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FGD duration: 2:17:16

Language in which the interview was conducted: Maithili

Location: A private room in the health post

Date of the FGD: 24 February 2021

M- Sisters, what are nutrition related programme at your village?

P3- We visit every house and ask mothers to give their child healthy food. We teach them that.

M- Which Children?

P5- Children below three years.

P3- Children between six months to below three years.

M- Do you do all these?

P3- From kids six months and up to three years old, we ask them to give special care in food. We go to wards and ask mothers and guardian about feeding habit of child and ask them to give healthy food for their development.

M- You give this information. What else?

31 P4- Programme where we tell what children of two years can play, what toys they can play
32 with, what they can speak and what are their abilities. How much development he/she did, we can
33 understand all these. If that child is healthy, they can play well then, they will have proper
34 development.

35

36 M- What types of programme are there for nutrition are organized from health post or outside
37 from that?

38 P1- In terms of nutrition, child between six months to 5 years are vaccinated, also provided
39 food. Generally, children are provided with food other than mother milk from six months, so they
40 are given special care and suggestions. If they will be given green vegetables, spinach, pulses,
41 porridge, they will have overall growth and development.

42

43 M- This all information is what you have. But what are the programmes that are running here?
44 In your village?

45 P2- “Baal Vita” are provided to them. They have been given in every house, but females do
46 not understand its importance. They give it only in starting few days. Some says my child do not
47 eat while few says they will not take it second time. Now a days, health post asks us to record but
48 if no one eats what we shall give them? After explaining them out of 10 people whom I had
49 distributed Baalvita, only 2-4 will consider it and we could provide their record to the health post.

50

51 M- Who gives Baal Vita and How? Whom is Baal vita given to?

52 P2- This is given by hospital (Health Post) and have asked to give children after six months.
53 Parents are asked to mix one packet of Baalvita in their complementary foods and feed the child
54 as much as they can eat It could be mixed in any food they eat.

55

56 M- So, there is on Baal Vita programme, are there any other?

57 P6- Other there is a programme for pregnant female which have been implemented once. When
58 foods (grains) (aanna) were provided ... I was not there at that time.

59 P3- Powdered roasted gram (Satuwa)

60 P2- Powdered roasted gram are distributed.

61 P6- Powdered roasted gram, ghee and seven grains are provided once

62 P4- And one time even green leafy vegetables were distributed ...

63 P2- Exhibition

64 P4- Pulse, rice that are produced in our field

65 P2- In month of *Kartik* and *Baisakh* they give vitamin “A”.

66 P1- In every six months to children between six months to five years.

67

68 M- Who runs it?

69 P2- This is given by health post. FCHVs are given responsibility to distribute them. Half tablet

70 to children between 6-11 months and one single tablet to children up to five years.

71 P1- Medicine against worm are also given.

72 P2- Worm tablets are also provided along those. (Albenda Syrup)

73

74 M- What about weighing of children?

75 P1- Yes, they also take weight.

76 P2- Yes, weight is also taken.

77 P6- That is related to nutrition and malnutrition.

78

79 M- Who does this weighing?

80 P1- Female volunteers does.

81 P2- Female volunteers record it at the same day when Vitamin “A” is given to children. They

82 measure with measuring tape and list out which children are suffering from malnutrition and who

83 are healthy nutritious, they do markings.

84

85 M- Where these works happen?

86 P1- In respective wards.

87 P2- Own ward (respective wards FCHVs are responsible for).

88 P1- Everyone has been allocated their respective ward they are responsible for ... and there is

89 fixed place where group meetings are organised. On the same day Vitamin “A” is distributed. it

90 could be on the same day or another day... the programme is for 2 days.

91 P2- Programme is organised for 2 days.

92

93 M- Is that done by FCHVs?

94 P2- While measuring with tape, if the child is fatter then it is good, if it is yellow then it is
95 dangerous.

96 P1- Yes, yellow is dangerous.

97 P2- If a child reading is yellow, it is not good and red means danger.

98 P1- Danger ...

99

100 M- What are other programmes?

101 P7- There are programmes specially for pregnant women.

102 M- We are only asking programmes specially for children between six months to three years.
103 What are programmes for them?

104 P7- People think about the future ... They feed them cow milk instead of buffalo it makes their
105 brain sharp, and child will be balanced (healthy). They give them food such as pulses, porridge,
106 soup that will be good for their physical development. Children body will be balanced (*santulan*
107 *huncha*- child will be healthy). They will do good in studies, games. Everything will be better in
108 their future.

109

110 M- These are information you have. I am asking, what are programmes here?

111 P7- Here ANM sister, doctors (HA) arrive and give us trainings. Then in ward we give
112 counselling to everyone. We ask them to do these things that are good for their children. This will
113 help their child in study and their future will be bright. We explain these in ward.

114

115 M- What does villagers think about this programme? One about Baal Vita they do not like and
116 what about taking measures and Vitamin "A"?

117 P1- time to time we give vaccinations ...

118

119 M- What do they think about this?

120 P7- They are beneficial for future, so they do not say and oppose with it like earlier.

121 P1- It is better than in starting days.

122 P2- They do not take it as they used to in initial days.

123 P7- They ask about when we will vaccinate them. Every pregnant woman gets them tested to
 124 in charge, doctors monthly. They also ask about future conditions with doctors (HA).
 125

126 M- What does villagers think about these nutritional-related programmes such as Baal Vita,
 127 measurements?

128 P1- They say that this is a great thought. It would make their future bright and children will be
 129 healthy. Children will not get any diseases. They are also given vaccine for that. However, there
 130 are few who do not understand, they do not like it. They say they will not feed them. One who
 131 understands they give to eat it to their children.

132 P4- They feed to children these days.
 133 (Talking among themselves)

134 P7- Few do not feed.

135 P1- They only eat a spoon not more than that.

136 P4- Muslims do not feed their children.
 137

138 M- Sister, you were saying that Muslims, they do not feed their children why?

139 P5- Muslims do not agree. Few eat and few does not.
 140

141 M- Why?

142 P5- They say that "my child does not eat these". We ask them to persuade their children nicely
 143 and feed them. we need to tell them constantly... when we keep telling them then they will feed
 144 the child... they will wash child's hands and feet and feed them well. Many feed their child but then
 145 make them work... if they cajole (phakayera) the child and try to feed then some children do eat.
 146 No one really want and does effort to feed them by giving much time. they should feed using their
 147 hands.
 148

149 M- Why does not they agree for Baal Vita and measurements? In how many wards it has and
 150 are here any problems?

151 P1- In our ward there are no problems in feeding Baal Vita. we must feed how much child can
 152 eat. Not more than that...If we will not feed, child will have problems. We must make them agree
 153 by saying this ... we must make them understand... Government have been running this so why not

154 to use it? They say, "if it is like this then grown people should also consume this! Why only
 155 children are given to eat?" Then we answer that it is for their mental development... child will be
 156 more interested to study later.... It provides immunity to fight with diseases to child ... thats why
 157 they need to be fed...

158 P7- They do feed their child after this.

159

160 M- Sisters, you have said that in your ward people do not want to eat this nutritional Baal Vita
 161 programme, why?

162 P2- Without any reasons ... they do not obey...

163

164 M- Why?

165 P2- I do not know.

166 P6- ..."there is no advantage to eat this, they distribute it without any reasons." They say these
 167 things ... when we measure the children. they say we are reporting the wrong measurements...

168 P2- Once, health post have themselves distributed it.

169 P6- community people say, "They write all wrong information (measurements) and at last they
 170 enjoy all the beneficiaries ... they lie to us and give Baal vita ... so who will eat that ... it's better
 171 that the child does not eat this... nothing will happen if the child eats..." They do not trust us.

172 P2- They do not have trust.

173 P6- No trust. they question ... What can we get after eating this?

174

175 M- What kind of things are they in search of?

176 P6- They ask what are there in this package (given to pregnant women) ... so they don't feed
 177 Baal Vita ... They want...

178 P2- Those roasted grams (Satuwa) that are distributed to pregnant women. They want that in
 179 their package.

180 P6- Yes, like that. Some where they distribute Horlicks, Glucose, Eggs, and all. Are there any
 181 programmes like this?

182 P2, P3- No ...

183 P6- No, there are no such programmes. But it would be better if we would have them. These
 184 stuffs our kids do not eat. They think we are lying them.

185 P2- They do take but they do not eat it.
 186
 187 M- How much is easier for you to organize these programmes? Is it easy or difficult?
 188 P1- At start they say their children will not eat these. We need to explain them and make them
 189 understand. If they do not understand this, they will not consume it and would not return. As a
 190 result, they are wasted. they should feed whatever amount the child eats...
 191 P6- In two month we must feed 60 packets of Baal vita and they cannot feed those 60 packets;
 192 they will only give 2-3 doses. If we give our full effort, then they will understand this adn feed
 193 well. Our time will be wasted as well.
 194 P1- We must look over if they have eaten or not.
 195
 196 M- When you give ball vita and take measurements, do you get help from upper officials?
 197 P6, P2- Nobody comes.
 198 P5- only FCHVs goes.
 199 P1- We alone go to feed them. There is a fixed time and day allocated for the distribution of
 200 vitamin "A" and at same day we ask them to take Baalvita and feed them to their children.
 201 Additionally, worm medicine is also provided. In which ward we must do programme that are
 202 already preplanned. We go on a visit ... supervisor (HA) visits to check our work. it is their
 203 responsibility to monitor our work.... They will try to convince those who does not eat and explains
 204 is advantages to them.
 205
 206 M- In which time they give this information? About this check?
 207 P1- We say this to them at the same place where we feed them vitamin "A", distribute Baal
 208 Vita, and worm medicines. Supervisors also visit to monitor adn supervise.
 209 P4- They (supervisor) also visit during the time of growth measurements.
 210 P1- They help in this.
 211
 212 M- Mostly, who goes from health post?
 213 P1- Doctor (HA) and ANM Sister.
 214 P4- Doctor.
 215

216 M- Now, what are programmes for growth and development for children below three years at
217 your village?

218 P1- If mental health is good then the child will feel like going to the school .. we must send them
219 to the school...

220 P2- Right now there are no such programmes. There are only Baal vita and counselling about
221 feeding nutritional foods.
222

223 M- That is only to eat, what about growth and development?

224 P6- Only that two.

225 P3- No, only two of them.

226 P2- No, there are no other. For games, we explain ourselves in our home.

227 P6- There are only 2 that is Baal vita and vitamin "A" for children between six months. For
228 diarrhea, *jeevanjal* (Oral rehydration solution) is provided.
229

230 M- Okay now you must help us about children's games. You have seen children below three
231 years, what and with whom they play games?

