



JAGRITI CHILD AND YOUTH CONCERN NEPAL  
जागरूति बाल तथा युवा सरोकार नेपाल



JAGRITI CHILD AND

REPORT OF PSYCHOSOCIAL COUNSELING,





## Introduction relating to the project

At the time where the entire country is struggling to cope up with the global pandemic, children are the most vulnerable and affected groups. Deprived from the formal education with closure of educational institutions, they have been exposed to multi-faced social problems like domestic violence, sexual abuse, rape, exploitation, and many more forms of social issues at the top of the fear of succumbing to COVID-19. Though some efforts have been made to continue children's education through virtual method, it has been unsuccessful in effectively reaching maximum number of children. Long term discontinuation of education is likely to push the most disadvantaged children into child labor, child marriage, school dropouts, trafficking, suicide and many other social concerns. At such times, Jagriti Child and Youth Concern Nepal realized the urgency of making intervention to ensure the continuation of education, impart psychosocial support to the most vulnerable children as well as improve health and hygiene to better prepare children amid COVID-19.

Hence, it has partnership with Nepalhilfe BH e.V for the implementation of the program entitled "Psychosocial Counseling, Awareness on Basic health and Hygiene and Continuation of Reading/Learning Habits". The program implementation has been initiated from 15 July, 2020, and was planned to be terminated on 15 October, 2020. Whereas, due to the continuous lockdown, many scheduled activities had to be postponed, because of which the project period has been extended till the end of October, 2020. The program has been executed at ward no. 6, Kritipur, where income generation program is running since 2018 with providing goats to the families.

The program expects to reach the local students of Kritipur with regular education as well as psychosocial counseling through home-visits of teachers, distribute sanitation and hygiene kits to students and disseminate informative materials like Hoarding boards, flyers and pamphlets distributed at the community reaching 160 households of Kritipur.

## Objectives

-  Continuation of learning and education of children through home visits of teachers with the establishment of learning habits.
-  Psychosocial aid to children to help cope up with the global pandemic and varied other issues.
-  Awareness generation among the children and community regarding COVID-19
-  Promotion of hygiene behavior and trend of keeping the surrounding clean

## Accomplishments

### Mobilization of teachers for ensuring continuation of education:

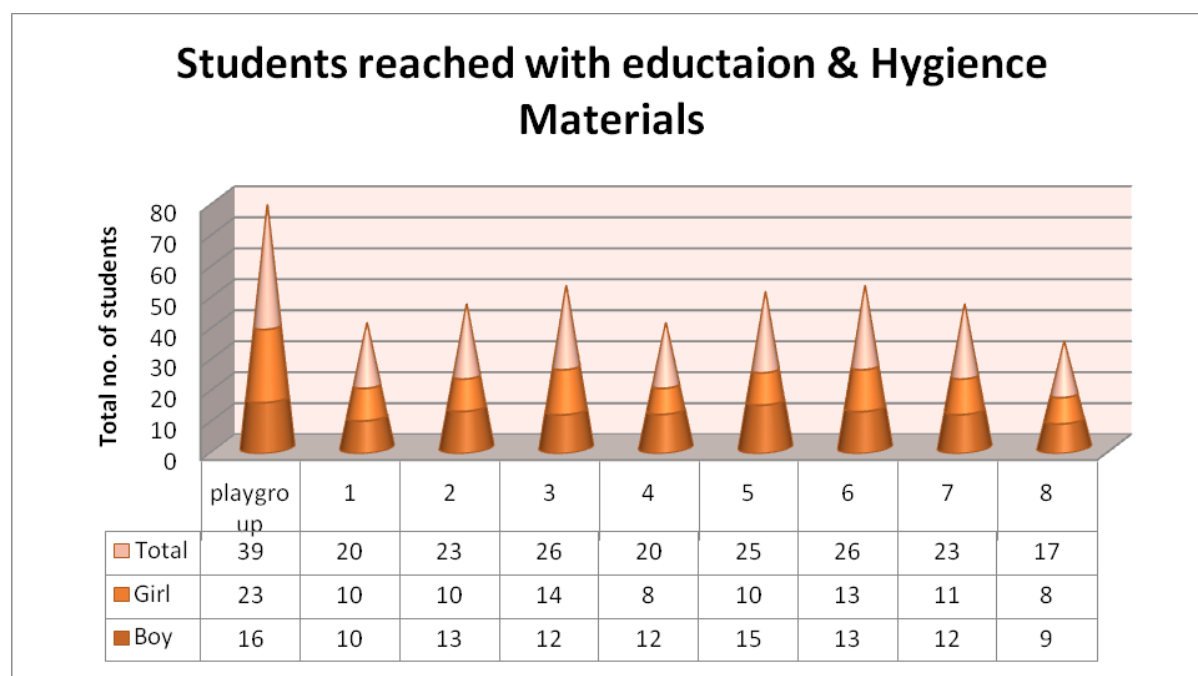
Four teachers have been selected in close coordination with school management committee and School Administrative for the mobilization to provide regular education as per the curriculum of the students, as well as impart information about the preventive measures of COVID-19 and methods and importance of personal hygiene and cleanliness. Each teacher has been specified with specific communities within the ward for the execution of the task and the 160 houses were divided into 4 areas and appointed 1 teacher for each area. The details of the area and teachers are as follows:

