
Index:

I: Interviewer

P: Participant

Interview duration: 1:15:14

Language in which the interview was conducted: Maithili

Location: Participant's house

Date of the interview: 17 February 2021

Interview started:

I: Could you tell us how you make your kid play with you?

P: I teach him to walk and speak. I sometimes make him play in a wooden car. I make him walk wherever I go. I also play ball with him.

I: How does the child learn by playing with a ball?

P: He keeps on learning after playing otherwise he will forget. He starts to cry if he does not play. That is why I make him play. If I throw the ball to him, he will also throw the ball back to me. He plays with this toy vehicle too and takes it with him. (Baby crying)

I: So, he is crying. What did he do when he passed the ball to you?

P: I would feed him while playing. If I feed him milk and bread, he won't cry. If he does not get it, then he cries. I make him play with dolls as well ... He plays with ball as well.

I: What did he do when you gave ball to him?

P: He threw the ball at me.

I: What benefits did he get while playing with the ball?

P: He is not crying after that.

I: He did not cry. Anything else?

P: He was concentrating to that. He stopped crying after kicking the ball with his legs. He won't search for me if he plays.

I: How did it benefit his body?

P: It benefits his body as well. He gets the necessary rest, and he won't continuously search for his mother after playing.

I: How did his body get benefit from playing?

P: His body gets benefits after playing.

I: How did he learn playing with this toy vehicle?

P: He is 1.5 years old. He does not walk. I give him that toy vehicle to play and help it move. His backbone gets stronger after that which will help him walk sooner. His legs get stronger as well.

I: What else?

P: I don't know anything more than this.

I: How was his facial expression when you gave him this toy vehicle and ball?

P: He played. He got all those sweat from playing. He did not cry at all after playing.

I: Who looks after the kid mostly?

P: I look after him. Everyone looks after him like his mother, grandfather, father, and sister. Everyone keeps him in their lap and play with him. Sometimes I stay with him and sometimes our granddaughter too.

I: So, you look after him. You said that his backbone gets stronger after playing. Did he smile at that time?

P: He laughs while playing. He runs a lot.

I: What will happen to the kid if he laughs and plays? (Background noise)

P: He won't cry a lot. I don't beat him up. If he acts naughty, then only I beat him. He won't fight after he starts to play. This is the thing.

I: What are the benefits of him playing with you? You said that he won't be much of a trouble. Anything else?

P: I give him ball after diverting his mind.

I: For his growth?

P: I am not doing anything for his growth and development. His parents know the best for him.

I: Did he learn to play by himself, or did you teach him?

P: I make him learn how to play with that toy vehicle.

I: Did he try to learn daily?

P: He learns slowly. He is learning how to grab and how to push the vehicle. I gave him vitamins so that he would be fit. It would be easier for him to grab when he has a stronger body. He could play with the vehicle too. He could also walk without this vehicle now.

I: You said that you teach him daily to play games. What do you think he learns from that?

P: He keeps on playing and after that he slowly leaves his dependency on his mother's milk. He then eats food only. If he does not play, then he searches for his mother for milk. If he plays, then he does not search his mother for approximately 1.5 hours. His mother will also get rest.

I: How does it affect the baby when you make him play games with you?

P: He plays and sweats.

I: How important do you think playing games with the child is?

P: 1.5 hours.

I: How important do you think it is?

P: The kid will have his mind occupied and it will also make him feel lighter.

I: Why do you think playing games is important for the kid?

P: It makes his mind focused and occupied for 1.5 hours and it will him the family member to release some stress.

I: You said that it will help to lose some tension, right? What else does happen?

P: I don't know anything else. I keep things in front of him. He grabs these things. He laughs and plays with them. Playing games won't make him cry.

I: What happens when he laughs?

P: He will be happy.

I: And?

P: He will be sad when he cries which will make him sick. He feels free while playing.

I: What do you expect him to be in future?

