

Code: Father, SSI 3

Index:

M: Moderator

P: Participant

Interview duration: 01:14:10

Language in which the interview was conducted: Maithili

Location: Participant's house

Date of the interview: 5 March 2021

Interview started:

M: What are the things your child plays with ... your youngest child ...

P: My youngest child ... youngest one plays with rattle "*Jhunjhuna*" ... the elder one plays with bat-ball, football ... smaller football ... dozer, tripper (toys) ... he plays with that.

M: Your youngest child is under three years of age, right?

P: Yes ...

M: For that child ... as you said he plays with rattle ... what does he learn from that?

P: From that ... when he listens to the sound, he is attracted towards it ... his mind ... wherever it makes sound his eyes rotate in that direction He looks exactly in the direction from where the sound comes from ... that is what he does now ... he is just seven months old ...

M: From the game ... or from whatever you are saying ... what does the child learn from that?

P: Umm ... as he is young Dozer (a toy) ... as he is young, he watches videos on mobile ... videos of dozer ... tripper ... so for him the best toys are dozer and tripper ... and I am fond of cricket ... so when I watch cricket he plays with bat and ball ... he likes to play with that ... he doesn't like to play with muds ... he plays with more with bat and ball.

M: What kind of things will a child learn from these things from how much you play and speak with them ...

P: From them ... I do not know what will happen with the other toys they play with but playing with the bat- the ball is a kind of art ... it is the art of playing ... if he interested in bat-ball from his childhood ... then from that ... they will ...

- 32 **M:** From bat ball ...
- 33 **P:** Yes, because even I was interested in cricket since the very beginning, and it was my
34 interest to take it in future as well ... But in Nepal, there is no such opportunity ...
- 35 **M:** What are the other things that you do to teach your child?
- 36 **P:** More ... I make sounds from my mouth ... I give him a rattle to play with ... whenever I
37 make a sound or speak, he looks at me ... it will let us know what the hearing capacity of
38 our child is ... this will help in their further development.
- 39 **M:** From which medium does the child try to learn ... they try to learn every day, right ...
- 40 **P:** No, we just teach them by playing with rattle ("*jhunjhuna*") ... whatever we teach they
41 learn ... they try to reply just after us in their own word like "*Han Gae*" [Yes] ... they
42 make the sound ... they will learn slowly ...
- 43 **M:** Oh, the way you make a sound he tries to learn from that?
- 44 **P:** Yes.
- 45 **M:** The way you make a sound to teach your child ... or the way they play with rattle ... how
46 do all those things help in the growth and development of the child? In their mental
47 development? From these things how will their brain develop...
- 48 **P:** Their brain ... like when they sake rattle ("*Jhunjhuna*") ... their capacity of hearing sound
49 will increase ... like from where is the sound coming ... and another thing is he tries to
50 find what is the exact location from where the sound is coming ... like "Oh from that place
51 the sound is coming" in this way slowly there will be development ... which means their
52 thinking capacity increases ...
- 53 **M:** Their thinking capacity increases?
- 54 **P:** Yes ...
- 55 **M:** He tries to think slowly, right?
- 56 **P:** Yes ...
- 57 **M:** What else does he try?
- 58 **P:** Like ... when we keep rattle far away from him ... he crawls away to get that ... in this way
59 his immunity system will be strong ... his hand and legs will move ... he tries to move
60 forward ... that is what happens ...
- 61 **M:** How important do you find How important is it to teach them ... to teach a child under
62 three years of age ...?

- 63 **P:** It is important for a child to play because ... in this age, it is the game which is their exercise
 64 and all other things... during this age game is everything ...
- 65 **M:** How important you find it for your child?
- 66 **P:** Playing is very important ... because at this age they will play only ... through the games
 67 they will have their physical development ... they will shake their hands and legs ... their
 68 physical development begin ...
- 69 **M:** What are other kinds of development?
- 70 **P:** Also, mental development ... because they are children and we cannot teach them anything
 71 forcefully ... so through continuous playing, they will have their mental development and
 72 their physical development ... their thinking capacity will increase ... it will all depend on
 73 their environment ... place ...
- 74 **M:** How do people of this village try to teach things to a child under three years of age ... what
 75 do they do?
- 76 **P:** In the village ... normally children are given rattle to play with ... people show their love
 77 and affection through speaking with them politely ... regular things which is being
 78 practiced in yours and mine community That is done ...
- 79 **M:** Oh ... okay
- 80 **P:** In cities ... high cities ... they have a different kind of provisions for a child ...
- 81 **M:** What is a different provision outside the city?
- 82 **P:** Outside ... there are different kind of facility for child ... they start teaching a child from
 83 a very young age ... but in the village, we are not able to give so much time ... his mother
 84 ... my wife ... she is the one who looks after the baby ... I leave for office at 9 am ... so I
 85 just show my love speaking politely...
- 86 **M:** As you said there are no such facilities ... but children love to play with rattle, right?
- 87 **P:** Yes ...
- 88 **M:** How important is the role of a guardian (All members but specifically mother and
 89 grandmother) for a child under three years of age ... to teach them through games?
- 90 **P:** Guardian are very important ... because they are the one who care and handle the child
 91 ... the guardian looks after all these things ... so the child depends on the guardian
 92 mostly ... whether I keep the child, or my wife does ... I usually go out ... I am not in the
 93 house ... my wife stays in the house ... so she is the one who takes care of the child ... so

94 guardian is the key person ... whatever guardian (mother) teaches ... they are the key
 95 person... because I cannot be with my child full time ...

96 **M:** As a father what can you do to teach your child ... what are you doing now to teach your
 97 kid?

98 **P:** The normal things ... I call him ... I give him something to play ... I keep rattle far from
 99 him and he then crawls to take that ... I watch whether he crawls or not ... he tries to crawl
 100 ...but he cannot crawl now ... so he tries to lift his body when I make him lie down ... so
 101 this will help in his physical growth ... I make him listen to sound and he listens ... he
 102 watches TV sometimes when there is cartoon channel on ... he looks at the cartoon ... his
 103 eyes will be active this way ... he doesn't know what is going on the TV in real ... but
 104 through vision he realizes something, and he is happy ... so slowly we also realized what
 105 makes him happy and what doesn't If he doesn't like anything, he will start crying ...
 106 he will not show his concentration ...

107 **M:** How important it is for parents to sit together and play with kids for mental development?

108 **P:** It is hundred percent important ... because children will not learn themselves ... so he will
 109 seek someone who can guide him from his childhood ... then only he can learn ... nobody
 110 learns by themselves ... it is compulsory for someone to be there to teach them ... there
 111 should be one guardian as a guide ...

112 **M:** Who could be that guardian?

113 **P:** Mother will have the lead role ...

114 **M:** More? Besides mother?

115 **P:** His mother ... his grandmother ... they have the lead role ... they are the key people ...
 116 after that me ... whenever I get time, I spend it with my kids ...

117 **M:** How can a mother teach a child?

118 **P:** Mother ...

119 **M:** Why is mother important?

120 **P:** Because children are more connected to their mother... any child is connected with their
 121 mother ... whatever child learns they learn from their mother ... in the early years... during
 122 first two years of their life they learn about things from their mother ... after that, I am also
 123 the guardian When I will take him out with me he will learn things ... but I will not
 124 take him now at this age or make him watch how other children play... for that he has to

125 be little older ... he has to walk ... then only he will learn ... so now he stays in the home
 126 ... he is a little one ... so it is his mother who teaches him ... we just show our love and
 127 affection ... that's it ... if he will get older, I will take him out with me ... I will play with
 128 him ...

