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**M: Moderator**

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**FGD duration: 2:08:07**

**Language in which the interview was conducted: Maithili**

**Location: In a private room in the neighbourhood**

**Date of the FDG: 27 February 2021**

Sisters let us start now.

M- Do you know what types of programmes are there for children below three years?

P5- Fruits, pulses, vegetables, yellow fruits etc. which are enriched with nutrition should be given to children.

M- Do you have Information ... I wanted information about what types of programmes have been running here.

P- Programme such as health post have given us training about nutritional food and its importance. After this, we spread this information all over village especially to pregnant women and mothers of children. We informed them about necessity of consuming yellow fruits and vegetables during and after pregnancy.

M- Will give information .... What programmes are here for kids below three years?

32 P1- *Sunaulo Hazar* (Golden Thousand Days)

33 P1- For nutrition....

34 P5- For nutrition, Baal Vita, Vitamin "A", worm medicine (Albenda Syrup). Also, we  
 35 suggest them to give food, fruits, milk, meat, fish, and eggs.  
 36

37 M- When do you say this and how? Orally?

38 P5- We spread this information to every house, street. Mother of child below three years and  
 39 pregnant women are especially informed about this. when mothers are informed then they  
 40 will know what to feed their children...  
 41

42 M- Have you have listened about *Sunaulo Hazar*?

43 P1- Yes, we have been said by sir that *Sunaulo Hazar* programme would start in two-three  
 44 months. that will also include nutrition programme...We will learn about healthy diet in  
 45 this programme as well.  
 46

47 M- Who would be teacher for this?

48 P1- There would be a professional sir who would come from outside of our town. Generally,  
 49 they come from Janakpur with programmes to our health post.  
 50

51 M- Is *Sunaulo Hazar*, a programme of Nepal government or other?

52 P1- Few says it is of an NGO whereas some say its governmental. It is organized in every  
 53 ward.  
 54 P4- One NGO have initiated this in our health post.

55 P1- It is started in health post and then we take it to village. Some they do the programme in  
 56 the ward office... there is presence of one health officer and others from outside also  
 57 visit....  
 58

59 M- Who runs this Baal vita programme about which you have mentioned earlier?

60 P3- Everyone

61 P4- Even it is funded and organized from outside, health post gives us responsibility.  
 62

63 M- What is Baal vita programme about and who runs it?

64 P1- For every child ...

65 P3- feed in Porridge for child below two years ...

66 P4- feed porridge to child ...

67 P7- for 6-23 months old kids ...

68 P5- children below two years old ...

69

70 M- Who do you supply this to and how?

71 P5- um whom.... Mothers ...

72 P6- there is a packet for two months which is enough for two-month supply.

73 P7- there are 60 packets, one packet is required to take every day.

74

75 M- Is this for every child or is there some specialty?

76 P1- A child from 6-23 months old.

77 P7- For six-month-old

78 P4- It is mixed in the softly cooked food for child

79

80 M- how do you distribute these to them? In home or where?

81 P6- We distribute it to their house and some time at a particular place.

82 P7- Yes, likewise

83 P5- We give it to them on same that when vitamin "A" is distributed to child. we inform

84 everyone... At that time, we give vitamin A ... they are also given worm medicine and

85 they would be informed about ways of making Baal vita.

86 P6- Nobody's home is left ... everyone gets it...

87

88 M- In what period Vitamin "A" programme is organized?

89 P5- Every six months.

90 P7- Every *Kartik* and *Baisakh*.

91

92 M- And if Vitamin "A" is given only twice a year then Baal vita is also given twice a year or

93 every month?

94 P1- we dont give every month.

95 P6- Every two month

96 P1, P5- Every two-month interval we distribute Baal vita... we give for two months then after  
97 two months interval we give them again.  
98

99 M- Where is this Baal vita distributed?

100 P7, P2, P1- In our ward  
101

102 M- What does local people ask about this programme? What do they say?

103 P5- They says it is a good programme. those whose children ate it they have gained weight...  
104 so they say it is good... This is for our betterment as our children is getting healthier after  
105 eating these. Here are also few who do not like and do not consume it.

106 M- Why?

107 P6- We do ask them to feed their child ... This is good for their body and brain.

108 P1- We also ask the guardian to make them eat.  
109

110 M- Please, speak one at a time. What did you say?

111 P6- We tell them they should not throw these foods. it is a good thing... It is provided from  
112 health post for our community which is good for our own health. After its consumption,  
113 our own brain and body will be developed. we say these things...

114 M- What were you saying previously?

115 P1- Same thing. Senior grandparents and guardians do not want to feed this to their children  
116 and in other cases, children do not want to eat. We make them understand is significance.  
117

118 M- Why they do not want to eat?

119 P1- They just say, they do not want to.  
120

121 M- You have told us that few guardians also do not want to feed these to their child. Why?

122 P1- They have no interest.

123 P5- They do not give interest to these things. people in village ... mostly, they say that they  
124 already have work pressure at home, who would put this much effort to mix that in the

125 porridge and feed the child. We do not have time for this ... many do not feed their child  
 126 due to this... But there are also few mothers who feed this to their child after their busy  
 127 schedule too.

128 P4- Many children do not eat rice or bread, and some cannot afford milk. Therefore, due to  
 129 their ignorance, they do not give them to eat this.

130 P7- Yes, it is true that every child does not eat willingly. But, due to laziness of the parents  
 131 they do not feed... if they don't eat in first attempt, they don't put any second effort into  
 132 feeding the child.

133 P5- Yes, I agree. Like this, even for Vitamin "A", few children do not agree, but their parents  
 134 make them consume it.

135 P3- Exactly

136 P1- When we are asked to take Baal vita, they reply that their children would not take it. so  
 137 they do not take it. There are some guardians who will never understand.  
 138

139 M- You have mentioned mostly, especially. Who does take data and record about these?

140 P1- We do give in every two months.

141 P7- we provide this to ward office.

142 P5- We must present it at ward office. BCG is provided in ward office... In *Aama samuha*  
 143 (mothers' group) meeting, we ask guardian that whether your child have eaten or not.  
 144 What are the advantages after consuming it or are there no beneficiaries? According to  
 145 this, we give them suggestions.  
 146

147 M- Sister, can you make it clearer? Why does guardian disagree?

148 P6- It is not like they never agree ... We do give them pressure ...we tell, "As a volunteer, it  
 149 is our responsibility to stop from throwing it" and we ask them to feed it to their child as  
 150 it comes from another country not our own. Foreign country has provided it as an aid. Its  
 151 consumption would make your child's body and brain sharp and developed. we put  
 152 pressure on them to feed it to their child...  
 153

154 M- What makes it easier to run all these programmes such as Baal Vita, Vitamin "A", and  
 155 nutritional programme?

156 P7- We have been given workshop for nutrition programme. Didn't we?

157 P5- Yes, workshops and trainings have been given to us in every one or two years. We have  
 158 been provided an incentive when we distribute these in village. When they would need  
 159 us, we have been called over phone.

160 P6- We go everywhere ...  
 161

162 M- So you agree for this work due to workshops and incentives?

163 Sisters- Yes...

164 P5- No  
 165

166 M- And, what makes it easier for you to run this nutritional programme?

167 P6- In workshops we have been taught how to cook it. We have healthy conversations with  
 168 mothers when we go for visits. This makes our work easier. We also need to make  
 169 parents aware about nutritional food importance ... they need to tell their children to eat...  
 170 after all they are the ones who take care of their children...

171 P3- We suggest them.

172 P6- You suggest them, it's our duty.

173 P3- More than teaching, we need to give them suggestions.

174 P5- Yes, they do themselves.

175 P6- Many mothers take care of their child nutrition, and many do not care about nutritional  
 176 food.

177 P5- Mothers do take care of it. If mother's and child health deteriorate, they will lose money  
 178 automatically.

179 P3- In every month, we do one workshop in *Aama samuha* (mothers' group) where we check  
 180 the condition of child. We compare changes among children who regularly consume our  
 181 food and who does not. those who are fed well that child will look good and those who  
 182 did not eat they will be undernourished...  
 183

184 M- Do you find easy to suggest them?

185 P6- Yes (at once)  
 186

187 M- Are there similar programmes such as Baal vita and polio?  
 188 P6- Vitamin "A"  
 189  
 190 M- What are the factors which makes it easier to run these programmes and why do you find  
 191 it easy to work?  
 192 P7- There are children who already have malnutrition. Also, there are children with good  
 193 nutritional status. So you are asking how was it easy in those place...  
 194 P7- Ah, how to explain this to you. We get information from village whose children are weak  
 195 and underdeveloped. everyone understands the technique we use to identify  
 196 undernourished child.  
 197 P6- There is red, yellow, and green criteria for kids as per their weight. This differentiation  
 198 made us easier to know condition of child.  
 199 P5- Firstly, we tell, "your child is mine ... If they are healthy, my child will also be healthy."  
 200 After this statement, it's easier for us to communicate with them. Our duty is to convince  
 201 them anyhow. We compare their child with other healthy child of community and say  
 202 that these healthy children will become future doctors and engineers... the child will be  
 203 able to study if his brain develops well. Due to lack of brain and body development, how  
 204 would they develop and study. Iodine is required for child health and many other  
 205 nutrition are needed. After all this, mothers will understand, and they follow nutrition  
 206 guidelines.  
 207  
 208 M- Sister, were you trying to say anything?  
 209 P4- No, I did not.  
 210  
 211 M- Are there any challenges you face to run these programmes?  
 212 P4- Yes, there are.  
 213  
 214 M- What are they?  
 215 P4- Initially, local did not understand this. Now only, parents knew importance of fruits,  
 216 vegetables, so they have started feeding their children...

217 P7- Everyone does not agree to take vaccine and medicines initially. But now they wait for  
 218 vaccine days.

219 P4- In the past, everyone did not agree to take the vaccine. But now when they agreed, our  
 220 work is easier.

221 P5- Only when we knew about its importance and then spread this information, people  
 222 became aware. Now they themselves asks us when we are coming to give vaccine and  
 223 other.  
 224

225 M- You said that in past there are many challenges. What were they?

226 P3- In past local people feared injections and vaccines. But these days, these are common,  
 227 and they get used to. They know that they will be given injections and medicine.

228 P6- After COVID-19 everyone are aware with prevention.  
 229

230 M- What is most challenging in village to run this programme?

231 P5- There are not such.

232 P5- We get information and knowledge in a workshop and training, then we know  
 233 everything. And, without proper knowledge we cannot make other understand as well.

234 P7- Without training us, we cannot make other aware.

235 P5- Without teaching us we also cannot teach and understand other. Thus, firstly you should  
 236 make us understand.