P: I expect him to be a doctor someday. I wish he have a job. After that I would let him marry and he will make us proud.

I: How do you want to see your 3-year-old grandson to grow into? What do you expect him to be in future?

P: He is very well for me. I want them to study in future. After that they will get suitable job and I don't have to worry about their marriage. I want to admit them in school.

- I: How important do you think playing game is, to make them enroll them in school?
- P: Playing game is very important. He keeps on playing and keeps on sweating. I will send him to school after this.
- I: How important do you think game is for kids under 3 years of age?
- P: I think it is very much important. He plays and runs, and he will be big one day. After that I will send him to school. He is a kid now. He loves to play.
- I: What should be done at root level before sending him to school?
- P: We need to make him play. I will send him to school after 3 years. I will buy him copy and book. I will also give him pocket money like 10/15 rupees for school.
- I: So, you want him to go to school?
- P: Yes. I want my grandchildren to go to school like my son. I don't want to see them uneducated.
- I: Do you think it is important for the kids if grandparents also played games with them?
- P: The more they play, the more it will be beneficial for them.
- I: Why is that?
- P: His mind will be developed. He will be dumb if he does not play games. They will be stubborn if they don't play games. They will learn new things from that. It won't be helpful if they don't play games at all.
- I: Why do you massage your kids with oil?
- P: They won't be scared afterward. If we don't massage, they will get scared easily. They will also be frightened when they see new people. They won't scream and they will be brave after this.
- I: They will be brave?
- P: Their hands, legs and body will be stronger. They will be healthy.
- I: What happens when they are healthy? How games turn them into being brave?
- P: They won't have any troubles in their body when they are healthy. They won't get any disease in their body.
- I: So, you think that playing games is important, right? How important do you think playing different games is for the kids?
- P: Yes, they need energy to play. They need dolls and rattling toy (*Jhunjhuna*) as well. We give them chocolates and biscuits which are important for their body.

I: You make your children play every day. How do you think their mind will be developed if they play games regularly?

P: They learn things which make their mind sharp.

I: How?

P: If I give him edible food and playing toy separately, then he plays with the toy and eats the food.

I: What have you seen in this village regarding mental health development? Do parents play with their child in this community?

P: They play if they want to.

I: How do they play?

P: Some play with dolls and some play with a ball. Some people put their baby in lap and plays with them. Some even don't bother to play.

I: I am talking about the overall development of a child.

P: Yes, I said before about the development. If kids' study and plays, their mind will have growth. Grandparents teach them these things.

I: So, playing games is very much important?

P: Yes.

I: How important do people think game is in this village?

P: People think differently in this village.

I: You might have heard anything?

P: Some people make their kids play outside and some inside.

I: Have you read any stories for you child? The one which is informational, and which might help them for their mental growth?

P: No, I have not taught anything like that. I let them listen to radio and I give them my phone.

I: How do they learn from that?

P: They learn from that. I put these things in their hand, and they learn from that.

I: Now I am going to talk something else about games, okay? Are there any facilities regarding games in this village which would help for brain development?

P: Everyone is different in this village. They give whatever appropriate to their kids. They think that their kid should have everything. They never think of other's kids. They believe that if someone gives them toy, then they will play with their kids otherwise not.

I: You have seen those kids below 5 years old play games in school but is there any facilities for kids below 3 years regarding games?

P: They gave us dolls. They give us few toys to play with.

I: Anything for brain development?

P: No

I: Anything just for kids for their brain development? (Background noise)

P: We don't have any programme like that. Others gets vitamins and money too. But we don't get anything worth 5 rupees also. We don't anything like them.

I: So, you mean, there are programmes related to kids in this village, but you have not attended any programme like that?

P: No, we have not heard anything in this street.

I: What should have been done? What should be done for programmes like this? Do you know anything about this?

P: Our political leaders also don't care about our kids. They don't give anything to us. Our kids play whatever we give to them.