129 **M:** If children under three years cannot play the way they want to play ... how will they be
 130 affected?

131 **P:** Firstly, their mental condition ... depression ... Their mental health starts depleting since
 132 their childhood. They cannot progress if they want something to play and if I will not give
 133 him that thing ... because from childhood everyone is determined ... and they will become
 134 what we teach them in future ... but if I will prohibit him from childhood ... for what to
 135 play and what not to play ... this will add mental stress to him ... and his brain won't
 136 develop fully ... they will be mentally retarded ... like talent ... there are so many children
 137 who are active and talented from their childhood ... they like to study ... because since
 138 childhood they are studious ... and there are also children who are lazy because they have
 139 not cared from childhood ... so there will not be their mental growth ...

140 **M:** It will affect mental growth, right?

141 **P:** Yes.

142 **M:** What kind of programmes are available in your village related to the mental growth of
 143 children ... what kind of facilities are available in your village?

144 **P:** In my village ... there are no such facilities for mental growth ... I give them puzzle games
 145 to play ... so that is it ... they will learn from them, and it will slowly help in their mental
 146 growth ... I give them mobile to play games ... childish games ... that child plays ... so
 147 he plays that ... after that, I have also brought ABCD board for my child ... he learns from
 148 there as well ...

149 **M:** What kind of facilities are available in your village for a child under three years of age?

150 **P:** In the village ...

151 **M:** What kind of programmes?

152 **P:** In the village there is nothing ... there is nothing in my village ...

153 **M:** What do you expect to have?

154 **P:** For a child under three years of age ... for a small child ... what I have seen in India is ...
 155 there are parks for children ... children go and play there ... there are different plants and

156 trees ... there are different arts done ... so that children will learn words from them ... such
 157 things are made in park ... children look at them and learn things ... by looking at the
 158 things one can learn easily ... it takes time to learn from books ... but when it is visual it
 159 will set immediately in their mind ... if they will see practically ... for instance for a child
 160 under three years of age if they will see A written somewhere ... or anything else in the
 161 park then they will try to learn infinitely ...

162 **M:** Park ... what else should be there for mental growth ...

163 **P:** For that there should be a doctor in the hospital or the health post who will treat mental
 164 illness ... there should be a survey done for such child ... the way you have come ... to
 165 know what kind of child are there with mental issues ... it happens in Japan ... like “What
 166 kind of child s/he is ... which child wants what” ... because they know from the childhood
 167 about the kids that in which faculty the child will do best ... what will the child do in future
 168 ... they care about those things from childhood ... that is why those children progress ...
 169 because they have seen everything from their childhood ...

170 **M:** What should be available in your village?

171 **P:** In my village ... there should be a small place for children to play ... any materials to play
 172 with... because a child under three years of age starts to play ... because in that age they
 173 will just learn ABCD, or they will play. They will learn through games If that could
 174 happen ... it will be good ...because a child under three years of age won't go to school
 175 for study ... they will go to school only after 4 or 5 years ... if three years of the child will
 176 go to school ... they will just go and come but will not be able to study ... children at three
 177 years of age will only play in their age ...

178 **M:** I would also like to ask you about nutrition ... what kind of facilities are available in your
 179 village related to nutrition?

180 **P:** Related to nutrition?

181 **M:** Yes ... For a child under three years of age ... what kind of?

182 **P:** It's the same ... vaccination and vitamin ... I do not have much information my mother
 183 and wife would know better ... I think it's immunisation They will also receive vitamin
 184 capsules from the government In between different supervision and monitoring for
 185 children also comes

186 **M:** Who comes?

- 187 **P:** People from the department of health services ...
- 188 **M:** For supervision and monitoring of child?
- 189 **P:** In every six-month child receives vitamin tablets to prevent them from malnutrition ... and
- 190 also vaccinations ... they also teach us how to maintain sanitation and hygiene in the house
- 191 for children ... sanitation and hygiene ... that is what they teach Things related to
- 192 malnutrition ...
- 193 **M:** Where do they teach ... where do they come?
- 194 **P:** They visit village ... different wards ... they then visit every household and tell parents to
- 195 bring their child They then provide vitamins to the children who need that and
- 196 vaccination ...
- 197 **M:** Also, vaccination?
- 198 **P:** Yes ...
- 199 **M:** What are other kinds of facilities available for a child under three years of age ... one you
- 200 said vitamin ...
- 201 **P:** There is nothing else ... For that you have to be careful yourself ... that's it
- 202 **M:** But they visit locality (tole to tole) and give suggestions ...
- 203 **P:** Yes ... they give suggestions ... because we do not know the actual time to give vitamins
- 204 to children ... but they come to us ...
- 205 **M:** Who comes to give such suggestions ... especially?
- 206 **P:** She is from health post ... I think she is a nurse or what ... she is from my village ... she
- 207 comes and spread the information ... (Talking about ANM)
- 208 **M:** Is she the one to give suggestions (FCHVs)?
- 209 **P:** No ... not she ... she just comes to us to invite us ... she tells "everyone should go there"
- 210 so everyone goes there ... they are taught there ... they sometimes distribute soap and teach
- 211 how to wash hands ... how to take care of the child ... they also teach such things ... these
- 212 all are through the government ... they send people to the village ...
- 213 **M:** For this programme ... as you said earlier that there is a nutrition programme ongoing ...
- 214 children are given immunisation services ... vitamin ... why do you like that programme?
- 215 **P:** Because the government must have plans for that ... there are children who also plays with
- 216 mud ... which might spread infection in them ... malnutrition ... everyone knows that
- 217 children like to play with mud ... so the government sends nutrition programme ... anti-

218 dose ... they are given to the children ... and there are no side-effects for them as well. It
 219 will benefit them. Government must have some plans for sending them ... and I am happy
 220 about that ...I am happy that government looks after the child here ... government is
 221 concerned for the children of village and cities ...

222 **M:** How many programmes have you attended by carrying your children?

223 **P:** Which one? Immunisation? Yes ... it comes in very two-four month ... my wife takes
 224 children over there ... I haven't carried them there till date ... because they do not come
 225 on Saturdays ... they come another day... besides Saturday and I am not available other
 226 days ... I go for my office at 9:00 am ... so, they go with their mother ... the facilities
 227 from government ... we take them ...

228 **M:** How do you take the facilities? How do you find the behavior of the service giver?

229 **P:** Good ... everyone is good ...

230 **M:** What is the medium for service giver ... Is it direct?

231 **P:** One person is selected first ... they then choose the location for them ... the location is
 232 chosen in the center ... and there is also one FCHV Who wanders inside the village
 233 and informs everyone that ... everyone participates in the programme and receives the
 234 services from the government ...!

235 **M:** So FCHV comes to convey information?

236 **P:** Yes, they come.

237 **M:** Have you received any kind of challenges receiving those services?

238 **P:** No. we are receiving whatever services are being provided from the government ...

239 **M:** How do you find those suggestions?

240 **P:** They are good ... these things should happen ...

241 **M:** Why did you like those facilities?

242 **P:** At least the government thinks that the children should not be malnourished ... because
 243 when the child has malnutrition it will affect their physical development ... mental
 244 development ... due to that child might get sick ... which will also affect the financial
 245 status of the country ...

246 **M:** That is why you liked that programme?

247 **P:** Yes ...

