grade 3

Abused by: Father and neighbor (she used to call him her boyfriend)

Referred by: Aama Ghar

District: Sindhupalchowk

Case background:

She is eight months pregnant. She used to live with her grandparents. Her grandparents is not in a condition to accept the new born baby as it is a burden in many ways, like financial, societal, emotional and the grandparents are above 70 years old. There are no any family members to take care of Saraswoti. However, the so-called boyfriend died. To our knowledge he was a drug addict. For further counseling and security, she is referred to AN.



INDIVIDUAL AND GROUP COUNSELING SESSIONS :



The one-on-one session focused on children who are taking medicine like Shristi (the cancer survivor) and those who had behavior issues. Otherwise, we regularly sit with all girls twice a month.

This quarter we received five new girls and mental health intervention was done. Nitu, one of the smallest already started her school. She feels safe and secure in the safe house and very excited to be in the school with other friends.

Shristi (the cancer survivor) just finished her Chemo and is in rest. She is undergoing her counseling sessions frequently.

Saraswati, who is eight months pregnant is taking rest and continuing her counseling sessions. Chadani and Sharmila is in the process of adapting to the safe house environment.

In this quarter's group counseling session, we especially focused on CBT (Cognitive Behavior Therapy) and did Guidance Counseling Sessions as well.

Likewise, some motivational and moral lessons were also presented to the girls in the safe house during the group counseling sessions.



PSYCHOLOGICAL TEST :

This quarter we received five children. We did draw a man test with all five girls.

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 the drawings below, we observe...

Drawing no1:

- Sensitive
- Creative mind
- Mentally healthy
- Free/ relax



Drawing no 2:

- Confused
- Disturbed



Drawing no 3:

- Sensitive
- Close
- Influence by other people (outsider)

Drawing no 4:

- Dominated by some people
- Mentally healthy
- Influence by family members



Drawing no 5:

- Very disturbed
- Highly influenced by male
- Sexually deviant



HEALTH REVIEW:

This quarter most of the children suffered different health issues. Ashama has been continuing here ledger treatment for the patch she has on her cheek at Dhulikhel hospital. Most of the girls had eye checkup and follow up sessions in the eye hospital.

One 12 years old girl (Barsha) has eyelashes problem. She did cosmetic surgery.

This quarter we received one cancer patient. She is continuing her chemo therapy at Patan hospital. So once a week she visits hospital for treatments.

One girl is eight months pregnant so she has regular checkup.

One girl was suffering from head pain and another one had skin allergy so both of them visited hospital for treatment and are taking medicines.





HOME VISIT:

In this quarter, we conduct a home visit to rescue a 17 year old girl Saraswoti, who was 7 months pregnant. Five years back she was referred to AN for-counseling session because she was sexually abused by her father. Then, she was in one of the organizations (Ama Ghar) and they found out about the abused happened to her so they referred it to AN. She stayed in AN's facilities for almost 2-3 months and was completely healed. She went back to the same organization and they later reintegrated her with her grandparents.



After 5 years again Ama Ghar contact AN about Saraswoti being pregnant and this time she was abused by her boyfriend. During a follow-up session, we discovered that she was seven months pregnant and facing high-risk. Tragically, her boyfriend died and her grandparents were unable to provide adequate care for her and don't want upcoming child. Therefore, we visited her home and held the discussions with her grandparents and members of the village community. Following the visit, it became apparent that she was in a highly vulnerable state and required immediate rescue. Recognizing the urgency of the situation, we made arrangements to provide her with the necessary support and assistance.



PARENTS MEETING:

AN successfully organized our regular annual parents' meeting. These parents' meeting serves as a platform for open communication, allowing us to strengthen our collaboration with families.

As part of our efforts to engage with the parents, we specifically invited male members to attend the meeting. We were delighted to see that the majority of fathers and brothers actively participated in the meeting. We arranged individual meetings with certain parents to address specific concerns or matters requiring personal attention.

It became necessary to limit the attendance of some parents in our safe house due to the impact it had on children to experience negative emotions and feelings of sadness. In order to prevent further distress, we made the decision to restrict access for certain parents.

During these meetings, we shared comprehensive updates on the children's progress, including their academic performance, behavior and future plans. Through this meeting we got the opportunity to learn about the present family conditions of the parents.



OTHER PROGRAMS:

We did Social Audit for the year 2078/2079 BS. The program was successfully completed in the presence of some networking organization, school teachers, government staff, ward members, local police, board members, Antardristi Nepal's staff, neighbors, parents and some elder children. In this program, we shared about what we had been doing this year including all activities and expenses as well as funding, programs and planning.



Silent Protest

Every year in April, AN organized a silent protest. During this event, participants hold placards with various message about rape and abuse. We gather on a road near our office for an hour, to draw attention to the passerby on the issues of sexual abuse. The purpose of the event is to raise awareness and highlight the importance of addressing and preventing sexual abuse.

ACTIVITIES AT SAFE HOUSE:

- Children’s daily schedule includes tuition class for academics, dance crafts, TV and movies.
- Extra activities – Karate and Music class
- This quarter children have handwriting improvement classes, dance and computer classes at school.
- Regular meetings with housemothers to enhance their knowledge and growth.
- One girl visits her home with her brother to make her citizenship which is needed for every single work when you reach the age of 16.
- Regular meetings with children



- Children got opportunities to participate on rice planting program organized by Ama Ghar Nepal.