237 P3- Yes...yes  
 238

239 M- Why did local take part in these programmes such as Baal vita and vitamin "A"?

240 P5- They agree with it once we inform them.  
 241

242 M- Why do they agree?

243 P5- This is for their own child's betterment, and they know it.

244 P1- Women liked this because they get vitamin at their own village. they are getting good  
 245 vitamins... benefit is that their children also began to study. In today's digital world  
 246 everyone uses internet and guardians knew all these from internet. Local people are also  
 247 aware now. They understand that these programmes are for their own health, and when

248 guardians are aware the make women aware about it. if guardians do not understand then  
 249 they say this is nothing...that we are paid to do this work... that we get money that is why  
 250 we go to their house to tell them...

251 P6- Yes

252 P1- Now every guardian understands this as compared to past. Even village women know  
 253 these very well and care of child is done by their mother. Family guardian agrees and  
 254 mothers take participate and are more interested .. they learn more...

255

256 M- Who does guardian make them understand?

257 P1- Now they are well educated than in the past.

258 P6- Earlier, they were uneducated.

259 P1- Now they are a bit more educated. Their children also go to school outside from their  
 260 village. They teach their parents.

261

262 M- Who runs Baal vita programme? Who have funded it do you know? If yes, please answer.

263 P5- Sister, I am unaware about from where this programme initiated, who is providing the  
 264 supplements, who have been funding. through the ministry, we have been informed by  
 265 the in charge of health post. he provides us with the supplements to distribute along with  
 266 the Vitamin "A" .we do as we are instructed to do...

267

268 M- Okay, so health post provides you these?

269 P5- Yes

270 P4- Yes

271

272 M- Now I will talk about growth and development of children, okay?

273 What are programmes for children below three years for their growth and development in  
 274 your village?

275 P6- There are no such training provided especially for growth and development. There was  
 276 one for nutrition.

277 P7- We got training on nutrition.

278 P6- No such programmes related to games and development.

279 (Were talking among themselves)

280 P3- Only about nutrition, not any for growth and development.

281 P6- We are running Baal vita. But no information regarding where to organize this

282 programme, who have funded it. You have told that these materials are for games.... you

283 are from Australia; you know more than us.

284 (Break)

285

286 M- What programmes are here related to growth and development and what materials are

287 available in village?

288 P4- We already have told you what we knew. You can tell us what to add then we will say it.

289 P3- We are told that child's brain develops if babies are fed colostrum. so that should not be

290 thrown... mothers should clean their breast before feeding.

291 P1- Ma'am have been asking, what types of programmes are here in our village or what are

292 future programmes?

293 P6- These are which we knew.

294 P1- There is one programme called *Sunaulo Hazaar*, which is starting within six months or

295 four months. This is what they are talking about nutritional programme.

296 P5- Cerelacs (*Litto*) provides nutrition.

297 P1- These are the programmes for kids below two years. No such games for kids.

298 P5- No programmes for games.

299 P1- I have my home at the [X] district, where child between 1-5 years is enrolled in child club

300 where every child is healthy. There is every playing material available. There children are

301 taught to play games. My sister teaches there. They have such a big hall where lots of

302 playing stuff have been kept. But there are no such clubs here.

303 P5- We have in school.

304 P1- Not for children below 2-3 years ...

305 P7- Here are no child below 2-3 years ...

306 P1- What games are there? There are only few for secondary school students.

307 P7- Yeah, for younger (at once)

308

309 M- Okay so, you said there are not such games. Sister, you have mentioned that your home  
 310 is at [X]. Who is running that child club there?

311 P1- I have heard that it is from [X] place where at child club children come there to study,  
 312 play games and there are also teachers. There is a fixed timetable written over and  
 313 everything runs according to that. Teachers manages everything there.  
 314

315 M- Is that from the government or it is private?

316 P1- Private  
 317

318 M- Have you seen that?

319 P1- Yes, I did.  
 320

321 M- What kind of development does children have from there?

322 P1- Its good there ... for instance, poor family and indigenous family would not want to  
 323 educate their child but due to this their children are getting knowledge .. they send their  
 324 children because that place is free of cost. everyone sends their child there... Even if child  
 325 do not go, parents take their child.

326 P5- It is because they can play over there.

327 P1- Who would keep child below two years then? No one. There is a Ma'am who take care of  
 328 them. She has been paid for that so she will take care of the children... She takes care of  
 329 cleanliness and hygiene over there. We do not have such facilities here for children below  
 330 two years. Here is nothing provided related to hygiene and cleanliness and games. In  
 331 school, children are admitted only after 5 years or 4 years but not before that... Here,  
 332 there is not one to teach related to games... no one does...  
 333

334 M- You have said that club is private, and it have teacher. Do everyone from village comes  
 335 there?

336 P1- Every ward has their own.  
 337

338 M- Since when it started?

339 P1- Since I was 6-7 years old. Now, I am married and have my own family. I do not have  
 340 much idea about there.  
 341

342 M- What special age category child is admitted to it?  
 343 P1- from 1-5 years old ... For a six-month child, there is ma'am.  
 344 P7- Is it an orphanage?  
 345 P1- No, it is not an orphanage. It is for only day service which opens from 10 am to 4 pm  
 346 like school. There is a proper cleanliness and hygiene with several playing instruments.  
 347 Just like ma'am asked earlier, there are games for child development.  
 348

349 M- Okay, so you have seen this programme at your parents' house?  
 350 P1- No its not in Dhanusha district.  
 351

352 M- have you all seen such programmes?  
 353 P7- No  
 354 P3- No  
 355 P5- I have not seen but have listened that it is at school but only for child above 2-3 years  
 356 old.  
 357 P1- There are children around three years too. (In a bitching way ...)  
 358 P5- Not here in village, only in the city.  
 359 P1- Is that for child around 6 months and 2-3 years old? And where is it?  
 360 P5- Yes, it is only at town not village.  
 361 P1- Yes like that in Bhawani youth club have established... they get funds. They do  
 362 everything there.  
 363 P5- okay, we have said everything to ma'am. Now she will do these programmes here.  
 364

365 M- so, sister tell me what types of games are there and how they teach them to play?  
 366 P1- There are stuffs to play such as colors, small pebbles, wood games, how we can make  
 367 tap, house, and all. They help them to teach how would they play and learn quickly.  
 368

369 M- Okay, now I will talk about games for kids.

370 P1- games instruments are made available there through pick-up truck. My sister used to  
 371 work there, and her child was very young at that time so, I used to go with her there. Here  
 372 I have listened that it has been delivered from [a town] in [X] district.  
 373

374 M- In your village, what does children especially below three years plays with and with  
 375 whom?

376 P4- They play with their mother, grandparents.

377 P5- They play with their family members.

378 P4- They play with their father. They have ball, rattle, cycle and many more.  
 379

380 P6- they have playing horse full of air.

381 P1- And if she is daughter child, there are dolls.

382 P6- They have entire shop of dolls. (Everyone laughs)  
 383

384 M- what did they play with and how?

385 P2- with a doll, they act to make rice, pulses for them.

386 P5- There are walker in which six-month-old child is put on... then the child begin to walk  
 387 with it... they play. They sleep in crib (*jhuluwa*) and they play in walker. As compared to  
 388 past it is much better these days.  
 389

390 M- do they play in walker?

391 P- yes, they do.

392 M- even here in village?

393 P5- no, not here

394 P1- no

395 M- so, how do they play then?

396 P1- In village, they play with pebbles, sand, and all.

397 P6- With water as well.....

398 P1- yes, with all these stones, sand they play (everyone laughs)

399 P6- They tie stone with plastic and then play with it. If it rains, they play in rain.

400 P1- if we are playing with bottle, they want to play with his only. If we are working on  
 401 mobile phone, they want this phone as well. If you are working with ball pen costing Rs 5  
 402 or 10 they would want that too. (Pg 2)

403 P6- yes, indeed. Nowadays child want phone more than toys.

404 P3- Yes, everyone plays with mobile phone.

405 P - children mostly do these things. (Moving hands)

406 P7- Nowadays child is more fashionable ...

407 P4- They get it from shop or else where they can find it ....

408 P1- Ma'am, of course lots of toys are needed for children to play nicely.  
 409

410 M- You have mentioned that child plays with sand, plastics, dolls, right?

411 P5- Also, with mobile.

412 P1- Yes, like that they play with sand and plastics in village as I have seen.  
 413

414 M- Sister, you have mentioned that child plays with his/her father, mother, and family  
 415 members.

416 P2- Yes because they play with them that is why I have told earlier. (laughs)  
 417

418 M- how much time villagers play with children?

419 P7- they do not have any time.

420 P6- they do not play any time.

421 P1- They do not have any time to play. Mothers feed milk to child until six months to one  
 422 year. At the same time, they also do household chores. Everyone is busy in their own  
 423 work.

424 P4- They lay down their child in crib and do their own work.

425 P1- They are busy in finishing their own work.

426 P4- in a household with many people.. they put the child near them. and thats it... (Sound from  
 427 outside ...)  
 428

429 M- you told that mostly child mothers go to work and play their child only during  
 430 breastfeeding!

431 P1- For how long father and mother can play with the child? people in village have work to do...

432 P4- Until a child plays peacefully ... in my house my child stopped breastfeeding in six-

433 month-old ... he does not play?

434 P1- yes, they can play but villagers are more concerned about their work in villages...

435 P7- No, we cannot generalize this.

436 P1- everyone does not give much care.

437

438 M- who does give much care and who do not? Does it depend upon rich and poor?

439 P4- there are no caste-related issues in our community now...everyone takes care of children...

440 some may give less and some may give more... but everyone does...

441 P5- everyone loves their child equally. There is no such thing about rich and poor. Only

442 difference is child from rich family plays with more toys and child from poor plays with

443 what they have.

444

445 M- But how much time does a guardian give a child to play. For instance, play with toys or

446 talk with them, teach them?

447 P5- Anytime they get free.

448 P6- when they have enough time they play and in short of free time they do not.

449 P3- In remote (village), mother take their child to field where they work. There they play in

450 field with sand and mud...

451 M- They play in the field.

452 P3- Yes, they do.

453 P4- if no one is there to play, mother takes child everywhere they go.

454 P1- A child plays themselves. their grandparents even they are there but the child plays on

455 their own... they do not teach anything... Ma'am wants to ask that if we teach child to

456 play or not.

457 P7- They can teach only they do not have any toys.

458 P3- no they do not play ...

459 P4- No

460 P1- Yes, this is what I have been saying.

461 P7- they tell them do this...do this ... likewise child play themselves.

462

463 M- Do child play themselves or guardian sits with them to play?

464 P7- Guardian also sits with them and play and when they are not there, children spread toys  
465 around them and they play ... if the child is healthy they play themselves... if the child  
466 starts to cry then they may stop playing... then parents ask why are you crying baby? Like  
467 this a child play...