232 P2- They mostly play with cars.

233 P1- With toys ...

234 P3- They take lots of toys and plays with them.

235 P2- There was one toy that my grandchild used to play in the ground. They move it all over
236 house.

237 M- Wooden roller?

238 P2- No, there is a bus that is found at market. Wooden cart ... when they start to walk, they take
239 it and play with with it all-over ground.

240 M- What else they play with?

241 P3- They only play with ball and throws it like football.

242 P2- They have toy same as badminton.

243 P5- Child between 2-1.5 years plays with these all.

244 P7- Ball like cricket ball is bought for them and one throws and other catches it. They are asked
245 not to play at field.
246

247 M- Sister, what are you saying? They play with other toys like this. What toys?

248 P4- My child ... My child plays with same thing that his father has taken in his hand. If he will

249 do the work of electricity, he also wants to do that work ...

250 P5- Toys are bought from markets.

251 P1- They do what they see.

252 P4- Yes

253 P2- Same, my child does.

254 P4- This small child does same thing as his father does. If he does electrical work, he also wants

255 to do that.

256

257 M- What is age of that child?

258 P- Was two now will be three soon. He scratches lines and then says fan, He does same thing

259 that his father does.

260

261 M- Sisters, you said what does your grandson does? (*)

262 P2- My son squeezes cow milk, and my grandson slowly goes up to there. I take him to my lap

263 and sit at cow side, he holds rope. When anyone asks him how your father collect milk, then he

264 does similar actions and says like this (showing with hands). There is one calf in my sister-in-law's

265 backyard, he goes there and perform same actions.

266 P1- Calf also throws his legs.

267

268 M- Sisters, with what new things does they play with? One is they plays with what they look

269 at, you said it.

270 P2- Do what they see ...

271 P7- In my home my grandchild sees her mother goes to office ... she asks pen and copy to her

272 mother and says, says "mommy you went to study; i also want to go to study with you... Mommy,

273 please write my name in the Janakpur school and I will also go there... two children talk with each

274 other, and they share all their talk with their mother... Then mother says, "baby you are still

275 underage to go to school, I will send you once you will become old enough." They talk about these

276 things...

277

278 M- They tried to write, yes?

279 P7- Yes and ask mother to read it. Then they explain it and ask to send them school very far.

280 P2- They also plays with kitchen utensils.

281

282 M- With utensils?

283 P2- Yes (Laughing)

284 P4- Mukesh daughter makes a line of plates. She takes all the plates, beakers, spoons that are

285 in the kitchen and counts them. She is still only two years but counts them as 1, 2 ,3. She can make

286 a line from there to here.

287

288 M- With her house utensils?

289 P4- Yes, she copies exact ways of cooking rice, pulses.

290

291 M- And how does children learn? From birth to 3 years, how does they learn?

292 P2- They watches and copies it in the same way.

293 P6- No, when our children cry, we bring them doll, toys such as truck, bus and then teach them

294 to play with it by showing them how. We buy plastics bat, ball, and teach them how to play with

295 them and they learn those...

296

297 M- What happens to children when hey plays games? Is it good?

298 P- No none talks.

299

300 M- What are advantages of games to children below three years?

301 P2- Their brain will be sharper. They copy what they will see. They repeat same action that

302 they have seen.

303

304 M- They become wise (champion)!

305 P2- Yes

306

307 M- Becomes sharper, and?

308 P7- When the mother says I will study, a child also studies. If a child does not want to eat, their
309 mother convinces them and says, "baby eat this will make your brain sharper ... Dear, you will get
310 weaker without food", they cajole the child and feed. They persuade them to drink milk. This is
311 how they will grow and develop.

312

313 M- Is it easier to make them eat?

314 P7- Yes.

315 M- But for children what good things will happen due to games?

316 One you said they will become sharp.

317 P4- Madam, that child becomes wiser. There will be more mental (*manasik*) development of
318 these children and can do anything in future.

319

320 M- And?

321 P5- Their future days will be good. They will see, hear earlier than time so their future will be
322 right and good.

323

324 M- Earlier is better, why?

325 P5- They read and write, so they will move ahead. If a child plays since childhood, they will
326 be wise and smart. They will get chance to move ahead ... They will be sharp in studies. they will
327 eat better... Parents have lots to take care of ... give toys to children, show them, play and feed
328 them, take them to bed and some time left they have to do their work...

329

330 M- What will be for future if children below here years plays?

331 P5- Sister, what will happen please you say. (Everyone laughs) We already told what we knew.

332 P3- children till three years should play, in 3-4 years they should be sent to school and at 5
333 years they will have knowledge. They should take notebook, pen with them to school. These are
334 things that happen.

335

336 M- Sisters, you said that it develops their brain. What are other things?

337 P4- Brain development will lead to many things' madam. If that child was not educated, they
338 will have their own level of brain, knowledge.

339 P1- Brain will grow, they will gain knowledge!

340 P4- If he will have brain and knowledge, he can do anything. After study, he will become

341 engineer. Without study it is not possible. But one who does not study have brain of engineer.

342 P6- Brain!

343 P4- Similar to what others have said.

344

345 M- You said earlier, they play car, bus since childhood. What will happen to child below three

346 years if they play with car or bus? What difference it will make to brain and body?

347 P4- Later, they can drive their own vehicle.

348

349 M- Right now they are driving since childhood, what happens to their brain and body?

350 P2- Their uncle, dad is upstairs and shout at them, many times I was also there. When any

351 driving vehicles arrive at home, they run with loth to lean it. They do same as they have seen.

352

353 M- What happen to child when they are oil massaged and thrown and catches up and down?

354 P1- They massage in upward direction while oil massaging. Older generation does these things.

355 (laughs)

356 P6- It will help them while climbing trees...

357 P3- They will overcome their fear, sister.

358 P2- They throws them while oiling intentionally to overcome fear.

359

360 M- What will be the effect after playing ball to that kid? You said that they buy ball, why

361 should they play ball?

362 P6- If they are given ball, they will think that once they will grow, they will play with it.

363 P2- They will become player.

364

365 M- They will become player later. While playing at that moment what will happen to them at

366 that time? What change will be in their body?

367 P1- Their body will become stronger. If today, they will uplift this thing then tomorrow they

368 will be able to pick up something else. If a child uses their brain for one thing today, he will use it

369 for something else tomorrow. Like this their brain will develop each passing day. They will have
370 mental development.

371 P7- Brain will develop...

372 P1- Therefore when anything is bought for child, they will take it at upper level each passing
373 days. Their brain will develop.

374

375 M- How much games are important for children?

376 P1- It is very important.

377 M- Why is it so?

378 P3- Why it would not be required for a child! We gave birth to them, give nutritional food,
379 gave everything, made them young, marries him then they will have their own kids. Now, I am
380 old, and they will look only after their wife and children. They will ask us to pick up the dung and
381 household chores only.

382 P2- It is important from root ...

383 P3- Now, I look at field and agriculture only ...

384

385 M- Sister, how much it is important to play games with children below three years?

386 P2- It is very essential, if it is not, then why it would have invented. When a child plays, their
387 diet intake increases, and they will become strong. They will grow ahead, and their brain will
388 develop. They also learn to read and write well through playing. When we reach home, they will
389 come near, and we have to care, and love them.

390 P6- While playing they run here and there, it will make them stronger. Body will be strong.
391 Therefore, a child is taught to take steps. When he learns to take 1-2 steps then slowly they will
392 begin to run. For this body immunity, energetic children should play.

393

394 M- How much is it important to play games with guardian for children?

395 P2- It is important to play with guardian. As mother is first teacher of every child, they teach
396 them how to walk, shows them path ... teach them how to speak... They make them to say papa,
397 grandfather, uncle, Mama. While doing so he watches over mother mouth movements. Mother
398 buys toys for them thinking her child will love it. She then asks her child to play with it... the child
399 plays with it ...

400 P1- First teacher of every child is mother.

401

402 M- Why?

403 P1- She takes care of everything from feeding them, playing, speaking and they also teach them
404 to speak. This helps baby to learn.

405 P6- They think good for their child. How will my child eat, how to develop and grow their
406 brain and body so that they will study? Mother and father think about all these things and plays
407 with them.

408

409 M- Sister, you have earlier said that mother is a teacher for child. Did you found this anywhere,
410 where mother is teaching her child? And you give examples? How they became teacher?

411 P2- It is because we are not even master or teacher. One who is teacher in our tole I look at
412 them. even small children are taken to school to read and write... They sit together with that child
413 in school that is why he agrees to go to school. My sister's daughter-in-law takes her child to
414 school even her mother-in-law asks to let her grandson at home.

415 M- Who?

416 P2- My sister's daughter-in-law. Then she says okay take him, it is even good for me. He will
417 learn and play there. Therefore, mother is a master.

418

419 M- So, first teacher for a child is a mother?

420 P- Yes

421 M- So, what is difference between a child who plays with guardian and who does not play
422 together with guardian. Have you seen any difference? Have you seen that child not getting time
423 or taught?

424 P5- Yes, there will be differences. They will have slow brain development. Those children will
425 become naughty (Phataha) and do bad activities later. They will be carried away with bad
426 influences. If the father and mother have taught a good lesson since their childhood, they will be
427 inclined towards education... they will be educated and well-behaved. they will move ahead in
428 their studies like their mother and father... For instance, my daughter-in-law always takes her child
429 to school, and he learns there.

430 P3- if the child is breastfeeding then they will be able to feed their child when they take child
 431 with them to the school...

432 P2- There are still few children who does not to speak even at the age of 4-5 years.

433 P5- They do not know name of father and mother.

434 P2- When asked whose son or grandson are you? They do not speak. However, there are many
 435 children who know all of these since a small age. They answer all of them.

436

437 M- How will he say? Who teaches them these?

438 P2- They are taught by their mother and father.

439 P5- Both mother and father will teach.

440 P1- Everyone in home has a responsibility.

441 P2- In a family, everyone does.

442 P1- Mother and all the members of family ... when they are in the house ... they play with child,
 443 take care of the child, teach them, everyone speaks with the child... then the child will develop
 444 well... If one child will not be played or nobody speak with the child, no one will teach the child
 445 anything...what will happen to that child? They will become dumb. they will not have any mental
 446 development...

447 P2- Her house rituals are good, and everyone will want to follow them. In house of one of the
 448 villagers they always fight, and a child learns nothing. They have four children there.

449

450 M- Why that happened?

451 P2- Their father is also same like them. Their grandmother is dumb. How will they take care
 452 of nutrition of children?