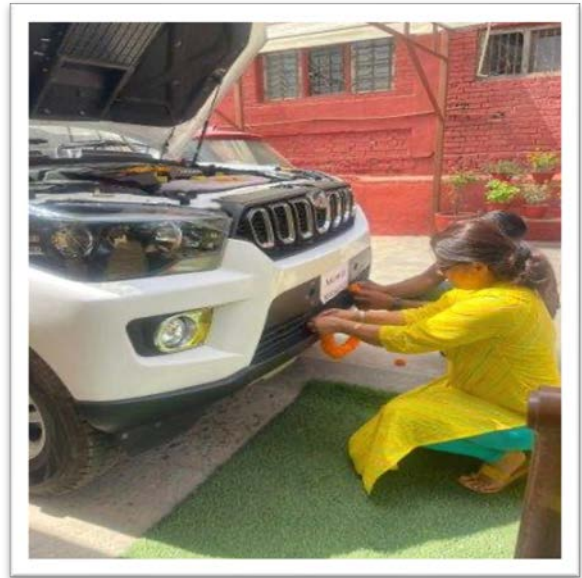
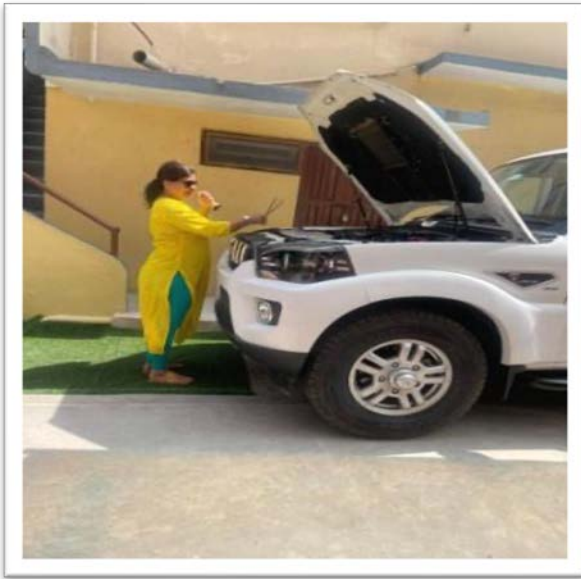
- This quarter we gave an opportunity to all children, to do shopping at one of the popular supermarkets (Bhatbhatini). We gave Rs 1500 to each elder girls, Rs 1000 to younger girls and for small children Rs 500.

From this activities they learn

- Shopping manner
- Cash management
- Priorities of individuals
- Personal choice and interest
- Time management
- Shopping rules and responsibilities



- Children recorded one song in a recording studio. This song is an awareness raising song on sexual abuse. The reason behind recording this song in children voice is to take it to awareness class when AN does awareness classes in schools and communities. Six girls were involved in this.



One of the exciting news for AN is a new vehicle. Without the support from Guiding Lights and Rien from The Netherlands, this would not have been possible.



Sports day of one of the girls who is slightly handicapped. She go to a special school.





Rien and his friend from The Netherland gave gifts to the children in the safe house.

CASE STORY:

Shristi Sunuwar, also known as Kamala, is a 19 year old girl hail from a remote village in Nepal. She is the only daughter in her family. Unfortunately, her mother left her at a young age and remarried, while her father also remarried. Shristi found herself living with her stepmother, father, and half-sister.

With her father working abroad, there came a critical day when no one was at home. It was during this vulnerable moment that her relative brother committed the horrific act of raping her. Overwhelmed by fear and shame, she couldn't bring herself to disclose the incident to anyone in her house. However, she began experiencing continuous bleeding from her genitals, a distressing problem she kept hidden.

Shristi finally confided a neighbor sister, who offered some medication. Unfortunately, the medication did not improve her condition. Seeking further help, she reached out to a cousin's daughter residing in Kathmandu, who invited her to the city.

In Kathmandu, she underwent medical examinations at various hospitals, where she received the devastating diagnosis of cervical cancer. Her treatment journey has commenced, and has undergone initial rounds of medical interventions. However, after returning home, she failed to attend follow-up appointments, leading to a recurrence of her health problem after 8-9 months.

Recognizing the lack of support from her family in her treatment, she was referred to AN for comprehensive medical care and residential counseling support. Presently, Shristi is undergoing treatment and receiving counseling at the organization, which aims to provide her with the necessary assistance and guidance for her physical and emotional healing.

SUPPORTS FROM LOCALS:



NEXT QUARTER PLAN

- School visit / Meeting with home tuition teacher
- Objective observation and ten-point scale of all girls
- Family Counseling Sessions
- Preparation for 20th anniversary (Antardristi Nepal is about to be 20 years old)
- Individual/ Group counseling sessions (CBT, Guidance Counseling, Career Counseling etc.)
- Health check up
- Psychological tests for new child if any
- Follow up of reintegrated children
- Educational movies and documentaries
- Awareness sessions on different topic like manners, skills, punctuality, teenagers' issues etc
- Life skills training
- Staff (house mother) meeting /classes for house mothers
- Regular meeting with all children
- Home visits and risk assessment of children who are in the safe house
- Outdoor activities for children
- Awareness class on sexual abuse for various groups



Art made by children



THANK YOU FOR YOUR GENEROUS SUPPORT