
Index:

M: Moderator

P1: Participant 1

P2: Participant 2

P3: Participant 3

P4: Participant 4

P5: Participant 5

P6: Participant 6

FGD duration: 2:06:50

Language in which the interview was conducted: Maithili

Location: Ward office

Date of the FGD: 8 March 2021

M: What kind of nutrition programs are being conducted in your village for children under three years of age?

P3: The doctor can say about the nutrition. I don't know that much.

M: What kind of program do you think is happening for children under three years of age? Have you heard it? In your village? For the children under the age of three?

P1: There has been no such program about children. Youth of age 18, 19, and 20 and children play sports at school. They play football, cricket, volleyball, etc. Nothing has happened to small children. It is almost zero.

M: Sir, what kind of nutrition program is going on?

P1: Right now, as far as we know, now we have the federal government, the provincial government ... I think it has been nearly six months to a year, the rural municipality through the health post are distributing protein-enriched food for pregnant women and for small children for the mental and physical development.

M: What is being distributed? What is being shared?

30 P5: Especially nutritious foods ... It was nutritious food for the pregnant women and the
 31 children under five years of age. There was baby cereal power, and horse peas. Didn't see
 32 what was inside. There may be legumes. [P5 went out]

33 M: Ok. We will take the photo.

34 M: There was the talk of sanitation. Baal vita was distributed for children. What about three
 35 years old?

36 P1: It is mainly for pregnant and children under five years of age. [P6 went out.]

37 M: Did these programs happen before or only this year?

38 P1: This program only happened this time...only once.

39 P5: This corona brought a hard time, Lockdown was issued. At the time of lockdown,
 40 through the District Coordination Committee, food for women over six months pregnant
 41 and super cereal (*sarbottam pitho*) for the baby was given. There was a budget at rural
 42 municipality [Unclear], some food was provided to the pregnant woman.

43 M: Can you say what was there for the children under three years of age?

44 P5: I am talking about the children. For the children, super cereal came from the rural
 45 municipality. It was powder type in a small packet. It was done by the rural municipality
 46 and the district coordination committee as there was nothing for children. It was
 47 distributed to prevent malnutrition....

48 M: It was because of covid, nothing was possible, so that was given.

49 P5: Nothing happened after that. covid vaccine was provided ...

50 P2: because of covid and lockdown we are behind....

51 P5: Because of that covid and lockdown, Vitamins, which were supposed to be given at
 52 Kartik and Baisakh, could not be given.

53 P2: From Kartik to till now...

54 P5: It was distributed at the around time just like that. That was also the time of covid and
 55 lockdown. a single packet of super cereal and some helpful information were provided. It
 56 was given in the form of a package.

57

58 M: That was distributed in the form of a package. But what are the programs for the children
 59 under three years which have been running continuously?

60 P5: for children under five years of age, data collection is being carried out in municipality
61 and in the district. Children will be provided nutrition allowance (*poshan bhatta*)
62 allowance of Rs 400 per month. For this data collection is being carried out in every
63 ward.... they have started this recently from *Falgun*. They are going to open an account
64 for the children and deposit money ... Form filling work is going on...

65 M: Ok. The form filling work is going on for the nutrition allowance.

66 P5: It is being carried out in each ward.

67

68

69 M: Now let's talk about games. What games are being played by the children under three
70 years in this village?

71 P: [all are quiet]

72 M: How do these three years old learn?

73 P4: The children under three learn whatever they are being taught by their mother. After they
74 are older than three, they will also learn from watching their friends. Parents will also
75 teach. They will send him to school, and he studies. And they will teach all these.

76 M: What else do the parents teach the children under age three? What do they do?

77 P4: What do they do? [Laughing] He is fed, cleaned, breastfed, this is what everyone does.
78 They will give medicate him if he is not well... these are the care mother provides...

79 M: This is done by everyone. What does the mother do?

80 P2: It is the same.

81 M: Sir, is there something?

82 P1: It's regarding children under the age of three, specifically about games.

83 M: Children under the age of three?

84 P1: for the children under three... nothing special has been done. But his brothers from the
85 family teach him to play. They bring a ball or Bat/ball (Made up of plastic) which is
86 popular. They have been teaching that bat/ball game. They play with bat and ball and
87 learn from that. they play and learn through readymade toys... They will learn by
88 themselves and also learn from others. If not from the family, then they will be learning
89 from friends...

90

91 M: Your child is under the age of three. What does he play often?

92 P2: He especially plays with the family. It does well for the health of a child. we need to pay
 93 attention to playing as well. We need to give time to teach the child. The more we give
 94 time, the more likely he learns... by teaching him to talk and play through the game child
 95 learns for progress in his life (*aagaadi badna sikcha*). The way we teach him, he moves
 96 forward in life. If his eldest brother plays a ball, he also starts playing with the ball. if
 97 there is any game such as a badminton, he also tries to play with it. He does it himself. If
 98 you play by showing them, they can learn themselves ...
 99

100 M: What is there? How does he learn from the game? What kind of toys do they play with?

101 P3: There was a way to do this before. At the time of our elders, they used to make a toy
 102 vehicle (*gaadi*) from wood. They would give that to the child. they would drive it around
 103 the house. this is one kind. Another was ball... now a new one has come, made up of
 104 plastic (plastic walker), kids are kept in it and everyone can drive it ... there are two or
 105 three kids ... they come and sing, this kind of game are played.

106 P5: I have already said about games. Small kids play with mud and sand when they are
 107 young. They play at home. Parents may leave the home [Little hard to understand]. They
 108 play whatever they find in the village. Now a thing that is found popular is downloading
 109 few games in mobile phones and giving it to the kids after kid's spend time on that.

110 P3: Yeah, that is the main.

111 P4: Parents become happier if their kids are engaged in phones. It is less trouble for them
 112 physically and the child will also be happy.

113 P2: A kid is happy when he is shown a mobile phone, I have seen this everywhere.

114 P2: It is done with mobile. Everyone in the house has a phone. They keep at least one game
 115 in it. Mobile phones can also be given to calm their anger. This is what I have seen.
 116 Mobile. [Little difficult to understand]

117 P2: Kids try to play and learn to play with it.
 118

119 M: What are the attempts not to use toys? What are the games that don't use toys?

120 P2: what kinds of games can children play here... especially in the context of terai...

121 P4: Mostly mobile phones ...

122 P2: Children try to play with the sand. They also try to play other games. If they play other
 123 games, caretakers have to put in a lot of effort.

124 P3: child also runs This also play with marbles. By kids...

125

126 M: They may play marbles after they get a little bigger. We are talking about children under
 127 the age of three. What do the kids under age three play? Like you said the kids play with
 128 the sand and with the bat, what can the kids of age three learn from these games?

129 P5: This leads to the mental development of kids. If they learn and play with their friend,
 130 intimacy develops between them. when children walk, play ... it is also an exercise for
 131 them...

132 M: Relation develops.

133 P5: Kids can also learn that by playing together.

134

135 M: You mentioned driving with a toy car, what can the children learn from that?

136 P3: Many kids can only walk by holding on to this walker and drive it slowly... meaning
 137 slowly as he walks... drive the walker... his pace increases in the coming days. And it
 138 increases the movement of hands and legs ... little by little... That is all ...

139

140 M: What did he learn?

141 P3: For a baby who frequently cries, I distract him by making him held on to that and telling
 142 him to walk.

143 M: Did you distract him?

144 P3: Yes, I did.

145 M: And in your opinion, what happens to the baby by playing these games? What does the
 146 baby learn?

147 P1: children learn through play. playing can bring changes in the kid. Especially in terai or in
 148 our society, we don't play with them that much. children play together in mud or the dust.
 149 They play hide and seek. They play with cow dung and soil. They play a game called
 150 *Gho Gho Ram*. They throw mud at each other.... children under age three can learn
 151 anything there is in this world.

152 P4: How much do the children under age three learn?

153 P1: They can learn from whatever we speak. Like that, as they grow. They hear many things
 154 and learn other things...

155 P3: There are other things like the kid can see what his friend is doing and can imitate that.

156 P2: If a kid is with another kid who is one year older than him, he can learn from the things
 157 another kid is doing, like playing and running.

158

159 M: If the kid doesn't play or isn't taught how to play, what effects are seen on the kid?

160 P2: There are effects because small kids try to do what the big children do. They try to snatch
 161 copies. They don't give up even if they tear it while trying to snatch it.