453 P1- Their family is like that. Even their maternal house, what can they do?

454 P2- But their children are so good.

455 P4- They were not good until sent to school.

456

457 M- Okay. So, in village, how often do you see children playing and how much time do parents
 458 provide them? As you are volunteers you regularly travel in village, what do you see?

459 P6- Due to work pressure, they do not have much time. There are lot of works in agriculture so
 460 they cannot provide adequate time to play with their child... they cannot give enough time to play

461 with their children... If they have free time, they do play with them, teach them sometimes
462 otherwise they are mostly busy with their work. There are many parents who are busy all the time.
463 Consequently, their kids are lazy, slow and does not speak, do not know normal things as well...
464 those children will be mentally slow and inactive...

465

466 M- So, how many such children are there in your village? Every ward might have such
467 children, right?

468 P6- Now there are not much. Those who belongs to poor family they still have similar
469 situations. This can be seen in 2- 4 children and about 4-5 houses in a ward.

470 P2- It can be seen in among 1, 2 and 10 children.

471

472 M- According to you, what should be done in your village for children's growth and
473 development?

474 P6- You mean what it should be. There should be adequate time for father and mother so they
475 can spend time with their children. it is difficult for parents ... if they do not earn then what will
476 they feed... so there is a problem... they will not be able to give time to the child... then they would
477 not have time to feed them or play with them or take care of them... They would not be able to take
478 care of their children. Due to economic crisis their child becomes like this...

479 P2- Everyone says to give time to their child. There is already programme for them.

480 P7- Their parents do not have sufficient money. Due to scarcity of money, they cannot afford
481 healthy food, therefore, they become thin and weak. They should be given nutritional food.

482

483 M- Is this because of poverty?

484 P6- Yes, poverty plays a significant role in clothes and many things.

485

486 M- Now, I will talk about games that children require in growth and development of child.
487 You have mentioned that here are no such programmes for games. But according to you what
488 programmes should this village have?

489 P- No one talks.

490 P6- For children below three years and that time?

491 M- Yes

492 P6- Parents who are in poverty should be given food, money for caring their child.

493 P2- Then there would be everything so they could have time for their child. They can then play,

494 eat, and take proper care of their child. then the child will have chances to go to school in future...

495 but parents have to leave their small children at home and go to the field...

496 P6- their child sleep at their field, so what will the child get... even if it rains or is sunny days.

497 This will have impact the child

498

499 M- These are all problems of village. But what do you want in village for growth and

500 development of children? What types of programme and services would have for their betterment?

501 P2- They should be provided with source for that. They will have income ...

502 P1- If there would any source of money, their child would be better.

503 P6- Children would be better.

504 P7- In our village (Both talked at once)

505 P2- Otherwise, where would they get these from ... They do not have income.

506 P1- They do not have much information. do they have the knowledge that we have? They do

507 not have any knowledge, everyone is blind.

508 P2- They do not have any knowledge. We learn everything from health post about these types

509 of programmes and then we share it with ward people. We learn about vaccination here, we learned

510 it that is why we can do the job in the ward. We know about Vitamin "A", so we shared it with

511 them. What will people understand if they do not have knowledge... Most of all there is scarcity

512 of knowledge...

513 P5- Meetings can be organised in every ward. In that meeting they should be taught. Manage

514 some snacks for them ... provide some incentives (money)...

515 P2- Manage employment for them ...

516 P1- If there would have any income sources it would have been better.

517 P5- They should be taught for 1-2 days. They can only learn when you will go there and teach

518 them ... they will not learn from us... they will not learn from us... Nobody watches empty guns ...

519 everyone only looks at the filled guns... people also see that... If you will visit the ward ... manage

520 something to provide to the people (incentives), visit each house in each ward... then they would

521 trust this programme much more.

522 P2- For instance, everything is provided to pregnant women during pregnancy, likewise after
 523 birth they should get something... then the child should also be provided with care... then the
 524 problems will disappear from the root if we take care at all levels...
 525

526 M- We should know from root then!

527 P1, P2- Yes

528

529 M- And, for growth and development of the programmes and services should be organized in
 530 this village?

531 P5- What it will be?

532 P3- Sister, you have that in your brain. It would be as your wish or health post or from
 533 Kathmandu, it will come to ward.
 534

535 M- It is not matter of sister; what programmes must be organized here in village for its
 536 betterment?

537 P7- There should be employment for parents of children. Then only then can earn money and
 538 provide time and food for children to help them grow healthy.

539 P2- They should be full of every facility then only they can make their child brave.

540 P7- If they have everything, then only they can give nutritional food to their child.

541 P4- They do not have earnings, then from where they will arrange nutritional food?

542 P7- For that they need employment.
 543

544 M- You all talked about poverty. How much everyone plays with child and gives time to them?
 545 What role does guardian plays for children growth and development?

546 P6- There would be always drawbacks.

547 P2- Everyone does not have everything.

548 P6- Everyone does not have. Government should give these things to make children better.
 549 They will be educated.

550 M- So, what government should give? What would make their life better?

551 P6- There should be finance- related (*aarthik*) facility at community level for children... if
 552 government takes care of the financial issue and provide everything for the children including
 553 nutrition and play-related... then that would help in their development ..

554 M- With economic support only, can we organize games?

555 P6- There should be budget for food as well.

556 P2- How it was implemented? Birth cards has been made for every child. After some days they
 557 will get monthly 400 rupees incentive.

558 P1- Right now, we are writing

559 P4- This was made earlier as well.

560 P5- You have been to America now ... (Satire)

561 P1- Yes, it has been already started.

562 P5- Where is this taking place?

563 P3- Do not talk among yourself, talk with sister (Giving sign to others). They are thinking that
 564 we are given Rs. 700 for food.

565 P2- My daughter-in-law also told me that this is happening ...
 566

567 M- Okay. In which places have you seen or listened that it has been taking place for children
 568 growth and development? You might have listened at village, your own birthplace, right? Which
 569 types of programme have been organized, do you know?

570 P6- There is one programme named *Sunaulo Hazar* (1000 Golden days) where they distribute
 571 eggs. They ask parents to feed eggs to their children. That also helps in growth and development
 572 for children... I have heard about this programme. Here, this programme is not running

573 P1- It is not implemented here.

574 P6- Everywhere around they have already implemented this programme but not here. At some
 575 places they also provide glucose to pregnant women... and distribute other things as well... But in
 576 our village, we do not have this programme.
 577

578 M- You all have talked also about growth and development of children. Also talked about
 579 games. But what should be implemented for their growth and development that would be good for
 580 them? You said that if there would have been money there would have better growth. However,
 581 what programme and services should be provided to them?

582 P6- Facilities related to nutritional food should be organized.
583
584 M- Nutritional food and? (**)
585 P6- We should also think about games. We should teach children by adopting those methods
586 that ensure their learning... that will determine child's development... We should share knowledge
587 of everything we know ... how much knowledge we can give to a child is determined by the
588 trainings we will get from the upper level... We also do not have sufficient knowledge about games,
589 and we do need to learn that. we will teach how much we know... we also do not have enough
590 knowledge ... so we need all information regarding playing and learning... whatever is lacking for
591 the development of the child we need everything related to that...
592 M- And, what you all should get? What information about games you all need?
593 P6- With playing games, children can reach up to a high level. There are games such as cricket,
594 volleyball, and many other types. If those types of information are provided to them, they would
595 know and play better with a goal to reach at high level. We do not understand much about these
596 things and games with which a child can reach to top level.
597
598 M- What facilities and knowledge you female volunteers should be provided so that you can
599 run this programme smoothly?
600 P4- If there would have been materials and a school for children, we can teach them. When
601 one child who is good in nature sits with other, then another kid also learns good things with them.
602 I have seen this already. If there are schools all over villages, it would have been better for them.
603 all children would learn...
604 P6- Most important thing is this.
605
606 M- So there should be a school for everyone!
607 P4- Yes, for those children.
608
609 M- What else there should for child growth and development?
610 P4- In future, if there would be a school where child can play and study it would be good for
611 them. They would be a better person otherwise would have a negative impact on them.
612 P7- For this we would need teacher.

613 P6- In that school children should be given food. they should be played with... There should be
614 a class for teaching them.
615

616 M- But at what age our children goes to school?

617 P5- In village, they used to go at the age of five but now 4-5 years.
618

619 M- But about which age category children are we talking here?

620 P5- Children below 3 years.

621 P2- Three years.

622 P5- Below three years.

623 M- For them what should be done?

624 P7- They need good teachers along with good food facilities for their growth and development.
625 They should give education for everything so that they will move ahead.

626 P5- School is not required for those kids.

627 P2- That school where children can play with toys ...

628 P5- No, no school to play games.

629 P7- Games are also required.

630 P5- For example in a field with one room ... with two people that would know how to play with
631 children. Toys should be given by government. government can give us some money... we will
632 give our time there and play with the children. then we will leave our work and get involved in
633 that... We feed them as per their need even while they are thirsty, or they need food.

634 P7- We would wipe mouth after they eat. We will also wash their face.

635 P3- Sister told us to speak in turn wise. Let us talk only one finishes talking.
636

637 M- You say what you were talking about. You are talking good things.

638 P2- It is that only things.
639

640 M- In which other way we can do it better? What services should be there?

641 P2- At time also, we should get same facilities and services for all nine female volunteers of
642 every ward. There should be a place to teach child and there must be a routine. Every child should

643 be allowed to go there and when they play for 1-2 hours then they will learn... we can teach about
 644 nutrition and play then they will learn...

645 M- Who should teach? Who will be better person to teach?

646 P2- Their father and mother should be able to teach ...

647

648 M- Father and mother should take their child?

649 P2- Yes

650 M- and, who will teach? Their mother and father do not have much knowledge. What should
 651 we do?

652 P2- No they do not have knowledge ...

653 M- What should we do then?

654 P5- There should be person from outside.

655 P3- Outsider should come. (whispers)

656 P1- One teacher with knowledge that could teach children about games should come.

657 P6- visiting each house, even government could not afford. 5-10 people from on reward can
 658 gather at a place... one educated person can give time to teach them...

659 P6- like pre-primary level (*baal sikshya*).

660 P6- one fixed place should be provided for a education. They should be given time for this. if
 661 they visit home then how will parents give time off from their work... if they don't work then what
 662 will they eat... that is also a problem... They have to give a lot of time for this... We work for
 663 agricultural production to feed ourselves ... so must give time mostly field.

664

665 M- Sisters, you talked about child education, who would be best teacher for this? We do need
 666 teacher.

667 P6- We do need one teacher for this. For growth and development, we need one designated
 668 teacher as parents do not have much knowledge. They have barely studied and gives that much
 669 knowledge to child as they have.