- 248 **M:** As you said that nutrition programme is going on in your village ... like the programme of
 249 vitamin A, immunisation ... what about height and weight measurement?
- 250 **P:** Measurement also happens ...
- 251 **M:** That is also related to nutrition, right?
- 252 **P:** Yes ... they come and measure the weight of the child ... they carry paper with them and
 253 write children's weight over there ...
- 254 **M:** Okay ... so as you said there is already a nutrition programme here ... for growth and
 255 development of children WHO recommended that in addition to the nutrition programme
 256 there should be playing and learning activities added ... it will be good then for child ...
 257 it is the recommendation of WHO for a child under three years of age ... what do you think
 258 about this suggestion?
- 259 **P:** We play with the child according to our choice ... but if INGOs will bring a programme
 260 related to the playing activities according to them then ... they might teach games in a
 261 technical way so that children can learn something ... what I will teach will be a different
 262 thing and what professional will teach that will be a different thing ... they will teach
 263 related things ... they will teach with full knowledge ... that is a good thing ... that kind
 264 of programme must come
- 265 **M:** Not only nutrition-related to programme ... but the playing and learning is thought to be
 266 combined with that ... it will be good for children that is the suggestion of WHO ... you
 267 said that is what you liked ... What will community people think about this programme?
- 268 **P:** Community people will also think good.
- 269 **M:** Why?
- 270 **P:** Everyone wishes betterment of their child ... it's rare that people will not like this ... people
 271 from old generation ... they have the perception to not take their child out ... those people
 272 might not like that programme ... but those who have knowledge on nutrition and
 273 malnutrition ... they will consider it good ... one who have knowledge related to games
 274 and its benefits.... But those who don't have knowledge related to games they won't
 275 participate.
- 276 **M:** Those who don't understand this won't participate, right?
- 277 **P:** For those who don't understand government should teach them ... "this happens to child
 278 ... that happens to child" ... like you have come here to teach me ... I am just what I know

279 ... I do not know all the things ... there might be some people who are completely unknown
 280 about these things, and they should be informed like you have come here to ask me. Those
 281 who do not know about these things they might learn ... so these kinds of things should
 282 come in between who can inform about these things to us and then in the second lot only
 283 the programme should come ...

284 **M:** One who doesn't understand these things should also be taught?

285 **P:** Yes ...

286 **M:** If combined playing and nutrition programme would come how will it help in the growth
 287 and development of the children?

288 **P:** Now about that ... The way they will teach a child under three years of age, for example,
 289 they might show visuals games with sound. These will help in mental growth, visual
 290 growth, and thinking capacity. They might teach what to eat, about taste ... they might be
 291 given to smell something, and children will slowly learn about the smell. They will be able
 292 to tell this is pleasant smell and that is unpleasant smell. Because children will learn those
 293 things from the beginning ... this is this ... that is this ...

294 **M:** If games will be added to the nutrition programme ... how will it affect in growth and
 295 development of the children ...

296 **P:** If games will be added to the nutrition programme?

297 **M:** Yes.

298 **P:** If there will be nutrition programme children will be healthy ... if there will be playing it
 299 will help in their physical development and mental development These two things ...
 300 and these two things are very important for any child under three years of age because it is
 301 said that children growth should happen till five years ...

302 **M:** For the growth and development of the children ... in which nutrition programme should
 303 the playing programme be added ... because nutrition programme is focusing on only
 304 nutrition ... so in which nutrition programme should the game programme be added? As
 305 you said there are height and weight measurements... vitamin ...

306 **P:** Height and weight measurement would be good ...

307 **M:** Why?

308 **P:** Because in that nutrition programme body weight will be measured ... and we can also
 309 know if playing games will effect in the body of a child or not ... because one cannot be

310 taught to play the game by giving them medicines ... medicines might have side-effects ...
 311 infection ... or different kind of reaction ... but in height and weight measurement ... there
 312 will not be any chemicals included ... so children can play games ...

313 **M:** Playing activities should be combined with measurement?

314 **P:** Yes ... The vitamin capsule or any other tablets will not help children to play games ... by
 315 giving children injections they won't play ... they will just cry ... children under three will
 316 surely cry ... so they don't play ... so it can be included in measurement ...

317 **M:** If the government will plan to bring this kind of programme, then how can they bring it to
 318 this village ... in what way should it be brought?

319 **P:** From village ... for instance NGO ... the whole database is in the health post ... it can be
 320 brought through with them or INGO or direct coordination of government ... the database
 321 of every village can be obtained from the area ... the provincial hospital have a database
 322 ... most probably ... so the health post should contact the provincial hospital or the FCHV
 323 of the village could contact the hospital for database...

324 **M:** To reach in every house of the village ... which method would be appropriate? From which
 325 way should this programme run?

326 **P:** The way vitamin programme comes ... when the government sends these programmes
 327 FCHV conveys the message in every house ... in the same way if the message will be
 328 conveyed everyone will carry their child with them ... that is just the link for us now ... I
 329 don't see any other ways. So it will be better if it will come through health post because
 330 they have all the data related to child ... because immunisation of children starts just from
 331 one or two months ... they have all the data related to a child under five years of age.

332 **M:** Health post?

333 **P:** Yes, health post will have all the data related to children under five years of age ... health
 334 post of the village ... in the area ... and there is whole zonal data with zonal hospital...

335 **M:** In which way should it be taken ... who should operate it ... as you said FCHV ...

336 **P:** It can be operated through NGO. FCHV knows everyone over here. She will roam around
 337 the village and even she is known to everyone. If the programme will be operated through
 338 them, people will go to participate immediately. But if a new person will be appointed to
 339 convey messages, then 50 % of the people will not take him seriously ... and question like
 340 "Who is that person ... we don't know him" ... but if people from the health post will come

341 people will feel “Oh she is from health post and is send to visit house”. Sending directly
 342 from NGO will be a different thing again ... but if anyone sends through government then
 343 it will be better because people have already received services from those people and so
 344 they trust them. Nowadays it's all about trust especially when it comes to children. Without
 345 trust, no one will send their kids ... that is the thing ...

346 **M:** Where and how should the programme be conducted?

347 **P:** In every village ... village is huge ... it should be done in every locality (tole) ...

348 **M:** Locality?

349 **P:** In every locality ... time should be given in every locality ... for instance in a village ...
 350 Not much yet there will be 20 children ... minimum 20 ... and for 20 children the whole
 351 day or at least minimum 4 to 5 hours should be separated ... so the service should be given
 352 by visiting every tole ...

353 **M:** Who can be the leader to conduct this programme in the locality?

354 **P:** In the locality ... the one I said ... who keeps coming to us ... the staff of health post
 355 (FCHV)... she has full knowledge where are kids because she comes every month, in five
 356 months ... so she knows everything ... so she will be the better option because she has all
 357 the knowledge where kids are. In addition to that she recognizes everyone, and everyone
 358 recognizes her ... that is trustworthy ... so that will be the best way ... that is the better
 359 way, I guess ...

360 **M:** Better employee of health post?

361 **P:** Yes ... because if new people will come everyone will be like, “who are they? ... from
 362 where they have come from? ... are they from NGO”. For instance, sometime in the social
 363 media false news are flashed that NGO has brought new injection and could take the blood
 364 sample like that ... so people are afraid of these things. They question, “Who are they?”

365 **M:** Why did you choose people from health-post? Why did you find them good?

366 **P:** I chose because she is recognized individual in the community. She is a trustworthy person
 367 because she visits everyone and makes people understand things. That is why she will be
 368 perfect.

369 **M:** Now let's talk about the role ... initially you said FCHV, and you also said people from
 370 health posts should be brought ... in between them how can FCHV be approached ...

371 **P:** By health post, I mean FCHV of health post ...