162 M: They try to learn.

163 P2: Yes.

164

165 M: What are the effects if he doesn't learn by playing when under the age of three?

166 P3: He won't be that physically active, and he will be dumb.

167 P1: There won't be physical development.

168 P3: He won't even be like that one Chinese kid

169 P1: At the same time, he may have a problem in mental development or become stupid. He
 170 could even be disabled. He could not even try to do work. He also won't have a good
 171 memory; emotional development and he will be troubled by many problems. If he is
 172 taught well how to play in his childhood days or even early childhood, it will be good for
 173 him. But we believe it is better if you make him play.

174 P1: They should be happy as well.

175 M: The child should feel happy.

176 P1: If the child feels happy, he will be healthy.

177

178 M: How much do guardians feel necessary to play the kid? For the kid under age three.

179 P: [All are silent.]

180

181 M: How much necessary do they feel?

182 P4: parents take care that the child doesn't get dirty, parents try to strengthen their children
 183 body. For this he is given nutritious food and water and sanitation in maintained... he

184 wears clean clothes. That doesn't spread disease quickly... they give clean clothes, clean
185 food. Parents tell child not to go outside or near the road, not to shout, and not to fight
186 with anybody. This should all be taught by guardians.

187 M: The guardian must teach. And how much necessary is it for the parents to teach the kids
188 through games?

189 P3: It is necessary. Whatever the guardians teach...

190 P4: The education they give...

191 P3: Guardians will teach well. They will show the right path. But if they send him, assume a
192 new hostel has been made and they send him there, he won't be able to learn and he
193 won't be taught that well in comparison to the way he is being taught at his home. That's
194 why guardians, parents should be with the child... I will give you an example. In our
195 Madhesi community, if we send children to the hostel, most of the children will come
196 back improved. If they come back to their village, they will learn more. This is all up to
197 fate. Some are good even if they remain in their own home and some get spoiled. But the
198 guardian should as much as possible teach more at home.

199

200 M: How much necessary is it for the guardians to teach the kids through games?

201 P5: It is a big responsibility of the guardian to teach the children through games. Because it is
202 a big responsibility, the guardian will be the main teacher even before school. Children
203 firstly get all the education from their parents. They make the children not stray to the
204 wrong path and stay on the right path. Others may not see it. But guardian does that work.
205 That's why the provincial government is paying attention to it and working on it. Others
206 can teach negative things, but their guardian never teaches negative things. He never lets
207 him go on the negative path. His education and skill will be on the positive path ...when
208 he gets bigger, they will only have the positive side. That is the main thing.

209 M; Only positive will come!

210 P5: child will only learn positive things ... when he is over the age of three, he will begin to
211 obey their father and mother. He will be under the observation of his mother, and
212 father's, the child will become what his father wants him to be. The teaching of father
213 and mother will also play a role. It will play a big role.

214 [P3 went out]

215

216 M: Now we will talk about the achievements of the games. About mental development, you
217 said that it occurs in the children from learning the games. What kind of facility is there
218 for the mental development of the children? What kind of facility is there in the village?

219 P1: Games are very important here for the mental development of children. As it is based on
220 practice, when we teach child using play, they will understand easily.... Even so, there is
221 no availability of suitable materials for the development of children. Lack of play area
222 makes it more difficult for us ...

223

224 M: Lack of area is doing it. You are raising voice... About this, what kind of facility is there
225 for the mental development of kids under the age of three? Is it available in the village?

226 P4: It won't come for him.

227 M: What kind of facility is there?

228 P4: It depends on the financial capabilities of the people.

229 P2: People are providing it in their own homes with whatever they have.

230 [P5 went outside]

231 M: No

232 P2: Those who have learned at home, are doing it. For the game...

233 P3: If they are prosperous, they are keeping it by themselves.

234 M: People who have learned and prosperous people are doing it at home. No such facility.

235 P2: children are very clever...there is one kid same age as my son who is very clever.

236 Everyone from our family is trying hard. We are trying hard to provide him good food,
237 good clothes and to increase his height. We try to teach him and he learns.

238 M: We have parents who are doing it. Is that all? Isn't there any program for that?

239 P2: We in terai use the word 'Mai' instead of the word 'Momi' for the mother. We make
240 them say the word 'Momi' not 'Mai', and he says it and learns it. Likewise, if we try to
241 teach him games, he will learn them conveniently. In our village, there's a game called
242 *Lukiluki (hide and seek)*, he plays it with his brothers. It is played by hiding. He sees
243 someone hiding and he goes and hides behind him. He plays it daily.

244 M: The situation right now is that there is no such facility. Brother and sister are teaching
 245 whatever they have learned at home. They learn from either brother and sister or mom
 246 and dad. Isn't that so?

247 P2: He learns from people at home.
 248

249 M: You talked about mental development. What kind of facility would be better in your
 250 village for the mental development of children under three years of age?

251 P: [He isn't speaking]

252 M: What do you wish to happen?

253 P1: Let the local government help with that. Or let the provincial government should help
 254 with that. They should hire a teacher and through her in every area. Village... a place
 255 covering 50 or 20 houses. They should create a place with different playing materials and
 256 play the kids there... materials should be available.

257 M: They should provide all materials. But what kind of information do you wish to get about
 258 this mental development? What do you wish for to happen in your village?

259 P2: There should be public awareness. People from here don't do much for the children.
 260 People here neglect their children. We don't have that many educated people here in
 261 terai. Now, there are few educated people and they will educate their children. The
 262 previous situation was upsetting. [Little hard to understand] what is required based on
 263 the situation of the village must be done....

264 M: Speak a little louder otherwise it won't be recorded.

265 P2: In a number of 25-50 they should gather in a *chowk* (central area in the village), and
 266 children should be taught. They will learn properly if it is done like that.
 267

268 M: You said that, with financial support from the local government, people could be
 269 gathered in every locality and taught games. Doctor, what are you saying? What kind of
 270 information should be there?

271 P1: In my thought, good nutrition (diet) is very important for the mental development of
 272 children below three because about twenty percent development of mind happens with
 273 two years of age.

274 M: Nutrition and games... we are here for that. You said good nutrition is required. What
 275 kind of information do they want on mental development?

276 P2: It impacts nutrition.

277 [P1 went outside]

278 P5: There is no example for the game. Here is no culture of kids going out to play. They play
 279 in their houses or only play around the house. Children under the age of three don't go
 280 out. They are always in bed and play with their parents.

281 M: You said parents stay at their home and teach the child inside the bed.

282 P5: Now, where will a three-year-old go? They stay at home and play. [Little hard to
 283 understand]

284 P2: Whatever way we use to make them play; they will play in that way...when they are
 285 playing with other kids. They play similar way other kids are playing... If the mother or
 286 other friends push them hard enough, he can learn immediately. In our village, kids
 287 especially watch mobile. They also play games in the video. They watch sports on TV.
 288 Children have more interest in those things. They will try to play the games in the way
 289 big kids are playing.

290

291 M2: You said that improvement in playing methods by providing different types of toys helps
 292 the mental development of kids. What kind of program should be there to improve these
 293 game methods in the village?

294 [No answer]

295

296 M1: It should be a very resolute program, the kid who can't go should be provided in his
 297 home, villagers should be taught in his home. What advice would you give on this
 298 matter? In what way should the information be given such that all communities are
 299 involved? How can all the children be included in that?

300 P5: children far away villages will also come to school [Laughing] ... principal sir ...

301 P1: For children, younger than three years, how do you want to talk as a community-based or
 302 individual based?

303 M1: Yes, it should be based on community ...

304 P1: If it is community-based, there should be a community hall or the study centre we have
305 for kids ... these places should have toys and the toys should be used to play with kids
306 and teach them. From this, there is the development of physical as well as mental
307 aspects. I think this will be good. If we can place audiovisuals in there, they will become
308 more attracted. I think it will be better if we show audiovisuals to the children under the
309 age of two in a private room with the playthings.

310

311 M: You just said you wish we had audiovisuals and playthings. I feel that it is different for
312 kids under three years, babies under six months, two months, or one month, how can it be
313 done for this? How can it be included in the study center?

314 [P2, coming from outside]

315 P1: under the age of three, we have kids under six months as well, those kids can be taught at
316 home. Under the age of three includes babies below six months or two months. And
317 under the age of three also includes kids under the age of two, these two-year-old are
318 going out and playing on the street. Incidents are happening. So, they will be protected
319 from the incidents. There is learning as well as protection from incidents. But for babies
320 below the age of six months, mothers should do it

321

322 M: So, what do we do? What should a mother do? What should we do to the guardians? How
323 important is it to teach mother and father?

324 P1: It is important to teach mother and father. but they have their commitments... they would
325 have to leave all their work to participate... they may not have too much time. they don't
326 have anybody to give suggestions ... they also may not have playthings ... There could be
327 many compulsions.