468 P4- Yes (shaking glass)

469

470 M- Do guardian play with their child as per their time availability.

471 P5- Only 25% of guardians give enough time to play with their child and teaching them or  
472 may be 10 % only.

473 P7- Everyone help a child to play. For instance, when mother goes for work outside home or  
474 they cook food, tea etc., at that time other family members such as grandparents plays  
475 with child.

476 P1- no, she is asking who gives both time and toys?

477 P5- No, they only give toys.

478 P7- What are you saying, if I would not be working, I would surely play with my grandchild.

479 P4- No sister, what I was saying that 75% gives proper care to their child whereas 25% are  
480 busy with their work so they could not. A child whose grandparents are in home, they  
481 feed them timely, they play with the child... if they do not have toys then they play with  
482 verbal conversation... take special care of child so that they do not fall sick. Even they are  
483 poor, they take care their child very nicely.

484 P7- They play by talking to them and adore them.

485 P4- They help child to eat and drink.

486

487 M- What efforts are made to play with child below three years?

488 P4- They buy color full clothes, healthy food and send them school ...

489

490 M- how much time does a guardian give to play with child below three years?

491 P4- They do not have time.

492 P7- Time plays a role here. If they have enough free time, they play with their child. they feed  
 493 the child milk ... a child plays and are distracted by father, mother, grandparents ... they  
 494 say the child to say *buwa (father)*... *dada (grandfather)*. *aama (mother)*...

495 P6- if they do not have time, they run to work again.

496 P7- again, mother must make breakfast and if husband must leave for duty, they also have to  
 497 prepare lunch. She gives toys to the child to play ... and they play themselves...

498 P1- yes, they play like this ...

499 P7- They equally give time to their child and work. If they would not cook food at time,  
 500 family member will die of hunger. To feed milk, they have to warm milk as well.

501 P6- like farmers...

502 P7- If they need to feed the child, then they must prepare porridge.  
 503

504 M- Now, let us talk about games.  
 505 If a guardian gives enough time to teach their child games, what would they learn?

506 P- no body answered ...  
 507

508 M- For instance, what does a child learn while playing with sand?

509 P5- They only learn to play... Mother, father, sister, uncle teach child only verbally, this will  
 510 only teach them to talk ... but they do not play with toys...

511 P3- They can play *aautii*

512 P5- they will learn, what we will teach them.

513 P6- when we play with rattle, they would move their hands and legs and play with us. It will  
 514 also refresh their mind.  
 515

516 M- Can they learn with ball? They also play with ball, right?

517 P6- Yes, they play with ball.

518 P7- they roll it. Their grandparents or mothers throws it, and he learns from them.  
 519

520 M- what does they learn from ball?

521 P1- To strike.

522 P7- with practice, they learn how to hit ball (laughs)

523 P3- They fall asleep after crying.  
524  
525 M: what does they learn from this? (Shows bangles)  
526 P7- If they are given these bangles, they take it to their mouth, keep on hands and plays with  
527 it.  
528  
529 M- they might do these actions right. What will they do with bottle having cover?  
530 (Demonstration)  
531 P1- They would drink water, open it, and close it.  
532  
533 Everyone talking openly about demonstration.  
534 M- you said they play with small things. What would they learn from these?  
535 P3- Right now, they are small kids. They will see, touch it initially. With growing age and  
536 their body and brain development, they would start to play with them. 2-3 years child  
537 would show miracle.  
538 P6- miracle happens ...  
539  
540 M- what kind of miracle?  
541 P6- growth in their understanding and knowledge. With start of study, their capacity also  
542 grows.  
543  
544 M- And sister, you said about shacking child upwards!!  
545 P3- It would make their heart strong.  
546 P6- They would not get feared.  
547 P1- Brain will be more active.  
548  
549 M- So it will make them active. So, sister if these games are taught verbally, what would  
550 happen to child?  
551 P2- They would learn themselves ... children like to play with children...  
552 P6- they will themselves gather materials to play. Materials such as pebbles.  
553 P4- Child play among themselves.

554 P6- they play with soil, sand too.  
555  
556 M- What changes it makes to their body? Why does body need to play games?  
557 P6- Development  
558 P7- Development  
559  
560 M- What kind of development and why did you say this?  
561 P3- Brain development. (With a laugh ...)  
562 M- Due to games? How can it develop their brain, can you say?  
563 P3- With passing age, their brain develops.  
564 P1- We play games, and then they also play it. This develops their brain.  
565 P3- For instance, child's mother play, his/her grandparents play and then child also play with  
566 them. Child also play with other kids and with these activities, their brain develops.  
567 Whether it is throwing a ball or taking it or run together with it ... slowly slowly they will  
568 learn to use their brain through these activities...  
569  
570 M- And, what happen if they run? What are beneficiaries to body due to running?  
571 P5- They become active.  
572  
573 M- and, what happen after oil massage?  
574 P5- Exercise.  
575  
576 M- what development it would do in child?  
577 P5- Body development.  
578  
579 M- How does it helps to develop? You have already said about brain and body, can you  
580 explain it more?  
581 P7- their development happens. For instance, we call them, and they look towards us.  
582 P3- They learn to clap hands once we say, "*sitaram sitaram*" to them.  
583 P7- Child learn those activities which their mother, grandparents do around them.  
584

585 M- what happen to kids if they do “*sitaram sitaram*”?

586 P3- that is also one type of development to child. They learn what is taught to them. For

587 example, tata, bye etc.

588 (Everyone laughs)

589

590 M- how much games are important to child?

591 P3- It is important for child.

592 P2- it is required.

593 P5- It is equally as important as food. Everything is important.

594

595 M- But without toys how can we teach them games? What do they have?

596 P7- we can teach them everything ...

597 M- What everything?

598 P7- One can play child by talking with them. Take child on your lap and teach them to say

599 mother, father, grandmother, grandfather ... their brain would catch them ... There are

600 different types of games.

601

602 M- So, we can play games from both toys and orally. So, now when you teach them orally,

603 how much important is this for child?

604 P7- If we place child somewhere and would not talk to then, not play with them.....

605 P3- That child would be dumb, he/she would not learn anything.

606 P7- They would be dumb and even would not learn anything.

607 P6- Their brain would not develop.

608 P7- Yes

609

610 M- anything more?

611 P7- Many people complain about crying child. If child will not cry, how would they eat or

612 would be adored? All of these are games and care. it includes breastfeeding the child ...

613 child should be breastfeeding in every half an hour...

614 P6- If a child would not cry then how would they listen and learn. even crying is important...

615

616 M- Now, in your village how much games are seen as important for children?

617 P5- It is very important. Just like nutrition, games are essential for child development.

618

619 M- Anything more?

620 P....no one answered.

621 M- how much are games important?

622 P1- They are very important.

623 M- why?

624 P1- A child would learn many things within three years. During this period, as much as we

625 talk and engage with them, they will learn more. the more we move their hands and legs

626 the more they will play... As much as they eat, their brain would develop that fast.

627

628 M- Likewise, how much games are essential for children, you were talking about?

629 P2- Very important.

630 M- Why?

631 P2- To learn new and good things.

632 P5- Most important thing in world.

633 P6- Games are most important.

634 P1- everyone plays games... but children also cause lot of trouble...

635 P4- If child have not eaten food, they would not give much interest in games. when the child

636 is fed well, they show interest in games... this is also important to consider... Until they

637 eat nutritious food, they would not be much active to play games ... instead they will cry

638 and feel irritated...

639

640 M- What is then games important for? Will they play games with toys only or with other

641 things as well?

642 P7- by talking with them and with toys too.

643

644 M- Then what are other things besides these toys in the village, a child can play?

645 P7- teach them verbally ...

646

647 M- Do you find any difference among children who plays games and those who do not in this  
648 village? If yes, what are those differences?

649 P7- Yes, we do have seen differences. if a child is not taught... then when they would not be  
650 sent to school, how would they learn. They would not learn anything. if their brain is not  
651 developed well then how will they learn... They can learn only if they are taught.  
652 whatever the child is taught in the early life they will learn...

653 P6- Yes, they will learn ...  
654

655 M- Now I would be talking about games and its learning ... You have mentioned that it is  
656 not in practice. According to you, what kind of programmes are required for games?

657 P7- There no such programme ever happened. That is why we do not know. Slowly, after  
658 this we are getting ideas.

659 P3- sister, we village women are already doing all this work for our child. We take care of  
660 them, feed our milk, food, cow milk, Horlicks, Bournvita and all for their growth and  
661 development.

662 P7- we take care of the child ...

663 P3- we feed everything to our children...mothers have major responsibility for there are and  
664 development. they pay more attention to their children...After three years they send their  
665 child to school. here everyone should do all the necessary caregiving things for the  
666 child... whether mother does it or grandparents or father ... all these things should not be  
667 left all alone for mothers...  
668

669 M- Okay, sister you have been doing all these. Now for your community, home, and village,  
670 what are the programmes you want in future?

671 P7- we like these programmes. Development programme (NGO) is very good but who will  
672 do that. For instance, after you said this, we also became aware of these things. we can do  
673 all these things but we don't have knowledge...

674 P5- We do not know proper ways that is required for playing games. which way we should  
675 play and how does it help the child development...Everything has its own way. For  
676 instance, there is a certain way to feed foods to a child. what to feed, when to feed... If

677           you know that ways, we are ready to learn them too. If you will teach us, then only we  
678           can teach it to others in the village.

679

680 M-       But what type of programme you want in your own village? What type of growth and  
681           development programmes?

682 P4-       If programmes related games for child would start, it would be good.

683 P3- for our own child ...

684 P4- We want this, it would be good if it happens.

685 P6-       We are hoping that what type of programmes you sister would start in our village. Before  
686           the programme has started here, let us not talk much about this.

687 P4- If it would come, it would be very good for children.

688 P6- It would be good news for us.

689 P3- Yes

690 P4-       we have enough in our village for 75% but for 25% they fall under poverty. Their child  
691           would be most happy.

692 P5- It would be much better.

693

694 M-       For a child, think what programmes would be good at your village which would aid in  
695           growth and development of children? (pg 16)

696 P3-       The Government have been already providing us. if there are anything left to teach about  
697           nutrition they teach us, for example, in meeting of *Aama samuha* we can teach mothers  
698           what a child should eat. all these things government has been teaching us... We are giving  
699           vitamin "A" for child's growth and development ... after that we give Iron tablets to  
700           women. whatever are available we are giving those... Nothing can be done from here ...