I: What do you feel about it? What do you prefer to have in this community for the betterment for the kids?

P: We think that kids learn things from games. They go to school. They think that school is going to help for their growth. Some send their kids to boarding school, and some send their kids to governmental school. Some even send their children to private tuitions.

I: What do you want to do for the kids who are below 3 years old?

P: We need to involve them in games.

I: What type of programme are you guessing?

P: Programme where kids play and explore freely. Programme where they feed them too.

I: Do you think programme like this should be launched in this village?

P: Yes, for small kids.

I: What type of programme?

P: Programme where there are balls, dolls, bat, and ball, *jhunjhuna* (rattle) and many more toys which the children would play.

I: What knowledge you want to get from us so that you could apply it to your kids for their betterment?

P: Information like education and their brain development methods. Those aspects which will help them find jobs in future. This knowledge which will help them get admitted in high school and help them get married in future.

I: What sort of facilities you wish to have?

P: Like I said about the toys like ball, *jhunjhuna* and dolls.

I: For games?

P: Yes. Grandparents, uncle, and aunt should play with them.

I: Now I am going to talk about another thing. Do you know about the foods that are healthier for kids? Do people in this village know about this?

P: Fruits give energy. Foods like bread, milk, rice, pudding etc. are important. Food in a can such as Baal vita (micronutrient supplement provided by the government for undernourished children under five years), provides vitamin when mixed with rice. Some kids eat these, and rest don't.

I: Who says you to eat food from can?

P: A volunteer gave us information like that. She gives us green box filled with vitamins which are healthier for the kids.

I: From where do you buy these boxes?

P: She gives us that to feed for kids under 3 and 2 years old.

I: Are there any programmes like this in your village?

P: Yes. It has been here for long period of time. I think it is here since the birth of my oldest grandkid.

I: So, there are programmes like this in this village?

P: Yes

I: What do you get from programme like this? What sort of information's?

P: They teach us about fruits like apples and oranges and we should grind it and make paste out of it. We need to feed the child in paste form. We also need to feed Horlicks.

I: Where do they teach these?

P: We buy these, and they teach us from the market. We have 5-6 kids and we feed them these.

I: So, you are saying that there is a programme like this in this village. So, you have been feeding your child like they say?

P: Yes.

I: Who helps for that mostly?

P: His mother feeds him that. Even I also help. I took him to the governmental place to get him vaccinated. I fed him the red tablet also. I gave him ALBENDAZOL tablets (anti-parasite tablets). I also gave him the vitamins and even I fed him the green box (Baal vita) mixed with rice. It gives the kid more energy.

I: After how many days do, they give you that?

P: After 6 months. Sometimes they give in 3 months too. They tell us to feed the vitamins for kids under 3 years of age.

I: What else do they say beside these things?

P: Nothing. They tell us to mix vitamins in rice.

I: Is there anything for polio and vitamin related like you said earlier? Is there anything about kid's height and weight measurement?

P: No, not anything related to measurements. They give us vitamins. They provide injection to pregnant women and kids until they turn 9 months. After 9 months, injection is not required for the kids.

I: Is this the green box?

P: Yes.

I: What do you call it?

P: I know it by the name of vitamin.

I: How are you feeling about this programme? Does this programme come from the government to the health post?

P: My kid does not even eat one can. Everything gets wasted.

I: Why?

P: He does not like the smell of that.

I: Anything else?

P: Yes, the smell is horrible.

I: What do they say about food and nutrition?

P: Nothing. They don't give us anything.

I: How did you like the staff and management? What was the timetable?

P: They were governmental officers. They don't even distribute properly. They also don't need any of them for themselves.

I: How far was it from here?

P: They distributed it in one of the local political leader's homes.

I: Who gave you? Did hospital give you or any person give you?

P: Hospital distributes it to us via health post.

I: Did you find any difficulties while getting those cans from the health post? Anything you would like to share?