328 M: You said that there are compulsions? Now, how do we do it? Now, what would be better
329 for the mental development of the children?

330 P3: Here is this village, suppose the programme is going to happen here. for children. A place
331 with compound and two-three rooms can be built... they can put play materials there...
332 children are played with in the compound... if we can do this then all kids can be in one
333 place. [conversation not clear]. Babysitters can be hired or paid when available. there
334 should be a teacher who could visit the place and teach children... one should be a man,

335 and another should be a woman. It is a convenient to keep kids there... Guardians don't
336 have much time these days. They work like computers. They should be like time. There
337 are fewer workers. So, nothing can be said about time. Children are freely playing.
338 Sometimes, kids can get in a vehicle accident which is a problem. Before there used to be
339 a big compound Infront of the houses ... Now we have less land. Because of divisions,
340 compounds near home are becoming rare. Now, where do these kids will go and play?

341

342 M: The playing age is after two or two and half years of age is what you said. Now let's talk
343 about the kids who have just started walking. What do we do about these kids? There are
344 things to learn from birth. Now, what do we do about these kids?

345 P3: Institutions like that are opened in foreign countries which we have been hearing but
346 haven't seen yet. children are put there, and parents go to jobs. That practices can be
347 good for our society.

348

349 M: We will again talk about this. Now we will talk about additions to the ongoing nutrition
350 program. WHO has recommended that it is effective to integrate nutrition programs with
351 games and learning programs. Institutions are working on that. It is very necessary and
352 effective to integrate nutrition programs with games and learning programs for children
353 under the age of 3, what is your opinion on that?

354 P3: What can I say other than that it is good...

355

356 M: WHO, that looks into health-related matters and gives suggestions, involved in nutrition
357 and health post has suggested integrating nutrition program with games and learning
358 program for the children under the age of 3. How do you feel about this?

359 P3: This is a good thing!

360 M: Why it is good? [P2 went out]

361 P3: Learning has been happening at homes. But this program which WHO recommends
362 could be better than the things we do at home. Would it be better? Now, in China, even a
363 kid can make watches. They can make radio. If such programmes are introduced in our
364 community for small kids them perhaps our nation could be developed. If they can learn
365 from an early age, these kids will be like computers in the future. That is a good thing.

366 M: That means you like the suggestion?

367 P3: Yes.

368 M: Other than bringing this program, what did you think of this suggestion?

369 P3: I feel it's good.

370 M: Why do you feel it is good? Why do you feel that the talk about going with integrating

371 two programs is good?

372 P3: If we go with integrating two programmes, nutrition knowledge will increase and playing

373 activities will be here which weren't here before. After bringing this desired program,

374 community people will be more enthusiastic about this game programme. They will come

375 and see how this program is. Kids will also participate.

376

377 M: They will be more enthusiastic about watching this program!!

378 P3: Yes

379 M: Sister, how do you feel about the suggestion of going with merging programs? Your

380 thought?

381 P4: I feel it's good... very good.

382 M: Why?

383 P4: That will be better. That would be less sickness [P5 went out].

384 P1: The reason why I feel it is a good idea about going with two programs is that only

385 nutrition is not good enough for the development of children. Nutrition is important for

386 the physical development of children and to develop physical aspect, games are also

387 necessary, therefore, for physical development, we should teach nutrition as well as

388 games together. That program would be long-lasting. Small kids will be attracted to it.

389 They will do good in their education as well... That is a good suggestion.

390

391 M: What are the effects on the development of small kids if we do both nutrition as well as

392 games?

393 P4: That is already discussed before.

394

395 M: So what effects do you see? [P6 came in] If we go by adding a program?[More noise]

396 P1: children will learn through playing.... we talked about the mental development ... that
 397 depends on how much children learn from games... through playing they will be happier,
 398 and they will begin to like games. They will be drawn towards to it. They will also learn
 399 to enjoy. That is why the development of children happens from it.
 400

401 M: The kids will learn and enjoy games. You gave an example of China and the development
 402 of kids from China. Now I will go towards the talk of implementation. In what way
 403 should we bring this games/nutrition program to the people in the village? You
 404 mentioned one about doing a meeting at the community and in what other way should we
 405 bring this program? Who is better to run it? Let's talk about it! [Sound of music from
 406 outside]. In what other way should we bring this program? Who is better to run it?

407 P3: The government can do this program directly through the local staff. If we go through
 408 representatives, they will do politics which will affect kids. For this reason, they should
 409 advertise for the required staff. there are many youths in our country... If we demand
 410 staff, many youths who have no work will get the job. Many will get the job from this
 411 integrated program. There are a lot of staff in this village. Like there is NGO, we can go
 412 through NGO as well. That would be also good. We cannot go through a political
 413 representative ...
 414

415 M: Go through staff, Go through NGO. Isn't it?

416 P2: Yes...Yes.

417 M: But what way is better to conduct? What would be a better way to bring it to the village?
 418 Just like we talked about going with a forming group.

419 P2: Group...talking about the groups, there are many groups in this village, one kind is
 420 political (*Jhole samuha*) and another one is tenure group (*Karyakaal Samuha*). Whatever
 421 work comes in the village... They will bring their group forward in any work. The work
 422 will start in paper and ends in paper. We must organize a group which will help in the
 423 rise of the community...
 424

425 M: Do you want to go with the group that does hard work?

426 P2: Yes, not a political one.

427 M: Sister, which way is effective to go with. Which methods should we use to conduct this
 428 program?

429 P3: If government provides support, it is possible. Some kids in this village belong to poor
 430 households. People from these households do not have enough to feed themselves. so
 431 how will they teach their children ... There are kids of age 6 months, 3 years, 1 year. If
 432 the children are hungry most of the time, then how can we educate them... One parent
 433 goes to the field, and another goes for labor. they leave the children at neighbours ...Only
 434 a little amount comes from labor! so should he provide education for his kid, or should he
 435 fill his belly? If the government uses some method for this, the condition of kids from the
 436 poor household will improve. God has given me many things. If a person is wealthy, if
 437 they have fertile land, river, money then he can buy various color of toys and play games
 438 and can provide many clothes to wear. What can the children from poor households be
 439 taught!

440

441 They could somehow send their 3 years old kids to school. Through a lot of hard work,
 442 send them to school ... school would provide them uniform.... But for how many days
 443 they can wear those clothes... his father has to do work to earn ... to be able to provide
 444 clothes to his child and send his kid to school ... The government will not provide
 445 everything! not they provide food for hungry stomachs. They do not provide salt, oil, and
 446 soap. Poor father and mother should save enough to purchase those things... Only through
 447 saving parents from a poor household try to help their kids...

448

449 M: What should the government do?

450 P3: If the government does not do it then you can teach us... I will teach those to my child.
 451 Now you ask how this kid will grow? How this kid will learn? What should we do with
 452 the kids? Now we all are suggesting this to you... You are asking us. You are teaching
 453 us. Now, this may take an hour ...in the meantime we have a lot of house works to do ...

454

455 M: This problem is okay. In which way should we conduct it so that it can be effective? At
 456 first, we talked about doing it in one place of the community. Should we give it
 457 individually? Or is it better done in a group? Or giving it by going from one house to

458 another? In what way should we give so that the program reaches the community? Or
 459 every child?

460 P3: They should go to an individual house and teach. [Laughing]

461 P2: To reach every child's home, they should house to house ... they should use the
 462 collective effort of institutions like NGO and INGO to reach every household. The
 463 program should be conducted in a peaceful place. That would be more effective.
 464

465 M: How is the door-to-door effective?

466 P2: Because in door-to-door approach, they will reach all houses without missing any.
 467

468 M: Will they reach all houses? Which way or method would make the program possible?

469 P2: Netaji has expressed his views on that but I think health post would be good where
 470 children also come for vaccination...
 471

472 M: Can you speak a bit louder?

473 P2: like when the pregnant woman are in contact the health post ... or after the birth of the
 474 baby, they will visit for the vaccination for the baby. At that time, a small amount of time
 475 like 5 or 20 minutes could be used to give them suggestions.. either through a contract
 476 with NGO or through the health post... 5-10 women can be given suggestions at that
 477 time.[little confusing]. they should not be given wrong advice. To do this work in terai,
 478 we should also do this through an external agent like NGO.
 479

480 [Breaktime, returned after a moment].
 481

482 M: Through NGO? (pg 12)

483 P2: Yes through NGO... and through this home visit program, kids can be taught through
 484 games. In the future, all these kids will be trained. Their bodies will remain fit. It will
 485 benefit them. Nothing will prevent the kid to contribute to the nation development. We
 486 should think this through the perspective of games. Six months old baby do not play
 487 games. At most, kids will start playing from the age of one. For the baby of six months,
 488 people from his home will love him and try to make him play. For six months to nine

489 months old baby family members will give household objects to play with. The children
490 are usually drawn towards things like balloons and balls. Mother and father will give it to
491 them and make them play. They will try to distract him or try to explain the object to him.
492 From this, kids would be more interested in the games in future. It will have effects on
493 the physical development of one-year-old children. One-year-old children like to play in
494 the mud than play games. Parents have the main role in it and the Nepal Government
495 should play a second role. Special attention should be paid to how the message can be
496 relayed to parents and we should do a good amount of work to select the right games. We
497 should be more attentive when trying to play the games with the kids. Nepal government
498 should and focus on teaching right types of games... they should coordinate with other
499 organisations who work on improving playing and learning... in this way programme
500 could be possible...

