

**Code: Grandmother, SSI 17**

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**Index:**

**I: Interviewer**

**P: Participant**

**Interview duration: 1:04:16**

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

**Location: Participant's house**

**Date of the interview: 17 February 2021**

**Interview started:**

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**I:** *Sister* I will record this ...

**P:** Ok ...

**I:** Who takes care of your children ... food ... sanitation and hygiene ...

**P:** Mother takes care of sanitation and hygiene, and I am responsible for food and water ...  
*Dadi* (grandmother)...

**I:** Grandmother (you)

**P:** Yes ...Every other thing like what will child eat ... drink ... or what clothes s/he will wear  
that is my responsibility ... I bring all of them ... and his/her mother feeds ...

**I:** Oh, so your child stays with both of you?

**P:** Yes, both of us ... her father is not here ... he is overseas ...

**I:** Who will take care ... if your child is sick?

**P:** I take her to the hospital ... I will give medicines ...

**I:** How do you take care of her?

**P:** Even if she is sick ... mother doesn't take her to the hospital ... I take her ... I buy  
medicines ... I take care much ... and his grandfather ... my husband ... he is not well ...  
it was seven days for *Roja* (Muslim festival) ... I gave him tea to drink at 7 o'clock ... at  
9'0 clock when I went to him ... his mouth was narrowed ... I then removed the mask from  
his mouth ... and asked him to speak ... he then spoke ... I said "Your mouth is narrowed"  
... I then said you look paralyzed ... I said like this ... I am his second wife ... his first wife

31 is dead ... I then said "You are paralyzed" ... he didn't believe him ... I then brought him  
 32 to our home and then medication was done ...

33 **I:** You are the guardian in every matter?

34 **P:** Yes ...

35 **I:** *Sister* your grandchildren ... how do they learn things?

36 **P:** I didn't get you ... please make me clear ...

37 **I:** How do they learn things ... how do they learn new things?

38 **P:** I teach her ... you can ask her, "where is your house" ... she cannot speak clearly so she  
 39 says ... N ... e... p... a... l ... Baby, "where is your house" ... say it ... "*Nepal*" ... I teach  
 40 her this is your house ... then she says "*Nepal*" ... "which ward" ... "Nepal, Dhanusha"  
 41 ... I teach her ... her mother also teaches her, "What is your father's name" ... "What is  
 42 your grandfather's name"? "What is your mother's name"? ... she says everything ... I  
 43 teach her ... I am not that educated ... but I can teach her orally ... her mother also teaches  
 44 ... she calls everyone mother and father even to uncle and aunty.

45 **I:** How does she understand your language?

46 **P:** In the same way ... the way I talk ... Baby ... "where is your house" ... say it ... "*Nepal*"  
 47 ... "where is your house" tell us once ... "where is your house" ... she is feeling shy ...  
 48 (talks to children in between)

49 **I:** Shy?

50 **P:** Yes ... when children find anyone strange, they are shy ... she understands the language  
 51 ... the language we speak ... she understands them ...

52 **I:** Earlier your child was playing a game ... what type of game does she play? (00:03:41)

53 **P:** She sometimes sleeps and plays ... she sometimes dances ... when we turn on the TV in  
 54 the room, she dances a lot ... she dances and asks me to dance as well ... she follows other  
 55 children ... she runs and catches ball ... play with ball ...

56 **I:** What are the things she plays with ... one as you said TV ...

57 **P:** Mobile ... "Daughter where is your mobile"? ... she just plays games (Jeep related in  
 58 phone) ... "Daughter where is your mobile"? ... go and bring that ... (talking with child)

59 **I:** She plays with mobile?

60 **P:** Yes, there is one mobile, and she plays with that ... she watches things there and she feels  
 61 very happy ...

- 62 **I:** She is happy using mobile?
- 63 **P:** Yes, she is happy ... that is not the mobile phone ...that is the toy phone ...
- 64 **I:** Oh ... what are other toys she plays with ... how do you play with her?
- 65 **P:** With her ... her toys are ball, boxes ... this ... that ... small airplane ... a small jeep ... she
- 66 plays with these things ...
- 67 **I:** Does she play alone, or you also play with her?
- 68 **P:** She plays alone as well ... I also play with her ... she also plays with her sisters ... I have
- 69 a goat so sometimes when I am busy in the grass and all ...she plays with her sisters as
- 70 well ... and alone ...
- 71 **I:** With whom she is happier to play with ... either with you or her sisters?
- 72 **P:** Any of us ... with sisters also ... also with me ... and if you will come to us continuously
- 73 for two-three days she will play with you as well ...
- 74 **I:** In your house? (Talks with children in between)
- 75 **P:** In-house... she mostly plays with me ...
- 76 **I:** You?
- 77 **P:** Yes ... her sister goes to school ... and when I am out to collect some grass then she plays
- 78 with her mother ...
- 79 **I:** The way she opens the lid of the box and again closes it ... when I came here, she was
- 80 playing that game ...
- 81 **P:** Yes ...
- 82 **I:** What does she learn from that?
- 83 **P:** What would she learn at this age ... They will know how to play ... they will play with
- 84 utensils ... play with ash and water ... they will fill pots with water ... they will play like
- 85 that ... she is just two years now ... if she will reach three ... then ... she will learn more
- 86 things ...
- 87 **I:** How much time do you give to your child to play with you?
- 88 **P:** We always play ... today is Saturday so I didn't go to the market ... so now I will go to
- 89 market on Wednesday at 12 or 1 o'clock and then I will return in the evening ... and after
- 90 that, she will come near me ... whenever I am available in the house, she plays with me ...
- 91 she goes to her mother for milk ... otherwise she stays with me or her mother ...
- 92 **I:** Earlier you said she plays with ball ... what will happen by playing ball?