S/N	Representing areas	Responsible Teacher's Name
1.	NayaChhap, Belthar	Mr. Krishna Rijal
2.	Gairithar, Somthar, Dadathar	Mr. Mohan Sinjali
3.	Kholapartithar	Ms. Anjila Soti
4	Birauta, Chuhar	Mr. BasantaAdhikari

These teachers were mobilized throughout the working period, to ensure the continuation of the education of the targeted children.

### Distribution of education and hygienic materials to the targeted children:

Similarly, a total of 219 students were reached with the educational materials like copy, pen, mask, sanitizer, bag and sanitary pads (in case of girls). The details of the total students reached have been mentioned below:



## Psychosocial counselling and awareness program on the rights of child

<b>Date of the program</b>	<b>2 Oct 2020</b>
<b>Facilitators of the Program</b>	Psychosocial counsellors Ms. Ranjana Lamsal, Ram Baral and Raju Chapagain
<b>Adolescent girl campaigners present for awareness on rights of girls</b>	Sapana Paudel , Rejina Gharti Magar and Priti Bhusal
<b>Beneficiaries</b>	Students of grade 6,7,8 of Nepal Rastriya Sharadha Basic School Devchuli – 6, school teachers, parents and elected representatives
<b>Methods used</b>	Interactions, drawing and lecture
<b>Major Discussions</b>	Various problems and issues children have been facing with the outbreak of COVID-19, and closure of all the educational institutions, behavioural changes along with them, stress relating to COVID-19 and coping mechanism. The topic of child rights , violence, abuse, and other evils, as well as , strategies for tackling problems during COVID-19 were also discussed.
<b>Results of the event</b>	<ul style="list-style-type: none"><li>- The students were able to identify the psychosocial problems they have been facing with the outbreak of Global Pandemic and brainstorm ways to cope up with them</li><li>- They were able to lessen the fear of pandemic and understand ways to cope with it</li><li>- They were aware about child rights, girls rights, violence, abuse and strategies to protect themselves from various harms rising in the present context.</li></ul>
<b>Evidence (Youtube link)</b>	

## Production and Dissemination of Informative Materials for Awareness Generation

### Jingles production

In order to raise awareness on COVID-19, Informative Jingles were prepared in Nepali and Magar language (major language is a local language that most of the people speaks in Kritipur) .The Jingles were aired through Radio Madhyabindu 101 Mhz.

## Flyers for awareness generation

2000 copied of the informative material printed and disseminated in Kirtipur and surroundings.

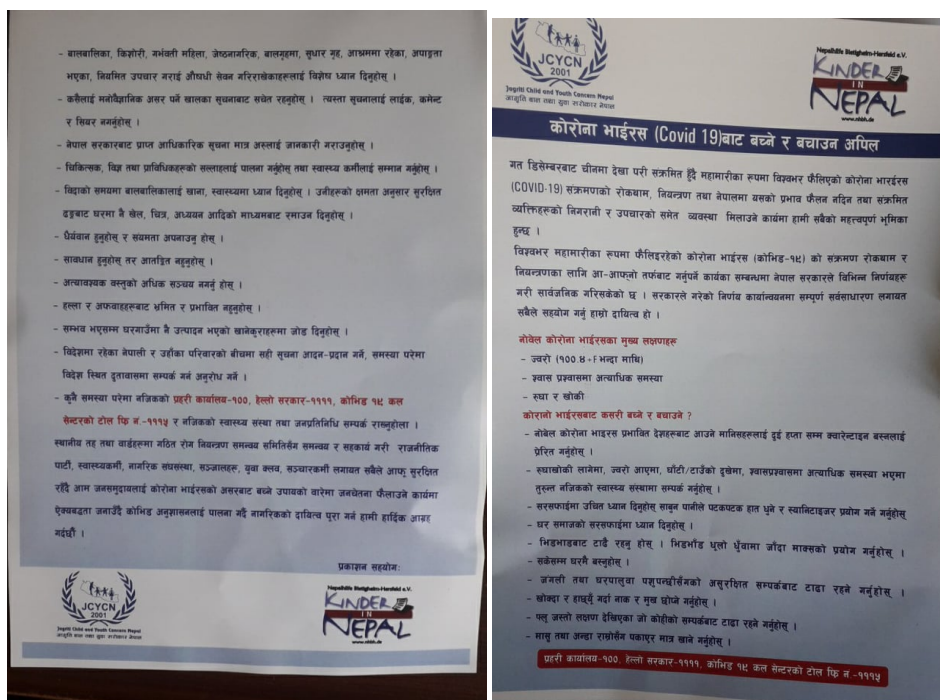


Figure 1 Flyer

## Preparation of the Hoarding Board

A hoarding board was prepared and hung in the premise of the bus stop of ward no. 6 where the high mobility of the people in Kirtipur Area.