701 P4- there are no programmes for toys?

702

### 703 **FGD Part 3**

704

705 P5- If there would be toys, it would have been better.

706 P4- If you would also provide toys along with nutritional food, we would be much happier.

707 P5- they are only talking about games. They would take record about these.

708 P3- They would give to everyone!

709 P4- If 25% child would get, all would want that as well.

710 P5- But it is most required for poor.

711 P4- Yeah, would be better for them.

712 P7- Let us not talk about give and take. They are here to teach us.

713 P4- To teach and learn as well.

714 P7- Lets learn from them first then we would teach them. (Everyone laughs)

715

716 M- Sister, you said let's learn and then will teach right? What you need to learn?

717 P7- I said, you are here to teach ... teach us and then we will learn...

718 P5- Sister, we do not have any idea related to games. Please, teach us that.

719 P3- How to play games? How can we make it better? What are needed to play games? We

720 want to learn all these.

721 P- We have said all these as per our knowledge. Now, we want you to teach us. We want to

722 learn from you as well.

723 P5- We do not have information on this.

724 M- we are asking you that how can we teach you to play games? Do we need you to teach

725 only playing toys as there are many ways to learn games?

726 P4- No, no learning toys are not enough.

727 P3- Sister, in past we used to take slate and chalk to study but these days child takes pen and

728 copy. mothers do not give slate to kids... Our daughter-in-law does not know it.

729 P2- we do not know new things they study... In our days, there were no nursery, LKG. based

730 on experiences they educate their child, provide nutrition ... they rear their child based on

731 their capacity...

732

733 M- Sister, toys are different. We can also teach them verbally, right?

734 P3- yes, we can teach them without using toys.

735

736 M- So, you all agreed that we can teach them without toys as well. But what do you want, or

737 wish it would be better if you would have that programme and how will that run?

738 P3- If we would create programme, it will.

739

740 M- What should be made?

741 P3- we are not skilled for this. For instance, we cannot make toys and we cannot afford it as  
742 well. We do not have much then how can we teach them?

743

744 M- Can we teach without toys or not?

745 P7- There are many ways.

746 P2- Yes, there are (everyone speaks at a time)

747

748 M- To do this, what kind of learning do you need which would make it easier you to learn?

749 P7- For that...

750 P1- One training should be done.

751 P4- One workshop for us. (Everyone answered at once)

752 P5- For that we must be provided with workshop to our district members.

753 P6- After we are provided with training, we would be able to do it. We will work for it ... we  
754 need incentive as well. We cannot work without getting paid as we have our own work at  
755 home.

756 P5- At that time everyone is occupied. So, to be able to help improve this we need a training.  
757 Only, after we are well enough trained, we can help other to understand ... without money  
758 nothing can be done in today's world. we need money to drink a cup of tea.. During  
759 workshop/meetings also we need incentive. otherwise, who will go to work for free? we  
760 have to leave our household chores to do this work... who will do this?

761

762 Paused for some time...

763

764 M- Okay, so now you say.

765 P1- What are you asking Ma'am? I have already told that like [X] district, we need that  
766 games and programme here in every ward.

767

768 M- For child development?

769 P1- Yes, yes for child development.

770

771 M- what are other ways. Are there any other good ways to do this programme in a easier and  
772 efficient way? What do you all want?

773 P2- Sister, you tell yourself. (Everyone laughs)

774

775 M- I do not know. (All P laughs)

776

777 M- To buy clothes, do not you think that you would need this type and that color, that  
778 design? That pattern?

779 P3- Yes, we do think.

780 M- Then like that, think what types of programmes do you need in your village?

781 P6- We do not have any expectations. But let's see what they would give.

782 P1- They are not talking about give and take. They will ask, what we are saying them. To do  
783 programme, they are asking how we can organize it.

784 P4- Child can play without materials ... we have said that ...

785 P6- They also play without toys ... they play with sand and water.

786 P3- Yeah, they are playing.

787 P1- Yes, they already are playing but they are asking what they will learn in that.

788

789 (Everyone talks at a same time making it difficult to understand)

790

791 P5- Child plays with sand and water. They play with materials they already have ... now in  
792 that if we will add programmes, it would be much better. And, if we give meetings/  
793 workshop to other FCHVs and incentive too, they will work for programmes. Without  
794 money they would not work. Now, if there is anything else to learn in this, teach us.

795

796 M- What programmes are there for child below three years for their growth and  
797 development? What programmes do you want for them, and who should run those  
798 programmes, how?

799 P- We will like any programme that would run here. What can I say now, we would like  
800 whatever you will give us?

801 P3- Sister, child can learn only when they will attend school. We will ask them verbally to  
802 play, as a parent it's our responsibility towards child.

803 P1- So, you are explaining it to them? (Everyone laughs)

804 P4- For child below three years, programmes that you will give us will make us happy.

805 P3- Everything would work.

806

807 M- To do this would female volunteer agree.

808 P4- Yes, we are ready.

809

810 M- How can we do this such that every child of every committee and village would learn for  
811 their growth and development? How can we run it?

812 P3- Yes, this thing is beyond our understanding. (P1 laughs)

813 P5- You can bring programme to our village.

814 P1- You say ...

815 P5- For these games, just like we used to talk about food and nutrition during home visit, we  
816 can talk about games as well. We can verbally tell them to play like this with these toys  
817 or teach your child these things... we need to teach them.. we need to ask if they have  
818 toys ... we will teach them how to play with their children... otherwise we can give  
819 education in home visit...

820 P1- Otherwise, Ma'am you can tell us how we can teach them ...

821 P5- By educating them too we can help in their development.

822

823 M- Educating! Who should be educated?

824 P5- To mothers. They should be educated about how they can take care of their child. What  
825 they can teach and how they can play with them ... whatever we will teach them, they  
826 will do those activities with their child ...

827 P1- Giving a ball is not enough for the child. just asking the child to bring the ball is not  
828 playing with them... We have to say that this is ball ...

829 P5- This ball and bat should not be given to the child alone. they should play it with their  
830 mother. Mother should throw ball and then tell their child to bring the ball... they can hit  
831 it. whatever the mother will teach them they will learn...

832 P7- From where child would bring it, if you will sit here, we should sit there.

833 P5- after I throw, he will also throw it and I will be around him/her. For child, you should be  
834 first educated and taught.

835

836 M- Then education like programme should be brought.

837 P5- Yes, education should be brought.

838 M- who should be educated?

839 P7, P5- mothers (at once)

840

841 M- who should give the education to the mothers?

842 P5- We will.

843 P4- female volunteers.

844 P5- Female volunteers should give it.

845

846 M- who will teach female volunteer?

847 P5- You (NGO) should teach us ...

848 P3- Sister, you should teach us ...

849

850 M- So, this kind of education-related programmes should be brought.

851 P4, P3- Yes

852

853 M- Now, I will ask one small thing. You have been doing programmes related nutrition  
854 regularly, and the World Health Organization who works for child's better health. They  
855 have been working for betterment of children and how can we achieve this. It is one  
856 umbrella organisation. They have suggested that nutrition alone is not enough for  
857 children health. Games are also required for proper growth and development. A guardian  
858 should play and teach their child and should provide them with proper nutritious food.  
859 There are programmes that would merge both nutrition and games for child development  
860 and growth. Do you all have thought about this suggestion? Do you like it?

861 P5- It is a very good. We are already giving nutrition, now we need to add games.

862

863 M- Do you like their suggestion?

864 P2- I liked it ...

865 M- Why?

866 P4- It is for growth and development of child...

867

868 M- How do you find their suggestion?

869 P6- Parents will play with kids. Everyone will provide attention to their child to make them

870 healthy and sound. child will be able to study and become wise... everyone knows this

871 much... But we can only teach them if we have the training and knowledge...

872 P5- We will give, no worries in that ...

873 P7- We do not need to do anything. We need to just give suggestions for mother.

874 P5- We only need to give her suggestions.

875 P6- We are already giving suggestions on nutrition ...

876 P7- We are required only to suggest here.

877 P5- we are already giving programmes for nutrition. They are talking about that here. we do

878 not have to provide the game programme right now... we have been telling people about

879 eating nutritious food...

880 P1- Sister is also saying that. From where we are giving nutrition? Right now, we only need

881 to give our suggestion. We do not need to give anything but suggestions.

882 P5- We will give nothing only education. That like a Rinku's Gita, same thing.

883

884 M- What do you think?

885 P5- Very good.

886

887 M- why did you liked it?

888 P5- I liked it as it will help in village children growth and development, and it would make us

889 happy as well. when a child develops well people praise us... they say it is due to FCHV...

890 that we did good work...That is why I liked it.

891

892 (Some conversation outside)

893 M- What would game, and nutrition would have on child's growth and development?

894 P1- It is good for their body.

895 P7- It would be good for overall development of child. This will help in brain, body, and  
896 overall development. show a tree to a small child ... this is a bird... this is something...  
897 name the object and they will begin to recognise them from early age... They could be  
898 able to differentiate everything in their surroundings. They would have knowledge and  
899 learnings.

900 P5- child will develop ...

901 P1- If a proper development of child would start since their childhood, it would make their  
902 base stronger. This would aid in our country development. when children start to  
903 understand about things in early age... then they will begin to remember them...  
904 understanding about many things from their little age. Then one day our country also  
905 would be developed... (With laughing) ...  
906

907 M- [Place Y], your child would be an [Y]? (Everyone laughs)

908 P1- If every child would understand and have knowledge, then why would not our country  
909 would be other developed country? They will not play in sand and soil if they have  
910 awareness.

911 P7- Every child has different brain capacity; some do not learn even when taught several  
912 times... and some learn quickly... if they would be taught then would surely understand  
913 and learn. With time their brain would be sharp and by this medium it would surely  
914 develop. However, a child learns most of things from her mother. They teach them to  
915 read and write.

916 P3- How much time it would take now, sister?

917 M- We are coming close to the ending now...  
918

919 M- Sister, you said that this will develop child right! What would villagers think about this if  
920 we will add games too in nutrition programme for children?

921 P7- They will not think anything initially. but when the programme is implemented, they will  
922 think that this programme is better for the development their own child and that it is  
923 good. those people who understand they would not react. Who is educated and have  
924 learned science, they have brain... They are always ready to teach their children. But

925 others have concept that what would other say, what are organizing committee getting  
 926 from the programme, they think we will take all the money ... that there must be  
 927 corruption. Therefore, they would interfere ... I do not know what to say. You say....