- 372 **M:** Oh ... okay ...
- 373 **P:** The staff of health post FCHV ... because she has full knowledge of where are the children
374 in village ... in what number ...
- 375 **M:** Or employee of health post?
- 376 **P:** Yes employee ... even FCHV is an employee of health post ...right?
- 377 **M:** Yes ...
- 378 **P:** One is doctors ... nurses ... other are FCHV who visit every house to convey the news ...
379 like peon ...
- 380 **M:** In every ward ...
- 381 **P:** Yes ... because they have all kinds of knowledge ...
- 382 **M:** Of every ward?
- 383 **P:** Yes ...
- 384 **M:** How should that be done whether by making groups ... or by door-to-door visit suggestion
385 ... in which way should it be done? As you said in every locality ...
- 386 **P:** In locality ... because it is not possible to follow door-to-door visit ...
- 387 **M:** Why do you not find it possible?
- 388 **P:** Because it is hard to manage time for every house ... it will take more time ... and so in
389 just one village it will take nearly one month ... if she will follow door to door visit ... and
390 in one locality there might be 20 houses ... and in 20 houses it might not be sure to find 20
391 kids ... there might be 10 kids ... so 10 kids can be brought together and taught to play ...
392 so, they will be taught in single time ... it will benefit every kid in small time ...
- 393 **M:** But children can be ... children might be two years old as old ... under three years as well
394 ... some six months old ... some may be one year old ... what is the possibility for those
395 children to participate in such programmes?
- 396 **P:** Everyone will not come ... one who are two months old children they won't come ... those
397 who are six months plus they will come ... because children under two months will only
398 concentrate on the sound, they won't play ... after 5-6 months their brain will catch
399 something ... they will experience something ...
- 400 **M:** Who will take them to that place? What is the possibility of this in this village?

- 401 **P:** It is possible ... because in every house there are people Grandfather ... grandmother
 402 ... if not grandfather and grandmother Mother is always available So, there will be
 403 someone to take them ...
- 404 **M:** So, children above five months of age should participate?
- 405 **P:** Yes ...
- 406 **M:** What should be done for a child under five months of age?
- 407 **P:** For a child under five months of age ... I don't think it is important for them ... because
 408 child below five months of age just breastfeed ... they don't even crawl ... they just sleep
 409 the way they are made to sleep ... it is their mother who teaches them something at that
 410 time ... it will be good for children above five months of age ... it will not be good for
 411 children below five months of age.
- 412 **M:** Why do you think it is not good for them?
- 413 **P:** Because children below five months of age don't even show much movement ... if they
 414 want to turn around their mother or anyone near them helps them ... they just show the
 415 little movement of their hands and body ... that's it ... children above five months of age
 416 they try to make sound ... they try to catch things ... that is what happens ... children under
 417 five months of age ... if I will give them a toy to play, they won't hold that ... because
 418 their hands are always open, they do not close their hands ...
- 419 **M:** As you said it should be done in every locality ... should there be the formation of group?
- 420 **P:** If there are many staff, groups can be formed ... they can work in 2 to 3 localities in one
 421 day ... in this way, the work will be accomplished ... if there are less staff, they can work
 422 one by one in each locality ... which means they can complete 2 to 3 localities in one month
 423 in a good way ...
- 424 **M:** As you said FCHV is available in every ward?
- 425 **P:** Yes ...
- 426 **M:** So, in every ward ...
- 427 **P:** No not one FCHV in every ward ... in this whole rural municipality (place name X) and
 428 including this village one ... she looks after both ...
- 429 **M:** One FCHV?

- 430 **P:** Yes ... And again, there is a health post in (place name Y) ... so that FCHV looked (place
 431 name Y) and (place name Z) they work in this way ... now it has turned rural municipality
 432 initially it was VDC ... so according to VDC there used to be one FCHV in each VDC.
- 433 **M:** How should the FCHV run this programme?
- 434 **P:** Since it has turned rural municipality, I do not know the working pattern of the hospital but
 435 ... I think even now it is the same way because there is one health post for two villages...
 436 so FCHV can do this because she has all the idea ...
- 437 **M:** FCHV have to teach in their respective toles [locality]?
- 438 **P:** Yes ...
- 439 **M:** Who should go there because children alone cannot participate in that ...
- 440 **P:** In that ... the mother of the child doesn't come out of the house most probably ... so either
 441 child will be carried by children grandfather or grandmother Mostly they are carried by
 442 their mother ...
- 443 **M:** Why mother doesn't come out of the house?
- 444 **P:** In the villages those who are newly married they do not come out of the house. So they
 445 don't come ... one who are bit old or who already have two children or have a child after
 446 five to seven years of marriage, they can come out of the house ...
- 447 **M:** What should be done for new brides?
- 448 **P:** For new brides ... if there is no one in her house ... FCHV can visit her home to teach her.
 449 Everyone in the village might not be a new bride so they can be taught in-house as well.
- 450 **M:** What is the situation of this problem in this whole village? There must be a new bride in
 451 everyone's house.
- 452 **P:** This is the concept mostly in the "*Brahmin*" community ... In our "*Brahmin*" community
 453 women do not come out of the house so immediately ... they come out only after five or
 454 six years ...
- 455 **M:** What should be done for them? For, those brides?
- 456 **P:** For them ... the grandmother will carry the child ...
- 457 **M:** Grandmother will carry the child ...
- 458 **P:** Yes ... grandmother
- 459 **M:** Children should be sent through a grandmother, right?
- 460 **P:** Yes ... so grandmother will instruct her daughter-in-law ...

- 461 **M:** This means those mothers who are a bit old (five years) can go and learn ...
- 462 **P:** Yes, they can. In “Madhesh” (*Terai*)... the newly married brides are not allowed to come
463 out of their house ...
- 464 **M:** Does this exist only in “Jha Brahmin” or more communities?
- 465 **P:** It is not seen in other communities. It is more common in “Jha Brahmin”, “Brahmin”,
466 “Rajput” “Brahmin” ... those who are high class they don’t come out of their house...
- 467 **M:** What will happen if they come out?
- 468 **P:** I do not know that actually, but they are not allowed to come out so far ... as in new brides
469 doesn’t come out of the house ...
- 470 **M:** In which way should they be taught ... how do you find the situation of FCHV ... how
471 capable is she to teach such things?
- 472 **P:** FCHV does all other things good but as you said about the play-related programme which
473 will be added to nutrition-related measurement programme ... they should be pushed
474 according to that and I think FCHV will be given training from the international
475 organisations and if she will receive the training, she can do ... if she is trained They
476 will be sent by giving them training from the international organisations ...
- 477 **M:** They should be sent after training?
- 478 **P:** Yes ...
- 479 **M:** Which could be the effective way for them to teach these things so that she will be able to
480 teach these things in villages and locality. In which way it will be easy for grandmother to
481 learn these things ... which medium will be easy for FCHV to teach these things?
- 482 **P:** Video ...
- 483 **M:** Which medium could be appropriate ...
- 484 **P:** The projection of video from projector because one learns easily by seeing ... when one
485 sees things, they learn immediately ... through verbal conversation they might learn
486 something and miss something ... but through visual they can learn things easily because
487 it will be shown practically ... so if it will be shown practically, they will understand things
488 more clearly ...
- 489 **M:** Through which evidence are you saying all this ... can you give an example for it ... have
490 you seen anywhere ... anybody learning from visual ...