- 93 **P:** By playing with ball, they will feel joyful ... By playing that she is busy in herself ... even  
 94 if she comes to trouble us, we say “take this ball and play” ... so she plays with it ...
- 95 **I:** She plays like that ...
- 96 **P:** Yes ... by rolling the ball ... she must be playing now ...
- 97 **I:** What does she feel playing that?
- 98 **P:** She feels joyful ... she is happy ...
- 99 **I:** She is happy playing games ...?
- 100 **P:** Yes ...
- 101 **I:** What are the benefits of guardian playing with a child?
- 102 **P:** Child does not trouble much .... They do not trouble their mother ... they do not stick to  
 103 lap instead they play in ground ... children’s hands are active ... similar things I said... the  
 104 children who play and wander ... they are more active ... their mind is sharp ...
- 105 **I:** More?
- 106 **P:** The same things I said ...
- 107 **I:** What happens more for the child?
- 108 **P:** Children should be allowed to play ... we have to play with them ... we have to feed them  
 109 food from time to time ... just feeding them rice won't work ... we have to feed them milk  
 110 ... bourn vita ... Horlicks ... if we will feed them those things their mind will be sharp ...  
 111 they will be talented ...
- 112 **I:** They will be talented ...
- 113 **P:** Yes ...
- 114 **I:** But when children play with their guardian ... as you said children are more active ... what  
 115 other thing happens to child ... for their future ...
- 116 **P:** Children will be good ... their future will be good ...
- 117 **I:** You also said that children’s legs and hands are active ...
- 118 **P:** Yes, when they walk and run their hand and body is active ... even if you and I will seat  
 119 for one month by doing nothing ... we will also feel like corpse ... but if we will walk ...  
 120 even in our own courtyard then we will find our body active ... the same thing happens to  
 121 the child as well ...
- 122 **I:** More ... how important it is to play with children?

- 123 **P:** If we do not play with the children and if we make them cry every time .... Then the child  
 124 will not be healthy instead they will be sick ... but if we cajole them then they don't cry ...  
 125 they will be good ...
- 126 **I:** Being a grandmother when you play with a child ... how will it benefit them?
- 127 **P:** It will be good for their future.
- 128 **I:** How?
- 129 **P:** Good ... they won't cry ... in our house either it's her mother or me ... so sometimes she  
 130 plays with her mother and sometimes she plays with me ... so when she plays with her  
 131 mother her grandmother is free ... and when she plays with her grandmother ... then her  
 132 mother is free ...
- 133 **I:** For a child under three years of age ... how important it is for them to play games?
- 134 **P:** For a child under three years of age?
- 135 **I:** Yes ... For a child under three years of age ... how important game is for them?
- 136 **P:** It is very important because children won't cry ...if they will cry, they will be sick ... and  
 137 so we have to hold them always in our lap ... because if we will keep them down, they will  
 138 start crying and will get sick ... and then it will affect them ...
- 139 **I:** What kind of effects?
- 140 **P:** They will cry and cry ... and will get sick ... and if we will not be at home ... then they  
 141 may die also ... by crying whole time ...
- 142 **I:** Might die?
- 143 **P:** If she will have sore-throat ... no one can listen to her sound ... will anyone? If we are at  
 144 home then whenever she cries, we hold her to our lap ... we make her quiet ... and she  
 145 starts playing ... it will be good for her future ...
- 146 **I:** If she would be alone, she would be frightened and might lose her life ...
- 147 **P:** Yes ... she will get frightened when left alone ... if there is no one ... that incident has  
 148 occurred here ... before my marriage ... one lady made her grandchild sleep ... she then  
 149 went out for grass or to sell things ... there was no one in her house ... she was a Muslim  
 150 ... she made her grandson sleep ... she then went out ... the baby started crying after  
 151 sometime ... the dog went inside her house ... the dog bite the child and the child was  
 152 dead ... this incident was before my marriage ... my mother-in-law shared about this to  
 153 me ... even that lady ... she also said that ... we have heard such thing ... that is why one

154 shouldn't go out leaving the child alone ... if my granddaughter sleeps for more than two-  
 155 three hours we go to check her heartbeat ... to know how she is ...

156 **I:** You said about children ... it will help in their mental growth ... if children will play the  
 157 game from early age ... what are other benefits from playing?

158 **P:** Their speech and voice will be good ... The children will say mummy ... papa ... they will  
 159 speak more ... their mind will capture those things ... Voice will be pleasant ... she will  
 160 not have a problem in sore ... even if the child starts stammering ... we feel like "oh our  
 161 child is stammering" ... the more we talk to the child the fresher voice they will have ...

162 **I:** Why did you apply oil over the child's body?

163 **P:** Due to these reasons ...

164 **I:** What will happen by doing that?

165 **P:** Children will be good ... If we will do that .... They will have a good voice ... if we tap  
 166 over the body of the child after they breastfeed then they will digest the milk soon ...

167 **I:** Oh, so by doing those children will have a good voice?

168 **P:** Isn't it *Sister* ... you also tell me ... you are an educated one and I am uneducated ...

169 **I:** How important it is to play games with children?

170 **P:** It is very important ... children will not play alone instead they will cry ... but if there will  
 171 be a sister, mother, father, or grandmother ... then they play with the child ... they cajole  
 172 them ... they don't cry then ... that is the thing ...

173 **I:** For your village, you said about your children ... but for children under three years of age  
 174 ... for those children of your village ... for their mental growth ... for their all kind of  
 175 growth ... what should be done? (00:14:28)

176 **P:** Everyone plays with their children ... they play with their father and mother ... they eat  
 177 foods, some feed fruits ... some bourn-vita ... some milk ... so everyone thinks about their  
 178 children ...

179 **I:** How often do community people play with their children?

180 **P:** In my two houses ... there are total of 18 kids ... even now ... all of them must be playing  
 181 on the roadside ... might be fighting ...

182 **I:** What is the difference between when they play alone and when they play with their  
 183 guardian? When they play alone ... and ...