P: No, I did not face any difficulties. I took both of my kids there. They did not give it to the big one. They gave it to the small one. They note it down after giving it. They teach us about the item and what happens after the kid eats it. It makes their body healthier.

I: How did you feel about this programme then?

P: Good

I: Why?

P: I thought it will help for the betterment of my child. If my kid eats it, then they will be healthier, and it would increase their appetite as well. They also eat more nowadays.

I: Have you seen any difference on your child before and after?

P: I have not seen any difference. He never gets fat. He is skinny as always.

I: Now I am going to talk about games. You said that games are very much essential, right? You also talked about food and nutrition. You said that nutrition-related programme is already in action in this village where they supply green colored cans. Now, if we do take nutrition and games side by side, then it will be good for their mental as well as physical health as well. It is said by the WHO It has also suggested that it is not adequate if we only launch one programme at a time. If he is happy, his mind will be active as well. So, we have been thinking of launching both programmes at the same time. How do you feel about this? How do you feel if we launch programme of nutrition (Green box) and games simultaneously?

P: Good.

I: Why is that?

P: Kids will love this. They will be more active to play games as they get nutritional food too.

I: How did you feel about launching the programme at the same time?

P: It is fine with me. These kids don't eat their food on time.

I: They would eat the food if this programme launched.

P: Yes, maybe.

I: How did you feel about that suggestion of launching these programmes together?

P: I found it good. They eat and play at the same time. They get energy and it keeps their mind distracted as well.

I: How about from the community's context?

P: If the programme is good, they will find it good as well. It will surely do some benefit for the kids.

I: What about the benefit to the kids in the society?

P: It will be good for the kids. It might be bad for some kids as well. Some kids are not healthy, and it might make them sick. After feeding these kids, it might make them healthier. For instance, our child is skinny. Maybe this programme will help him to be fat.

I: Your kid seems to hate this taste. What will be the benefits for other's kids as well?

P: Their kids eat oily food. They like salty food as well. These kids will be healthier.

I: For instance, how would you feel if your kids were like your neighbor's kid in health wise? Would they like this food and game programme?

P: Yes. This kid is stronger. He beats up everyone. Fat kid always wrestle with skinny kid and win too.

I: Do you think his physical health is only important? What about his mental health?

P: Yes. He is stronger as he eats his food well. His mind is also sharp. Some skinny kids are healthier too and some obese kids are unhealthy too.

I: What should be done to make him smart rather than being physically healthy only?

P: He should have a sharp mind.

I: What happens if he plays as well?

P: He will be benefited. Since we are not educated, we don't know anything.

I: What happens if he plays?

P: It will be good. He won't trouble us more. They will play with other kids. Those kids who play in dirt and mud are relatively stronger than others. If they don't play, they won't be smart. If kids' study, their mind will be active and otherwise their mind will not be developed.

- I: How important do you think playing game is before studying?
- P: The more he plays the game, the more his mind will be developed. He will gain knowledge and his mind will be more active after playing games.
- I: What will be your reaction if both programmes related to nutrition and games is launched in this community?
- P: It will be beneficial for the kids.
- I: What are these benefits?
- P: They will be healthier. They will drink water. It will be beneficial for their body.
- I: They will eat and play as well?
- P: Games make their body healthy. The more we carry our kids, the more they will be unhealthy. The more they play outside the more they will grow mentally. They learn new things from 4 people. It is not good for the kids if we make them introvert. I am illiterate that is why I use thump stamp instead of signature. I don't know anything like you guys do.
- I: How do you think it will be easy for the community to launch both programmes related to nutrition and games simultaneously?
- P: Widow Women gets allowance form the government. The same way kids under 2 and 2.5 should also get allowance for buying toys and all.
- I: Why?
- P: Government should give the money to the kids. Sometimes they give the money monthly and sometimes they give annually.
- I: Why does the government give the money?
- P: To feed the kids, to buy clothes, to buy necessary sanitary items for the kids and for hygiene purpose.
- I: Did your child get allowance too?
- P: No, not like that. I found that yesterday only. I just told my son to register kid's photo in the municipality. He attested the photo with the help of municipality's secretary.
- I: For What age group of kids this is done?
- P: For 3-year kids. Kids who are 3.5 years are generally done.
- I: For kids below 3.5 years?