- 491 **P:** Children ... there are some schools in (place name A) ... there is playgroup... so in those
 492 group they do not teach by reading and writing ... they teach through visuals ... there are
 493 alphabet letters ... they can touch it ... so children will also learn fast ... that is what
 494 happens ...Even FCHV will learn fast from videos.
- 495 **M:** After seeing visual?
- 496 **P:** Yes ... even you and me ... if someone will tell us something, we might forget that ... but
 497 the visual ... that will get stuck in our mind ... even if you forget the things but when you
 498 will recall the visual ... you might remember things ...
- 499 **M:** So visual should be shown?
- 500 **P:** Yes ...
- 501 **M:** And you said that about grandmother ... how effective will it be grandmother will learn?
 502 How will it make a difference in children's lives?
- 503 **P:** Mostly children live with their grandmother ... when they turn four or five years then only,
 504 they start helping in household chores ... Mostly children live with their grandmother and
 505 grandfather ... so if they will learn then only, they can teach children ... that is why I said
 506 it will be good if grandparents will participate. Because mother will be busy in household
 507 chores ... for instance she will cook food for child ... so even at that time it is their
 508 grandparents who will carry them ... so if grandparents know things, then only, they can
 509 play with the children in that way ... that is why grandparents will be perfect for this ...
 510 for that programme ...
- 511 **M:** How important is a father participation in that programme?
- 512 **P:** It is important for a father to learn as well ... but in most of the house the father of the
 513 children ... In Nepal mostly they go for overseas employment ... so there is no chance for
 514 fathers to attend such programmes for three years ... for instance, he will have a child and
 515 he will migrate overseas ... so for three years there is no chance for him to see ... he will
 516 come after five years only ... three years ... four years ... five years ... till then the children
 517 will learn themselves to play ... they already will learn things (laughing)
- 518 **M:** (Laughs) you made me laugh ... he will go overseas ...
- 519 **P:** Yes ... what would he teach ...
- 520 **M:** To run this programme whose help and support are required ... so that it will be easy to
 521 bring this programme ...

522 **P:** At first ...Nepal government ... and another as you said WHO ... for the world ... they
 523 should coordinate with Nepal government ... and after that NGO ... health post ... because
 524 health post cannot run that programme directly, they will certainly require help from NGO
 525 ... they have to take the support ...

526 **M:** Why do they require help from NGOs?

527 **P:** Because health centers will have a different kind of programmes in the village ... so they
 528 cannot accomplish them directly ... and there is not much staff that they will look after
 529 everything ... and you must be knowing about the situation of Nepal that it is not so
 530 systematic here ... it will be better if it will come through NGO to the health post ...
 531 because through NGO the work will be fast ... and if NGO will be attached to health post
 532 then for NGO what will be the convenience is through them they can cover the whole area.
 533 Because health post knows these things ... health post knows about all the area, but NGO
 534 doesn't ... so if the programme will come from NGO and delivered through health post
 535 then the work will run smoothly. The work will be done smoothly by NGO, but the health
 536 post will be helping it ...

537 **M:** But for that employee is also needed ... and from where should they be brought?

538 **P:** NGO already has employees with them.

539 **M:** NGO will do it in their way ... but how can it be done through government ...

540 **P:** Government also have staffs in health post and the health post of villages are not much
 541 crowdy too. Everyone is probably free ... there are just five to six staffs ... there are not
 542 many ... and in addition to the that there will be staffs from NGO so both can make things
 543 work together ...

544 **M:** To reach through everyone ... from grandparents to children ... to make this programme
 545 accessible for everyone whose help and support are required ... so that it will be easy to
 546 run this programme?

547 **P:** I didn't understand the question ...

548 **M:** To run this programme ... to bring this programme ... how will the programme come ...
 549 and to run the programme in an effective way ... whose help will be required?

550 **P:** You mean whose help from the village?

551 **M:** Yes ...

- 552 **P:** From village ... the guardian of the house ... the main guardian (father or grandfather) ...
 553 they should be explained that this will be happening ... that will be happening ... main is
 554 the guardian ... if they will be convinced children will go for sure ... main the guardian of
 555 the house should be convinced ...
- 556 **M:** They should be convinced ...
- 557 **P:** Yes ...
- 558 **M:** To bring this programme whose help is required? Main ...
- 559 **P:** Main is Nepal government ...
- 560 **M:** Whose else help is required?
- 561 **P:** After the Nepal government ... the people from health post ... they are also a staff of Nepal
 562 government ... help should be required from them ... if the playing activities is included
 563 in that then help from sports sector of government could also be taken ...
- 564 **M:** From the sports sector?
- 565 **P:** Yes ...
- 566 **M:** More? Who else can help in this programme ... Whose else support is required to run this
 567 programme?
- 568 **P:** Government Under government ... Ministry of sports ... and main the local from this
 569 area should be contacted ...
- 570 **M:** Who is the local?
- 571 **P:** Like mayor ... they know everyone ... ward chairperson ... they also know everyone ...
 572 they should talk and discuss that this kind of programme is going to happen in your area
 573 ... in this way, they will also get fame ... mayor will also get fame ... also ward chairperson
 574 and work will also go on ... that is one plus point ...
- 575 **M:** How can they support the programme?
- 576 **P:** They can help financially as well ... the fund which comes to rural municipality ... they
 577 can help through that ... in addition, the public of the village trust them and make them
 578 win ... so if they will explain about this programme ... they will be heard immediately by
 579 public ... because people of the village ... these two...
- 580 **M:** Which two? Municipality?
- 581 **P:** If it's in the village it will be rural municipality ...help from rural municipality ... first will
 582 be the Nepal government after that the Ministry of sports ... Ministry of Education... both

583 of them and another one is health post ... another is rural municipality Urban
 584 municipality ... they will have the responsibility ...

585 **M:** You also said that NGO can also help ... so how much can NGO help in the work of
 586 government ... NGO ...

587 **P:** If NGO will work with the government, the work will start immediately But the work
 588 of government is quite slow... NGO work as a private company so their works are bit fast
 589 ... they show their interest in these kinds of work ... so NGO will be good ... because they
 590 are funded from foreign ... so many NGO is funded from abroad ... so the work will go
 591 on fast because they have an idea ... they have a better idea than the health post ... they
 592 have educated employees ... so their working pattern is a little bit good ... because a doctor
 593 might know how to work in management side ... they will have the knowledge just about
 594 medicine ... but in NGO there are people from a business background, so they have an idea
 595 to do management ... how to take the programme ... how should be linked for the
 596 programme continuity ... this is how everything will work ...

597 **M:** NGOs are for a certain time ... they are for small-time and they work in few places only
 598 ... but this programme is for every place ... For whom it should work?

599 **P:** If NGO will give their help in the beginning Then slowly the staff of government will
 600 learn things and they can do by themselves later ... it is for staffs of government to learn.

601 **M:** What should government learn from NGOs?

602 **P:** From NGO they should learn how the work is done ... First the work should be started ...
 603 if we see the work of government they are lazy towards their work ... in any sector ... and
 604 if we go to the private sector the work is done fast there. So from NGO they can learn how
 605 the work is done actually ...

606 **M:** The way of work ...

607 **P:** They will learn the way ...

608 **M:** How important it is to seek help from a health post for this programme?