928 P6- Now (showing)... this would happen.

929 P6- There would be sense at one home who knows science.

930 P7- But everyone does not have this much brain.

931

932 M- What more will the village people, society think about this?

933 P4- In the beginning, they will think it as a bad. But with time everything would sort.

934 P5- Additionally, they will say same things such as they do not have toys what would they  
 935 teach. they ask for toys... they say to us that we get money for doing this work so we do  
 936 it... we have vested interest such as money for visiting their home otherwise we would  
 937 not do it... people think this...

938 P7- In beginning for 1-2 days or 10 days they will say so... With time and continuously  
 939 seeing they would understand that it is good and then they will also support us ... for the  
 940 welfare of their children...

941 P6- In the beginning, they were also against vaccination for their children.

942 P1- People do these things in beginning of new programmes.

943 P4- It is tough ... but slowly, slowly they will understand. Now they themselves ask us about  
 944 vaccination time and schedule.

945 P7- Yes, now they all understand.

946 P5- These days even if we do not say them about toys, an educated parent buys toys like doll,  
 947 ball for them even their children do not play with them. Father also buys, mother also  
 948 buys them.

949 M- You all have said that initially local will not accept this programme of games and  
 950 nutrition. Why would they say that?

951 P7- For instance, we will give toys to child, but would we not teach them? Don't we give toys  
 952 to our children? or they will play themselves we would not do anything? You do not need  
 953 to teach if people understand its importance... After knowing these things sisters,  
 954 mothers, grandparents would also ask to teach them about playing with children... they  
 955 will also try to understand and teach their children... You are asking when to teach this to

956 them? We say the same day we will provide them vitamin "A", same day we will  
 957 vaccinate them. we can teach all this on same day because on that day everyone will be  
 958 present there... Sir from health post, doctor will be presented there at that day. people will  
 959 easily agree with what we are teaching...

960 P1- Yes with that medium.

961 P5- Together with it. Now we have been talking everything. We should now say them to  
 962 come. We need to say all these things to their parents that nutrition and games are  
 963 important for child development. we must tell them to give more time to play with their  
 964 children...

965

966 M- Who should teach?

967 P4, P7, P5- Female volunteers. We will say all this to mothers. Mothers will teach and guide.  
 968 Otherwise, we can also do programme with *Aama samuha*, we can organize meeting on  
 969 the same day. Same day during their meeting, we can organize this programme. if we  
 970 decide to do on the meeting day of *Aama samuha* then we can ask them to bring their  
 971 children with them... If we will provide them information on what to feed the child, how  
 972 to play with them and how can games improve their health. We should aware their  
 973 mother to play with their child for some time. we will tell, "just feeding is not enough...  
 974 playing is also important for child development...you should manage times for this as  
 975 well."

976 P7- Yes same day ...

977 P3- programme can be done.

978

979 M- Sister, you said vaccine are given at village clinic and something more are provided.

980 P7- When vaccine is given, we also distribute vitamin a... there are 10 more peoples there.

981 P3- Children are brought there and given it.

982 P7- Yes, child come to eat them. some have thin child so we will tell them... We say them,  
 983 "aren't you teaching your child anything? Do these things and teach them. this is how a  
 984 child will learn... if you do bye and hi then the child will also learn." Even if child is just  
 985 six-month, they can do bye and hi signaling with their hands. Likewise, child will learn

986 so we need to teach them ... we need to tell mothers when they come for vaccination and  
 987 vitamin A distribution programme.

988 P5- We ask them all this during supplement of Vitamin A, at the meeting of *Aama samuha*.  
 989 We ask them to come at village clinic during programmes.  
 990

991 M- Why did you selected *aama samuah* and village clinic?

992 P5- For this programme...

993 P4- for this we can do separate programme or can do it in this as well.

994 P7- In *aama samuha*, there are all types of participants. Pregnant women, postnatal mothers,  
 995 and unmarried young girls. It is group of 25 people ... who may or may not have child. If  
 996 we will reach to them with this programme, they can help us to spread it. Doctors and  
 997 health post in charge from health post also participate in it. We can ask them to say this  
 998 as well...

999 P1- there are pregnant women and postnatal mothers.

1000 P5- And with them we will also be there to give Vitamin "A", run village clinic. We do all  
 1001 kinds of work...We ask guardian to manage time and, also could give them 500 wages,  
 1002 can't we?

1003 P7- Why are you talking about wage?

1004 P5- Please listen once. When we will go out for this, we manage our time and ask with  
 1005 guardian for their participation... they will say, "I have this work to do... we will go..."  
 1006 Without money, no one would participate in nutrition and playing programme. They also  
 1007 have their work when we plan our programme... so we need to match the dates... we can  
 1008 manage our time when they have time and do the programme...

1009 P4- No, if this programme would be extra work, then we can do it next day.

1010 P5- If people agree to do this programme on a separate day, then we can do it on a separate day  
 1011 as well...  
 1012

1013 M- okay, what you think this programme should be done on other day or same day when  
 1014 *Aama samuha* and village clinic would have meeting?

1015 P3- We are agreeing on both.

1016 P6- Both days are fine.

1017 P3- If you will ask us to do on different day, we can do that but will be easier to do on same  
 1018 day.  
 1019

1020 M- For your village children, where would be most appropriate place to do this? How can we  
 1021 run this?

1022 P6- During vaccine there are not everyone present and, also in *Aama samuha* meeting not  
 1023 everyone can participate. If we do organize it separately focusing on mothers with  
 1024 children, it would be better.

1025 P5- In this child below three years are only required and their mothers. we need to teach  
 1026 everyone. share knowledge with everyone...  
 1027

1028 M- For this is village clinic is enough or somewhere else?

1029 P3, P1, P5, P6- Somewhere else (at once)  
 1030

1031 M- Why separately would be good?

1032 P7- In that only nutrition things are discussed. In village clinic we can do the programme, but  
 1033 we need to run this. I could teach them there... whether they bring their child or not... If it  
 1034 would be separate, there would be a personal connection and would be focused on games  
 1035 and nutrition only.  
 1036

1037 M- As per you, how can we do it for effective result?

1038 P6- Good if done separately.

1039 P1- Sister, to teach one day time should be given ...

1040 P3- Sister, one day should be given for it. We already have lots of work, so we need to do one  
 1041 day separately for this. we need to give separate time... For child below 3 years, their  
 1042 mothers should be called at one same place. we will gather them all together and then  
 1043 provide suggestions and advice...this is one thing we can do... we do *Aama samuha*  
 1044 *meetings* for pregnant women and postnatal mothers where we teach about vaccination,  
 1045 and prenatal and postnatal care... there mothers don't bring their children.. if they do then  
 1046 there will be chaos... meeting time duration will also get extended...

1047 P7- No, we should propose two things for *Amaaa samuha meeting*. One for COVID which is  
 1048 apparent recently and other games and nutrition. (laughs)

1049 P5- Why we should bring Corona in this?

1050 P7- I am not asking to do, they are already have been doing this (Corona) meeting. I am  
 1051 saying this.

1052 P5- Listen, I will say you one thing. All these programmes that we are talking about... it is not  
 1053 possible for us to do it ourself... we cannot work in all programme... has there been a  
 1054 proper workshop for this or not? Have we been given trainings, or not? is there any  
 1055 provision for allowances? whether they have given training before the programme? We  
 1056 will go because we are taking money from the government...if we have not received any  
 1057 training and if there is no allowances then why would we go? why roam around villages  
 1058 without any money?

1059 P7- Why are you talking this much?

1060 P5- Am I saying wrong? I am saying right thing!! (With rage)

1061

1062 M- sister, you all have said that for this separate time from *Aama samuha* and village clinic  
 1063 should be provided. Right?

1064 P5, P1- Yeah, different time.

1065 P3- Otherwise, if you will come, we can ask people to come, and you can say them.

1066 P4- Yes, you can come.

1067 M- why?

1068 P3- It would not have chaos like on *Amaa Samuha* or in the Village clinic. it would be better  
 1069 that is why.

1070 P6- this programme must be done separately?

1071 P1- In month how many days we should do trainings? We need to be told about that. When  
 1072 should we and how can we teach them?

1073

1074 M- Okay, you have said that for these programmes we should do it separately. Now who  
 1075 would go there to teach? Whom should we ask for help?

1076 P5- We will ask you for help (NGO).

1077 P3- No if you tell FCHVs to do the task then we are ready to do them, as well...

1078 P4- First, they will teach us then we can go ward to teach others.

1079 P5- First few times you should come to along with us when we are teaching. It is not  
 1080 compulsory that a student can pass SLC (School leaving Certificate, 10<sup>th</sup> Standard) at a  
 1081 first attempt! He can learn slowly. You should be there. Ward people, community people  
 1082 will then believe us whether this is a training or other thing... If you will be with us, they  
 1083 would not take it as something else than training. It would talk 1-2 months for few places,  
 1084 after this we can organize it. there wont be much tension after that...

1085

1086 M- So then in starting people from outside should participate with you, teach with you. Then  
 1087 you can do yourselves. Educated person should come?

1088 P5- Yes, yes. Because, in *Aama samuha* meeting also, one officer from health post come.  
 1089 P3- from heath post

1090 P5- It is possible that we would do mistakes and teach something else than what is required  
 1091 for... if a teacher teach wrong things to students, then student will learn same thing... So,  
 1092 in that situation if one officer would be there then he can guide us... there would not be  
 1093 such mistake sister could correct us ...Therefore, it would be better if you sisters will be  
 1094 together for few times. for 1-2 months the health post incharge and you all must come  
 1095 with us and look after our work...Once we would learn fully, we can do it ourselves. At  
 1096 one time we cannot be perfect to do in the community.

1097

1098 M- If this programme would come, why you need people like us?

1099 P5- You should come as I said. If you would come and organize workshop, then only we can  
 1100 do it.

1101 P6- Yes, we will teach same what you will say and train us.

1102

1103 M- Previously you said that if one from health post would come it would be easier for you to  
 1104 do this programme of nutrition and games. For teaching you also, they would come then  
 1105 would it be easier?

1106 P3- Health post officers will talk about health post. You will teach about nutrition and games.  
 1107 Both are different. You are needed for only 1-2 days.

1108 P5- We will do with you.

1109 P5- If there would be any problem in work related to government or health post, we can call  
1110 and ask them. we teach in their presence so if we do any mistake then they will correct  
1111 us...we can ask questions directly. You should also come here for games at least 1-2  
1112 times. I am saying this...  
1113

1114 M- You have said that if this programme starts, there is need of one separate committee, for  
1115 whom this programme is required?

