

# The Relief Trust

## Newsletter Updated 2013

### Institutional Activities

On April 22-23, 2013 (Baishak 9-10, 2070) "Strengthening Connectedness among the School Family" Program had been held in Kathmandu Kunja School, Gangabu. Facilitators of the Program were Mr. Gopal Dhakal, Ms. Chetana Lokshum & Ms. Kusuma Rayamajhi. There were altogether 31 Participants were participated.



On May 15, 2013, (Jestha 1, 2070) TRT & Universal Peace Federation jointly organized 40 School Bag Distribution with Lunch Program at *Joint Disable Unity Awaz Center*. UPF President Ek Nath Dhakal, General Secretary Santosh Paudel, Dr Kittel & TRT President Ganga Gurung, Vice President Tej Rai, Advisor Dr Chuda Bahadur Shrestha, Biren Prakash Bangdel & other Executive were presented.



Child Mental Health Awareness in 20 School of Kathmandu Valley was conducted in collaboration with United Mission to Nepal (UMN) from July to December 2013. 3 Facilitators & 5 Co-Facilitators provided School Awareness Classes for students from class 7 above and teachers.



5 Day Workshop on *Life Skills with Social Emotional Learning* for students was organized with the collaboration with PN Pant Foundation Nepal at Budhanilkantha Model Community Academy on Magsir 24-28, 2070, (December 9, 13, 2013) Chapali, Rudreshor, Budhanilkant. Students of class 9 were the participants.



3 Day Art Therapy workshop conducted by The Relief Trust at PA-Nepal, Sankhu on Poush 7, 8 & 9, 2070 (December 22, 23 & 24, 2013). Trainers were Ms. Gosia Lawnicki, Ms. Sheila Kelleher, Art Therapists from Ireland and Ms. Chetana Lokshum, Psychologist from Nepal.



2 Day Art Therapy workshop Jointly conducted by The Relief Trust and Former Police Council-Nepal at Police Hospital, Maharajgunj, on Poush 18 & 19, 2070 (January 2, 3, 2014). Trainers were Ms. Gosia Lawnicki, Ms. Sheila Kelleher, Art Therapists from Ireland, Ms. Chetana Lokshum, Psychologist and Ms. Kusuma Rayamajhi Psychosocial Counsellor from Nepal. It is specially organized for Armed Conflict Survivors of Nepal Police. There were 24 conflict survivors who participated on the workshop. Chief Guest of the Closing Program was **Mr. Upendra Kanta Aryal**, Inspector General of Nepal Police and Special Guest was **Mr. Achyut Krishna Kharel**, Inspector General of Police, Nepal Police (Rtd). Certificate has been distributed to the participants.