609 **P:** I said it is important because health posts have data of every village They have data on
 610 how many children are available in their village, how many are young children ... they
 611 have those idea ... because they immunize them, give them vitamin and they fill the form
 612 and keep it safely. So they have data related to that ... so the main role will be of health

- 613 post because they have an idea where children are. The FCHV who comes to us, also has
 614 idea about where are the children. So, they have the main responsibility ...
- 615 **M:** Health post?
- 616 **P:** Yes ... health post. They will have the main role to spread this programme to the village.
- 617 **M:** Okay ... How could health post spread the programme? One as you said They have
 618 data ... they also have staff ... FCHV ...
- 619 **P:** FCHV ... yes ...
- 620 **M:** Can you give me an example where you liked the work done by FCHV?
- 621 **P:** Yes ... there is ... Some days during the corona pandemic ... there was a programme for
 622 all the women here ... FCHV visited all the houses to inform this ... they also informed
 623 us ... and the school informed ... I think it was from WHO or something? ... I clearly do
 624 not remember that ... but it was related to that So, in the programme, they taught to
 625 how to wash hands ... that is what I liked ...
- 626 **M:** You liked it? So, you chose FCHV?
- 627 **P:** Yes ... and for the immunisation service Without FCHV I might not recall that it's time
 628 for my children for immunisation ... we can't remember the date exactly ... when she
 629 comes she will say now it's the time for injection ...
- 630 **M:** What kind of obstacles might be seen while doing this kind of programme?
- 631 **P:** There will be no obstacle ... because it is not money-oriented or any construction work-
 632 related project ... there won't be any obstacle Everyone will do their best whatever
 633 they can do ...
- 634 **M:** Still ... will there be any challenges during the implementation of the programme ... as
 635 now you said ... health post works a bit slowly ...
- 636 **P:** That might not create obstacles... they work a bit slow and that is a different thing ... but
 637 there will be no obstacle ... no one could stop it ... as I said ward chairperson, mayor ...
 638 they will all help ...there will not be any obstacle ...
- 639 **M:** Why would people of the village be interested to participate in this programme?
- 640 **P:** The first thing would be that it will be a new thing and no one would know what it is all
 641 about. So, any individual, if there is anything new they try to learn that ... and besides it is
 642 related to children so 100 % people will come ...
- 643 **M:** Why ... as there are so many programmes related to child ... so why in this ...

- 644 **P:** There were no such programmes ... as you said about playing activities and Even I
 645 haven't heard about it before ... I heard it for the first time ... I lived in "Delhi: in the
 646 beginning ... I didn't hear of such things ... I heard it for the first time, and I liked it ... I
 647 didn't have any idea how my children think but as you have questioned me ... I imagined
 648 my child would think in that way ... no one ever asked me "What happens when a child
 649 plays with a rattle?" ... what will happen? ... I knew that after playing with rattle children
 650 will hear sound ... but no one ever asked me that ... so that is a new experience for me ...
 651 in future if anyone will ask me, I can say them You have told me so many things ... so
 652 now I can say people ... everyone is interested because it will be a new kind
- 653 **M:** They will be interested because it will be of a new kind
- 654 **P:** Yes ... people will learn new things ...
- 655 **M:** Why will it be easy to bring such programmes ... for community people ...
- 656 **P:** Easy ...
- 657 **M:** Why will it be easy to bring such programmes?
- 658 **P:** The first thing would be ... it would be a new programme ... second things is that it is
 659 happening in their own village ... nearby them ... they don't have to go far away ... that
 660 will make it easy ...
- 661 **M:** Why will it be easy for them to follow the things they will teach there? Whatever advice
 662 and suggestion ... will be given ...
- 663 **P:** Advice and suggestion As I said through visual, they will learn easily ... that will be
 664 easy for them ... if they will be taught orally, they might forget things ... no one will
 665 remember that But as I said earlier if international organisations will send trained
 666 staff... and the trained staff can teach better ... other people or even the people of health
 667 post can teach them properly ...
- 668 **M:** Who could be that trained person ... who should be trained?
- 669 **P:** Normally ... the health staffs who are in low positions as compared to doctors in health
 670 post ... they can teach What is it called?
- 671 **M:** *Masika?*
- 672 **P:** Umm ...
- 673 **M:** ANM?
- 674 **P:** Yes, ANM ... can be taught but better if women are taught?

- 675 **M:** Why only women?
- 676 **P:** Women have more knowledge related to child ... so if there will be women it will be perfect
 677 ... in addition if there would be married women who already have child ... if she will be
 678 taught by extracting related data about the programme, it will be better ... as you said
 679 international organisations might conduct training ... they will surely open a vacancy to
 680 fill up the form for this ... In that those who are married ... who already have knowledge
 681 how to keep child ... if they will receive the training it will be plus point for them ... it will
 682 be easy to teach them ... women will understand the things immediately if women will
 683 teach them ... and in 100 women 95 will carry their children by themselves ... only 5 %
 684 will be the guardian ... carrying the children ... either father or grandfather ... there will
 685 be 95% women ... so women can learn things from women ... that is the thing ...
- 686 **M:** Women will be good for women, right?
- 687 **P:** Yes ... to learn ... you must be knowing that every village has its own way of thinking ...
 688 so if women will go near women ... they might feel a bit secure ... that is why women will
 689 be good.
- 690 **M:** In women ... who could be the main woman to teach these things?
- 691 **P:** Nurse ...
- 692 **M:** From health post?
- 693 **P:** Nurses of health post (ANM) ... if they will be given training it will be better ...
- 694 **M:** Who should they train then?
- 695 **P:** They can train people from the village who will participate ...
- 696 **M:** Will she teaches directly ... or she should be taught with the help of FCHV?
- 697 **P:** FCHV will convey about the programme ... and then people will go there ... they can learn
 698 there ...
- 699 **M:** So, to teach people trainer from top-level should come ... health post ...
- 700 **P:** Yes ... one who is trained.
- 701 **M:** Why FCHV cannot teach?
- 702 **P:** How can single FCHV teach all the population ... she will be said to teach ... but how can
 703 she do all the things alone ... there is limitation in work ... so everyone's sector should be
 704 differentiated ... for instance if I am available and if people will say me, "do this ... do
 705 that" then I will feel like they are giving me all work to do. So I will slow the work or else

- 706 they will give me third work to do. That is why if sector for works is differentiated it will
 707 be perfect because they will know they have to do those things ...
- 708 **M:** You mean to say that FCHV should assist in this programme but the trainer should come
 709 from top-level ... a trained individual ...
- 710 **P:** Yes ...
- 711 **M:** How will they be interested in this ... the FCHV ... the people from the top-level ... how
 712 will they be interested in this programme? What should be done?
- 713 **P:** There should be a package available for them ... if they will receive something then only,
 714 they will be interested to learn something ...
- 715 **M:** To make them interested The package should be made ...
- 716 **P:** Yes the package ... and everyone wants to learn something new ... so they should be
 717 convinced for that ...
- 718 **M:** What is the meaning of convincing?
- 719 **P:** Convince means ... they should be told that “you also learn this ... it will benefit you ...”
 720 nowadays’ everyone wants to get identified ... so they will be get identified ... for instance
 721 if they will teach something ... people will be like ... she was the madam who taught us
 722 ... that is also the plus point ...
- 723 **M:** If the lady will be selected from the health post ... how will it be easy for the community?
 724 One as you said she will be a lady ... more?
- 725 **P:** Another as I said ... people will listen more to females compared to males when it is about
 726 children ... male do not have any idea about the child who is two to three years ... even I
 727 do not have any idea ... my baby vomits after breastfeeding and I feel like he is actually
 728 vomiting ... his mother knows the answer why did he vomit ... he might have drunk more
 729 milk and that is why he vomited ... but I will feel like he is having a problem ... that is the
 730 thing ...
- 731 **M:** As you said one who should be appointed from health post, should be trained, right?
- 732 **P:** Yes ...
- 733 **M:** So, what kind of training should she receive? How can she be made capable?
- 734 **P:** As you said ... one who could teach children to play ... they should be from the same line
 735 ... they should be trained in that way ... so that she would come and teach ... she should

736 be taught in that way ... as you said ... how child growth is possible ... so it should be
 737 done in that way ... they should be trained about that ...