1116 P1- For children below three years.  
1117

1118 M- Till now who have been doing nutritional programmes?

1119 P1- Health post.  
1120

1121 M- Who would look for this growth and development?

1122 P1- Heath post  
1123

1124 M- Whose programme would be this then?

1125 P1- Heath post

1126 P5- Heath post  
1127

1128 M- Who should then help in it?

1129 P5- Health post or you sisters ...

1130 P6- With some assistance ...

1131 P5- Whosoever is ready to help ...  
1132

1133 M- What kind of help would they provide?

1134 P6- Everything we ask for.

1135 P4- At their presence, what we ask they provide us.

1136 P5- These days they are also participating at these programmes. They discuss with and ask  
1137 what they should do and how can they help. They help and teach us then we take it to  
1138 ward.  
1139

1140 M- okay then you came here to do at ward?

1141 P1, P2, P5- Yes yes ...

1142

1143 M- If health post and we will help it would be good right? What kind of teachings you should

1144 get which would help you to take it to your community people?

1145 P1- Whenever you call us, we will be present there.

1146

1147 (Toilet Break 3:44)

1148

1149 M- presence means will give time.

1150 P4, P5- Yes will give time.

1151

1152 M- What kind of other learning do you want? Skills that would assist you.

1153 P5- We have already said you sister. You should be there and organize one workshop for this.

1154 provide us allowances...

1155 P6- Yes, give that training which will teach us. And we will do it accordingly.

1156

1157 M- Ok we will give trainings, but what type of training you want for teaching children?

1158 P7- Same related to nutrition.

1159 P5- Games ...

1160 P7- About games and other things we do not know ...

1161 P5- Same that you have been saying. Games-related information should be taught.

1162 P3- nutrition-related...

1163 P5- as you have told what kind of knowledge, we should have about playing games with

1164 children ... We can also learn it in a different time.

1165

1166 M- Sisters, you all have said that for this programme different committee formation would

1167 have been better. As at village there are no such people, who should run this separate

1168 committee?

1169 P2- there would be someone from health post and we will run it.

1170

1171 M- So then female volunteer will do right?

1172 P3, P5- Yes yes

1173 M- Why did you choose only female volunteers for this?

1174 P3- As it is connected to health post ...

1175 P4- Health post concerned ...

1176

1177 M- something more?

1178 P3- It is easier for us to do. We have been working for so long, so we have understood the

1179 process... If we will be educated, we can do this.

1180 M- what kind of education?

1181 P7- Education related to this as we do not have any related to nutrition.

1182 P3- We are not taught for this. For nutrition from health post taught us but not for games.

1183

1184 M- Related to this means?

1185 P3- Health post

1186 P1- Health post

1187 P6- we give suggestions and advice to mothers of children since their birth to children below five

1188 years ...

1189

1190 M- Why should female volunteers go for this work?

1191 P1- Because as much FCHV knows, villagers do not speak in programmes.

1192 P6- We have taken every training. We know everything, therefore.

1193

1194 M- and you sisters why should female volunteers do this programme?

1195 (All taking among themselves in group)

1196 P7- See, female volunteers have been working here since long time. they have been teaching

1197 people about various things... They know about nutrition in detail. They do not have

1198 knowledge about games till now but now they have certain idea. Now in *Aama samuha*

1199 they can convey few words about this. but there are two problems in this... some will go

1200 for cutting grasses... and another will say I am going for some other word. Therefore, a

1201 different committee is required.

1202 P4- Yeah, female volunteers have taken trainings. They can do it better.

1203 P1- FCHV knows everything...they have knowledge of their ward ... how many children, how  
 1204 many females are there, how many are mothers and in whose home, there are weak  
 1205 children they know everything.

1206 P1- they know...

1207 P5- Yes, therefore female volunteers know much.

1208 P7- we want more ...

1209

1210 M- In village how much do villagers like female volunteers?

1211 P3- Extremely ...

1212 P2- Most...

1213 P7- When a female is pregnant and is in her fourth month, her mother-in-law will come  
 1214 saying, "sister my daughter-in-law is pregnant od let me know if the doctor is here...  
 1215 please arrange iron tablets too" and then I say, "take her to the health post , there she will  
 1216 be examined and they will prepare a card... and they will give you iron tablets as well...  
 1217 go to take the vaccine (TT) on the day they tell you to come." so, when doctor ask them  
 1218 for a visit, they go... in this way I explain to them... otherwise they hide their pregnancy  
 1219 for 2-3 months...

1220

1221 M- so, pregnant women, knows about you...

1222 P7- Yes, yes

1223

1224 M- Now, what do you require to run this programme, what would a committee require? What  
 1225 help they want?

1226 P1- About games ...

1227 M- Yes about games/nutrition?

1228 P1- We require child for this.

1229 P4- (talked together)

1230 P7- We used to give information and run nutritional programmes but not about games. Health  
 1231 post tells us to inform the community about the programme... may be like that...

1232 P4- Health post would get training from upper level and then health post would train us. After  
1233 this, we will spread this to village, street, and all.

1234 P5, P7-We will inform. (At once)

1235 P1- Health post also receives order from their head and then they will order us. After this we  
1236 will give to the community people, I do not know.

1237 P1- Yes, it would be like this.

1238 P7- They will learn and will teach us in 1 day- 2 days workshop and trainings. They will call  
1239 us, and inform us...

1240 P5- They are our in charge, they bring programmes and give us information. We then spread  
1241 this to village.

1242 M- Where these programmes should be organized?

1243 P7- You did not get it. It should be organized at one place first.

1244 P5- Should be done where it is required ...

1245 P7- Should be done in every ward ...

1246 P5- In every ward. There are 9 ward and *Aama samuha* and they can organize it at each *amaa*  
1247 *samuha* and meetings.

1248 P5- Female volunteers.

1249

1250 M- You talked about trainings; what kind of training should be given?

1251 P7- yes, trainings about games. We already know about nutrition. We do not have any prior  
1252 knowledge regarding games, how to teach, what should we ask and inform. We would  
1253 ask these things and learn all of them.

1254

1255 M- What types of programmes are required then? What trainings are needed? What you want  
1256 P1- programmes about games ...

1257 P3- Sister, about games, how to play toys and instruments.

1258 P5- As you think what we should be taught.

1259 P1- We will as what you will teach us.

1260

1261 M- How can we run both programmes?

1262 P5- Yes, nutrition should also be taken with games.

1263

1264 M- What trainings should be given then at that time? What kind of skills and knowledge are  
1265 required to run programmes easily and smoothly?

1266 P1- Programmes for mothers and children within three years would be called. How can  
1267 mothers play with their child with all those materials... we will show and explain these...  
1268 some children are very weak ... Special care should be given to those cases. Only child  
1269 and mothers should be specially taught.

1270 P3- Mother and child.

1271

1272 M- Why, you mentioned mother?

1273 P1- Child's overall care is done by mother and grandparents. I choose mother because they  
1274 have much brain than grandparents.

1275 P2- They can grab information quickly. (whispers)

1276

1277 (TEA Break)

1278 P1- Mothers understand quickly therefore selected them. mothers understand more and  
1279 remembers too ... for a child his mother is very important... mother and child should be  
1280 there...

1281 P5- Child are most important and loving to their mothers. They are world for them and take  
1282 care of their child.

1283 (Talking about personal things with others)

1284 P1- If sometime there would not mother available, fathers can also present there. Everyone  
1285 from ward should not be invited as there would be huge numbers of participants and it  
1286 would be disturbing. We should divide them in numbers. some wards are too big... it will  
1287 be difficult to invite everyone... we need time to look for children... We can do the  
1288 meetings for a day or 2 days.

1289

1290 M- In large ward, you are asking to run programmes in two shifts. Which one is largest here?

1291 P7- Ward 8 is largest one.

1292 P1- 9 is bit larger.

1293 P5- Ward 2 is also large. There are two communities in opposite directions.

1294 P7- Ward 3 and 2  
1295

1296 M- You have your own responsibilities; how can you manage that?  
1297 P6- If it is separated, we can manage it.

1298 P7-we can do it on separate days... we have *Amaa samuha* meeting on 5<sup>th</sup>., So we can do it in 7<sup>th</sup>  
1299 or 8<sup>th</sup> ... we can also tell the health post for their presence... we can tell them to manage  
1300 for 1 hour ...  
1301

1302 M- sister, how would you manage this programme?  
1303 P3- Now, as already told we can do accordingly.  
1304 M- how?  
1305 P3- Like my friend told already.  
1306 M- You say your thought!  
1307 P3- Managing it separately by calling out mothers.

1308 P7- When health post will teach us then we can learn. After then we will make our time. We  
1309 can organize it on 1<sup>st</sup> or 10<sup>th</sup> day of month.

1310 P5- We will manage our time according to ward.  
1311 P7- yes, like that.  
1312

1313 M- How will you all divide time? You have own work of health post as well?  
1314 P5- our cooking time is from 10 to 12 am.

1315 P7- If we will ask them during 11-12, members of *Aama samuha* would also be present.  
1316 There is one president who will ask them to come at time. Health post person will also  
1317 participate and discuss for 30 minutes. Everyone will come and learn.  
1318

1319 M- You have said earlier that in large ward, we need to do it on two halves. How can you  
1320 manage time for that?  
1321 P7- no, only ward 8 and 2 are large.

1322 P5- For example, 2 and 8 wards are largest, so we can divide it then will organize programme  
1323 accordingly. We can do both at different month.

1324 P7- We will do according to time availability.

1325 P4- Must do anyhow.

1326 P5- yes, must do as per time.

1327

1328 M- In what ways it would be easier for you to take programme to village?

1329 P1- We need to give children food to attract their presence in the programme. Without

1330 anything given to them they will not bring their child. If they would be given biscuits,

1331 chocolates, and all they will agree to join.

1332 P5- Some eating stuff must be managed.

1333 P1- They would not ask them to join for 3-4 days. we ask them to join for one day so

1334 something must be provided...

1335 P6- Dates, biscuits

1336 P1- If it is related to toys, there should be toys with which they can play.

1337

1338 M- What related to games you are saying which would they understand better?

1339 P7- Yes, right point.

1340 P1- There are many types of toys. Those which child plays at home.

1341 P3- Toys which children below 3 years plays.

1342 P4- Toys which children below 3 years plays (at once)

1343 P1- exactly, there must be few toys, so children will present otherwise nobody would join.

1344 Even child wants, their mother would not. "This all things can be done by myself", would

1345 mother say.

1346

1347 M- so, you are saying we should lure with biscuits, right?

1348 P1- Yes, right.

1349 P7- Yes, they will also come if we will provide something even in *Aama samuha*.

1350 P6- Will not come ...

1351 P5- Even in meeting, after providing biscuits they will participate.

1352 P4- we must teach mothers for a long time. they think it is not their job and we must do it for

1353 them... We should make them realize that we want to make their child healthy.

1354 (While eating biscuits)

1355 P1- for example, we are given bread and tea here, they should also be given this during  
 1356 meeting. (Everyone laughs) people will come more in that case... they will come with  
 1357 greed.