501

502 M: If we go together, it is possible. In what nutrition program should this program be added
503 to make it effective?

504 P4: I don't know.

505 M: In what nutrition program should this game/training program be added to make it
506 effective?

507 [Silent]

508 M: Nutrition program is there in your health post. Now, which nutrition program should be
509 added to make it more effective?

510 [Drinking tea]

511 P5: I have not understood that much. I was in the hilly region before. At that time, in the hilly
512 region, there was no such thing as nutrition. I don't know much about the program in
513 Terai region. There is no such thing, running in the hilly region. Programs are not that
514 much alike. It's not the same between here and there. So I don't know that much.

515

516 M: Among the programs, which one should be added to the nutrition program? Which will
517 make it better and effective?

518 P2: If we just call people for play related activities, fewer people will come. We could go
519 with this nutrition program for children under the age of three or just any other nutrition
520 program.
521

522 M: Is that so?

523 P2: It can be added to any program and guardians will come with their kids ... if a game
524 programme is organised in the health post compound for an hour or for 15 minutes.
525 Parents will come to with their children to play with them... now you can think which
526 nutrition programme would be good...

527 P5: There are nutrition programs like the one conducted by the *Aama Samuha*. Educated
528 women, elder women, daughter in law usually come there. play could be integrated in
529 this nutrition programme [Little difficult to understand]
530

531 M: Is *Aama Samuha* doing a nutrition program?

532 P5: It depends upon the type of nutrition program.
533

534 M: It is a way to do this through *Aama Samuha*. In what government program for nutrition
535 should this program must be added? How effective will it be if we do this?
536 [No one is answering]
537

538 M: Here we have the program for the kids. Many programs are happening around us like
539 Vitamin A. What should be chosen among these programs so that it is effective for the
540 community?

541 P5: We should go to the place where our kids are learning...Like WHO said it is important to
542 conduct a nutrition program side by side with games and teaching... You people talked
543 about this before, but I was outside. What did you discuss? The program that comes here
544 is nationwide programme like a vaccination. This program is targeted towards children
545 below age 3. Even if the programs come here, they should be targeted towards weak kids
546 rather than everybody. Other than weak kids, no one else gets it. We have talked about
547 including all below the age of 3 years. This also includes babies of age 2-3 months.
548 That's a matter of age rather than the issue of the vaccination. This includes babies of 6

549 months as well as babies of 2-3 months. The program targeted towards babies of age 3-6
550 months should be our main priority and the rest of them are also included.

551

552 M: That's it. In which nutrition program should training program be added to make it
553 effective?

554 P5: if we add in the currently ongoing programme then people won't come. So we should
555 conduct it together with our national vaccination programme then we could be including
556 our targeted group. and those who have already received vaccination those kids can be
557 targeted through the Baal vita distribution programme...We can also conduct our program
558 there. Likewise, we have a Vitamin A program for kids below the age of 5 which also
559 includes our targeted age of kids that is children below three years. Similarly, we can
560 conduct our teaching program with these campaigns.

561

562 M: So, according to you, should we have different types of programs for different categories
563 of kids.

564 P5: If all of them come together, they might not know what they learnt. Here, we have more
565 people who are more interested to learn only if they are provided something... Or else, I
566 believe they all might not come to participate if we do not provide them anything... At
567 that time, guardians should go together with their kids. parents should also come along
568 with the child... Parents are usually busy. If they come participate, they would not like to
569 go empty-handed. they may not come due to various reasons... So it would be better to
570 integrate program with the ongoing ones... They will come with the greed of getting these
571 things (vaccination. vitamin A and Baalvita) ... Our nutrition program will also be a
572 success. Our game teaching or any other program will also go smoothly.

573

574 M: What do you mean by other programs?

575 P5: Other, something like that...

576 M: What do you mean by something? What does it mean to be effective? How can it prevent
577 from kids missing out and provide learning opportunities to all kids? This program?

578 P2: Are you trying to add programs to this? Should it be sent to that program?

579 M: This is to be added to any ongoing nutrition program.

580 P5: Whatever program is happening from the health post currently, games/teaching programs
581 should be conducted together with them. This is what I am saying.

582

583 **FGD part 3**

584 P2: Oh to add! No that is not what he is saying.

585 P5: I don't see people feeding Baal vita to their children, one that health post has provided.
586 Now they ask about where it came from and how it came. if a type of branded cereal like
587 Super cereal (*Sarvittam pitho*) that would taste good could be provided to the children ...
588 then they will come to collect those and at the same time they could be taught about
589 playing and learn activities...

590

591 M: Oh...What else?

592 P2: along with the health post... programme should be done through them... along with the
593 nutrition that children under three would receive this too... this should be conducted
594 regularly. There should be a separate programme like this...

595

596 M: How does it happen? How did you say it can be conducted as a separate program?

597 P2: Likewise, the aim of the programme is to regularly provide baal vita or Bournvita for the
598 kids under the age of 3. at the same time play related programme can be done...

599

600 M: Just right now, you talked about a separate program. What kind of separate program are
601 you thinking about? How to do it?

602 P5: By separate, I mean ... the government has been providing Baal vita... this was distributed
603 during the lockdown so there was a high demand of it.... so similar to this something
604 branded item in a packet like super cereal... if that could be supplied then mothers will
605 come with their child to collect them... This could be provided for the kids of the age 6
606 months to the age of 3 years. I think in this way we can invite them in the programme. If
607 we could provide some tasty super cereal along with Baal vita, then I think they will find
608 the food tasty ... Some may dislike but mostly all will like them... if we could supply
609 something like this then I think people would come...

610

611 M: You said, if we provide some kind of food, people will come to the program. Now, how
612 can we bring the program formed by joining games and nutrition programs in the society?
613 What kind of method should we use to bring it? By going House to House? By going to
614 the community? Or the village? Or the tole?

615 P2: We already talked about doing it from tole to tole.
616

617 M: Just now the doctor mentioned the aspect of *Aama Samuha* going to some house and
618 teaching them, what would be the most effective way?

619 P1: Best option would be *Aama Samuha* doing it.

620 M: How can it be better if it from *Aama Samuha*?

621 P1: If *Aama Samuha* is organised in one tole for an hour, then all children along with the
622 mothers will be included... Mothers would be more active. The children would also be
623 active. This is the reason; it is easier to conduct through *Aama Samuha* meeting.

624 M: How will it effect? Why *Aama Samuha*? What kind of work does *Aama Samuha* ...

625 P5: mothers attend *Aama Samuha* meeting ... along with her, her child would also come. In
626 this way, mother and children will participate together. They would also be more
627 engaged.
628

629 M: In what way would you do to properly conduct the program? If those who should come,
630 are going to come to the program.

631 P3: We should do that everything by going to the community.
632

633 M: Have you heard of any work done by *Aama Samuha*? One that is effective. Do you feel
634 that *Aama Samuha* can cause an effect?

635 P3: *Aama Samuha* consists of women. It involves women and their kids ... this is their group.
636 So, *Aama Samuha* would be better.

637 M: You?

638 P2: That can be managed.
639

640 M: Why do you think that *Aama Samuha* is capable of doing this work? On what basis?
641 What is the base behind it?

642 P5: *Aama Samuha* requires someone to lead... because this project should be handed over to
643 *Aama Samuha* ... Someone new is needed to lead and teach in the group. If they don't
644 have anyone to teach, then how would *Aama Samuha* learn. So, one leader is required.
645 and the mother's group should be handed over to that leader ... The main reason for
646 choosing *Aama Samuha* is because it includes both children and mother ...

647

648 M: You also said it would be good to go with NGO, did you mean it would be better if the
649 government do this through NGO? Whose *Aama Samuha*? What *Aama Samuha*? Who
650 will help?