738 **M:** They should be made interested ...

739 **P:** Yes ...

740 **M:** If in the coming days we will implement that programme ... what kind of challenges would
 741 come due to that? Remember about that ...

742 **P:** Challenges could be ... the first thing ... most of the people doesn't want to participate ...
 743 so they have to be convinced ... that is one challenge ... I don't see any other challenge
 744 because the mayor of the village will help for sure ... they will support from their side ...

745 **M:** What kind of support will they do?

746 **P:** The staffs will be secured ... that "Oh the Mayor is also with us so there won't be any kind
 747 of trouble" ... because some people of the villagers they make noises. So when there will
 748 be the presence of the Mayor there will be the presence of administration ... so people will
 749 feel secure about that ... they will feel "We can do our programme here".

750 **M:** But Mayor might not be able to participate in every programme?

751 **P:** If not Mayor ... Ward chairperson from every ward, they can participate, and ward
 752 chairperson is junior to Mayor in hierarchy...

753 **M:** These are the challenges ... you feel?

754 **P:** Yes ...

755 **M:** What else? What other challenges might come ... in the coming days While conducting
 756 programme ...

757 **P:** No more challenges because if you convince them then there won't be any problem ... just
 758 the thing is they should be convinced in the beginning ... because FCHV goes so many
 759 times to convince people so 75% of the people are already convinced ... people get
 760 convinced just by looking at them ...

761 **M:** Why do you think there will be no obstacles ... as you said there will be no obstacles ...
 762 why did you say so?

763 **P:** That programme is related to children ... why would there be any obstacle for that ... it is
 764 not the project of construction line where there are things related to money ... and the hero
 765 or don of the village make trouble going there ... it is just a programme related to games
 766 ... so if they see they will also learn something ... there won't be any kind of obstacles ...

767 *Conversation overlapped ...*

768 **P:** In my opinion, there won't be any obstacle ...

769 **M:** As you said in your "*Brahmin*" community the new brides are not allowed to come out of
770 the house to join those groups ... you people don't find it good ...

771 **P:** Yes ...

772 **M:** What about other communities like Muslim ...

773 **P:** I was about to talk about Muslim ...

774 **M:** What happens in them? What kind of obstacle would they face?

775 **P:** In Muslim, they have a different perception. They do not even take vaccinations regularly.
776 They might have started taking vaccinations now. But my grandparent used to tell me that
777 they don't take vaccination and vitamin also. But now they have also become educated,
778 they also literate now ... they also read and write now ... so it's not like old generation
779 now. Since last 10 to 15 years, they have also started to understand things because since
780 last 20 to 25 years they are also in high position ... The Chief Minister of province number
781 X is also Muslim. He is educated. So now there is no old generation the way Muslim used
782 to be ...

783 **M:** Like ... there is higher caste, lower caste ... and everyone should participate in the
784 programme, right?

785 **P:** Initially there was a concept of untouchability but that doesn't exist in our village now ...
786 that is another thing if it even exists in some other village ... but that shouldn't be accepted
787 ... and as I said earlier the presence of ward chairperson will make it easy ...

788 **M:** The presence of a ward chairperson will make it easy ...

789 **P:** Yes, easy

790 **M:** For continuity of this programme ... if playing related programme will be added to
791 nutrition programme ... if that programme will come ... what should be done for the
792 continuity of the programme?

793 **P:** The first thing is ... you just don't come and go ... I do not know whether those
794 programmes will be conducted monthly or yearly ... I think it should be continued monthly
795 ... it's not that you do two months and discontinue and again start for other three months
796 ... so, in this the people think that this programme comes and go ... "it comes in two
797 months and goes after two months" ... so it should be continued ... the first thing ...

798 another thing is the staff who will give the training shouldn't not be changed ... because
 799 people will trust the old one ... so staff should be same ... the trust should be built by
 800 coming timely ...

801 **M:** How will trust be maintained ... what are other ways to maintain trust?

802 **P:** Trust ... the main thing would be not changing the staff ...

803 **M:** To not change staff...

804 **P:** Yes, not to change them ... because if someone will go for the first and second time and
 805 see the same staff but different in third time or fourth time ... or of there will be any mistake
 806 ... because every work is not 100% ... there might be some mistake ... but this will break
 807 the trust between them ... if only there will not be any staff ... he will keep doing the same
 808 thing time and again so there is 90% chance that he will not make a mistake... he will keep
 809 doing the same thing ... so there won't be any mistake ... if new people will come they
 810 will be from the new village and will come to new village ... so they might feel bit different
 811 ...

812 **M:** In what ways things should be done so that the people of the village will have a trust? One
 813 as you said ... staff shouldn't be changed ... another? What other thing should be done to
 814 maintain trust?

815 **P:** Everything should be done regularly so that people will have a trust that there will be
 816 training for them every month ... and another thing is that people shouldn't just come and
 817 go. They should teach ... that is the compulsory thing. And trust should be built so that
 818 people will have the feeling that they are learning things ... that kind of trust should be
 819 built ... if the government has given money or INGO have given money ... then they should
 820 not just come and go ...

821 **M:** They have to show their work, right?

822 **P:** Yes ... they have to work definitely ... that is the main trust ...

823 **M:** What other thing should be looked after to make this programme run ... so that there would
 824 be no challenges?

825 **P:** The necessary things are those I shared ... if these things will be maintained it will be good
 826 in the village context.

827 **M:** How important it is for the evaluation of the programme ... whether the programme is good
 828 or not ... how important is that ...

- 829 **P:** For that feedback should be taken ... the things you will teach them ... and after ten days
 830 the FCHV who visit every house ... she will inform you whether people are following your
 831 instruction or not ... so feedback should also be taken ...
- 832 **M:** From Whom?
- 833 **P:** From the guardian of the family ... feedback is very important ... if any product is launched
 834 in the programme, then feedback is also taken ... in the same way if I conduct any
 835 programme, I will surely expect feedback from that ... like how satisfied people are ... so
 836 the feedback is very important ... if feedback is not taken then there will be no use of doing
 837 the programme ... who knows people are following things which were taught or not ... but
 838 if feedback is asked in very ten days ... then it will assure that people are doing things ...
- 839 **M:** What kind of feedback should be given for the game ... for a child under three years of
 840 age?
- 841 **P:** Whatever thing is taught For instance, people made sound from rattle to know whether
 842 the children listen the sound or not ... so let's say ... they taught how to play rattle ... or
 843 gave children something to taste ... children take out their tongue to taste it ... but one who
 844 doesn't feel any taste will not act if they are given anything to eat ... so whatever you will
 845 teach they will learn those things ... like you might need a form to fill up ... "What was
 846 the reaction of your child after doing this" ... so that option will be ticked ...
- 847 **M:** We have to check that ... whether it is being practiced in a child or not?
- 848 **P:** Yes ... whether it is being practiced in a child or not ...
- 849 **M:** We have almost reached the end ... for this programme ... if this programme would come
 850 ... what will be your roles in that?
- 851 **P:** Whatever it is possible to do from my side ... I will do that ... for instance, if you will ask
 852 me to convince community people of my locality then I will do that because everyone in
 853 my locality knows me ... we have a trust ... we are brothers and relatives here ... so if I
 854 will say them ... they will trust me ... So, whatever it is possible to do from my side ... I
 855 will do that ...
- 856 **M:** You also have a child ...
- 857 **P:** Yes, of course, and if I will send my kid then only another will send following me ...
- 858 **M:** You will send a kid from your family?