- 184 **P:** When they play with their guardian, they do not fall ... they won't hurt them ... but if they  
 185 will play alone, they might fall and get hurt ...if they fall, they will cry and will return to  
 186 home ...
- 187 **I:** Will child learn more when they will play with guardian ... or when they will play alone  
 188 ...
- 189 **P:** If they will be taught then they will learn more when they play with their guardian ... why  
 190 do we send our children to tuition ... why children do not learn from parents ... because  
 191 we know if children will go to tuition their mind will be sharp that is why we send our  
 192 children to the teacher to tuition ... so for children ... mother ... father ... grandmother ...  
 193 grandfather ... these people are for them ... one who will play closely with the child they  
 194 will play in a good way but if they will play without them ... they may hurt themselves or  
 195 else they may return home crying ...
- 196 **I:** What type of games are played with children in village?
- 197 **P:** One I have said you ...
- 198 **I:** Still ... what is that ... what kind of games do they play?
- 199 **P:** The same games as ... they hold small babies in their lap and play with them ... one who  
 200 have children frequently ... they hold one baby in the arms and another one is said to catch  
 201 the hand ... grandparents also play with their children ...
- 202 **I:** According to you ... how important is a game for your children ... for children of your  
 203 village?
- 204 **P:** My child loves to play ...
- 205 **I:** She loves?
- 206 **P:** Yes ...
- 207 **I:** Now I will talk about games... in your village just for children ... just for children of your  
 208 village are there any kind of games related programme?
- 209 **P:** I haven't heard those things ...
- 210 **I:** For a child under three years of age ...
- 211 **P:** I haven't heard of those things ... there is no such programme but if you people will do it  
 212 will be possible ...
- 213 **I:** Is there any facilities for a child specially to play?
- 214 **P:** No facilities ... nothing

- 215 **I:** What are the things available for children then?
- 216 **P:** Nothing ... they play themselves ... roadside ... mother and father carry them in lap ...  
217 just those things ...
- 218 **I:** Have you received any kind of training ... like how to take care of children?
- 219 **P:** No, I haven't received any training ... I do not attend more training... I don't go out of the  
220 house much ... I just talk to the people when they come to me ...
- 221 **I:** Have you received any kind of information like how to play with a child?
- 222 **P:** We haven't received anything like that ...
- 223 **I:** How important is programmes related to the game for children ... how important is that?
- 224 **P:** How much you will give ... children will play that much ...
- 225 **I:** Tell me your point of view?
- 226 **I:** But in your opinion how important is playing games?
- 227 **P:** It is very important ... it is very important for children to play games ...
- 228 **I:** *Sister* initially you said ... they should eat this ... they should eat that ... now I will be  
229 talking about nutrition ... I will talk about the energy of children ... in your village what  
230 kind of games related programme are available?
- 231 **P:** Related to nutrition ...
- 232 **I:** For a child under three years of age ...
- 233 **P:** There is nothing *Sister* ....
- 234 **I:** Never?
- 235 **P:** No ... just when mothers are pregnant ... during their delivery ... they were given almond  
236 ... soybean ... wheat ... there was *Sattu* (mixed wheat). Daal (Moong) ... there was also  
237 ghee ... these were the things ... there was nothing for child ...
- 238 **I:** Those were for women delivering a baby?
- 239 **P:** Yes ... just for them ... nothing for children ...
- 240 **I:** For a child under three years of age ... one green colored .... Is given ...
- 241 **P:** Nothing like that was given ...
- 242 **I:** Have you ever heard anything related to food and nutrition from anywhere?
- 243 **P:** No, I haven't heard ...
- 244 **I:** How did you know those things then?

- 245 **P:** From my mind ... I am not educated ... I cannot even write my name or do my signature  
 246 ... I know everything from my mind ... but in our *Siraha* district ... there is a programme  
 247 ... but I do not have an idea about this *Dhanusha* district?
- 248 **I:** What are the things given in the *Siraha* district?
- 249 **P:** I cannot even speak what is given there ... they give lots of things ...
- 250 **I:** What things?
- 251 **P:** Even during this lockdown, were we given anything in *Dhanusha* district ...but in *Siraha*  
 252 district the poor has turned healthy by getting things ... they gave ... rice, dal ... wheat ...  
 253 everything was given ...
- 254 **I:** Have you heard about any programmes ... or anything related to food and nutrition in your  
 255 village? What are the facilities available in the health post for children under three years of  
 256 age?
- 257 **P:** *Sister* I do not even go there ... they do not give anything ... they give nothing to a child  
 258 under three years of age ... so I do not know anything ... now I have heard one thing that  
 259 ... children from one to five years of age will receive amount 200 or 400 for children ...  
 260 and for that, all of us had clicked the photos ... my youngest granddaughter .... With whom  
 261 I was playing earlier ... I have given her name for that ... she is now two years so she will  
 262 receive an amount for three years ...
- 263 **I:** What will she receive?
- 264 **P:** Money?
- 265 **I:** Why?
- 266 **P:** To buy them food ... to feed them ...
- 267 **I:** Is that programme to come?
- 268 **P:** Yes ...
- 269 **I:** Who will bring that scheme?
- 270 **P:** Government ... so in the VDC children's photos were clicked ... and the registration is  
 271 also done now the document will be sent to municipality ... and after that, I do not know  
 272 what will happen ... (00:22:00)
- 273 **I:** For a child under three years of age ... there is a programme to measure their weight and  
 274 height ... there is also a vitamin A programme ... that is given twice in year ... what about  
 275 those programmes?

- 276 **P:** Those programmes are not given to us ...
- 277 **I:** Why?
- 278 **P:** Because my grandchild is also two years now ... if this programme would be available my  
 279 granddaughter should also have received it ... its other children would receive it in health  
 280 post, then my grandchild would have also received it ... but there is no such thing ... with  
 281 my own knowledge I give her bourn-vita ... I give her milk ... so that her mind will be  
 282 sharp ...
- 283 **I:** So, there are no such programmes, but you are feeding your child according to you ...
- 284 **P:** Yes ...
- 285 **I:** How did you come to know about this?
- 286 **P:** My daughters-in-law are educated ... the lady that came here she has three children, and  
 287 she also feeds the same things to her child ... another daughter-in-law who is now separated  
 288 ... she also feeds it ... we all feed it ... from our own mind ... thinking it will sharpen the  
 289 mind of the child ...
- 290 **I:** How did you know that feeding these things will sharpen their mind?
- 291 **P:** I visited the doctor with my grandchild ... he then told me that if I will feed my  
 292 granddaughter bourn-vita ... her mind will be sharpened ... she will be more talented ... I  
 293 then fed her three bottles of bourn-vita ... I also fed her ... I don't remember the name...  
 294 initially I fed her Horlicks ... one bottle is finished now ... she is now drinking another  
 295 bottle ... and bourn-vita ... and one more thing ... I don't remember the name ...
- 296 **I:** From where did you buy Bourn-vita?
- 297 **P:** From medical shop ...
- 298 **I:** You buy that with your own money?
- 299 **P:** Yes, from my own money ...
- 300 **I:** *Sister ... it cost four hundred ... I but that from my own money "Do we born baby being*  
 301 *dependent on others ... we born them depending on ourselves" ...*
- 302 **I:** How did you know about it then ... when is that given?
- 303 **P:** When I asked the doctor when to feed ... he said "mix one spoon of powder in one glass  
 304 of water and then feed" ... and I followed him ...
- 305 **I:** From the health post ... related to food and nutrition ...
- 306 **P:** Nothing ... there is nothing ...