670 M- You said a teacher is needed.

671

672 P6- Yes, a teacher will be needed... a teacher who is knowledgeable about the growth and
 673 development related matters... Mother and father don't have much knowledge. now

674 everyone is educated in a household...very few are literate... whatever father and mothers
675 knows they can only teach that to their child... educated people have all kinds of
676 knowledge... so they can share their knowledge with parents...

677

678 M- From where that educated person will come? And who will be that one?

679 P5- They will be selected from ward. There are nine wards in total from there they will be
680 chosen.

681 P3- In nine wards, each have one female volunteer who can be teacher. Then that one teacher
682 can call people from the ward... In 9 female volunteers there will be one potential teacher.

683 P5- How from 9 volunteers, one will be teacher?

684 P3- As per my thought if in 9 volunteers there could be one teacher ... why from those 9 we
685 cannot have a teacher? Would not that work? This came to my mind.

686

687 M- And why did you choose only female volunteers?

688 P3- Yes, yes

689 M- Why did you choose them only?

690 P3- Sister, for this programme I choose female volunteers as they do not come from outside.
691 They will be selected from ward. why should they be selected from the wards...? We (FCHVs)
692 have planted saplings so we should get the fruit ... today we have the knowledge... there are nine
693 FCHVs in nine wards... (Shut up after looking others...)

694 P6, M- Continue your talk...

695 P3- In nine volunteers, there will be one who will be as educated as we need for this
696 programme. She can teach parents to play games with children, give them suggestions, we are very
697 old now. There might be someone who will be younger than me among nine volunteers.

698 P1- Yes there is capable FCHV ... (Pointed towards P6)

699 P3- Female volunteers can do this. We are very old for this.

700 P6- It can be done from female volunteers too. If FCHVs can get training and knowledge, then
701 we can manage our ward. We can share it to our ward. I mean if we are provided with required
702 knowledge then we can do it...

703 P2- Yes, we can.

704

705 M- Why did you selected female volunteers?

706 P6- Female volunteers have trainings about health. They also know about growth and
 707 development. They know that games are important for children. If we will be provided with
 708 trainings about all these, we can do it.

709 P7- Yes, we can also give time ... we can also share this knowledge in the community...

710 M- For this what kind of help you need and who should help you?

711 P6- Now, we can take help from health posts. Health ministry should help us through the health
 712 post, then only we can do anything. We will also become talented and can share this talent to
 713 others. Due to corona, we have not managed to get even 1 or 2 trainings since 1-1 and half years.
 714 We can also learn. we also have households to look after... we have household chores to take care
 715 of... we forget things ... if we will be taught, we can become talented and can do all these ...
 716

717 M- What types of trainings should be given to you?

718 P6- You have told that trainings about growth and development...

719 P2- For this... we have not received any trainings on growth and development ... but we have
 720 taken training about diarrhea, nutrition and breathing related problems. We know about vaccine,
 721 polio does, from trainings... which vaccination is provided for which disease... Likewise, training
 722 about children care, feeding habit, playing with children should be provided to us... if we are
 723 trained then we can do the job...

724 P1- We will then advertise it in our wards... And give suggestion to children mothers.

725 P6- For this female volunteer works for free. They do not have any incentives for this. We also
 726 have our own children, if we work for free then what should we feed our children... what
 727 knowledge we can share... That is our problem and difficulty at the moment. We go to each ward
 728 and do our work, but we do not get anything.

729 P7- They do not even provide us tea. this is our main problem... we wish that they should train
 730 us to make us talent (knowledgeable) so that we could also earn some money... We want to teach
 731 and help children in our ward grow well.
 732

733 M- You have told earlier that master is required, from where we will get that master?

734 P3- Masters are needed and they should be from the ward itself... When female volunteers
 735 have been teaching from the beginning in village, so now they have become the headmasters of

736 village. Sister, listen to my thing very seriously. Wwhen there was no knowledge in the community
737 .. they hired us as FCHVs... now the knowledge providers (FCHVs) also have greed of earning
738 some money for them. We talk with milk man, grazers, farmers and provide suggestions. So, sister,
739 give us enough knowledge and trainings so that we are able to teach them (TOT training to teach
740 people).

741 P1- Lets take break. (Small break)

742

743 M- You have said female volunteers then what knowledge and trainings should they get? Who
744 should take it forward?

745 P6- Female volunteers have not received any trainings related to playing (*khel sambandhi*). We
746 need workshops for these things, if we will get trainings, we can also teach them. To the ward
747 children ... we will gather children from wards we are responsible for ... we will teach how to feed
748 children, how to play with them. If we will get training, we can teach in every ward.

749

750 M- And sister, what do you think?

751 P2- I also think in a similar way. whatever we know we can only share that knowledge in the
752 village... in our ward and village... whatever we know we do it...

753 P1- we have been trained on various matters. we have been provided training related to everything
754 here... we gather everyone in our ward... we give immunization vaccine, teach related to diarrhea,
755 distribute vitamin A... right now we don't have knowledge related to play... why should you hire
756 any other master... why to recruit a doctor? ... If FCHVs are trained, they can do it. But at first
757 knowledge (knowledge on the subject matter by FCHV via training) is required.

758 P6- If new work is added, we will work accordingly.

759 P1- Yes, should be added ...

760 P6- Why should FCHVs work for this if they would not be paid. They also need salary. And
761 accordingly, we can handle all the children in our ward... for health-related knowledge they
762 (community people) also come to FCHVs... they (health post) should provide us all kinds of
763 knowledge... we can do the work...

764 M- You said about master earlier.

765 P1- There is no need of master. (Did not knew matter...)

766 P6- For children below 3 years, there is no need of master. To give that much knowledge we
 767 FCHVs are enough. In 4-5 years, they will go to school and then they need a teacher. Those 2-3
 768 years kids do not go to school. We can give them that much learning and information.

769 P2- Yes, we can also give information to every house.

770 P6- It's not complete. We cannot give it by calling every child of wards.

771 P2- We will call them in *amaa samuha* (mothers' group) meeting.

772 P1- By discussing.

773

774 M- Have you seen female volunteers doing programmes for nutrition and games earlier? In
 775 what basis you said female volunteer?

776 P2- No I have not seen. I am thinking it myself.

777 P1- I said it from my logic.

778 P6- We will learn everything in the training related to child growth and development and share
 779 it to others. About children's games, whatever experience we have we will do accordingly... that
 780 is why we choose us for this programme.

781

782 M- Why did not you choose *amaa samuha* members?

783 P- Did not speak.

784 M- Sisters, why did not you selected *amaa samuha*?

785 P2 - We have mothers' group (*amaa samuha*) meeting on monthly basis... there we discuss on
 786 different topics.

787 P1- After this training, we will add this topic in our meeting. This can also be an additional
 788 subject.

789 P2- This will also be a subject to discuss. There are lots of diseases that we female volunteers
 790 have helped in treating. Malaria, mumps, chicken pox, Elephantiasis etc. are some diseases about
 791 which we spread information and help to eradicate from the community ...

792 P1- Tuberculosis used to be hidden earlier. But now there is awareness and knowledge so that
 793 they come for the treatment ... when they did not have the knowledge they did not used to talk
 794 about it.

795 P2- We have search in every house of wards.

796 P7- There is mark in body. That disease was identified by FCHVS in every house. Patients with
 797 twisted hands and legs were also identified by FCHVs through home visits... They asked and used
 798 to poke body to identify diseases.
 799

800 M- What does *amaa samuha* have been chosen? There might be some other institutions too.

801 P6- It would not be possible with *amaa samuha*.

802 M- Why?

803 P6 - Because we manage meetings of *amaa samuha*, we give them information. Mother and
 804 father could not know these things. They have their own work so will not give time to their
 805 children. One that type of person (someone senior people would trust more) should be included in
 806 every ward then only it is possible.

807 M- What type of person?

808 P6- We said that health person like us. health person should visit the meetings because they we
 809 give training to us ... After this training we can get knowledge ... and we can gather children in our
 810 ward in one place and share with them. we can work in coordination with the ward president
 811 (*wada aadakshya*) ... In each ward we should have one place to do meeting and trainings. if we
 812 will receive trainings about health, games, growth, and development ... we can teach to everyone.
 813

814 M- but why not *amaa samuha*?

815 P6- It is not possible in *amaa samuha*.

816 P1- We must separate it from *amaa samuha*.

817 P6- Yes, it is not possible there.

818 P7- No we must do it separately.

819 P1- We should not include it there.

820 P6- We should gather children separately and give knowledge about it. Guardians cannot give
 821 time. They have only 10-20 minutes.

822 P2- Only children should be there.

823 P6- if we ask parents to stay for 10-20 minutes then they will they have work to do... they say that
 824 they need to cut grass they cannot provide time to this. Other also say that they have work at home
 825 so they cannot give time to their children. child will also be without parents ... children will not
 826 get what they need... For this, someone with knowledge is required who can take care of the child...

827 M- Who will be that person?

828 P6- FCHVs.

829 P3- That FCHVs and her senior ANM.

830 P6- FCHV has been doing every work in the ward ... this programme is for children below
831 three-year and for that FCHVs are required...
832

833 M- In that programme female volunteers will teach children below three years. Then what
834 should be female volunteers be taught so that it would be easier for them to teach them?

835 P6- If FCHVs are provided with training... if they are provided education about playing
836 with children, how to take care of children, how to teach them, then we can take care of children...
837 teach us about it first... We will give them knowledge. then community people will know. We can
838 ask parents to send their under three old age kids in one place... we can tell parents should give 1-
839 2 hours' time ... send your children...

840 P2- For example, we have taught about vaccine in the village. So now the people know about
841 this... if there is child born in any house then we inform them that the child will now need to take
842 BCG vaccination ... Because of this we roam in wards.

843 P6- From 10-4 we stay at the vaccination place and between 11 AM-12 PM we give time to
844 them. Likewise, we can give time 2-3 hours' time for children too.
845

846 M- For this you selected female volunteers. But they already have many works, and this work
847 would be added to them as well. So how can they manage it?