- P: If a girl is born, then we need to invest one lakh in governmental fund. After she turns 20, she could withdraw it.
- I: Like you talked about that vitamin programme in this village, how should this programme related to games and nutrition be launched in this village? How should this combined programme be launched?
- P: We should do a meeting for 4 people. We should discuss it with these 4 people. We should take decisions after discussing it only.
- I: How should we do it? Who should run this programme?
- P: The one who is literate should run this programme. Uneducated people won't understand a thing.
- I: Who is this literate person?
- P: The one who is educated. For instance, my daughter in law who is educated, is also suitable for this job.
- I: You said that an educated person is required to run this programme. Who else is eligible to run this programme?
- P: Maybe my neighbors also can
- I: How should they run it? (Outside talk)
- P: It will be helpful if more knowledge is provided to the kids. (Please can we stop now. I must do some work)
- I: When is the appropriate time to run this programme?
- P: If pre- information is provided to the kids, then it will be more effective. The more they study, the more they will be smart. If we don't make them study, they will be an illiterate.
- I: What happens if both the programme related to vitamin distribution (Where money was given) and games go simultaneously?
- P: I think government should give money to the kids below 3 years old as they don't have money to buy clothes. If the family is poor, government gives them money. Rich people manage on their own.
- I: You said earlier that vitamin and games related programme should be combined and it will be more effective. How do you think we should launch this programme?
- P: I think 10 people should be in this programme.
- I: Who should train these people?

P: My granddaughter and daughter should be included in this programme. I am uneducated. They will teach me later.

I: So, an educated people should train you?

P: Yes

I: Why this meeting only? What are other ways that they could teach you?

P: Same way.

I: How important do you think health post is in this scenario?

P: They won't help. They only give us tablets.

I: For that programme?

P: They only provide us tablets and injections.

I: How can they help then?

P: They can donate us 1500/2000 only.

P: Kids will play freely without any tension. They will be distracted and will ease the work of a mother. They will eat healthy food and play all the time without any trouble.

I: What will happen if the kids start to play with toys from their early stage?

P: They will be more active. They will be smart if they go to school and start studying. They will be dull if they don't study. It will hamper their marriage life. It will be hard for them to get married. It will be less expensive for their marriage if they study hard.

I: How can we teach to the kids under 3 years of age?

P: If we teach them how to play with a ball. They can learn to play with a bat. If they don't learn how to play, they will be dull. They should play in a group of 4 people. I wish I also be there to play with them, and I also want them to teach things.

I: How would it impact their body sister?

P: They will have sound mind and body. They will be dull if they don't play. They won't be able to fight with problems in future if they don't have sound mind. They won't get any knowledge. Grandparents should teach them. A mother will be busy in cooking. A grandmother always stays with them. A mother has a lot of work to do. Grandmother feed the child and wants to play with them with a ball. We want them to have vitamins which will benefit them as well. If we don't take care of these things, then they will turn dumb in future.