- 307 **I:** Have you heard from anywhere that these kinds of food should be given?
- 308 **P:** *Sister ... I didn't feed anything to my sons ... I didn't have much money ... you might have*  
 309 *visited in that time as well ... there was so much problem ... when my sons ... you might*  
 310 *have visited us then as well ... we were so much in scarce that we were only able to feed*  
 311 *rice to my sons ... I just feed them rice and bread ... I never gave them bourn-vita ... we*  
 312 *were so much in scarce ... even now we are not in that scarce ... we earn and live ...*
- 313 **I:** Do they give this green bottle?
- 314 **P:** No ... wait I will show you that bottle ....
- 315 **I:** Leave it ... tell me do the health post give you this green bottle for the growth and  
 316 development of children?
- 317 **P:** No, they don't give ...
- 318 **I:** Ok ...
- 319 **P:** This bottle ... these are small ...
- 320 **I:** Yes ...
- 321 **P:** Yes, they gave that when she was one month old ...
- 322 **I:** That was given to you?
- 323 **P:** Yes ... but those children who are more than 5 kg are not given that ... those who are less  
 324 than 5 kg in weight ... they are given ...
- 325 **I:** Who gave this to you?
- 326 **P:** This was given by FCHV ...
- 327 **I:** FCHV?
- 328 **P:** Yes ... FCHV ... when she was just one month old or three-month-old ....
- 329 **I:** Who brought this?
- 330 **P:** I think it was given through the hospital ... it wasn't given to us in hospital ... the FCHV  
 331 gave this to us in our own house ...
- 332 **I:** Ok ...
- 333 **P:** Children who were healthy were not given ... they had a measuring tape .... So, one who  
 334 was healthy they were not given ... one who was weak they were only given ...
- 335 **I:** It was distributed to weak only?
- 336 **P:** Yes ... FCHV gave us that ...
- 337 **I:** Did you feed this to your child?

- 338 **P:** Yes, I gave my child to eat ...
- 339 **I:** How did it act?
- 340 **P:** There was no change in her ... she didn't turn strong ...
- 341 **I:** How did you get that ... did FCHV gave that in your house, or you had to go to health post
- 342 ... what did you do?
- 343 **P:** Everyone was called at FCHV house to measure the weight ... then everyone from their
- 344 wards participated ... we were then given ... they gave us a box ...
- 345 **I:** Why did she give that?
- 346 **P:** They told us to mix that powder in milk ... and then feed our child ... I did that then ...
- 347 there are four or five sachets in one box ... like "*jaljeera*" ... it tastes bit salty ... I also
- 348 tasted it (Laughs)
- 349 **I:** Did you like that programme ... the way they distributed that box ...
- 350 **P:** We liked that programme ... (Child cries)
- 351 **I:** When FCHV gave that ... how did you feel?
- 352 **P:** It was good ...
- 353 **I:** Why?
- 354 **P:** When that was given ... I gave my children to drink that ... they looked a bit healthy ...
- 355 **I:** More?
- 356 **P:** When I gave my child to drink that ... they liked it ...
- 357 **I:** Was your child healthy?
- 358 **P:** Yes ... it was not given from the office ... FCHV gave that ...
- 359 **I:** Who is FCHV?
- 360 **P:** She ... "[Y]"
- 361 **I:** When she gave that ... what did you feel ... when she taught you ...
- 362 **P:** she didn't teach us anything ...
- 363 **P:** She called us, and we visited her ... she had a measuring tape, and she measured the arm
- 364 ... and then gave that ... there was also weighing scale ... the weight was also measured
- 365 ... by FCHV
- 366 **I:** Any advice and suggestions?
- 367 **P:** She just gave that ...
- 368 **I:** Did she say anything?

- 369 **P:** She might have said others ... but we were uneducated ... so she might not have told us ...  
 370 she might have said something to an educated one ...
- 371 **I:** Did you like that programme?
- 372 **P:** Yes, I liked it ... it was nice ... but she didn't give later ... if FCHV will be provided those  
 373 things to distribute from health post then only she will distribute ... FCHV will not  
 374 distribute that from her own house ...
- 375 **I:** Is that programme still in your village?
- 376 **P:** No. it is not now ...
- 377 **I:** When was it?
- 378 **P:** This child ... now it's been two years ... when she was newly born, she was given that ...  
 379 not that child ... this child ...
- 380 **I:** So that programme is not available now?
- 381 **P:** Not now ...
- 382 **I:** Sister earlier you said ... there is not any programme related to games ...
- 383 **P:** Yes, no programmes ...
- 384 **I:** I would like to ask another thing related to games now ...
- 385 **P:** Sure ...
- 386 **I:** What should be at your place in your opinion... what are your expectations for your  
 387 village?
- 388 **P:** Condition should be better than this if they would give anything to play ... for children ...  
 389 then the child will be active ... if they would give some food for children ... nutritious  
 390 food, good one (in quality)... then if we will feed children ... parents should also be  
 391 concerned about that ... they should feed children ... if we would feed those things ...  
 392 children would be more talented ... they will understand the language ... they will learn  
 393 things ... whatever language we will teach children they will learn that language ... if we  
 394 will say her "Baby" ... she will say "Grandma" ... if we will say "Come here" ... she will  
 395 also say "Come here" ... children will act the way we will teach them ...
- 396 **I:** As you said game is important ... but there are no programmes related to games ... but  
 397 what kind of programme do you expect to have in your village?
- 398 **P:** If this would happen it will be best ... This games and play ...
- 399 **I:** What kind of?