848 P6- Yeah, they will have load. FCHVs work is like this, and they are not even getting paid.

849 P5- we get paid for only those days when we work ...

850 P6- we must work for free. According to me, this work of playing and caring children. Give
851 this work to us and then allocate amount to be paid per month... Then we can manage our
852 households and take care of children from the ward too... this is what we all think...
853

854 M- Sisters?

855 P1- Suggestions are good. (Everyone talked at once)

856 P2- Everyone suggested good.

857 P7- then we will have interest in new things. We should give time to children. (Did not
858 understood topic)

859 P6- My own child is small and if I would give time to other children then how will my child
860 study... how will my child eat... I must think about this too. Right now, we are doing all this for
861 free ... We think that with an aim that we will get paid one day. All seniors' volunteers time has
862 almost ended now... we are the new ones... I came here with a greed that I will get something...
863 We keep telling this to everyone that why are we working for free. We also have risk of getting
864 sick ... we cannot spend 1-2 thousand rupees from our own pocket for medicines. this is the
865 matter...

866

867 (Break for some time)

868 (Biscuits and tea for snacks)

869

870 M- you all said female volunteers should do this but how much effect it would have in their
871 own work?

872 P6- the effect it may have is that we have to leave our household work. we cannot give much
873 time to our children... These all work we need to leave. That is why to work for ward they should
874 be paid so that they can grow their own child too.

875

876 M- Who must give how much money?

877 (Phone rings)

878 P3- Municipality should give or village ward. It should come from upper level.

879 (P1, P5 talking among themselves)

880

881 M- What else should be done?

882 P- No one speaks.

883 M- What else should be done?

884 P6- Ward office should give. Only if the government will ask ward office, they will provide
885 us. Government do not inform us. VDC tells us that we must work for free. FCHV also have
886 children they need to feed them... I have two children... Therefore, it should be made available

887 from government .. they should allocate monthly salary for us not VDC. In VDC there are lots of
888 chaos.

889

890 M- VDC or municipality?

891 P6- From VDC (Ward office) it goes to municipality.

892 P7- This amount will not go.

893 P6- They do not give us money. This amount should not go.

894 P7- Give us through you. Otherwise, this will get tough...

895 P6- From government every employee gets paid and like that we should be also get paid.
896 government gives to VDC or municipality, but they do not give to us. We do not have any idea
897 about these things. What happens in VDC we have no information at all. There is also fight over
898 this. for that if government establishes a system where FCHV get paid monthly then that will be
899 good... If we will get paid that would be better.

900

901 M- With whom government should talk and give responsibility?

902 P2- They can contact same organization from where you have brought this programme.

903 P6- Government should give, I mean they should give us in a similar way as they provide it to
904 another employee.

905 P3- Who will say this to government. (Makes faces)

906 P7- When our decision will be taken by these sisters to government it will happen. They will
907 inform government about female volunteer's demand. Otherwise, who will say this.

908 P6- government should make a rule that every FCHV should have their own account... and in that
909 account they can directly end monthly salary... however the money is distributed on that basis...
910 then we will get the money... but if they give to ward office or the municipality... then we will not
911 get the money...

912

913 M- What would be amount of Over Time?

914 P6- Now when VDC will fix the amount for us then we will be dependent upon them. There
915 are lot of process at ward office. if they have to give Rs 10,000 to someone, then they give Rs 5000
916 only.... Then we will get only Rs.5000. If government will fix our amount and send the money in

917 our account, then will have information that Rs.10,000 will come directly to our account. Everyone
 918 will know these.

919 P5- Ten thousands.

920 P3- One thing (Speaks together)

921 P6- They hamper in everything. (Showing P5)

922 P3- One thing missing.

923 P6- Is 10,000 rupees, enough to manage 50 kids. Is it sufficient?
 924

925 M- Okay, so now what is the matter that work you have mentioned, health post themselves
 926 have their work, other organizations also have their work. How many days do you work for health?

927 P6- As much work they need us to do in free.

928 P7- As much work we are asked to do we must do them.

929 P6- Yes, we work in free. From this year, we get 2000 to 2500 rupees ... 500 for transportation.
 930 Is Rs.2500 enough for our existence?
 931

932 M- Okay now we talked about money. Now what work you have been doing for health?

933 P6- We do all work for health post... we vaccinate children, examine pregnant ladies, organise
 934 *aama samuha* meetings and report on every 25th of month at health post.

935 P5- Didn't we said about pregnant ladies' test (ANC checkupup)?
 936

937 M- You do pregnant women tests yourself.

938 P1, P2- Yes, we arrange it. (At once)

939 P6- We arrange and stand there during test ...

940 P7- The left kids of about 7-8 numbers are recorded to list and it is done in one day by assigning
 941 2 volunteers.
 942

943 (Talking at once so difficult to understand)
 944

945 P7- If from you there will be work, so how can we make it easy, how MIRA [NGO] came?

946 P4- Those people from MIRA were honest ...
 947

948 M- Okay then you agreed to do this work. You altogether would have 4-5 works such as have
 949 to teach about nutrition, growth and development, games. You have mentioned that games are also
 950 important and agreed to work if these programmes will be organized. So, if these all programme
 951 will start how much work load you will feel?

952 P6- What load we will feel? Employee does their work. Teacher works from 10 am to 4 pm.
 953 That teacher also has their children. How will they manage time for them? They manage their all
 954 work and give time as well. similarly, we should also manage our time...That teacher gets paid
 955 and then they teach their children. If one family is educated, they will do it in this way.
 956

957 M- And what else? How much impact it would have in your other works if this programme
 958 would be added?

959 P6- It will affect in many ways...

960 M- What kind of effects?

961 P2- We must give time. Must leave one work to complete this one.

962 P3- We would not be able to go mother's or In-law's house.

963 P6- This work will not fill our stomach. We must go in field for agriculture otherwise who will
 964 give us money. Who will give education to my children? We are ourselves female volunteers, we
 965 will get sick ... we are depended on our guardian. I am also a FCHV for five years now and I have
 966 thyroid disease too. I consume medicine costing 2-3 thousand and I am not having this much
 967 income here. What are advantages to work here?
 968

969 M- You all are doing 4-5 work and one work will be added in this. How will you balance it?
 970 How will you do these works?

971 P1- We must give time ... a time will be fixed. If there is *aama samuha* meeting today, then we
 972 must inform 4 days before, if it will be sudden then could be difficult to organize. Therefore, it
 973 should be separate. We should manage time.

974 P5- In 1st of month there is vaccination, at 12th *aama samuha* meeting and checkup of pregnant
 975 women. We report all these at 25th to health post. In between this we can manage time for this.

976 P6- This work (health) is only for 3-4 days. We will be in village anyhow so will go village
 977 time to time. We ask them to go for vaccinate. Also ask pregnant ones to get themselves checked.
 978 We can do this work at that time as well.

979 P5- That is not possible.

980 P6- Why?

981

982 (Tea person arrives)

983

984 M- Okay, so how would it happen?

985 P1- If it will be done by female volunteers, it will happen without any difficulties.

986 P6- Why it would not be?

987 P1- If a new one will be added then this is not our concern.

988 P6- Even if the programme will not be given to us, we are female volunteers and will be. If

989 new persons will be added they will search money as they would not work for free. But we do

990 work in greed that we may be rewarded someday. We do not get even 5 to 10,000 rupees. when

991 people do not come to the programme when called, we must go at houses for 4-5 times in a day.

992 But also, we do not get anything. But still things are working... there will not be other FCHVs who

993 would tolerate all these... I think that if a new person will be asked to do this job, he also has same

994 expectations that we have.

995 M- When this new work will be added to you then how can you manage time for this? We are

996 asking this question.

997 P1- For example, if a guest arrives at someone's house and we will be only 2 then food will be

998 cooked soon. But if 4 new people will be added then it will be a load. everyone will be fed but

999 there will be more pressure to cook more... Likewise, we can do it but will have to put extra effort.

1000 P6- Yes, there are this type of work.

1001 P1- If it comes to our head... then we will be responsible to do this programme then we must

1002 do it anyhow.

1003 P3- It is same as lifting weight on head. when we have to carry whatever, the load is we will

1004 carry... We can handle that load.

1005 P1- We will manage time for it. If everyone works together it would not be a problem. Also, if

1006 someone else want to do, we do not have any tension.

1007

1008 M- In which way we should take it forward so it will be good? Firstly, who should participate

1009 in this? One should be female volunteers, other?

1010 P4- From health post... health post staff should also visit...

1011 P1- There should be health post in charge ... ward president should present there. then there
 1012 will be some discussions... Only female volunteers are not enough for discussion. Programme
 1013 should run with their permission and everyone's suggestions. We should call someone from
 1014 municipalities as well. There should be officials from there. We must inform them.

1015 P2- There should be management committee meeting. They should be informed. We should
 1016 call everyone.

1017 P2- Yes, everyone should be informed.
 1018

1019 M- Now, whose presence is important in programme.

1020 P6- Municipality presence.
 1021

1022 M- From village?

1023 P6- Ward president of village.
 1024

1025 M- Now when you will go to your tole, who should come there at first?

1026 P4- First, children's mothers should come. Then after children should.

1027 P3- Guardian of children.

1028 P4- Father, mother, and child.
 1029

1030 M- Father, mother, and child, and who?

1031 P4- Guardians (parents).

1032 M- Why guardian is only needed? Who comes under guardian?

1033 P6- Guardians should understand about these things first. Then they will understand that that
 1034 this is for their children... what we are trying to explain the village people then they understand...
 1035 They will only allow their child to participate so we must persuade their guardian first. we need to
 1036 ask their children to participate in the programme so when they give permission then only their
 1037 participation is possible...they will know this is good...

1038 P2- We will only teach once a month ... but if they understand this, they will teach to child
 1039 every day. They can teach more than that.
 1040

1041 M- Who are important to learn this, one you said mother, other?

1042 P6- After mother, father should.

1043

1044 M- After mother and father?

1045 P2- Siblings who are elder than that child. Everyone from family.

1046 P1- Everyone from family should learn. It is important for them to learn how to feed or play

1047 with them.

1048 P6- Grandparents too.

1049 P1- Grandparents are one who are mostly free.

1050 P6- Mostly grandparents are around children. Everyone should understand and learn.

1051 P6, P2- Mother should. (At once)

1052

1053 M- Why are you saying only mothers?

1054 P1- Mother and child are much closer, they make them sleep, embrace them.

1055 P7- They take care of them.

1056 P2- Everything is done by mother.

1057 P1- They grow them in their womb.

1058 P3- Father cannot do as much their mother does. Father will give money, but mother will make

1059 them sleep, wake up, help in walking everything.

1060 P1- Firstly they breastfeed them and their love care increases with time.

1061 P4- They breastfeed them time to time and give them to eat. They talk with child, make them

1062 bath, and do everything.