651 P1: Who will support *Aama Samuha*? There are NGOs and INGOs who are working, could
652 be mobilized by them ...they could take the leadership to keep the programme active....
653 [Not so clear to hear because of noises from outside]

654

655 M: You said one NGO is required for this, what should that NGO do? What should that
656 NGO do in this work?

657 P1: We have seen how the NGO has been doing its work. They are actively running a
658 program for children under the age of five in various schools... thats why I think this
659 work should also be done by NGOs ...

660

661 M: So, NGO will actively run the program. What *Aama Samuha* are we talking about? Is it
662 just *Aama Samuha* or government's *Aama Samuha*? Which one?

663 P3: the programme must be done through the Government's *Aama Samuha* that will catch
664 everyone, and all of the reports of mothers group is in the health post. There is usually
665 less work for them. They will feel more responsibility. if they will get some allowance
666 then that will keep the group alive... if this go well then members of *Aama Samuha*
667 would also be interested. So, the government's *Aama Samuha* would be better...

668

669 M: Government's *Aama Samuha* would be better.

670 P3: Yes.

671

672 M: Can you give an example of works done by *Aama Samuha* or the work that was done
673 well? One that has been good.

674 P3: FCHVs do the *Aama Samuha* meeting. They have been doing a very good job. We have
675 seen in our village and community. They reach each house and inform about the
676 programme. they call and tell...
677

678 M: You said one leader is required. What would happen if *Aama Samuha* is that leader?
679 P5: leader can be from any department... That could be government or non-governmental... it
680 does not matter... but a leader is needed... Let's assume, *Aama Samuha* is assigned for a
681 job, they will gather the mothers and the mothers will bring along their children, they
682 may need funding support or knowledge related support. For that the leader can go to the
683 related department...
684

685 M: Is there such an institution?

686 P5: Yes.
687

688 M: Who can be the leader to run that, *Aama Samuha*?

689 P3: One woman can be selected from the *Aama Samuha*. If she has a kid below the age of 3,
690 then she should be chosen...
691

692 M: And who is this person to run *Aama Samuha*? Who is going to support *Aama Samuha*?
693 You said there have volunteers...

694 P3: FCHVs... she has a role... and the role of main head should be assigned to a leader from
695 NGO or representative of Nepal Government. Male is preferable.
696

697 M: Why male?

698 P3: You asked why Male? Women from *Aama Samuha* don't have higher education. If
699 someone with higher degree would be in the group then, he could teach about the
700 programme. He can teach the kids. So, there should be a man leader or an educated
701 woman is preferable. But this Madhesi community does not prefer a woman with higher

702 education. If they were preferred, then it would be a beautiful thing. So, it should be
 703 either a man or woman who has higher education.
 704

705 M: Respected chairman, who should be the leader to support *Aama Samuha*? You said one is
 706 volunteers...

707 P2: Health post or the ward office should take responsibility. Through coordination,
 708 everyone should carefully conduct this program. We can watch this programme from
 709 here. Everyone including the health ministry, NGOs should also be involved. All should
 710 support Nepal government's *Aama Samuha* ... then everyone would be active and
 711 interested. In *Aama Samuha* meetings, children's father and mother both should actively
 712 participate... They all should discuss in what way they could take care of the child... they
 713 should have the knowledge ... people should be taught practically to be attentive towards
 714 their children [Little hard to understand].
 715

716 M: Volunteers should support the health institution but what can kind of support should they
 717 give? And what support should *Aama Samuha* give to health institutions?
 718 [Everyone is silent]
 719

720 M: Why is the health institution is necessary?

721 P2: The health post plays a role. This health post does a lot of things for the children that
 722 other institutions do not understand that quickly. That's why, for this program, the health
 723 post should be willing.
 724

725 M: You have seen the volunteers but not their conditions. How are they? And how capable
 726 are the volunteers to conduct games/teaching/nutrition programs under *Aama Samuha*?
 727 How much do you trust them?

728 P1: They aren't capable. They should be made capable.

729 M: How?

730 P1: They should be trained. There should be seminars for them, and programs should be held.

731 M: And what should health institutions do? This is a new program. What kind of problem
 732 could they face while running this program? How should the health institution run it?

733 [Everyone is silent]

734

735 M: The volunteers should be trained and be at seminars and what about the health post?

736 P2: They should sit nearby FCHV from time to time. Health post should push FCHV and
737 regularly inspire them. They should over and over be informed about legislation and the
738 programme and be taught about it or how to do it. They can also place a reward to attract
739 them to work on teaching women and children.

740

741 M: Rewards should be placed to motivate the volunteers! What should be done to health
742 institutions? What should be done to health institutions to make them more concerned
743 about this program?

744 P3: They should be paid on the days of the program. After paying them, they will be more
745 encouraged.

746

747 M: And who should be given allowances?

748 P3: To the doctors, staff in charge, and helpers.

749

750 M: How much work do the volunteers have? You have said that the volunteers can do this
751 job. How much work is there currently? How much will be the workload after adding this
752 work?

753 P2: In comparison to the hilly region, the volunteers have much fewer. At the time of
754 vaccination, they visit home once every month to inform about it. Similarly, if health post
755 does any programme, they inform people about this... remaining time they also inform
756 people about family planning... they have not been able to do as desired of them.... They
757 visit pregnant women four days per month to inform them on what to eat and what to
758 drink. They also teach at the child's home. Inform both man and woman. In between,
759 they perform games and drama for the parents. In the same way, they should also
760 children... they should teach mothers. They could also arrange prizes for the kids who
761 study well to make them happy. That kid can become something in the future. There are
762 many kinds of games in our place, the games that are in the hilly region can also be
763 taught here.

764

765 M: If we do things found in the hilly region in terai, how much will the workload increase for
766 the health institution by adding this program... these documents? How much trouble or
767 burden will there be?

768

769 [P1 went outside]

770 P2: For them!

771 M: For the health post, how much burden will be there on their responsibilities? How easier
772 will it be? What will be there?

773 P3: If the work is well-distributed, then it is not much problem. If done in the right way, there
774 won't be any effect. There are 4-5 employees in there. If they try to divide the work
775 between them, it can be done. It won't take much time for one person to distribute
776 medicine to 20, 25, or even 50 people. One can also visit houses in the village and teach
777 or suggest people. ... all of their works are filed as a record... They can coordinate with
778 each other...

779

780 M: Did you mean record in record file through coordination?

781 P2: Yes... Yes

782

783 M: Which method should be used to run the program such that the community and the
784 volunteers can understand and teach? Which method should be used to bring it to the
785 community?

786 [Everyone is silent and disturbance from outside]

787

788 M: What method should be used such that villagers can understand easily? Just like your
789 recommendation of using visuals, what other method can be used such that it becomes
790 easier?

791 P2: You mean, what method to use to do the programme? By using the method of video and
792 audio. For video, it can be done through television...

793 M: Through television!

794 P1: It is easier to do it with a projector. At a suitable time, it can be shown to the parents of
 795 kids.
 796 [P4 yawns ...]

797 M: In what way should volunteers teach such that it is easier for the mothers in the village?

798 P3: Pictures can also be used... It can also be done with videos. Only these two methods
 799 could be used and there is no other method. Either videos or photographs.

800 M: Why are you giving importance to videos and photographs?

801 P3: The reason why I give it more importance because there is a lack of educated people ...
 802 majority of people are uneducated. They can understand by looking at the pictures. If it is
 803 not available, they can look at videos. Therefore, at least one should be available. It is a
 804 good thing if both are available.
 805

806 M: Who is the main person for this program? To send help from each home? For the kids
 807 under the age of 3? Who is the one responsible for this games/teaching/nutrition
 808 program?

809 P5: It is the mother.

810 P2: It is mother, grandmother, and father.

811 P1: It is the mother...

812 P2: Especially, it's the mother. She stays at home. The father goes out of their home. The
 813 more the mother teaches, it will be better for the baby ...
 814

815 M: To make this program effective, whose help should be sought? One is the health
 816 institution and whose others' help should be sought.

817 P5: For the development of the children, we should seek help from helpful institutions.

818 M: Who are there in these helpful institutions?

819 P5: [Difficult to comprehend what he said]

820 P2: What help? What help is needed? [Feeling a little angry]

821 P1: Financial, as well as manpower help, is needed.

822 M: What kind of help is necessary to run this program?

823 P1: Manpower is needed. At the time of teaching, there will be mothers and their children,
 824 and teaching space will be required. Open space is not preferable. Large people in the

825 number of twenty to twenty-five is also not preferable. In terai, during the rainy season,
826 there would be cold waves carpet is needed to that could be used to sit on... In terms
827 of manpower, a helper is required. The local government or all three level of
828 governments should help in this. If not, one government should run this! Other than this,
829 the help of some NGOs and INGOs should be sought.