- 400 **P:** One which is given for children from office ... that one ...
- 401 **I:** In your opinion what kind of programme is needed?
- 402 **P:** In my village, there should be a good programme ... Playful programme... so that children
- 403 can play ... it will be good for them ...
- 404 **I:** Who should bring that programme?
- 405 **P:** You ....
- 406 **I:** We?
- 407 **P:** Yes ...
- 408 **I:** We? What should we do?
- 409 **P:** If you will come ... for instance if you will teach students in street ... they will gain
- 410 education ... and can at least write their name and address ... if you would have come that
- 411 time and taught us .... We would also know at least to do signature ... now we only know
- 412 how to do thump stamp ... we feel ashamed
- 413 **I:** I would like to ask you again about games ... you have taught your child how to play games
- 414 ... in your own way ... so what ways do you want to learn more so that you can teach that
- 415 to your children? What type of knowledge do you seek?
- 416 **P:** In the village ...we have our own kind of knowledge .... If we would have been educated,
- 417 then we would have that kind of knowledge ... but I am uneducated so I will share these
- 418 things ... how many times you ask me ... I will only share these things ...
- 419 **I:** In which way should it go ... what kind of knowledge do you need?
- 420 **P:** Children will learn whatever we will teach them ... like if I teach sister then she will also
- 421 say sister ... and if she will learn the wrong language ... that will be a bad thing ...
- 422 **I:** I would like to ask you another thing now ... I would like to ask you about nutrition ... as
- 423 you said you should be taught what kind of food you should feed your child to make them
- 424 healthy and strong ...
- 425 **P:** For this ... to take care of the health ... to take care of body ... there is a big office which
- 426 watches all these things in the world ... it is called the World Health Organization (WHO)
- 427 ... they have shared a thought for this world ... they say just feeding children won't work
- 428 ... just feeding Bal-vita ... Bourn-Vita ... won't work ... just feeding them mixture that
- 429 FCHV distributed you won't work ... for growth and development of children ... for their
- 430 mental growth ... for their physical growth ... to make them talent ... as you said earlier

431 ... game should also be taught to them ... they should also be taught through games ... by  
 432 playing ... they have that thought ... both of them should run together ... food programme  
 433 and also game programme ... both should be taught from childhood ... then only it will be  
 434 good for children ... that is what they have thought of ... how do you feel about this  
 435 thinking?

436 **P:** Sister ... I liked this thinking very much ... but you have to teach me those things ... we  
 437 cannot do our selves ... whatever knowledge we have we play with our child in that way  
 438 ... we play ... laugh ... that's it ... if you will teach more then I will learn more ... whatever  
 439 I understand I am doing that ... if you will teach me more ... I will do more ...

440 **I:** As you said you liked the thought of the WHO?

441 **P:** Yes, I liked it ...

442 **I:** Why did you like that? You said if both the programmes will run together you will like it  
 443 ... but why will you like it?

444 **P:** I will like it because ... other people will also see ... what kind of facilities are available  
 445 in this village ... people of this village are like this ... "they keep kids in this way ... in  
 446 that way" ... this ... that is why I will like it ... (00:34:42)

447 **I:** As you said ... if both programmes will come together ... then you will like it ... but you  
 448 want to learn from us ... what do you want to learn from us?

449 **P:** I don't know more things sister ... (laughs)

450 **I:** I don't know what I should teach you ... tell me what you want to learn ...

451 **P:** I don't know sister ... (laughs) ... I just knew things what I said ...

452 **I:** If both programmes will come how will it help in children's growth and development?

453 **P:** The way government wants to do ... they can do that way ...

454 **I:** But if both the programmes ... both nutrition and games would come together ... how will  
 455 it help in the growth and development of children?

456 **P:** It will help in growth and development ... as ... children will feed inside the house, and  
 457 they will play inside and outside the courtyard. ...

458 **I:** What development will happen in children?

459 **P:** Sister ... (laughs) ... like you have come ... if you will teach us "how to feed the child"  
 460 we will follow you ...

- 461 **I:** Yes, you will do that ... but how ill it helps in the growth and development of children ...  
 462 this programme? Will only food and drinks work or only playing games will work?
- 463 **P:** Only playing games won't work ... *Sister* ... we should also concentrate on children  
 464 feeding habits ... and in playing habits ... and guardian should take care of that ... for the  
 465 betterment of children guardian have to think ...
- 466 **I:** But how will it help in the development of children ... how will children develop ... if both  
 467 programmes will come? How will children be champions...
- 468 **P:** They will be champion ... like ... the way we will teach children ... children will learn that  
 469 way ... they will play that way ... and then the children will be champion?
- 470 **I:** How will they be champion ... what will they do to be a champion?
- 471 **P:** *Sister* ... (laughs)
- 472 **I:** What will children do after being champions?
- 473 **P:** Children will play ... they will go to school ... they will go to tuition ... they will read and  
 474 write ... that's it ...
- 475 **I:** What is the difference between the child who plays and feeds nutritious food ... and the  
 476 child who doesn't play?
- 477 **P:** one who plays will be sharp ...
- 478 **I:** More?
- 479 **P:** Those children will play less ... and one who feeds nutritious food will play more ... even  
 480 in other playing activities they will be sharper ... if other children will play that way ...  
 481 I will also play that way ...
- 482 **I:** But if one child will just feed food and won't play and the other will feed nutritious food  
 483 and play ... which children will be good?
- 484 **P:** This one (who will feed nutritious food and play)
- 485 **I:** Why?
- 486 **P:** Because another group of children might get just food or just games to play ... that is why  
 487 this (who will feed nutritious food and play) will be good ...
- 488 **I:** What good things will happen to those children?
- 489 **P:** Everything will be good for them ...
- 490 **I:** What things ... what good things will happen to children?
- 491 **P:** Their hands and legs will be active and strong ... they will walk and run nicely ...

492 **I:** What about the voice?

493 **P:** They will have bold voice ...

494 **I:** If both programmes will run together ... what will happen?

495 **P:** It will be good for us ...

496 **I:** What will happen to children?

497 **P:** It will be good for all children ...

498 **I:** How?

499 **P:** In the same way ... if other children's play my children will also imitate them ... and others  
500 will also imitate them ... and this is how the children of our village will progress ... if that  
501 programme would come children of our village will progress ...