- I: They will be dumb, right? Sister, you talked about that programme where government gives the green vitamin related cans. What is your suggestion if we launch programme like that in addition to games for kids under 3 years of age?
- P: I think it is good. It would be beneficial for the kids. Kids will learn many things and will be smart. If we don't do this, then they will be dull.
- I: How would people think about this combined programme? How would they react?
- P: It is good. They will react like me. They will also want their kid to be involved in programme like this. We need to make them aware first. Their grandmother plays with the child mostly. Now everyone would be happy.
- I: What do people in this village think?
- P: It is a good programme. This will surely develop kid's mind. Their body will be stronger. They won't have to fear about losing them when they are not in home.
- I: How would this combine programme of games and nutrition help for the growth and development in a child?
- P: There will be growth of course. Like when we send them school, their mental growth takes place. Grandparents take care of the child than parents. They buy clothes and massage them as well. They send them to school. We should send them to school when they are 2-3 years old. They only get admitted in governmental school. They will get into private schools if they have been mentally active. They also cannot study in boarding school. All we do is, send them to school.
- I: How old are they?
- P: They both are 3 and 3.5 years, respectively.
- I: what do you think will happen if we launch this combined programme of nutrition and games in this village? How would people in this village react?
- P: It will be good for the kids. They will be active as well. They will be healthier. They won't be mentally active if vitamins are not provided.
- I: Have you seen any difference between the kids who have been playing and who have not been playing? Similarly, any difference between those kids who are eating nutritious food and that who have not been eating nutritious food?

- P: Like I have been feeding my child. So, he is stronger. If a child is fed with low nutritious food, then he will be weak. That is 2 years old and cannot even walk properly. I have 4 kids in which 2 are stronger and 2 are weaker.
- I: Who should run this programme? How can we launch this programme in this village?
- P: It is in your hand. You should run this programme. Some of them might go to the governmental office and we will be given vaccines and vitamins which will be helpful for the kids. I stay at home only. I play with the kids. I don't understand programmes like this. They teach me later. If you teach me about the importance of this programme, I might also know it. I cannot understand this on my own.
- I: How important do you think this programme is in this village?
- P: It will be helpful if this programme launches soon. It will be helpful if it is launched within this week, month, or 2 months. It will help the children grow.
- I: How should we run this programme for kids under 3 years old?
- P: We should all be gathered at the ward office. You guys should go there and discuss it. You should say about the importance of vitamins and games there. You should teach them what toys they need to buy. If you don't teach us, we won't be able to understand it. We can also buy some medicines on our own like vitamins and cough syrup. I only talk about those things which I know.
- I: You said that we should discuss it in ward office, right? What are other ways that we could do it?
- P: we should be 10 people and discuss it. We should run it then. I will also be there and listen. I like this and others will like it too. If you give these equipment's, then it will be beneficial for the kids. It will be more helpful if government provides all these facilities.
- I: Who should go there as a representative from the village?
- P: My group member should go. For instance, [X] and [Y] (Local women) should go. I can also participate on this. There should be one meeting for this. We need to call at least 10 people for this.
- I: Why did you choose us for this? Why did you choose [X]?
- P: If 10 people are involved in this, then there will 10 kids automatically. We don't know completely about the programme but if we will be there then we might understand

- something. We can know the importance of this programme. Other parents will also send their children after seeing this.
- I: Who should go in that group?
- P: I should also be there. If I could not be involved, then my daughter in law might go in that programme. She is educated. She could understand that programme well. I am illiterate. She is educated and she even uses her own signature to sign in papers.
- I: What would happen if your daughter in law attends the programme?
- P: She could teach me again very well. She could get information like why her child is crying and which toys she must pick.
- I: Have you heard about any programmes like this before?
- P: No, I have not seen or heard anything like this. I just heard this from you. I think it is a good programme. It is for our kids only. It helped me a lot after knowing about this programme. I got information for you.
- I: Why did you say that we need to run this programme in a group?
- P: If we don't choose group, then I would only know about this programme. Others will not know anything about it. Like my kid, others will also send their child and they could play as well.
- I: Who should be a part of this group? You said that you and your daughter in law should be, right?
- P: Me, my daughter-in-law, my sister-in-law and her daughter in law, and my neighbors who are Brahmin.
- I: At what time should we do it then?
- P: I think FALGUN, CHAITRA and BAISAKH are the appropriate time to do this. People don't work in these months. They sit in the house only. We don't get time in working months. We need to be involved in irrigation in season. We should do it in a holiday.
- I: When is the holiday?
- P: Holiday in a sense that, I might give you an advance notice about my festivals and holidays. For instance, most of us have holidays on Tuesday. Kids have holidays on Saturday from school.
- I: What will be the appropriate time for all of us?
- P: Months of FALGUN or BAISAKH.