1063 M- Mother is essential!

1064 P1- Mother is very important.

1065

1066 M- For this group is required or could be done at home?

1067 P6- No it is not possible at home.

1068 P3- In group.

1069 P6- Group is required.

1070

1071 M- Then what type of group is required?

1072 P2- In ward ... we must find children below three years age. We know that how many children
 1073 below 3 years are there. we know in whose house there are little kids... We should search them
 1074 accordingly and bring them to the group.

1075 P7- Their mother, father, grandparents are called, and they will make them understand about
 1076 the importance of games for children then they will join. Motherly love is most pure in this world
 1077 and sweeter than any sweets.

1078

1079 M- Is child only enough or their parents are also important?

1080 P1, P2, P7- Children, parents everyone is important. (Talked at once)

1081

1082 M- In which way should we move forward then? How can we teach mother?

1083 P4- There is one way madam. If among 4 children, 1 child does good work then rest 3 will
 1084 also follow and do good deeds. we need to look at this as well...

1085

1086 M- Child?

1087 P4- This can also be one way to gain knowledge. If one child will do good work, then other
 1088 will also follow them. If one kid knows to write "Ka" other will also learn to write "Ka" ...

1089

1090 M- What are other ways? Can we do it from children?

1091 P- No one answered.

1092 M- In which way?

1093 P2- We should do meeting in which 2-3 years children would be called. we tell everyone to
 1094 sit... then we have to explain about the programme... They will not have information about this
 1095 earlier. then we tell them that we are here to talk about the children... then we will ask about what
 1096 they feed their child... how they play with their children... what they play with... we ask them about
 1097 this to the child's mother... then all the mothers will start the conversation...

1098

1099 M- So, can we teach it only verbally? Or are there any other ways?

1100 P2- By showing them.

1101 P1- We should also show them poster.

1102 P7- Poster will be required.

1103 P1- Both verbally and showing poster.

1104 P7- When we will show them poster, mother's eye will be there as they are not well-educated,
1105 they could understand it in better way.

1106 P1- With toys.

1107 P7- With toys also it will be easier.

1108 P1- In "MIRA Project" they bought one small child as a toy.

1109 P4- Most important thing is toys and as much as variety of color of toys there will be they will
1110 understand more colors. For instance, if there will be car, rattle, flute to play they will understand
1111 about much more things. the more they play with different toys ... their brain development will be
1112 faster.

1113

1114 M- So, we should play with toys with them!

1115 P1- Yes, those toys are required for child growth and development.

1116 P4- In that any child will have brain development. (coughs)

1117

1118 M- Now, health workers those are above you, how can be motivated? You asked for money.
1119 Is there any other way to motivate them?

1120 P6- Sister, everyone including doctor, health post in charge above us they should tell us to do
1121 this work ... they should say this is health work and other should not do it ...in this way they should
1122 form a team ... In this way they should say it. Every FCHV should be taught about this subject
1123 matter then... They will work in their ward.

1124

1125 M- Now there is one that that WHO have said. WHO is a World Health Organization who
1126 works for our and our children health, growth, and development? They have mentioned that to be
1127 healthy nutritional food is not enough, we require to play games since age below 3-years. So, now
1128 for upcoming work only nutrition is not enough, games are also important. It will make their
1129 growth and development better. How do you find this suggestion?

1130 P1, P4, P2 (everyone) very good

1131 P6- This thing should be taken up to children.

1132 P2- In this path children future will be bright.

1133

1134 M- How will be bright? By doing both programme at once.

1135 P2- Because with game, children all over development will be better. Children will play, ear
1136 and will be stronger. That is why it would be better.

1137 P6- As children grows, they should be provided with toys. For children between 2-3 years, they
1138 should get toys and tomorrow when they go to school to study ... their book would also have
1139 described about play and games. They can also play with truck; they can learn spellings. One who
1140 is educated from house, they will be understand it much faster. In this way they can move forward.
1141 children eat apple and they will know that it is called apple. They can identify letters in book ...
1142 this way child will move forward...
1143

1144 M- Sister, what is your thought for this new added programme? How will this develop
1145 children?

1146 P3- It is good for our child growth and development. We are okay with it.
1147

1148 M- How do you find this added programme?

1149 P2- I liked it.

1150 P3- We already told you that there is no difference of adding one new load to load of 4-5. where
1151 are carrying load of 4 we can also carry the load of 5... Sister, I liked this new programme very
1152 much. It should not be done by others; we 9 female volunteers should do it.
1153

1154 M- Okay, so outsiders should not do it, FCHV should do it. You have suggested that we should
1155 add this programme and what will this do be for children growth and development? What will be
1156 its effect?

1157 P4- Madam, there would not be any bad repercussions.

1158 P6- There will be only one effect that will be good for their knowledge. children will be not in
1159 bad influence. they will have good knowledge and education... They will move according to their
1160 goal of life just like walking in stairs. If children do not get this knowledge, they will waste their
1161 time in nonsense.

1162 P7- It is very good. They will get knowledge.

1163 P2- In past year, children used to play with trowel and sickle. (laughing)

1164 P1- Now they do not play with it.

1165 P2- Not now. Its world of money now.

1166 P3- In past years there was not money and could not afford toys. They could not teach them.

1167 They must go for pasture.

1168 P1- Many used to give value to agriculture.

1169 P2- In past only rich men could afford toys. They used to give it to us.

1170 (Talked together)

1171

1172 M- Are toys only necessary or are there other important things?

1173 P1, P2, P7- Other things are also important.

1174 P6- Not only toys other things are also essential.

1175 P7- Children should be given nutritional food that is also required. Only if they eat, they can

1176 play.

1177 P6- They need to be healthy; they can grow and develop only if they eat healthy, and then

1178 games are important.

1179 P5- Education is important.

1180

1181 M- To teach these are toys only a way or are there any other ways?

1182 P6- There are other ways too.

1183 P2- Are others.

1184

1185 M- What are other ways then to teach them in village?

1186 P6- In village there are no other ways. they are not educated and have much knowledge. they

1187 buy some toys and play with it... they feed them same bread and rice we have. They do not get

1188 nutrition enough in them. they give them as much we have. they also eat same vegetables and rice.

1189 they also eat salt and bread sometimes. For this everything is required.

1190

1191 M- How much they talk if we do not play with toys?

1192 P4- A lot ...

1193 P3- In house, who have a new daughter-in-law and have only 1-2 children, their grandparents

1194 love them very much. They give them care and love. Daughter-in-law will do all house chores and

1195 the grandparents will take care of their grandchildren. I have a grandson at my own house, and I

1196 do look after him. my grandchild calls my husband mama... nana... He copies his grandfather in a
 1197 same way he speaks. his entire day is well spent on that child. he teaches him and sit around him.
 1198 Not with pen or paper but orally. (laughs)

1199 P1- Yes that does happen.

1200 P3- Yes, they love them.

1201

1202 M- So only by playing growth and development will happen. Or are there other ways?

1203 P6- We can take in other way as well.

1204

1205 M- In which way? How can we help in growth and development of child? One is by talking
 1206 to grandparents, what are others?

1207 P3- Children all concentration will be in games. They should eat timely. Also, while playing
 1208 games they would get tired, there body will ache. We should massage them sometimes.

1209 P1- We should also take care of hygiene.

1210 P2- We should clean them regularly and during winter with Lukewarm water.

1211

1212 M- This is about cleanliness, that is also required for child. Will child learn only with toys?

1213 P1, P2- No, they will not.

1214

1215 M- What should be done then to teach new things?

1216 P2- Mother and father should teach them new things. They will help them to learn new words
 1217 such as grandparents, father. Will ask where nose is, mouth, eyes.

1218 P7- They will ask where hair is, legs and everything.

1219 P2- If we ask, they will answer everything, without asking they will not say anything.

1220

1221 M- What should be done then?

1222 P2- We should ask and teach.

1223 P7- We should teach them.

1224

1225 M- So how can we take this programme to your village and ward so that it would be effective?
 1226 With posters or are there other ways?

1227 P6- Yes, with that poster. In poster, they will learn and can gain knowledge from it. second
 1228 thing is small children will learn faster through poster. Parents will also learn from poster quickly.
 1229 They will know right time of playing and feeding them from posters.
 1230

1231 M- What else?

1232 P7- If female volunteers will be given poster, they will remember it for longer time. There was
 1233 a book about diarrhea that has full information about it. Like that we can have book for this
 1234 programme as well.
 1235

1236 M- What information's does female volunteers require for teaching easily to children? One is
 1237 book just like diarrhea information, what else more?

1238 P1- Posters are needed, toys too. Everyone should keep it and should show while teaching.
 1239

1240 M- Anything more, are you tired? (Laughs)

1241 P4- This small kid could not understand what is in poster.

1242 P2- Their parents will teach them.

1243 P1- By hanging poster in a wall we can teach them.

1244 P3- That should...

1245 P2- Only toys, parents only should be given posters.

1246 P3- Children need toys. Posters should be given to parents. You are educated and can teach by
 1247 reading but we are not we can teach by watching it in posters. We will teach that we will see in
 1248 pictures. Without education we are teaching others.

1249 P7- We were taught about Leprosy by doctors. Have they given us any books? (Talked
 1250 together)

1251 M- Answer turn wise.

1252 P4- Children right now need only toys.

1253 M- Are toys enough?

1254 P4- They will ask that what is this? They identify everything.
 1255

1256 M- Now those health workers who will be working for this, what should be they provided so
 1257 that they will do work happily? How can we make them aware? What should be done?

1258 P— Did not answer.

1259

1260 M- What should be done? can you work? Do you want to do this work? One thing is money

1261 and what else?

1262 P- We will work nicely... then they will be interested too. We can move forward with this.

1263 P6- We should work well as one team... We should work with all heart.

1264

1265 M- How should be motivated? What needed to be done?

1266 P1- Before children and mother we should be interested firstly. Then only they will be

1267 interested. We should suggest and inform them. Then only it will start. Otherwise, programme will

1268 not succeed.

1269 P7- More than children and mother we should be the one to move forward.

1270 P1- We should know about mother and child...

1271 P7- We should know more and ask them to do. We should ask them to join and learn.

1272 P6- No, there are ladies in that group, and it is difficult to make them understand. It can be done

1273 with FCHVs but at first ward president should join.

1274 P1- They should join it anyhow.

1275 P6- They and in charge from health post should be their compulsorily. We must move forward

1276 this work.

1277 P7- We must start.

1278 P6- Then only this work is possible. When it will be ordered from the government community

1279 people will join.

1280 P2- It should start from them.

1281 P6- They need to be one team first. Ward president, in charge, municipality officials, health

1282 workers, officers (coordinators) everyone should be in one team. They should inform us and give

1283 time during the programme. they should also mobilise with us in the meetings...