830 M: What help can NGO and INGO give?

831 P5: NGO and INGO can give manpower. If the government cannot do then, they can arrange
832 a facility for training. Those who work, they provide allowances for their labor. Without
833 paying, they won't work... not for one month. This will run for months... This could go
834 for few months, not one or two times...

835 M: If volunteers from *Aama Samuha* run the program, why should NGOs pay for it? Why is
836 their manpower needed?

837 P2: Money won't be needed on that.

838 P1: I don't think FCHVs can do this or will do this.

839

840 M: What can we do?

841 P5: What can FCHV teach? How will they teach? Even if I (FCHV) go there, what can I
842 teach? What knowledge do I have? If ten kids come, they should be taught new things ...
843 the guardian should feel that they have learned something new today. What happens is
844 the households. whatever they have been doing they will continue with that. Same thing
845 that has been happening. when 10 kids will come first, their parents will come along with
846 them, when they will learn something then they will go to their home and return with
847 their kids next time. If they continue to do what they used to do before at home, then
848 what would they learn? they will not come for next time. When children and their
849 parents participate, they always want to learn new things. Not everybody has that
850 knowledge.

851 P3: For that, we all said, FCHVs should receive those kinds of training...

852 P5: That's why I said trained manpower...

853 P1: Is that manpower, woman volunteer?

854 P3: We are providing training to that manpower. Only trained should be placed.

855 P5: A trained manpower should be employed. It could be anybody. They are placed for that
856 work.
857

858 M: We discussed NGO. What assistance can NGO provide for the program?

859 P5: They can provide manpower. Manpower will teach FCHVs or even us. They are
860 frequently doing training related to the program. they should make FCHV and s like
861 them...
862

863 M: So, helps should be sought from NGOs and INGOs to teach woman volunteer. To
864 provide training.

865 P5: Yes, helps should be sought. They should provide training. FCHV should gain
866 knowledge first... Initially they won't know, and they have to learn before they teach
867 anyone... [Hard to comprehend] ... Many things came before...
868

869 M: What would the people of this village feel about the arrival of this program? What if
870 people from the outside come? Exactly which route should we take? We all discussed
871 woman volunteers and training woman volunteer representing *Aama Samuha* from that
872 tole.

873 P5: I talked about the participation. In *Aama Samuha*, there are women as well as kids. It also
874 includes many groups. Suppose if there is a group of 20 or 25 people. A program is
875 organized. A time is allocated for this program. A particular place and day are chosen for
876 the group members to come. That program is also related to them. It is related to issues of
877 mother and child. Training is needed for them, whether that is given to the FCHVs, or
878 some outsider is brought for it. If an outsider comes for this, more people will come to
879 watch. Community people don't count much on someone from the village...Even if that
880 outsider is from a lower-level post, they will trust him more.

881 M: Do they trust outsiders more?

882 P5: Yes, they do.
883

884 M: And how important is the outsider for this program?

885 P5: The reason why I said the outsider is necessary ... because let's say if I am to teach
886 people about playing and learning to people then first I should be trained and have the
887 knowledge about it ... enough to be able to teach the kids and their parents. If I don't have
888 any knowledge, then what can I teach? I have knowledge about medicine and other
889 things, so I can teach. If I do not know something, I will never teach that to my patient ...
890

891 M: They should teach what they know about.

892 P5: This is why I said, knowledgeable person should teach FCHVs.

893 M: Who should take the responsibility of teaching them?

894 P5: Now, for teaching, whoever knows about this topic. There should be some department
895 who teach about this... One that has been doing various work and can do this program ...
896 they should be interested in doing this program.

897 M: From who else, should the help be sought to do this program such that the help will
898 come?

899 [No one is answering]

900 [P6 went outside]

901 M: From which local body?

902 P1: It should be taken from the ward office. It should be taken from the ward chairperson.

903 M: What help can he give?

904 P1: Ward office can provide financial help. It can provide help to search for or provide
905 manpower... if a land is required to conduct the programme, then they can make land or
906 space available if required.

907 M: Who else? One is the ward office, from who else should we seek help?

908 [P3 and P1 went outside]

909 P2: That municipality government... It should be the first one to be interested. And only it
910 can happen.

911 [Pressured to finish quickly due to lack of time]

912

913 M: Okay. How much fund is available? Nothing can be done without the fund. Everywhere
914 we talked about money. It is also required to train volunteers and mobilize them.

915 P5: Materials are required to teach. Damages can occur on some materials which should
 916 again be procured. At least ten different sets of materials are required for entertainment.
 917 financial support is also needed... This is not possible without funding. Trained
 918 manpower who would come for teaching will also not come for free... they need to be
 919 paid.

920 M: Trained manpower don't come and teach for nothing.

921 P5: Yes, they won't come.

922 M: From where would these funds come? From where would it be supplied?

923 P5: For this, the local government should do an initiation. They should pay attention to it. If
 924 the local government cannot make it available, then we should go for other institutions
 925 like NGOs and INGOs. Government will run this programme but they should also
 926 coordinate with NGO and INGO who can provide funds for this program.

927 [Brief pause due to disturbance from a wedding outside]
 928

929 P3: Guardian should also watch over the children and the mother, whether they are doing it or
 930 not.

931 M: Can the people from the health institute inspect the operation of the program?

932 P3: Yes, they should do the monitoring. And we men should also be informed about this ... I
 933 can especially talk regarding men. If they talk about the programme when they gather
 934 around the street intersection (*chowk*) or in field (*chauraha*) then they will spread about
 935 the programme... This will be a kind of advertisement
 936

937 M: From where would you collect funds to conduct these all activities? To do all those
 938 works, it is necessary to collect funds. From where will you mobilize all these funds?

939 P2: At local level a separate budgeting should be done ... Local government should initiate
 940 about the budget required for the programme...

941 M: How possible is it to collect this money? To conduct this project?

942 P2: they should understand from those who conduct this program. they should understand
 943 from the experience of people how conduct the programme ... how much money can be
 944 collected ... they need to understand that...
 945

946 M: To understand? How much will the source of funds impact the decision of adding the
 947 programs? From the perspective of health?

948 P2: Many programs are joined for this program. People will get an opportunity to learn many
 949 things from this program. Mothers, as well as the kids, will get a chance to learn. there
 950 won't be any problem in other programme. There will be many benefits. when this is
 951 combined with the nutrition programme it will be beneficial. There will not be ant
 952 problem.

953 M: Why?

954 P2: Because the nutrition program is a good programme.
 955

956 M: Among many health-related programs, if this program is to be added then it would be
 957 added to the nutrition program. How much will the budget impact the program?

958 P1: If this game program is added to the nutrition program, there won't be much impact on
 959 the budget. I feel it will not be that costly. If a very small amount of budget is deducted
 960 from a small development project and use that to fund this programme, I feel that it will
 961 not create any serious harmful effect.

962 P2: this will be beneficial ... The kids play games, get busy, and will become thinner. At that
 963 time, parents should pay attention to their diet and nutrition. That would benefit the kids.
 964

965 M: Now I will ask what kind of challenges and obstacles will occur while conducting the
 966 program for mental, intellectual development, and nutrition of children under the age of
 967 three years? What would be there from top to bottom?

968 P2: It might not be there. there could be some problems in the poor families. In uneducated
 969 families
 970

971 M: What do you mean by few? Few for what?

972 P2: The thing is, what the child and the mother do this will not be affected.... The world now
 973 is much advanced. Everyone's economic condition is going well. Now it is not like how
 974 it was before. Poor parents also pay attention to their children. They also pay attention to
 975 their child's education. Before, only the rich went to school. Now the children from the
 976 poor family also learn from foreign courses... so that the poverty does not stay forever.

977

978 M: What kind of challenges would be there? What problems would be there? While running
979 this program?

980 P5: A challenge in the village could be that... because people need to give time... either Two
981 hours or one and a half hour should be given... in that matter there could also be a
982 restriction from home while going to this program...

983 M: Will there be any hindrance?

984 P5: Yes, there will be a hindrance. another thing is there will be small children. While
985 teaching or playing with small kids, they may cry or shout. who will stay longer in that
986 case...That thing is obvious.

987

988 M: While teaching, it can be difficult to engage them. There could also be a problem to go
989 out from home. And what other problems can there be?