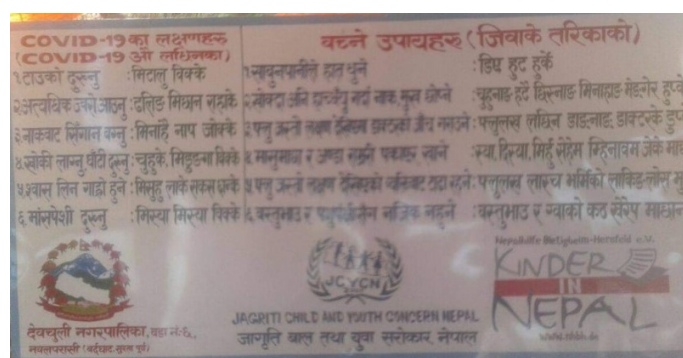


Figure 2 Picture of hoarding board

## Monitoring Visit

Date of Monitoring	9 Oct 2020
Representatives present in the visit	<ul style="list-style-type: none"><li>• Deepak Prasad Basyal, representing Nepalhilfe BH e.V</li><li>• Dipak Sharma, JCYCN</li><li>• Meen Bahadur Soti, Ward president, ward no. 6 , Kritipur</li><li>• Ghum Bahadur Magar Thapa, ward member</li><li>• Dilli Rah Paudel, Principle, Nepal Rastriya Sharadha Basic School</li></ul>
Major Discussion during the visit	<ol style="list-style-type: none"><li>1. Impact of the optional education and distribution of the education materials: The elected representatives and the principle of the school present in the meeting expressed that the program was highly relevant and was successful in continuation of learning habits of children as well as in motivating them.</li><li>2. Initiating the execution of the educational activities of school: In regard to creating feasible environment for children to learn, the present representatives requested to continue the Income Generation program as the goat rearing has assisted in uplifting the status of the parents, which directly affects the children. In addition, they have also requested aid for the construction of stairs with railing for protection of children at schools, computers, labs.</li></ol>

A joint monitoring visit at the working areas along with the elected representatives of the areas was conducted on 15 Oct 2020. The team monitored the working areas and provided suggestions for increasing the impact of the program.

## Constraints Faced

- The lockdown imposed in the working areas with the continued fear of COVID-19 has become a great challenge for the implementation of the activity.
- Fear of the transmission of the COVID-19 has also become hindrance for effective conduction of the program.

## Conclusion and Recommendation

To conclude, "Psychosocial Counseling, Awareness on Basic health and Hygiene and Continuation of Reading/Learning Habits", was successful in improving the mental health and resilience of children amid global pandemic, motivate children and establish learning habits in them and making the community aware on various issues related to global pandemic. Some of the recommendations for further implementation from the local elected and government representatives:

1. Parents focused program also need to conduct at this situation
2. As the COVID situation is not sure how long it will go so there should be continuation of such programs as its making great impact on children
3. As the program modality is very effective so this modality need to be adopted in other areas too



Glimpses of the intervention:

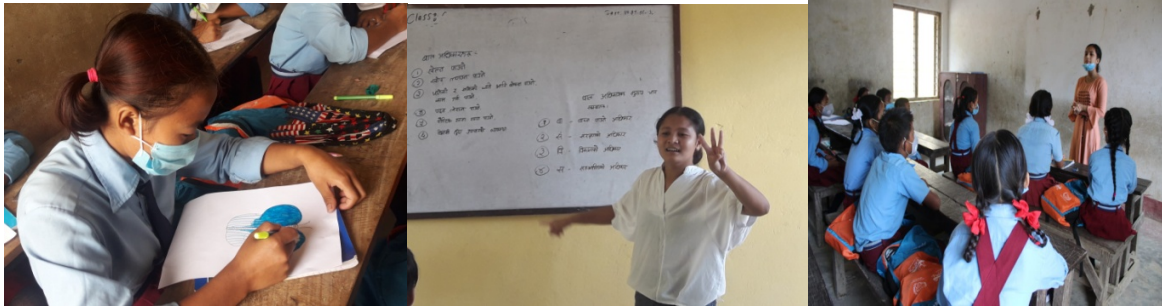


*Caption: An adolescent girl receiving materials along with sanitary pads, a child receiving the educational materials and a girl child in the learning class respectively*



*Caption: A child concentrating on study in the lesson, packing of the educational materials, meeting with the stakeholders respectively*





*Caption: Various Gmlipses of Psychosocial counselling and awareness program on the rights of child*



*Caption: Various Glimpses of the monitoring Visit of the program*