1284 P1- They must be informed with letters. they will not join on the verbal invitation. Invitation

1285 letter must be sent then will attend to eat. (laugh)

1286

1287 M- To run programme by female volunteers, you said that money is required. And they should

1288 be interested, so how can you be interested yourself?

1289 P1- First we will work then we will get money.
1290
1291 M- There is money but how will you be interested? How to make you motivated to work?
1292 P6- You mean to say what materials do we need? If my child will get then I can work. We
1293 require those materials.
1294
1295 M- What materials?
1296 P6- We need resources for our children too as they are also below 10 years. How will they
1297 study if we will be working? These all things they should look for us.
1298
1299 M- For your younger children?
1300 P6- Yes, then only we can work for 10-20 children. We will be in ward so our children should
1301 also get that. We should also have them.
1302
1303 M- Sisters, to run this programme one thing you want is money, what else? What help you
1304 need?
1305 P2- Things that we have not learnt. We do not know about the answers that we gave is right or
1306 wrong. Until we will learn completely how can we teach them. there might be a picture in a book
1307 but to be able to explain that we need to learn first... We need to learn first.
1308 P1- Only thing there is, we need to get trained.
1309 P2- We want training for that. (At once)
1310 P5- Without 1-2 days of training we have insufficiency in us.
1311 P2- Hang poster here and do not say anything. How will we understand what you want us to
1312 learn?
1313 P1- At initial days, we need training.
1314 P6- If we will be educated, we can teach others.
1315 P6- Yes, I have said at first that we need training.
1316 P1- Trained sisters will come and give us trainings then we can share it with others.
1317 P7- Yes, yes. In peaceful place we should be given trainings from sisters. give us education..
1318 Then we can share it in every ward.
1319

1320 M- Okay education is said, what trainings in that workshop?

1321 P6- we need to take care of children below three years age...Trainings that will teach us how to

1322 handle children below three years. we need those... How can we lead them? We need training in

1323 these subjects then we can share those in the ward...

1324

1325 M- Then you will be happy and motivated?

1326 P6- Yes, we will be happy.

1327 P7- Yes it will make us happy.

1328 P2- When teacher is confident then it will make us happy.

1329 P6- At first every teacher requires trainings. After that they will pass in training, they can train

1330 us as well.

1331 P7- When all children of ward will gather, we can share our knowledge to them. it will help in

1332 brain development of children and improve knowledge in the community... then everyone

1333 in the community ... our family... ward leaders will say... FCHV spread the knowledge in the

1334 community that helped children develop well.

1335 P6- Children of Nepal will be educated and then Nepal will be developed.

1336 P7- There will be development in Nepal.

1337 P6- We will be happy with this.

1338

1339 M- What will be challenges while running this programme?

1340 P6- At first, we are ladies, husband and family would have problem in this ... We must cook

1341 food for husband, child, family. Must prepare children for school and send them to school ... After

1342 doing all these works, we must do work of outside as a FCHV. We will have to work extra so

1343 initially this will affect us...

1344 M- What else effects are there? What problems are there to work for this? What are obstacles?

1345 P2- One obstacles that we must manage both our household chores and these programme load.

1346 We are thinking that what have been doing in home right now.

1347 P6- When we reach home after this our guardian will ask us. As a lady we must work in house

1348 too, no one will support us in house works. even if we earn some money for the house... We must

1349 hear few things from our guardian too.

1350 P7- We tolerate all these... we come here even after listing all these things. We also need to
 1351 make our guardian understand, must convince our husband. now I am FCHV and we are trained
 1352 for this.. so we must manage time for this.
 1353

1354 M- what are other challenges and obstacles?

1355 P6- there can be a torcher in village.

1356 P6- What torcher?

1357 P6- in the village ... those who do not understand about the programme they will raise
 1358 unwanted voice. If their daughter-in-law, daughter, give time to this programme then it will affect
 1359 them a lot... They do not have education so they will not understand these at first. Few will say
 1360 that in ward we do this programme for money ... that we are all the money... They (Volunteers)
 1361 only get money therefore they work for this. All because of this they will not try to understand and
 1362 listen to us. They will not come to programme. But we should not be frightened by anyone, we
 1363 should work in one team.

1364 P1- We should not be scared from anyone.

1365 P2- another thing, children's mother will also say that we get money so we are working, why
 1366 should we come?

1367 P6- Yes, yes, they say this. When we go to teach their children, they will come up with 10
 1368 reasons. They will scold us.

1369 P3- Scold ...

1370 P6- yes, they scold us. We must listen to everything for this.
 1371

1372 M- What are other obstacles and challenges, sister?

1373 P5- Now, what should we say. Let us end this now. (Talk among themselves)
 1374

1375 M- okay, it is at its end now. What should be done for its solution if this programme will come?
 1376 Who will help at first?

1377 P6- In charge should help at first. Ward president is a person who is head of village, their one
 1378 team should be made and then they will help us to do this work. Then we are ready to work in a
 1379 team.

1380 P7- Sister, you also need to inform president about this. Then only it can be done.

1381 P6- Yes, then only we 9 female volunteers together can do this programme, in a team. We are
 1382 working for health and can-do programme related to the health of below 3-years age children
 1383 ourselves. There should be health officers, ward president and in charge engaged for this. They
 1384 must be active. Whenever there will be money allocated for us, they (ward seniors) will enter their
 1385 own people to work. They do not give us any money so they can have all among themselves. They
 1386 give work to their people, their party persons. However, everyone is people of government. Why
 1387 should we look for party in this? We also have right in this. not everyone will be part of a political
 1388 group... we also have our rights...

1389 P7- Sister, mention all this in letter for our right.

1390

1391 M- Why through me?

1392 P7- Sister, if you will say this to authority and mention our name then they will keep female
 1393 volunteers for this programme. Otherwise, there will be fight among us if outsiders will do this
 1394 programme. If you will not do, then we will not be paid. That is matter sister.

1395 P2- Right now everything is solved with suggestion and discussion.

1396

1397 M- If this programme will be operated by female volunteers, from where money will be
 1398 managed? You mentioned about money earlier? from where money can be managed?

1399 P6- Government should manage this and think about it. They should explain it to villagers that
 1400 female volunteers should be respected. Government should think about it.

1401 P4- Health ministry should think.

1402 P6- Health ministry.

1403 P2- Now nothing will happen like that. Female volunteers can do this.

1404 P4- If female volunteers are saying that they will do this then they should also listen to this at
 1405 some extent.

1406 P2- I mean to say female volunteers can do this even it is added.

1407 P6- If this work is about children, then female volunteers should do it. I mean that until 3 years
 1408 child do not go to school, so teachers are required for this. There is a requirement of school like
 1409 environment for this. we do all work related too children below three years and pregnant women...
 1410 yes may be this work may be given to others if you do not want to work with FCHV.... when there
 1411 is more allowances involved in this programme then it will be handed over to someone else and

1412 not to us... FCHV are engaged in only free work where there is no allowances... such as vitamin
1413 "A" there was another data collection work in which few volunteers had come but they could not
1414 continue to work ... then we were told to do that work. When other could not reach out to every
1415 house they needed our assistance, then we had to do that work. Those volunteers said, "who will
1416 go to houses for 2-4 years ... we will not do such work for 2-4 years." but we are not here for 2-4
1417 years only.. but why should we work for free? We also need something!

1418

1419 M- What do you want, how can we get that?

1420 P6- Government should think about everyone. They should notice this and should discuss about
1421 it. They should know that we female volunteers are not getting anything. We also have our lives
1422 that we must take care of!

1423 M- Who should say this to government?

1424 P4- Government should inform this to health ministry.

1425

1426 M- to run this programme from top level, from whom we can expect help?

1427 P7- sister, we can take help from you right now.

1428 P4- no

1429

1430 M- how should we take help then?

1431 P6- Health minister knows what he has, and they should give it to female volunteers. Minister
1432 can send it to the municipality and then they will take forward this work.

1433 P2- present government.

1434

1435 M- from them!

1436 P6- yes through them. Because it will come from them then only this work can be done.

1437 P2- First it comes to municipality.

1438 P6- first fund arrives at municipality, then they send it to ward office where ward president
1439 will form one team and then this work will happen.

1440

1441 M- now, what are challenges to run this programme? What things will make other interested
1442 to work for this? What will make it easier?

1443 P4- children?

1444

1445 M- why will village people participate in this programme?

1446 P6- They will not agree at once. Some guardians will not allow to participate. We need to make
1447 father and mother of children understand at first as a team. They will then understand that this is
1448 for them. They will understand that it is for their betterment, to educate them. They will ask us to
1449 take their child and teach them.

1450

1451 M- Sister, why will village people will be interested to participate in this programme?

1452 P2- They will be interested as this is for their own children growth and betterment. They will
1453 think about them.

1454

1455 M- Why will they take interest in this programme?

1456 P2- Because we ask them to participate in programme repeatedly, in *amaa samuha* (Mothers
1457 group) meetings and in other programme. they look for us in any programme... we do home visits
1458 to tell people... we ask and make them understand... We will persuade them that this is for their
1459 children growth and development.

1460

1461 M- they will agree because of your trust!

1462 P2- Yes.

1463

1464 M- Why they would like to participate and learn in this group? Why will they participate in
1465 this new programme where both nutrition and games will be taught?

1466 P6- I will give example of school, their parents send them school with greed of having both
1467 education and nutritional food that government have been giving to children. They will be given
1468 sweets, rice, porridge in alternative days. They will send them to school in this selfishness. If they
1469 will not be provided with all these, they would not send them school.

1470

1471 M- they participate with selfishness!!

1472 P6- Yes.

1473 P7- Yes, with greed.

1474

1475 M- What else would make them to join, one is greed, sister, you were saying something, right?

1476 P6- yes, they will join with selfishness.

1477 P7- they will come due to greed.

1478

1479 M- what can be other factors to make them join programme? One is greed other?

1480 P4- if they are made understand that this programme is for their children and will help in their

1481 development. Then they will agree to join. Female volunteers will explain it to them that this is for

1482 their knowledge and betterment.

1483 P2- No, due to trust

1484 P6- No, they will not come until they will be shown greed.

1485 P1- both lust and knowledge should be shown.

1486 P6- when we will show them greed and knowledge, they will send their children otherwise

1487 they will not.

1488 P1- both greed and knowledge.

1489 P2- Nowadays nobody's children.....

1490 P6- In past when Indian government started educating their ladies, they used to give them

1491 monthly incentive for that. With greed of that money also people used to send their daughter to

1492 school. Before this, they did not used to send their daughter school...they used to think that

1493 daughters will marry and go to others house so there is no use of sending her to school... and get

1494 them married at little age, they do not have awareness of education. they Likewise, if we show

1495 greed to children, they will join programme.