990 P3: Especially for the new mother, it is not easy for them to leave home.

991 M: What do you mean by new?

992 P4: Bride.

993 P3: the newly married woman, they cannot leave their new home.

994 M: They may not come in group... to learn a little...

995 P6: Therefore, it is big trouble.

996 M: What kind of trouble?

997 P6: They won't be informed.

998 P5: There would be participation, wouldn't there?

999 P1: If they don't come to the programme, then the goal cannot be accomplished.

1000 P5: There would not be enough participation as per our goal.

1001 P6: They are the ones who must come... but they may not come.

1002 M: There would not be enough participation.

1003 P1, P6, P5: Yes, there can't be enough participation [All speaking together].

1004 M: Sister, what other problems can occur at the time of conducting the program?

1005 P4: Sir are speaking, what can I say? [Everyone is laughing]

1006

1007

1008 M: Brother, what could be there?

1009 P3: The problem is, like he said, if a newlywed gives birth to the baby, the Madhesi
1010 community will not allow her to go out. The main problem is that. One another is, some
1011 women who gives birth, they have to go out to do the work and they miss to go in the
1012 group. These are two problems, another one is, in this community, if a male goes to play
1013 with his kids, people will start talking about the man, "her husband is going to the group
1014 to learn to play with his child. He does not play with his child at home but there he is
1015 going to the group to learn." He will be discriminated against. But...

1016 P4: Good culture.

1017 P3: But this program will go in the right direction... these things could happen at first. But
1018 after some time, everyone will accept and be happy.
1019

1020 M: What would be what? What are you trying to say? What challenges would be there to
1021 conduct a good program?

1022 P3: Yes, there are many challenges. Many should be faced. Availability of the place can be a
1023 problem at very first. A place must be made available for that! Now, the source of a fund
1024 should be arranged for that. There can be a problem with that... for that if the local
1025 government and provincial government do not coordinate, there could be no funds.

1026 P6: Then the work cannot happen.

1027 M: If there is no coordination on that, what problems may arise?

1028 P1: If there is no coordination, there can be a financial blockage. If there is an economic
1029 shortage, the program will be suspended. That is a big issue.
1030

1031 M: One problem is the availability of the place, why a thing like a place could be a problem?

1032 P1: Because of the increase in the population, there is not enough place for the settlement.
1033 There could be trouble to find the place due to lack of empty areas.

1034 P6: An extra place would be needed for playing and learning programme! An extra place is
1035 required for teaching. It is hard to make available. To sit 20-25 people, carpet is also
1036 needed.

1037 M: That means, there can be a problem with the teaching place?

1038 P6: At first, the toilet is the most essential for the woman.

1039 M: How can there be no toilet!

1040 P6: There are women... all the physical facilities that are needed in a building should be
1041 there. This is also a facility needed for this programme...

1042 M: We already discussed religion and culture. This brother pointed out a good topic about
1043 family not allowing their newlywed mother to go out. What other problems are there?

1044 P: This was also already discussed. participants may not be provided time for the
1045 programme. They won't be able to come for that program.
1046

1047 M: And. Should we or should we not go to a religious group like Hindu and Muslim?

1048 P2: We don't have those problem here and we won't have that problem.

1049 M: If people from low cast come, will other people come? And about rich and poor?

1050 P1: Right now we don't have that.

1051 P3: That is becoming rare over here.

1052 P5: That was here before. Sometimes, there would be a bad outcome if I went to the tap and
1053 return with water. This is not the case now.

1054 P3: We don't have that problem now.

1055 P2: There are many problems. We should add this programme to an ongoing government
1056 programme. Volunteers will do that combined program. After adding the program, all
1057 institutes, as well as the government, should be given information. [Hard to understand]
1058 [Tea break]
1059

1060 M: Now, will they be interested to go in this program? Why would the people of the village
1061 be interested to go? Why is it easier for them?

1062 P3: How can we do it that it would become easier?

1063 M: Why will they be interested to come to this program?

1064 P1: People are interested in the development of their children. They believe that their child
1065 will have a good future, and their kids will be on the right path.

1066 M: And how much would they be interested in this program?

1067 P5: They will be...

1068 P2: After seeing it, they will be interested.

1069 P3: Like, there used to be fewer students at school. We can talk about the school in this
1070 village. Our village is big. At our time there used to be fewer students. Where did this
1071 effect come from? It came from foreign countries. All are earning money whether they
1072 are educated or not educated. The educated will do specific work and the uneducated will
1073 do labor. They (fathers) will call from there (abroad). They will tell that they have earned
1074 money and it is time to send the kids to the school, not any but boarding school. They can
1075 afford it. Similarly, there will be fewer participation in this programme first...Those kids
1076 participating it the programme will have proper development of his mind. then those
1077 children will do better in education tomorrow. After seeing that kid doing so well in his
1078 studies, people will become attracted. It takes time. We don't have people from the hilly
1079 region over here. We all are Madhesi.

1080

1081 M: It means, at first, it should be taught, and they will come after seeing the good things.

1082 P3: They will come after seeing that.

1083 P2: It takes time. The program will be a success, but it will take some time.

1084 M: Why do you feel that they will follow that advice? The one given by volunteers? why
1085 would they follow that advice?

1086 P2: For the future of his kid.

1087 P1: For the future, it improves physical health.

1088 P3: If they return home and teach the game they have learned from here, it will be better.

1089

1090 M: They would be interested to teach what they have learned, and they would be interested
1091 to come another time. You talked about teaching it like school, and it should be at school
1092 or *Aama Samuha*. Can we do this at home, or it can only be done at school or *Aama*
1093 *Samuha*?

1094 P2: At first, it should be done at different areas in the community. Then they should also be
1095 taught at their house.... We should check on how well he does at home in different areas
1096 we should check if people pay attention to their children... in every area we should
1097 check... There are three reasons to do at different toles. One is, it is difficult to tell every
1098 kid to come to school... every kid can't come to school. Sometimes one ward can have
1099 three areas (tole), each tole has 50 households. We can search for wide spaces or choose a

1100 courtyard from a rich household. We can play games there, and the woman will see and
 1101 learn. At first, the woman will become shy but after a while, they will become more
 1102 attentive and understand their kids more. After they will try to teach their kids.

1103 M: After seeing others... they will be motivated to learn.

1104 P2: They will be motivated to learn.

1105

1106 M: Now we are at the end. What are the responsibilities of the community to implement this
 1107 program? What roles are there?

1108 P1: This is a community-wide program, so the community should understand it well. The
 1109 more the people become attentive, the more successful program will be. They should
 1110 participate to raise public awareness. This is the role of the community.

1111 M: Yes... how can they perform an active role? How can it be active? Will it be effective?

1112 P6: We can do a competition in between for the children under the age of five to the children
 1113 of age three. We should give some prizes and we should give training in the form of
 1114 competition.

1115 M: We are talking about children under the age of 3.

1116 P6: he plays from early childhood ...

1117 P1: They will keep on learning.

1118 P6: Progress due to the games does not happen immediately. For that, it takes more time.
 1119 This too can happen, some schools and some ward conducting a competition for the
 1120 children at every place.

1121 M: Between the children who have learned...

1122 P6: Yes, they would be taught about it in early childhood.

1123 P3: This would be effective if a member of the family gets involved in this and help to bring
 1124 and take back the children.

1125 P6: How to be fully involved?

1126 P3: Suppose this program is conducted in different toles, demonstration is done in ten places,
 1127 then we must observe how the children are doing...

1128 P6: It is about how much environment we can generate through the programme...

1129

1130 P2: One person will manage groups running in 10 places. The driver will file a report on the
 1131 children of that place and choose among them. Ward will choose will per the guidance of
 1132 the rural municipality. It will be sent from the rural municipality to an area and again
 1133 from the area to the state. From this circulation, people will come to know how the kids
 1134 of this village are. Then everybody will not stop them to go.

1135 M: They should participate in this program. Father and mother should not stop, Guardians at
 1136 home should not stop the kids to go to this program.

1137 P2: Yes... should not stop.
 1138

1139 M: And, Doctor, what were you saying?

1140 P5: For active participation, 20 or 25 people should not just gather. They should talk and set a
 1141 time for the program. Suppose we may decide on who to keep on this program, but some
 1142 may decide to fast on that day of the week, and she might say that she cannot come.
 1143 Attention should be paid to the time. It has to be done at right time. So, one important
 1144 thing is to take care of time.

1145 M: Adjusting time, pay attention to the time of the festival, they will not come if it's the day
 1146 of fasting.

1147 P5: It should be carefully done at the day; people of the village have time. It should be done
 1148 whenever they say so. Instead of doing it at our time, we should go with their time. It
 1149 should be done in this way.
 1150

1151 M: What should be paid attention to continuously run the program, bring sustainability, make
 1152 it run on all days and make it long-lasting?