1358 P7- Not if this tea, even black tea works. (With laugh)  
 1359

1360 M- So, we need to serve them tea too. They also want to drink like us right! Now, sister who  
 1361 method should be adopted to teach them so they will understand this.

1362 P4- Just like you will teach us.  
 1363

1364 M- How can we teach you?

1365 P4- with training that you will give us. whatever you will train us we will share that  
 1366 information to people.

1367 P7- not only us, but for all the participants (laughing)  
 1368

1369 M- Is teaching only verbally enough or we should show them something?

1370 P1- We must show them few things madam. Just like there are many things, you can ask Red  
 1371 Cross, NGOs... what materials are needed for children development. they will suggest  
 1372 what will be effective to teach children more... If there will be those things, they would  
 1373 learn better. We would not require saying it daily if they will give more time during  
 1374 teaching...  
 1375

1376 M- How does Red Cross do programmes?

1377 P1- Like I have already said. With materials children would play among themselves.

1378 P7- they distribute toys to all.

1379 P5- No this is not possible to do.

1380 P7- In [X] district if they can then why not here in Dhanusha?

1381 P7- Dhanusha is poor.

1382 P5- We can only give education as per our level just like nutrition. if we need to do this along  
 1383 with the nutrition programme then education is only what we can give ...

1384 P7- Will give education.  
 1385

1386 M- So, you will educate them orally but what is best way to deliver and teach?

1387 P5- To teach efficiently, mothers having child below 3 years should be informed earlier to  
1388 give time for one day.  
1389

1390 M- in which way?

1391 P5- we can teach them verbally saying do this, play like this. Do according to this.

1392 P4- without toys also we can teach them.

1393 P5- with or without toys, how mother would learn easily and teach their child to play.

1394 P4- we should give time to play.

1395 P1- we can teach orally by saying this is used for those games. We can say see birds are  
1396 flying, water is flowing. These things are also in book which are good.  
1397

1398 M- Is it in books?

1399 P1- Yes, these things are in books.

1400 P1- We should print it in books, some also have already.

1401 P6- yes, it is in books.

1402 P1- yes books have all these things printed.

1403 P4- without books what can do done? Books are required.  
1404

1405 M- So, we need books and books will make it easier.

1406 P6- yes, children can also find books.

1407 P4- both female volunteer and child can turn book pages at same time. (Health book)

1408 P5- One who could see books can learn ....

1409 P3- It would be easier for us to teach.

1410 P5- yes, it would make us easier.

1411 P1- Nowadays we can see that child learn from internet on mobile. they show different  
1412 kinds of game that can help in brain development..

1413 P7- See at school, children say they shows everything there.  
1414

1415 M- Now like public health have book, we also require one book, right?

1416 P1, P2- Yes

1417 M- Now, as per you who should come in programme to make it easier. Whose participation  
 1418 is must?

1419 P5- Health officer

1420 M- and?

1421 P1- If you will come it would have been best.  
 1422

1423 M- why it would be easier if we will come?

1424 P3- It would be easier for us.

1425 P7- You did not get it?... If you would be there with us. they will call us local, and for you  
 1426 they say have arrived here from Kathmandu. new person has come to teach us...they will  
 1427 think you will teach very nicely. It would be easier to persuade them. We also say lets go  
 1428 one sister from Kathmandu has come to teach..

1429 P1- They will ask what we will give them. We will say we can give tea.

1430 P5- We will say that we do not know what they will give. With providing something worth  
 1431 10, 20, 50, many will be convinced... so there will be overwhelming number of people  
 1432 coming to join the programme. so we say, "We don't know what you will get and you  
 1433 have to come to the programme if you want to get something.".

1434 P6- Yes, they also ask while coming to take vaccine.

1435 P7- Have you done *Amaa samuha* meeting?

1436 P5- Yes, we did.  
 1437

1438 M- Okay sister, you said that these people present would make it easier for you. What about  
 1439 health post people? Will it be easier to work with them?

1440 P1, P2, P3, P5- It would be even better (at once)

1441 P1- We can do with them as well.

1442 P3- It will be good whoever between you and health post officer will join.  
 1443

1444 M- Now, you have to say who should join to make your work even better.

1445 P5- What will be easier?

1446 P7- If health offer would come it will be very good. we are little weak in our talk... whereas  
 1447 they talk at higher level and well.

1448 P5- You need to come from Kathmandu so you can come in every 2-4 months, but health  
 1449 officer is always available here.

1450 P3- They come right after we call them.

1451 P5- Will come just after one phone all? (Talk with a confusion)  
 1452

1453 M- health officers have time and as they are local right?

1454 P3- Yes, they are local.  
 1455

1456 M- Now, to do this programme what should be done so that it would make you happy? What  
 1457 would motivate you to do his work?

1458 P3- It is dependent on you.

1459 P7- You should give us...

1460 P5- sister, we have some greed .. if we ask for 200 rupees, it would be good if you will give  
 1461 us Rs.400. we are just mentioning that if this happen it would have been good. we might  
 1462 look greedy.. but if we get good money then we will also provide good work..

1463 P1- World is all about money and expenses.

1464 P5- everything is expensive in today's world... One daily labor worker has wage of Rs. 600-  
 1465 1000 per day. If we do not get even half of that then will our husband allow us to  
 1466 continue this work? Everyone has household chores to take care of at their own house,  
 1467 but we save our time to work here. we have a hope... instead of disappointing us. if they  
 1468 could give u something...If we would have been paid as per our effort and time it would  
 1469 have been nice. We should get paid compulsorily.

1470 (Everyone laughing on their own)  
 1471

1472 M- So, to motivate we should give money, right?

1473 P5, P6- yes, yes  
 1474

1475 M- Now, who should pay his money?

1476 P1- Laughing

1477 P7- Do not know.

1478 P5- Government should.

1479 P7- Sister, you should say about this. Sister, it would not come from our pocket, right?  
 1480 (Everyone laughs)  
 1481 P6- Any one department of government should pay for this.  
 1482 P5- Sister, now whoever  
 1483 (Female volunteer paused as her husband arrived)  
 1484  
 1485 M- Sister, with whom help should be taken from villagers to do this programme?  
 1486 P2- With you...  
 1487 P5- With in charge we should take help.  
 1488 P1- In charge should  
 1489  
 1490 M- okay with in charge. Who can also help in this? For instance, for training, for money who  
 1491 should help.  
 1492 P7- Yes, we should take help.  
 1493 P5- help from ministry and with health post.  
 1494 P4- We can take help with president, member also with mayor, vice mayor. With their aid, it  
 1495 would be finished quickly.  
 1496  
 1497 M- What aid they can give?  
 1498 P7- If we will not understand anything then we go to the health post, and they will guide us.  
 1499 They will also say that this work can be done by that sector or that person. We will reach  
 1500 there (Health post).  
 1501 P5- why we should go there? I mean do we need to go there. (Health post)  
 1502 P4- Yes, there help would be needed.  
 1503  
 1504 M- so health officer should take responsibility.  
 1505 P7- Yes  
 1506 M- Then who should take the lead to make this programme easier? All your money, wages,  
 1507 and training?  
 1508 P1- Health officers. Public health post.  
 1509 P7- Village development office should also.

1510

1511 M- What help from public health post?

1512 P1- Help ...

1513 P7- They could help ...

1514 P5- they can only help...

1515 P7- ministry will say health post staff to help FCHV.

1516 P6- they will spread news about programmes, like this they can help.

1517 P5- The Government can provide fund and assistance so that we would not need to spend  
1518 from our pocket.

1519

1520 M- what help VDC can do?

1521 P1- Yes, VDC is there.

1522 P7- VDC are side helpers.

1523 P6- VDC can give suggestion to run programme.

1524 P5- we should also talk with ministry (*Janswatha*). They will talk among themselves and will  
1525 say this is our matter what help can we do. We will do what they will tell us.

1526

1527 M- Let us assume that with nutrition, this game programme will also run, whose help should  
1528 you take? One is health post.

1529 P6- health officers, VDC, well thinkers, president, ward president.

1530 P5- village ward office, mothers, children, ward president, everyone's help should be taken.  
1531 Mothers and children help should be taken very firstly.

1532

1533 M- Okay so everyone's help will be taken. What help can ward office people offer?

1534 P6- Suggestion and they have more education than us so they can guide us well.

1535

1536 M- How can ward office help?

1537 P1- They will help if we reach out there. They will take every decision what we can decide.

1538 P4- What can we do!

1539 P6- We will ask to give this much amount; they will not agree firstly. Later they say we will  
1540 give this much if you can do then do otherwise leave it. You should help in this.

1541 P4- These things should be handled and ask by health in charge. It would be good if hospital  
 1542 (Health post) would ask such things.

1543 P1- They say ask to in charge.  
 1544

1545 M- You said earlier that to do this programme, money would be required. How could be  
 1546 money arranged? For example, from where wages fund would be arranged?

1547 P4- We do not know about this. (laughs)

1548 P5- In financial matter, mayor, and health post can take lead. When you ask with them, they  
 1549 will answer you, but they would not answer us. Only mayor can answer this.

1550 P7- Mayor does that.  
 1551

1552 M- For this, who should talk?

1553 P1- These things you ask with us, but mayor would not answer to us.

1554 P5- To run programme you should ask with ward president, mayor and with health post in  
 1555 charge will ask.

1556 P1- It would be better if you will ask directly.

1557 P3- We would not be allowed to do this. (Many talked)  
 1558

1559 M- Why?

1560 P3- They can say you can do these things if you will be in this.  
 1561

1562 M- Okay, so you said to do programme wages, trainings are required. To manage all this who  
 1563 should be contacted so that programme will be successful.

1564 P5- With government.

1565 M- Who is the government?

1566 P1- For now the mayor is government. We should talk a health post. government should also  
 1567 talk about this... Ward office should also talk with upper-level government.  
 1568

1569 P7- Firstly, health post should do. They should take initiation at very first. They should give  
 1570 us time and money, make us understand. but if we need anything and ask for that... Then

1571           they will ask us to wait for 1-2 months. They will discuss among mayor, health post,  
 1572           ward office. There is no use for us to talk with them...

1573 (Phone rings)

1574

1575 M-     So health post should talk and help right?

1576 P7-     They can help only to take help with others at upper level.

1577

1578 M-     who is above them?

1579 P7-     Public health

1580 P4-     Ward office.

1581 P7-     Ward president

1582 P5-     They will do this then.

1583 P7-     They will do it; we cannot do it. They will tell us to do this at this time and they can also  
 1584           give tea, snacks or can give incentives to us.