1496

1497 M- one we should give greed and other education, then they will come, right?

1498 P6- Yes, greed and education both.

1499 P7- Yes gets knowledge.

1500 P3- just like today we drank tea, if children will be provided with chocolates, they will surely

1501 join the programme. This will give them both knowledge and development. Sister, let us go we

1502 must cut grass also.

1503

1504 M- now, what will be challenges to do this programme?

1505 P2- trust

1506 P1- we need to be skilled. We must make our hand strong. (Talked at once)

1507 P6- when no one will hamper these two works we can finish it on time.

1508

1509 M- why will they agree with you? Society and peoples, why will they agree to you?

1510 P7- they have trust on us. We have been working here from long time. We will say that this

1511 programme has been launched by ministry and government, so it is good for our own child. Then

1512 they will agree.

1513 P1- We have made trust on us. We are of this village not an outsider.

1514

1515 M- why they must go for this programme? Why will they participate in work of female

1516 volunteers? What are reasons?

1517 P5- to make their children educated.

1518 P1- their child will be better. they will not be in bad influence.

1519 P5- It will be good for their own future.

1520 (Answered at once)

1521

1522 M- why will they agree?

1523 P4- madam, they will agree because no one will come to teach and learn them, who will do all

1524 these? We always go to their ward and their houses.

1525 P4- We have been to each house and given suggestion to their child. We have given medicines

1526 to children. Vitamin "A" have been given to them. They think us as a doctor.

1527 P4- Therefore, anyone will trust.

1528 P2- Sister, you have also been here from 2-3 days. Everyone who have seen you asks us why

1529 these *Pahadi* (people from hills) are here? (Everyone laughs)

1530 P6- we are of village, so they trust us. We made our trust among them from our work as we are

1531 here from long time.

1532 P2- there are lots of factors.

1533 P1- yes, there are.

1534

1535 M- what will make them interested to join this programme? Due to your work? One is because
 1536 of your trust. Why will they participate in programme of nutrition, games? What will make it easier
 1537 for them to participate?

1538 P7- even if it is about games, this will give them knowledge. they will come for food and
 1539 nutrition.

1540 P6- they have that trust that this programme will help in the body and brain development of
 1541 their children.

1542 (Peon closing door)

1543 P6- Right now it has been informed that every child will get rs.400 therefore there is no child
 1544 that missed from vaccine. In past it used to be difficult to get children vaccinated. But due to this,
 1545 it became easier. people are concerned that they will not get money if they do not take their children
 1546 for vaccination... Likewise, if this type of greed will be shown to them, they will surely join and
 1547 will be a team.

1548

1549 M- one is greed, what will be other interest?

1550 P6- most people say that they will join because of greed and knowledge that will be imparted
 1551 to their child.

1552 P7- for growth and development.

1553 P6- most of them say that they send to make their children body and brain developed, it is good
 1554 for them.

1555 P2- In past people did not used to think like this. But now they will themselves understand most
 1556 of things.

1557

1558 M- Sisters, you said that it is not possible by visiting at house. Why?

1559 P6- because their parents do not have much time which will they give to their child. They will
 1560 leave in middle. They feed them one time only and rest of the time they are at work so they do not
 1561 feed child well... even when the child is hungry, they cannot feed them second time...

1562 P2- even they are hungry, they do not feed them.

1563 P6- they do not get to eat. Even they are hungry they roam here and there. Children do not get
 1564 care for their body development. if they get fed on time then they will develop well. child will

1565 have good physical development... child will get good care from early days, and they will grow
 1566 well...

1567 P7- their brain development will start.
 1568

1569 M- You did not selected option of house visit, why?

1570 P1- if we do home visit then we have to give more time for this. If we will call at one place
 1571 and explain together, they will understand it better. It would not be good to visit house.

1572 P2- in house, they have their own work.

1573 P1- yes chores.

1574 P2- they will think of their own work, will not listen to us.

1575 P6- if I go their home, they will say they have their own work.

1576 P1- it will be better in groups of 4-10 people. How many houses we can go if we go each one.
 1577 It will take more time.

1578 P2- someone is free during morning some are free at evening. It will be tough.

1579 P1- in group we will both talk and listen. You may not understand my language, I would not
 1580 understand yours. But in group we can translate. In house it would not be good. At least 20-10
 1581 people can be taught at one time... they will come in time.
 1582

1583 M- you said one thing earlier that male will find it difficult to join group, why? What will make
 1584 them tough?

1585 P5- We will work as a team and will give time... men will face problems like ours. they might
 1586 miss their work. But being female, we must work only in house, whereas they have to work for
 1587 food. That will be problem for them.
 1588

1589 M- because of work, what else? What are other problems for them?

1590 P2- we both have problems. We will ask them to come with children to understand and learn.
 1591 Some want to come whereas few will not want to join.

1592 P7- they get money for this, why we should go there? They think this way.

1593 P2- yes that is also one problem.

1594 P6- this will not help in my livelihood why should I go there and wait 2 hours. They think this
 1595 way.

1596 P2- yes, these are problems.
1597
1598 M- what are other problems?
1599 P- no one talks.
1600
1601 M- will be there any problems due to religion, caste?
1602 P2- No.
1603 P1- N, no there will not.
1604 P2- Here is no sentiment of caste.
1605 (Talked at one)
1606 M- will be any problem to gather at that place? Is that far from central village? Will be that
1607 problem?
1608 P1- we must fix time.
1609 P7- we must fix time at which we will do this programme.
1610 P1- it will be best if we will organize it at 1 PM. At 10 am children need to go for school and
1611 return an 4 pm. There, they will have problem to give time. Therefore 12 or 1 pm will be best time
1612 for programme.
1613 P6- Yes, it should be either 12 or 1 Pm. Everyone will at their home and will sit for half an
1614 hour. Then we and do this programme.
1615 P1- it should be organized at free time.
1616
1617 M- Now I am at last. What responsibilities and efforts do female volunteers have to play for
1618 the effective operation of this programme?
1619 P2- We will be responsible, in past we used to work for 4-5 days but now will work for one
1620 more day.
1621 P6- Yes
1622
1623 M- one day should be added! Now to run this programme for forever what should be done?
1624 How can we run this programme effectively for longer period? This programme will not be over
1625 soon.
1626 P7- no, no

1627 P2- Now, one batch of children will learn and goes. Then gain new kids will be born and we
 1628 will teach them. In this way this programme will run continuously.

1629 P6- as female volunteers have been running other programme for longer period this programme
 1630 will also continue. It will be in repeat pattern.

1631 P2- just like we are vaccinating children we will run this programme.

1632 P6- Just like that new will join old will leave.

1633

1634 M- to run for longer period so that this programme continuity will not be broken, what should
 1635 be done?

1636 P1- we must work nicely and together. We must ignore love and care for our home.

1637 P7- we must give time to this work.

1638 P1- we need to have patience for this work. If someone would not like this or scolds this
 1639 programme or maybe say that we are corrupted. But must ignore it and make them understand.
 1640 There is every type of people in road. we need to be able to handle all these.

1641 P5- we need to handle everything.

1642

1643 M- so we must be skilled. What else should be done to make it sustainable?

1644 P6- upper-level people should understand that government driven work should be done
 1645 together in a team. We should not let it discontinue. it should be like a tradition just like female
 1646 volunteers follows it.

1647 P2- we should follow vaccination programme patter to make it continuous.

1648 P6- we must implement it.

1649

1650 M- what can be done to stop it from being discontinuous?

1651 P7- female volunteers should be in regular contact with children. They must take care of lots
 1652 of things.

1653

1654 M- what else? One is female volunteers should be careful, what other things can be done?

1655 P6- we must take everyone's help.

1656 P1- Health personnel help.

1657 P2- In charge, ward president everyone's help.

1658 P6- Yes ...yes everyone should help for it.

1659 P7- Doctor (Health Assistant), ward president, health personnel everyone should help and work
1660 together.

1661 P1- This programme should be permanent not temporary.

1662 P6- yes, it should be. It should not stop.

1663

1664 M- so it should be permanent. What they should they do?

1665 P1- yes, everyone should do like this.

1666 P2- We must take everyone's help.

1667 P1- must run...

1668

1669 M- Government should make this programme permanent. This programme is of Nepal
1670 government that should be for children below 3 years.

1671 P7- yes, government should make future of children.

1672 P2- as they think of public they also should think about children.

1673

1674 M- Why you selected ward president? Why only ward president should do it?

1675 P2- They get information before municipality.

1676 P1- This letter goes to them at first.

1677 P2- Yes, they will get.

1678

1679 M- And why you selected health post?

1680 P2- Everyone must agree.

1681 P7- Will do in everyone's permission.

1682 P2- Only municipality allocate person to work, and we would not have information about that
1683 and not even in charge have any idea.

1684 P6- Some also allocate people from municipality and female volunteers have idea about that.

1685

1686 M- Why you selected health post?

1687 P1- It should run with their permission.

1688 P2- Because they do every work.

1689 P1- It will operate in their permission.

1690 P7- They participate only after permission from them, and their help. Therefore, they will
1691 search us.

1692 P1- We are in close relation with one another. Without them we cannot run any programme.
1693

1694 M- And, what help you can take from them?

1695 P6- They can help us in those programmes which will have difficulties and troubled. They can
1696 help it to run smoothly. They can help us in managing programme.

1697 P7- They can help us.
1698

1699 M- What kind of help from them, from female volunteers we can ask?

1700 P2- We should organize meeting at time and place. We must continuously track work and its
1701 progress.

1702 P7- Where we should organize meeting?
1703

1704 M- If that place will be fixed it will be easier for you?

1705 P2- Yes, ward people agree their things much more than us. If people from hospital arrives,
1706 local people trust programme even more.

1707 P4- Sister, would not you join?

1708 P2- If we will call, they will.
1709

1710 M- Okay, do you have something that you want to tell us?

1711 P6- No, nothing more than this. We should work with what we are given. We want government
1712 to help us. We should be getting importance; we are also in hope of someone. We wish economic
1713 help and support from government.

1714 P2- We do not want outsider to do this work.

1715 P6- We should do this programme.

1716 P2, P6- You asked us all these things, asked our thoughts and did discussions. If someone else will
1717 work, we female will be automatically weaker! We should be respected for this. We are one team
1718 and government should help and support our team as well.
1719

1720 M- Nothing is left. We all given time for this discussion even leaving your daily work. We are
1721 thankful to each of you.

1722

1723 **End of the Interview**

1724