859 **P:** Yes, and then only others will follow me ... nowadays' everyone is educated at least up to
 860 class 12 ... it is not like before now that people are thoughtless and will not understand
 861 things ... and if there will be visual teaching then those who are not educated, they will
 862 also learn there ...

863 **M:** You really said very good things ... I am very happy about that ... this is my last question
 864 now ... how easy it will for all the people of this village to participate in that programme?
 865 What do you think about that?

866 **P:** In my opinion ...
 867 Conversation overlapped ...

868 **P:** In my opinion everyone will come ... because if any programmes come from health post
 869 ... you also asked me about nutrition programme earlier ... so everyone participated in that
 870 nutrition programme ... everyone wants their child to be fit and healthy ... so if government
 871 is sending anything then it is for betterment of people ... like they have recently send
 872 vaccinations for corona ... and that was for betterment of people ... everyone will take that
 873 ... we received the message that the vaccination will be first given to elderly people aged
 874 60 to 65 years ... and I knew 100% everyone will take the vaccination ... everyone from
 875 the village ... similarly if government has brought something for child then 100% of people
 876 will go ... just the thing is ... if there will be no one in any family who won't participate
 877 then they should be convinced by visiting their home ... but it is sure that everyone will go
 878 ... everyone wish for betterment of their child ... everyone wants their child to be healthy
 879 ... no one wants their child to be ... so far I have seen ... if anything comes from health
 880 post like immunisation or any other thing ... then everyone goes there ... either Hindu or
 881 Muslim ... everyone goes there ... it's not like previous era that Muslim doesn't participate
 882 ... everyone participate now ... because in 100 % Muslim, 95% of them studies in Hindi
 883 medium ... just 5 % studies in Urdu medium ...

884 **M:** Now we have reached the end, I will just ask one question which I missed in between ...
 885 as you said that grandparents will carry the child to the programme as you do not have
 886 much time and your bride is not allowed to come out of the house ... this exists in your
 887 "Jha Brahmin" community as you said ...

888 **P:** Yes ...

889 **M:** So, if grandmother will go in that programme ... they will surely need a time ...

- 890 **P:** Yes, time ...
- 891 **M:** To go to such a programme ... which time would be appropriate for grandparents?
- 892 **P:** Perfect time would be after 2:00 pm ... because all the household chores will be
 893 accomplished by that time ... in the morning time ... it might not be possible because there
 894 are a lot of works to do in that time ... In other cast, people have domestic animals ... they
 895 have to rear them ... so if it will be after 2 :00 pm the everyone will be free after that time
 896 ... they will have already finished their lunch ... because after 2:00 pm everyone will take
 897 rest and even the staff of health post will be nearly free at that time ... all the patients will
 898 be there for checkup ... they will all be treated by that time ... so after 2:00 pm it will be
 899 perfect ... after 2:00 to 5:00 pm ... for three hours ... they can be taught ... in every
 900 locality...
- 901 **M:** If any staff from health post would come ... as you said women ... women will be good...
- 902 **P:** Yes ...
- 903 **M:** How much workload she (FCHV) will have ... she is still doing her other job ... and this
 904 will be added to her ...
- 905 **P:** How will she have workload ... her main work is to roam around the village to convey
 906 message ... so she visits once a month every house ... if there will be any programme then
 907 only, she comes to inform us ... she does not come daily and say "Oh! You look unhealthy,
 908 come with me ... let's go for a checkup" she doesn't say so ...
- 909 **M:** So, there will be no workload for her ...
- 910 **P:** Not at all ...
- 911 **M:** Ok then, I am almost in the end ... you really said quite good things ... I am just going to
 912 summarize them ... "In this village children mostly plays with rattle muds and stones" ...
 913 the things they can afford to play with ...
- 914 **P:** Yes, what a guardian affords to buy them ... they will play with them ...
- 915 **M:** In this ... "Father cannot give more time because they are mostly out because of their job"
 916 as you said ...
- 917 **P:** Yes ...
- 918 **M:** The children followed the old pattern to play ... they teach them but they don't have
 919 knowledge like this should be done ... like you felt now this should be done ... for growth
 920 and development of child ... you also said that there in nutrition programme which includes

921 measurement ... immunisation, vitamin A programme ... FCHV calls everyone to get
 922 participated in that programme so everyone participates and staff of health post then gives
 923 the service ... that is what ...

924 **P:** Yes ...

925 **M:** Another ... in this nutrition programme ... if the play related programme will be added to
 926 measurement (nutrition) programme then there will be the development of child ... it will
 927 be good for children ... because if it will be mixed with immunisation programme then
 928 children will start crying after taking vaccination, they won't play at that time ... so if
 929 children measurement will be done then they can get engaged with games ...

930 **P:** Yes...

931 **M:** You also said that ... for this people have to be gathered and for that, we can take help
 932 from health post, from the government of Nepal ... Government of Nepal should bring that
 933 programme ... through the suggestions from WHO ... after that rural municipality should
 934 inform everyone about this programme ... in every tole ... all the ward representatives
 935 should be informed about this ... this programme should be taken through health post ...
 936 and for this, you said women staff is required as women will listen to words of another
 937 woman... they will trust each other ... the best thing would be to seek help from FCHV to
 938 gather people ... and through her help, a trained person should be appointed for this
 939 programme ... as you said earlier ...

940 **P:** Yes ...

941 **M:** After that, you said there will be no obstacle because this will be a programme for a child
 942 and everyone will want their child to be healthy ... you also said that some people who
 943 will not participate should be convinced for that ... that mother who cannot participate they
 944 will send grandparents of the child to participate ... because there will be main involvement
 945 of grandmother because the father cannot give that much of time ... so either mother or ...
 946 but there is a culture which says "In brahmin community new brides are not allowed to
 947 come out"

948 **P:** For 3 to 4 years ...

949 **M:** Yes, but they can participate after 3- 4 years ... so the brides who are new ... from their
 950 family grandmother of the child will participate ... they will then teach their grandkids and

951 will also inform about it to mother of their child ... It will help in growth and development
 952 of child ... as you said

953 **P:** Yes ...

954 **M:** For this, there should be trust among people ...

955 **P:** That is the main thing ...

956 **M:** Once they will be able to earn trust then they will get focused to learn things ... as you said
 957 For this visual should be shown that it will be easy for them to understand ... that is
 958 what you said ... right?

959 **P:** Yes ...

960 **M:** You also said ... you can support this programme by sending your bride first to this
 961 programme so that others will follow her ... and they will apply that for the growth and
 962 development of their child ...

963 **P:** Yes ...

964 **M:** For the continuity of this programme ... we should work on data first ... to know what is
 965 the number of children in total ... and the programme should be done according to that ...
 966 and for that, if ward representative, mayor of the place would visit the programme
 967 sometime ... people will have more trust towards the programme ... they will trust the
 968 programme as there will be involvement of ward representative, mayor. There should also
 969 be a format to fill up to know whether the people are following the things taught in the
 970 programme or not ... you also said that ...

971 **P:** Yes ...

972 **M:** Is there anything else you would like to add?

973 **P:** No

974 **M:** Thank you very much for your time You really shared good things ...

975 **M:** Anything else?

976 **P:** No...

977

978 **End of the interview**