502 **I:** If that programme would come children of your village will progress ...

503 **P:** Yes, by just looking at the programme ... Everyone will be talented ...

504 **I:** Talented ....?

505 **P:** Yes ...

506 **I:** How ... will they be talented ...

507 **P:** That is what I have been sharing .... (Laughs)

508 **I:** How should that programme run ... now as you know about the programme ... how will  
509 the programme run ...

510 **P:** How this programme will run ... you have to think about sister ...

511 **I:** How ...

512 **P:** How to bring this programme in this municipality will run ... you have to think about that  
513 ...

514 **I:** For your village ... for your children ... for all the children of your village ... how should  
515 this programme be implemented? You have to give me suggestions ...

516 **P:** You will report all this that I am sharing ... you will also make this listen to your main  
517 officer ...

518 **I:** Who is the main officer?

519 **P:** I mean your office ... you will share this in your village ... and that office will advise you  
520 ... where to implement this programme ... and it's not only me who have shared these  
521 things ... there are many others who have participated in this programme ... so you will  
522 follow them whose words you will find appropriate ... but this will be good for children?

523 **I:** Whose office? Mine?

524 **P:** Your or ... (Laughs)

525 **I:** Where should we go ... how can this programme be brought?

526 **P:** I do not know about that Sister ... I do not know ...

527 **I:** But still ... how should this programme be brought ... whom should you tell ...

528 **P:** You decide that ... whom should you tell ... I cannot talk more about this ...

529 **I:** How should this programme run ... if this programme would come ... in which way should

530 it run so that all the people of your village will participate in the programme?

531 **P:** I do not know what to say ... I can just say these things ... I cannot talk more about this

532 ...

533 **I:** Still ... how should this programme run ... in which way ...

534 **P:** I cannot talk more about this ... nothing is in my mind now ...

535 **I:** For instance, if the government will bring that programme ... then in what way should the

536 programme come ... so that you all will have access to it?

537 **P:** The way government wants it to run ... it will run that way ...

538 **I:** But what should be done to bring it to your doorsteps ... how can it run nicely? (00:41:18)

539 **P:** *Sister* ... if any programme will come ... it will first come to this municipality ... after that,

540 it goes to the chairperson and from there the work is distributed ... the programme won't

541 come to those who are not capable to run that like us ... It will come to those who are

542 capable of it ...

543 **I:** Who are capable people?

544 **P:** Capable people are ... people from municipality... VDC ... chairperson ... members ...

545 they are capable ...

546 **I:** They should bring ...

547 **P:** Yes ...

548 **I:** But who should run ... so that it will be accessible ... who should teach you ... so that you

549 will be comfortable to learn things from them ... nutrition and games related programme?

550 **P:** If the programme would come ... members and chairperson will be included ... they will

551 then teach us ... we uneducated people ... we will follow them ...

552 **I:** Who will teach?

553 **P:** One who will be a member ... the educated person ...

- 554 **I:** But who should run the programme for you ... so that it will be good ...
- 555 **P:** Sister you can also run ... or you can choose a person from our village ...
- 556 **I:** Who can run it nicely?
- 557 **P:** *sister* ... you can run it nicely ...
- 558 **I:** We?
- 559 **P:** Yes ...
- 560 **I:** Who are we?
- 561 **P:** You are *sister* ... if you would come to our village then it will be good for us ...
- 562 **I:** What should be done ... so that everyone will receive the information of the programme?
- 563 **P:** To make everyone receive ... if this programme will come ... there is one peon in our
- 564 village ... if he will be informed about the programme then he will inform everyone ...
- 565 everyone will then gather ...
- 566 **I:** One as you said ... information should be spread ... what could be other ways ...
- 567 **P:** These are just some ways ... what could be other ...
- 568 **I:** More ... how should it be done ... should it be done through home visit ... or in a group
- 569 ... how
- 570 **P:** It can also be done through home visit ... or if everyone will be called in a group ... it can
- 571 be done in that way as well ...
- 572 **I:** In what way should it be done ... so that you can learn in your house ... in a good way ...
- 573 in which way should it be done ... like now you three sisters have come ... and I got an
- 574 opportunity to speak with all of you ... if you wouldn't have come ... would I speak ...
- 575 **I:** If that kind of programme would come ... where should we go to contact the person?
- 576 **P:** VDC ...
- 577 **I:** After that? If the programme related to nutrition ... and programme related to games would
- 578 come ... if both programmes will come together ... who can run this programme in an
- 579 effective way?
- 580 **P:** Effective way ... John
- 581 **I:** John?
- 582 **P:** Yes, John is chairperson now ... if it will come in his hand ... he will run ...
- 583 **I:** In which time should it be conducted ... we have to set a time as well ...

- 584 **P:** In any time ... this month ... “*Falgun*” month ... “*Chaitra*” month ... “*Baisakh*” month  
 585 ... “*Falgun*” month is running now ...
- 586 **I:** For children ... as you take care of your children ... so to run the programme ... related to  
 587 nutrition and games ... together ... who should run the programme?
- 588 **P:** Children?
- 589 **I:** Programme?
- 590 **P:** Programme will be brought by ...
- 591 **I:** John
- 592 **P:** John
- 593 **I:** Who else can help for this programme?
- 594 **I:** One is John ... else ... who else can help?
- 595 **P:** What to say ... I forgot the name of one old member... I forgot .... He is a Muslim.
- 596 **I:** As you said if the programme will come ... it will be implemented ... in your opinion to  
 597 run that programme effectively... what should be done?
- 598 **P:** If you will do it the same way it will be effective ...
- 599 **I:** Which way?
- 600 **P:** Like ... you came here in a group ... we all gathered to speak ... which is effective ... it  
 601 will run in the same way ...
- 602 **I:** As you said the programme will be run by John ... but how will the mothers and  
 603 grandmothers participate in that programme?
- 604 **P:** Support ...
- 605 **I:** What should be done?
- 606 **P:** Support ...
- 607 **I:** What kind of support?
- 608 **P:** Whatever we are talking about... there should be support for this talk ...
- 609 **I:** More ...
- 610 **P:** What more ...
- 611 **I:** Who should participate ... who will teach?
- 612 **P:** sister you will teach ...
- 613 **I:** You want sister to teach ... who else? Who else can support this programme? There might  
 614 be many others ... people from the health sector ...