1585

1586 M-     Health post should do?

1587 P7-     Yes.

1588

1589 M-     and, what should ward office help in?

1590 P5-     They can get programme.

1591 P1-     They can get it.

1592 P7-     They can bring the programme. (Said at one)

1593 P5-     They can talk to government and ask for programme in village.

1594

1595 M-     They can bring programme. Now what could be challenges during running this  
 1596           programme? What obstacles you will face?

1597 P7-     There is only challenges I could see. When we will call them to teach about games and  
 1598           nutrition, they will ask what they will get? Now what we should tell them. We ourselves  
 1599           have not got anything, health officers will arrive and then with them you can ask. Then  
 1600           second month they will say that if they would get something then only, they would join.

1601 P1-     About that programme....

1602

1603 M- They will ask for something.

1604 P7- yes, they will. Maybe money, tea, or snacks. Hey only ask for something to eat. Money is  
1605 asked by female volunteers.

1606

1607 M- sister, you were saying some challenges, what are they?

1608 P6- what challenges will occur, same suggestions. If it is available, then would have been  
1609 better. (Concentration diverted)

1610

1611 M- To run programmes of games together with nutrition, what could be obstacles and  
1612 challenges?

1613 P1- we should take training and workshops. After getting training and workshop we can do it  
1614 in our villages and wards. We require materials to sit in the meeting... and toys according  
1615 to child. We also require permission. For nutrition, if children would not come it will be  
1616 problem or even mothers would not want to come. They will say why have been they  
1617 sitting for 1 hour. They would say this all are fake and would want to leave in a hurry...  
1618 they will wait for some time... if they do not get anything then they will run... We will  
1619 persuade them to sit in the programme...

1620 P6,- They will say, "this is your job you can sit and do... I have to take care of goats, must cut  
1621 grass and feed livestock." These could also be some problems.

1622

1623 M- these problems would not come if shown greed?

1624 P6- yes, no, yes. (With pause)

1625

1626 M- What else can be done when these programmes start?

1627 P7- Problems starts from beginning if they get nothing, they can also shout at us.

1628 P1- There will be problems obviously.

1629

1630 M- Shouts. What are other problems to run both programmes if these programmes will be  
1631 organized?

1632 P5- We have to go and have to make an effort. we have to go and tell... they will ask if we get  
 1633 something then we will go, if not we will not. if they will get money, then they will  
 1634 participate otherwise will ask what will they get so they should go there? they expect we  
 1635 should give biscuits to children. Then from next time they will come.  
 1636

1637 M- Now, remaining sisters, what are the problem that could arise?

1638 P3- I do not have any problems, those who will teach they would have.

1639 P1- In the absence of other materials, there would be problem.  
 1640

1641 M- What problems?

1642 P3- They goes to learn there and it's their responsibility as well that what are the problems  
 1643 they will have? I call everyone from each house. I ask them to sit her and learn. What else  
 1644 I can do.

1645 P6- We anyhow persuade them to come in programme from their house. We suggest them  
 1646 that it is programme of our own village and is good for your own children. It is our  
 1647 responsibility. (coughs)  
 1648

1649 M- But there could be problems even during running programme, what could be those?

1650 P1, P3, P6- No there would not. No gun fires can happen here. (Everyone laughs)

1651 P1- Now, challenges could be about where they would sit? We need a building to sit, we  
 1652 cannot ask them to sit on floor.  
 1653

1654 M- Are there no place to sit?

1655 P1- No, there is not. Children make that place dirty right away. We do need bucket, soap  
 1656 (with laugh), do not we need that? Is not that a problem? We need soap, broom, swing,  
 1657 sanitizer, mask. If these are all available, there would have helped us madam. Everyone  
 1658 themselves come to programme.

1659 P3- Sister if all these are managed it would have been easier. We also need one book to make  
 1660 them understand.

1661 P1- How will we read and understand that?

1662 P6- Pen and notebooks are required.

1663

1664 M- What are other difficulties to run programme?

1665 P5- To contact home is another difficulty. We need to ask them to come at time. They require  
1666 to manage their time so have to cook accordingly for children.

1667

1668 M- manage time?

1669 P5- Yes, they have to manage time.

1670 M- it would be difficult to manage time?

1671 P5- Yes, could be.

1672

1673 M- in which time there would not be problem?

1674 P5- After 12 pm there would not be any problem.

1675 P1- No, after 2:00 pm

1676 P5- they must eat food and cook. Children cannot only play all day. Every house has their  
1677 own problems. They also need to eat.

1678

1679 M- there are many religions and case in society such as Muslim, Dalit and all.

1680 P5- Yes, everyone should join.

1681

1682 M- Will be there any problem in joining for these groups?

1683 P5- I do not know to say those problems. everyone will come.

1684 P7- Wards with Muslims and Dalit will also join programmes. With these people, their ward  
1685 run. Yes, but one problem would arise in my ward.

1686 M- what?

1687 P7- Why because tea and snacks would be touched and then they will curse us.

1688 P5- They will curse. They will get money but what will we get to go there. We did not  
1689 receive anything during our meeting. Some people says that we receive money and  
1690 salary, is not that enough? What do we get, for nutrition programmes, we do receive 20  
1691 packets but have to distribute among 50 people? One who need nutrition would not  
1692 receive. One who is malnutritional and is in record they would not get it and they will  
1693 shout at us. Sister, these could be few problems.

1694

1695 M- what should be done for these problems?

1696 P- for this, we must distribute as per record. We must discuss about this.

1697

1698 (.... comes)

1699

1700 P6- We must give services.

1701 M- In this we talked about children below three years, how can infant child participate in  
1702 this?

1703 P5- There mother should bring them.

1704 P6- Mother will bring them.

1705

1706 M- What difficulties would mother face to bring those children with them in community?

1707 P5- They do not want to come. They take all these things for granted. They already have  
1708 information on *Jeevan jal* (Oral rehydration solution), nutrition, common diseases, they  
1709 already have awareness for their child.

1710

1711 M- Why, do not your community want to learn these things?

1712 P1- Some participate for their children. They come where they feel that it is for their child  
1713 growth and development.

1714 P6- Their confidence grows when their children are aware. They will participate if have any  
1715 other wishes. They participate to get information on nutrition.

1716 P5- for 1-2 months we will have difficulties but if we will continue it would get better.

1717

1718 M- You have mentioned that if it is free, they will participate. Have you seen such free  
1719 programmes earlier? Can you give example?

1720 P1- In village, whatever programme that have been organized by government, people stress  
1721 on those which is cost free. They do not admit their children at boarding school as it cost  
1722 money about 1000 or 500 for admission. Now, in this without admission, children will  
1723 learn and will have good development. It would be better than boarding school. So, if  
1724 programme would organize it would be better.

1725

1726 M- So, if it is free, they will show interest right! Now, to run these programmes continuously  
1727 how can we organize and run it?

1728 P5- To run this we should talk with government. NGO will do it for six months to one year  
1729 and will end. We should talk with government.

1730

1731 M- why should government do it?

1732 P5- We are connected to government. Anything is related to government. Instead to run here  
1733 and there we should contact government. That would be best.

1734 P6- Yes, it is right.

1735

1736 M- sister, according to your thought, to continue this programme what should be done?

1737 P6- There should be building for forever to run this. If it is today and not tomorrow than it  
1738 would not continue. There is need of place.

1739

1740 M- So, place is required. What should be done to do it effective and regular? In what ways  
1741 his should be done?

1742 P1- We should organize as government provide us. If we will not do it together, I will not run  
1743 forever. If we do effort, then this will continue if we will not this will end.

1744 P5- It will not run. Female volunteers should be available whenever they would be called. For  
1745 this if we will not do it will not success.

1746

1747 M- You all said that if you will do nicely then it would continue, what did you mean by  
1748 nicely?

1749 P1- We will do work which have been taught to us in the training of nutrition and games. We  
1750 have much more experiences than we have learned that we will share with to children and  
1751 mothers.

1752

1753 M- To make you interested what should be done?

1754 P5- we already told to that to make us interested, you should pay us and give training.  
 1755 Without money nothing runs. Even one tea and water costs Rs.20. Who will work  
 1756 without money!  
 1757

1758 M- So incentive and trainings are needed!

1759 P5- Yes, incentive.  
 1760

1761 M- now, I am at end. If programme related to both nutrition and games will start very soon,  
 1762 then what responsibilities you will take lead on during that time?

1763 P6- Responsibility ... It is our duty that whatever we have learned we will teach others. This  
 1764 is our responsibility, and we will not turn back from this.  
 1765

1766 M- More?

1767 P4- Whatever you have taught us, we will share this and will not step back.

1768 P6- For this work female volunteers have been selected. We will do what we have taught and  
 1769 learned. Would not step back.

1770 P5- We are even age of 60 years and will work until we are not retired. After we retire,  
 1771 someone else will join. This would not break any day.  
 1772

1773 M- Then, what female volunteers have been taught, you will do right? And, in what other  
 1774 things you will participate that will make programme good?

1775 P7- We are serious since beginning. If new work will be added, we will do that as well. If  
 1776 training is given. we will work.

1777 P5- Sister, we do not have only this work. There is other work which have been added every  
 1778 year. For instance, we will work if corona vaccine arrives. We will take that  
 1779 responsibility as well. Until our retirement at age of 60 years, we will not stop working.  
 1780 We will share every work.  
 1781

1782 M- okay, so now we are at end. You have earlier said that right now village have nutrition  
 1783 related programmes such as Baal vita, vaccine, Vitamin "A" but for growth and  
 1784 development there are not any programmes. In nutrition, few trainings for growth and

development have been provided but no such for children below 3 years old. Now what type of programmes are required for village clinic, *aama samuha* is asked. Then you have answered that there should be separate community meeting for child below three years and their mothers can also participate. To teach it will be easier if it is separated. To run this, NGO should run for 2 days. But if government would organize this, it would be a continuous programme. For this empty gun would not work, you will need money otherwise you will not do it. To encourage you all, something should be given. To collect people in village, they should be also given something such as biscuits, tea. There should be materials to play as well. Additionally, we can teach them orally too but with books it would be even better. Participants would be happy. For games parents already have been playing but if they will learn it will be nice. Moreover, there are few challenges such as until they are not lured there will be problem to collect participants. P7- There would be even more bigger problems.

M- Are here anything more that is left to mention? There is health post to help in programme. Also, ward office will help. ward office will say that this programme is of government. You all have given this much time, thank you very much for this. If there are anything more, you want to add please go ahead.

P1- There is only one thing that this programme should run and would be organized in unity.

M- then programme should commence!

P7P1- Yes, it should begin.

M- Is there anything?

P3- No.

**End of the Interview**

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