- I: Why did you choose these months?
- P: I chose these months as we are not engaged in any irrigation work in this particular time. We plant seeds in *CHAITRA*. We are very busy at this particular month as we need to plant seed in a large portion of land. If we choose this month, then we can give time for group's work as well. We can discuss it more from a group of 4 people. That is why I chose this month.
- I: Sister, so you and your daughter-in-law will be present in that programme. How will your kid get any benefits from this then?
- P: It will be helpful for the kid. Let me take an example. What happens when we take the governmental injection? It will help to boost the immunity of the child, right? If not given, the child will suffer from 12 different types of diseases. The kid gets injection up to 9 months and then it stops. It will not hamper anything. The kids will be healthy if vitamins and tablets are given on time.
- I: Why is this group important?
- P: We can discuss it in group of 3 people. Now only 3 people now know about this programme. Beside these 3 people no one will know. I understood it and I will apply this to my kids later. Other people won't get anything from this; I don't want to learn alone. I want other people to learn it too. So, we need to choose at least 10 people. Information should be provided to as many as possible. It should be shared with villagers, neighbour, and everyone.
- I: Have you seen any group like this before?
- P: No, I have not seen that. I just thought that it will be helpful if a greater number of people are involved in discussions, and it will let to positive result. We should do this discussion in *Panchyat Bhawan* (Ward office). Kids will be involved, and they will study there as well. Kids below 3 and 3.5 years old will get money from there directly. Kids will be healthier if they have fruits, vitamins and energy giving foods. They will also get clothes as well. We need to involve at least 10 people in this programme.
- I: Who should run this programme to make it sustainable?
- P: An educated person should run this.
- I: Who could be that person from your village?

P: My daughter-in-law could be that person. There is one Brahmin near my house. He is also educated and a possible candidate too. I am illiterate and I could not run this programme.

I: What else should be done? Who else could be this person?

P: We need to inform everyone.

I: Do male and female need to attend this programme or not?

P: Women generally go in programmes like this. Male also can be involved in this programme, for instance my son. He is educated and he can go too.

I: Why did you choose an educated person for this?

P: They have knowledge. He thinks with his brain. I am not educated, and I can't use my brain like them.

I: How often should we conduct the discussion?

P: It can be done in every 1 or 2 months. It should not be done daily. People who are involved in agriculture could not spare time if we conduct meetings in every 10-12 days. We need to do it in every month or so.

I: Who do you think might help us in this programme? Whose help do you think is important to run this programme.

P: I will ask that in this village. I will ask with a group of 10 people and let you know. They might not be able to help as they are not free too.

I: Who should we seek help from if we happen to launch this programme in this village?

P: We need to ask 5-10 people in this village. We need to convince them as well. We need to discuss it with them and form a group.

I: Who should we take help from to launch this programme?

P: Them.

I: Who?

P: You guys know about this programme. Maybe you should.

I: Why did you choose us?

P: You know about this programme. You said it to me, and I will say to the rest of the people. If we don't aware them, they won't know about it. We need all of them. We cannot do this alone.

I: To launch this programme in this community, who should we seek help from?

P: We need to take help from daughter in law and sister-in-law too.