- 615 **P:** People from health is ... what is his name ... he is Jha ... there is one woman here ... she  
 616 is Jha ... she can run ... another is "[X]" ... she can also run ...
- 617 **I:** Who is "[X]"?
- 618 **P:** "[X]" ... FCHV
- 619 **I:** What support can she do?
- 620 **P:** She will run this programme ... if you will hand over this programme to her ... she will  
 621 not corrupt even a single penny ... she will run it nicely ... she will do whatever you will  
 622 ask her to do ... [X] ... she is my sister-in-law ...
- 623 **I:** Who should run the programme so that it will be easy for you to receive?
- 624 **P:** sister if you will run then also it will be effective ... if [X] will run then also it will be  
 625 effective ... everyone is equal for me ...
- 626 **I:** But who should run ... who should run so that it will be effective for you al for all children  
 627 of your village?
- 628 **P:** Chairperson will do the initiation ... and [X] can run the programme ...
- 629 **I:** How will all of you support this programme? [X] cannot run the programme alone ... right?
- 630 **P:** Yes ... so we will follow [X] wherever she will go ... that is support ... right?
- 631 **I:** Who will go?
- 632 **P:** People who will be needed ... four or five people ...
- 633 **I:** In that kind of programme how happy you will be to participate ... or what challenges  
 634 would come?
- 635 **P:** In that programme, no one will be sad ... everyone will be happy ...
- 636 **I:** Why?
- 637 **P:** Because when it is a related programme to children everyone will be happy ... no one will  
 638 be sad ... and as you said FCHV ... if she will run then also it will be effective ...
- 639 **I:** FCHV?
- 640 **P:** Yes ...
- 641 **I:** Why will be good if FCHV will run?
- 642 **P:** Because just [X] cannot work alone ... FCHV should also help ...
- 643 **I:** What will happen if FCHV will support?
- 644 **P:** FCHV is a bit educated ... for instance, you have come here to ask with me but I am  
 645 uneducated so I cannot share more ... and I am like sister what you are asking ... when

646           you came here you said ... you will talk with one who is educated ... but they (FCHV and  
 647           [X]) are already educated ... that is the thing ...

648   **I:**     What about FCHV?

649   **P:**     FCHV is also educated ...

650   **I:**     Why did you choose FCHV?

651   **P:**     There is no reason ...

652   **I:**     But still ...

653   **P:**     She is knowledgeable ... if there will be any work related to office ... they will attend ...  
 654           they know to read and write ... but I am illiterate I cannot read and write ... that is why I  
 655           chose [X], [Y ]... her name is [Y] FCHV ...

656   **I:**     As you said the programme should come ... but what kind of challenges would come  
 657           during the implementation of the programme from top to bottom? (00:51:07)

658   **P:**     sister I do not know about this ...

659   **I:**     But still ...

660   **P:**     I do not know ...

661   **I:**     But it is like ... programme comes ... go

662   **P:**     *Sister* ... I do not know about that ... I can only share the things I know ...

663   **I:**     What kind of challenge would come when the programme will be brought ....

664   **P:**     I do not know ...

665   **I:**     So, [X] should run

666   **P:**     She will understand everything ... what will happen and what not ... what should be done  
 667           and what not ... [X] will also understand and also [Y] ... both will understand ...

668   **I:**     Why will it be easy for you when that programme will come?

669   **P:**     It will be educated ... because they are educated ... it can be only done by educated one ...  
 670           uneducated cannot do anything ... we can just talk ... but if we will go somewhere and if  
 671           someone will ask for our signature .... And if I will do that ... then later it can cause trouble  
 672           ... like ... “who signed this” ... then ... she ... and then people will beat me ... like “Why  
 673           did you signed that” ... educated people are valued and we are uneducated people ... we  
 674           do not understand anything ...

- 675 **I:** Sister as you said both programmes ... nutrition-related and game-related ... if both  
 676 programmes will run together ... what will make it easy for you to learn things from [X]  
 677 ... from FCHV ... what will make it easy?
- 678 **P:** Because they are educated so they can teach us ... but I am uneducated ... I do not  
 679 understand things ... if I would be educated ... I would say ... this to do ... that to do ...  
 680 but I am not educated ... and I don't understand things ...
- 681 **I:** In which way should the programme run so that it will be easy for you to learn ... in which  
 682 way?
- 683 **P:** I cannot say more than this ...
- 684 **I:** If that programme will come ... how will you support that programme?
- 685 **P:** I will go with them ... if they will ask me to go with her, I will go ... I will do whatever  
 686 she will ask me to do ...
- 687 **I:** What more contribution will you do to bring that programme for your village ... for the  
 688 people of your village?
- 689 **P:** As I said ... whatever they will ask me to do ... I will do that ... If I will do it once ... it  
 690 will set in my mind that ... sister told me to do this and now I will do it every day ...
- 691 **I:** As you said you will follow [X] whatever she will order ... have you ever participated in  
 692 this kind of group ... this kind of meeting...
- 693 **P:** No, I haven't ...
- 694 **I:** Have you ever participated in any kind of group with [X] ... or FCHV ... have you ever  
 695 been?
- 696 **P:** I have never been ...
- 697 **I:** In mother group discussion?
- 698 **P:** Yes, I am also a member of that ... but people go to tour Kathmandu and many other places,  
 699 but I didn't go anywhere ... I have never been to Janakpur on tour ... so leave rest things  
 700 ...
- 701 **I:** If this nutrition-related programme comes... or this game programme related ... then what  
 702 kind of help can you offer from your side?
- 703 **P:** From my side ... whatever I will feel like doing ... I will do that ...
- 704 **I:** What?
- 705 **P:** What to say (Laughs)

706 **I:** How will you contribute yourself to your community?

707 **P:** My brain is freezing now ... I cannot say more ... if anyone will advise me to do this ... to  
708 do that ... then I will do that ...

709 **I:** As you said when [X] will call you ... you will participate ...

710 **P:** Yes ...

711 **I:** What else can you do for that programme?

712 **P:** What can I say now ...

713 **I:** For the continuity of this programme what should be done ... so that this programme will  
714 run continuously ...

715 **P:** Group should be formed ...