1153 P2: attention should be given from the beginning. In the future, it can run normally. Attention
 1154 should be at the initial period. At first, women have to be searched from the village. In
 1155 some cases, it is needed to suggest guardians or mother-in-law allow them to go. People
 1156 should be made aware that the programme is for their benefit and is going on. Whatever
 1157 happens in the beginning, it won't affect later.

1158 M: It may be required to force the guardian. What can be done to bring sustainability to this
 1159 program? How can it run for a longer period?

1160 P3: If this program is tightly supervised at first, it can run continuously. In the first year, it
 1161 should be made continuous. It requires work in the first year and it will run on its own.
 1162 That one-year time should be provided for this programme. Village people, and
 1163 honorable men of the village should give their time...if they paid attention, the program
 1164 could run after that.

1165 M: What should the honorable men do? How to give time for it?

1166 P3: Among the honorable people, one is the ward chairman. Including the chairman, other
 1167 members of the ward also fall in it.

1168 P1: Political representatives of the village should also be active. All from root level to the top
 1169 level. All the political representatives should be made active. They must be told about
 1170 this. We have to do at least that. These politicians have greater influence. They can
 1171 destroy the program. They should be made active, and the work should be started from
 1172 them ... They would need to be involved for one year. Then it can run itself even if they
 1173 are not there.

1174 P2: It can run by itself.

1175 M: It should be tightly supervised at the beginning?

1176 P2: It should be tightly supervised at the beginning. Because in our ward, they give birth to 1,
 1177 2, 3, or 4 children. If parents actively look after a child, they can also pay attention to
 1178 other children. Because they will gain experience from that one kid. That child can also
 1179 teach the children that came after him, he has also learned. so parent can take better care
 1180 of their second born... Children can also learn as they play in a group of 3 or 4 children.
 1181 They are taught... If a child teaches another child, they both are more enthusiastic.
 1182

1183 M: At the time of teaching, you said the first year will be tough. Sister, what is your thought
 1184 on that? How can this program run continuously? We talked about representatives of the
 1185 ward and political party contributing and taking care of the project for one year. Now, in
 1186 what manner could we do this?

1187 P4: We should do the annually (involve the political representative). If it is done in that way,
 1188 then it can be tightly supervised. It can run for a longer duration and people would keep
 1189 on learning.

1190 M: How can it be made tight?

1191 P4: They should do it just like how you have been doing. They should suggest and teach like
1192 that. You can also tell that to somebody. We would also go to tell children ... Likewise,
1193 you can also go and tell somebody and teach them. And that kid would move forward. He
1194 would be open-minded, and his brain will start to learn.

1195 P2: I want to say one thing! I feel that they should perform street drama for the children. not
1196 by taking the Neighbor's kids to the village. NGO can teach children... They should do
1197 street drama once or twice; people would develop curiosity. I feel we should do this.
1198

1199 M: NGOs should do street drama initially. The help of NGO should be taken?

1200 P2: Yes.

1201 M: Sir, according to you, participation is necessary, now how can we give continuation to the
1202 program?

1203 P1: For the continuation of the program, a feeling of belongingness is necessary.
1204

1205 M: How to do it?

1206 P1: Everyone should have the feeling of belongingness. We should be clear that this program
1207 is not brought by any entity like a political party. They should be made to feel that this is
1208 for them, for their tole and it would be long-lasting. This program also requires a regular
1209 influx of budget.
1210

1211 M: You pointed out the requirement of budget and investigation, which all are good points.
1212 You told me that NGOs should do street drama. What roles could NGO and INGO play
1213 now? And what about the governmental and non-governmental institutions? The
1214 governmental institution is the health institution which we have already talked about.
1215 How should non-governmental institutions help?

1216 P2: They should teach at the start.

1217 M: What should be taught at first? What kind of thing could be taught?

1218 P3: they should teach about games and showing that in the village! Children in the village are
1219 not taught like that. They don't know what is involved in each game... what they need to
1220 do. The one with the project knows more about this. They know many things. If they

1221 create a mission, this issue will be completely solved [hard to comprehend]. This will
 1222 create an opportunity for the kids to learn new things.
 1223

1224 M: It is better if NGOs and INGOs teach. Why did you emphasize NGO to do games? Have
 1225 you seen other instances like this?

1226 P2: They provided tools in a community cleaning program conducted in the village. They
 1227 showed us a drama. Through drama they told us how to do it and how to keep it,
 1228 photographs were also shown ... through this people through that this programme is
 1229 good... Drama is a good medium that reaches people. Here, they performed drama on
 1230 child marriage, people will look at themselves! similarly, through *Aama Samuha* people
 1231 will also understand what they should do and what they should not....
 1232

1233 M: How is NGO qualified to play that role? Why did you select NGO?

1234 P6: They support in the continuity of any program. If it was the job of the government, it
 1235 would continue for few days and be neglected after that. NGOs will do any work or
 1236 project without interruption and finish them in time.

1237 P2: NGO train their staff through trained manpower and involve them to run the program.
 1238 That will make the program better.

1239 M: Trained people will only go after it is confirmed that they have the work. If we seek help
 1240 at first, it is easier to run the program.

1241 P6: Trained people will only go later!
 1242

1243 M: Okay, now we are at the end. Do you have anything on your mind? Anything to say?
 1244 Anything that has been missed?

1245 P2: What can I say other than this program must be successful. I feel this talk was good! We
 1246 feel very happy, and it will be good for the future of the children. This would create new
 1247 ideas about this. The reason I feel this good is because the children of small age will have
 1248 good physical health. I believe that it would be good for the children. It would make them
 1249 aware through games.
 1250

1251 M: This is the reason you feel good about it. Now, we have talked for 1-2 hours. We talked
1252 about nutrition, its condition, and programs organized for it. Programs for
1253 malnutrition/nutrition have been ongoing. Babies are also being weighed in that program.
1254 To continue the ongoing program, tasty food is also being distributed in the nutrition
1255 program. Programs are being conducted as campaigns. Games are very important for the
1256 physical as well as mental development of children. Grandfather and grandmother make
1257 their grandchildren play. To spread the knowledge on games, programs should be
1258 organized in every tole of each ward by volunteers through *Aama Samuha*. To support
1259 this, the health institution should get actively involved. Woman volunteers must be
1260 trained. They should invite women or guardians. People who come along with their
1261 children in their vaccination or test should also be taught. To train or teach kids, a place is
1262 required. There are problems and obstacles. New mothers have difficulties in going out.
1263 This can cause hindrance. Guardians should be properly advised on this. After making
1264 them properly understand, they may also get interested to involve. For one year, the
1265 project should be tightly supervised. After seeing the results of the children who have
1266 learned, other kids will also follow the same path. At first, the situation can be tough.

1267 P2: We are thinking about why the kids of foreign countries can make watches. They cannot
1268 create it the first time. That is why our society should have a common belief that they will
1269 be able to do it after being taught. Even if they do not learn completely, there are some
1270 percentages of progress. If they can do, suppose 16 percent of the things they were
1271 taught, this program is a success.

1272 M: Okay. We discussed the challenges that we could face like the lack of a toilet in the
1273 building proposed for teaching the children. Similarly, there could also be a place to sit.
1274 Health volunteers should encourage good health practices. Prizes should be offered by
1275 conducting a competition for the children. Children of age 2-3 should be taught and made
1276 to participate in a competition with lucrative prizes such that other kids would also come.
1277 Others should be made interested by showing the progress and activities of the well-
1278 learned kids.

1279 P2: If they offer prizes to the children, their mother will feel proud. They would feel that their
1280 kids will try to do well.

1281 M: The main thing is the provincial government and local government should pay attention
1282 to it. They should keep it on their budget. There is not any problem with the funds as only
1283 a small amount of money should be added. There is no problem with the workload. It is
1284 not much trouble for the volunteers and the health institution. By saying this, I would like
1285 to conclude our talk. Anything else? About prizes...

1286 P2: Prize is there because we don't have to wear garland to 10 or 20 people. There is no use
1287 in wearing a garland bought from the shop by oneself. If this program runs on time, it
1288 will be a success. For this, we will help as soon as we are being called.

1289 M: You said that government does not know how to do this program at first. Instead, NGOs
1290 and INGOs should be preferred to do it through dramas or anything else. That way of
1291 teaching will make the program run without interruption. NGO should play a role and the
1292 program will run by itself later.

1293 P2: I will pay especially pay attention to this program. I am feeling happy because this is
1294 happening in our village. This is a good thing. From today, I will teach my kid whatever I
1295 think is good or try it.

1296 M: Is there anything missing?

1297 P4: No sister, that's it.

1298 M: Okay, Namaste to everybody.

1299

1300 **End of the Interview**

1301

1302