- I: How will this programme go in this village?
- P: Everyone should be made aware about this programme. Everyone should be asked like neighbor and males. After taking advice from them, they will suggest us how to launch this programme. We need to ask guardians as well.
- I: Imagine this programme is going to be launched in this village. According to you, who should help in this programme to run this programme smoothly?
- P: We need to ask (*Sonigawa and khirkiyawali*) FCHV for their help. We need to make them aware of this programme. We need to call them and choose some person eligible for this job.
- I: Who is she?
- P: They are the health volunteers.
- I: Why do we need to take help from health volunteers?
- P: It will be easier for the kids.
- I: We should seek their help?
- P: Yes. They suggest about many things. They stay in group and talks about medicines. It becomes easier for us to find those medicines. We should also take help from the political leaders, ward president and members.
- I: Who is this political leader?
- P: There is one FCHV (*Khirkhiyawali*) and one female health volunteer (*Sonigawa*). They have a lot of information about such programmes. We need to seek help from them.
- I: How could they help us?
- P: They won't help us. They can just give us suggestions about the programme, what is good and what is bad. They have the capacity to teach 10 people at a time. They will teach the guardians first and ultimately to the kids.
- I: If we are going to launch this combined programme, what obstacles we might face in future?
- P: I don't think there will any obstacles as you are doing a good thing. You are not doing this with a bad intention. Those who think this is a good programme, sees it in a positive way and vice versa.
- I: What problems we might face while running this programme?
- P: I don't think there will be any. You need to make them aware first.

- I: For instance, what type of people might participate in programme like this? Are there any problems like that in here?
- P: No, I don't think so. Everything will be fine. Those who don't understand about this programme might find it bad.
- I: So, everyone will join that group and learn?
- P: Those who wants to join will definitely join the group. There will be some people who finds this programme fruitful and surely join after that.
- I: Do you want to take part in this programme?
- P: I want to take part in this programme for the sake of my children. I want to know about vitamins and games that will make him healthier in every way. I like this programme actually.
- I: What factors will make you easier to take part in this programme?
- P: If I learn this programme in a simple way, I can apply it to my children afterwards. We will surely take part in this if we all are made aware about this programme.
- I: What problems you might face while working or maybe in a meeting as well?
- P: If suppose we are free in a particular day, then we should join the discussion. We need to plan about the discussion 2/3 days earlier. I have fasting today, so I could not join. We need to talk things like that too.
- I: We might face problems related to caste and sex as well while running the programme. Male may not join this programme. Do you think problems like this might occur?
- P: Many men say that they have to work and may not join the discussions. Some female also have to work as their husbands are working outside. I don't have an answer to make them participate in this programme if they could not even spare 15 minutes for the meeting.
- I: So, they might not attend because of their work?
- P: Yes
- I: What else?
- P: They find it troublesome.
- I: Why?
- P: Some people have cattle like goat. Some might be involved in market to sell vegetables. They might be involved in 12 types of work.
- I: What should we do then? What can we do to make them participate in this programme?

P: I don't know what to say.

I: What else we can do?

P: We need to ask them about their free time and holiday schedule and invite them to participate in that particular day only. We cannot do anything if they don't want to participate in this programme.

I: How should we ask them to invite in their working days as well?

P: They need to realize that on their own. If they learn 2-4 things from the programme, they could implement to their child later. If they don't participate in this programme, they are going to miss on that.

I: If this programme is going to be launched, what are your roles regarding this programme? What could you do? How could you help?

P: I will try to convince people to participate in this programme. I will make people aware that, this programme is for our kids, and it will benefit us only. We need to take part in this programme. I will talk about the positive and negative impacts as well to them.

I: What else you can do to help this programme?

P: I can search 10 people for this programme. I can arrange place in my own home. I could make tea and snacks for them. I can welcome them and arrange that. It is no big deal for me to arrange for 10-15 people.

I: If they don't want to do the meeting outside, how could you help in this scenario?

P: I cannot help in this scenario then. I would ask them to sit and kindly request them to go home afterwards.

I: So, you could arrange that?

P: I can arrange for sittings. I can provide something where they can sit on. I would request them to sit for 1 and 1.5 hours.

I: Sister, do you want to ask anything to us?

P: No, you gave us time during my fasting.

I: Thank you.

End of the Interview