716 **I:** Group?

717 **P:** Yes ... group ... the way we form group ... in the same way group should be formed ...

718 **I:** What kind of group?  
719 (Chatting with baby)

720 **I:** What kind of group?

721 **P:** As ... we started mother's group before ... but it was not that good ... just a few people  
722 participated ... it didn't work well ... people were like ... "what will happen by  
723 participating in this type of group"? but later ... everyone participated and there was the  
724 discussion like ... this should happen ... this shouldn't ...

725 **I:** So, there should be group formation like mother's group?

726 **P:** Yes ...

727 **I:** What else ... for the continuity of this programme what else can be done? What kind of  
728 group ... who should participate in that group?

729 **P:** For continuity of this programme ... there should be office ... and if there will be office  
730 there will also be chairperson ... so chairperson will decide ... what should be done ...

731 **I:** Who chairperson? (Background music plays)

732 **P:** John

733 **I:** Why did you choose him?

734 **P:** Because his mind is sharp ... he tries his best for anything ....

735 **I:** He tries?

- 736 **P:** Yes, he tries for anything ... anything that could benefit the village ... he feels like ... good  
 737 things should happen to his place ...
- 738 **I:** He tries for that?
- 739 **P:** Yes ... he tries his best ... like if good things are going to come to his place, then he tries  
 740 his best to bring that here...
- 741 **I:** In how many days should the meeting be conducted in the group... for continuity of that  
 742 programme?
- 743 **P:** To run continuously ... it should be done monthly ... once in a month ...
- 744 **I:** More ... who will teach ... who will teach about programme ... about games and  
 745 nutrition...
- 746 **P:** Sister you will teach ...
- 747 **I:** More?
- 748 **P:** One who will have knowledge on these things ... they will teach ...
- 749 **I:** Which time would be perfect ... in which time everyone can participate in such a  
 750 programme?
- 751 **P:** Sister in "*Falgun*" everyone can come ... once in every month ... people will work for 29  
 752 days and will come for the programme one day ... one day in any month will work.
- 753 **I:** In that group who should participate ... either male ... or female ... who should participate  
 754 in that group?
- 755 **P:** Both male and female ...
- 756 **I:** But this programme should be brought ... you want that ... so who will be the perfect  
 757 participants for that kind of group?
- 758 **P:** As I said, chairperson ...
- 759 **I:** But who will be the perfect participants for that kind of group formation ...
- 760 **P:** There will be a huge number of women for group meeting ... Initially this was ward number  
 761 02 and now its ward number 06 ... so in ward number two there will be many people ...
- 762 **I:** So, which kind of women should participate ... who should go?
- 763 **P:** I chose two main people ([X] and FCHV) beside them all others ... new brides ... women  
 764 ... everyone ... everyone is educated ... even my daughters-in-law are educated only I am  
 765 uneducated ...
- 766 **I:** Why did you only choose educated ... why not uneducated ...

- 767 **P:** Uneducated will also participate ... everyone will participate ... if only educate will be  
 768 taught then how will it work ... if uneducated are not taught ... you must teach uneducated  
 769 people also ...
- 770 **I:** How will they understand ... how should uneducated be taught to make them understand?  
 771 In which way ...
- 772 **P:** If educated one will teach them ... they will learn ... when we send our children to school  
 773 for the first time are they educated ... no ... teachers have to teach them to make them  
 774 educated ... my every daughter-in-law are SLC pass ... so if they will teach us then we  
 775 will also learn ... in my home only I and my sister-in-law ... we both are uneducated ...  
 776 we cannot even do a signature ... besides us, all of them are educated ... (01:00:15)
- 777 **I:** sister you chose mother's group ... like group ... group like mother's group should be  
 778 created ... why did you choose that?
- 779 **P:** I didn't choose mother's group ... I just said the group should be formed like that ... and  
 780 run in that way ...
- 781 **I:** In which way ...
- 782 **P:** Everything was good there ... we all use to sit together from all sides... there used to be  
 783 discussion ... no noise ... no fight ...
- 784 **I:** From that kind of mother's group how much you believe will a participant learn?
- 785 **P:** So much ...
- 786 **I:** If this game and nutrition programme will go through mothers' group ... how much will  
 787 people learn from that ... what do you think about that?
- 788 **P:** In our village, we used to organize a mother's group just from ten women ... but in this  
 789 whole village should be involved ... so, we should organize in that way ...
- 790 **I:** In which way?
- 791 **P:** In any kind of group there won't be noise ... things will go calm ... so things should be  
 792 done in that way ... if children mother and father will be educated, they will teach their  
 793 children back ... and children parent's will do that much only how much they know they  
 794 have ... that is the thing ... we also that much only how much we know about children ...  
 795 I do not have more knowledge so I do not do much ... if you people will come ... if you  
 796 people will give education then only our mind will progress ...
- 797 **I:** What kind of game should be taught ... what is in your heart ...

- 798 **P:** There is nothing in my heart ... I have said everything
- 799 **I:** Is there anything else you would like to share ... is anything missing ...
- 800 **P:** No ... Nothing ....
- 801 **I:** So, what you said is ... game is important ... it sharpens mind ... children make mother
- 802 happy ... children live happily ... you also said food is important for children ... there was
- 803 once a programme in your village but that didn't continue ... you also said game and the
- 804 nutrition-related programme should be brought ... the programme can be brought by
- 805 chairperson ... you chose him because he tries his best to bring any programme ...
- 806 **P:** Yes, he doesn't let the programme go out of his hand ...
- 807 **I:** That is why you choose him ... and you also said everyone should participate in that group
- 808 ... you also chose two women Shanti and FCHV for this programme to run ... they can
- 809 teach nicely, and you all can learn ... that is the thing ... right?
- 810 **P:** Yes, sister you and I have the capacity to feed our children ... but there are so many people
- 811 ... for them, it is hard even to feed rice and dal to their children ... how can they feed other
- 812 things ... like fruits ... there are many people like this ... so if this programme would come
- 813 ... either through you ... or through government ... then who are able to feed they will feed
- 814 and who aren't able they will also ...
- 815 **I:** Is there anything else you would like to share?
- 816 **P:** No
- 817 **I:** Thank you for your time ...

818

819 **End of the Interview**

820