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**M: Moderator**

**P1: Participant 1**

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**FGD duration: 2:19:54**

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

**Location: a meeting room in a Health post**

**Date of the FGD: 23 February 2021**

M: Sir, what nutrition programmes have been conducted for child below three years in our village?

P5: Initially Nepal Government has been providing programmes for Dalit community but this year since Chaitra I have heard nutritional programmes have been provided. Until a child would not get all the required nutritional supplements there will not be any physical and mental progress in their body. In programme named *Sunaulo Hajar Din (Golden Thousand Days)* training was conducted for the important first 1000 days of life ... during this time children's parents and relatives must give special care to the child. For the proper physical and mental development and for proper digestion of food, kids should be taught to play games without any restrictions. Instead of restricting them, child below three-year-old should be left independently to play without letting them enter nearby river, pond, vehicles nearby houses. But in our community here is practice of stopping kids to play games which is not right. These days they require proper food as per their age. For instance, six-month, one-year, two-year kids should be provided with nutritious food such as cerelac (child food) no.1, no.2, no.3, Horlicks etc.

32

33 M: Sir, what types of nutrition-related programmes have been conducted in this village?

34 P: In our village, different types of nutritional programmes have been organized regularly  
35 by health post. For example, regular information has been provided on pregnant women  
36 should be healthy, weight of new-infant babies should be at least three to three and half  
37 kgs and they have been also called timely to health post for checkup. But due to lack of  
38 awareness, locals do not even want to consume Iron tablets. If child is suffering from  
39 diarrhea or dysentery, they reach to cof (co-facilitators) as soon as possible but they  
40 should have taken to the health post and taken suggestion from doctor... Here is lack of  
41 health awareness among local people.

42

43 M: According to you, what nutritional programmes are required for your village?

44 P2: In our eastern area of this village kids under five years used to have malnutrition. When  
45 we said this child has malnutrition, maintain a regular toilet habit, put on neat and clean  
46 clothes, they would say, "you won through votes and now you are here to teach me?" ...  
47 they generally take it in a negative way. Also, when we suggested them to take the child  
48 to the hospital and that we would cover the cost... they would not listen to us and say the  
49 child will be well on its own...

50

51 M: Even if a child is malnutritional, they did not follow the measures you provide them?

52 P2: No, they did not.

53

54 M: Sir, what types of nutrition-related programmes have been conducted in this village?

55 P4: There are not any impactful programmes for nutrition related. Recently, there is a  
56 programme by Nepal government to provide nutritional allowance for children up to five-  
57 year. Nutrition incentive is provided. This programme has been managed by government  
58 with vision that no child below five-year old should be undernourished. But whether they  
59 have used the money for right purpose or not should be checked. Local people lack  
60 awareness about health. Due to poverty, they have not been able to provide required care  
61 to their children ... child development occurs in early years... mental development of  
62 child. Nutrition is most important for children below three years .... There is one famous

proverb which mentions that “Until body is not healthy, brain will not be healthy” (*"Jaba samma sarir swasthya hudaina taba samma swasthya mastik huna sakdaina"*). For physical and mental health nutritious food is needed... For the overall development of child playing games and entertainment is also required which seems to be less in our village. Kids are victim of poverty and their parents do not have idea about the proper healthy diet. They lack idea that proper nutritious food is must for their children body and brain development ... Child will have good growth and development, and this will also support in his quality of education later they don't know this. They only know that their child should be feed stomach full. There is also lack of awareness that pregnant woman should consume nutritious food during her pregnancy and even after delivery for breastfeeding mother should take healthy food for two years for healthy mother and baby. If mother is healthy then the child will also breastfed well... people don't pay attention on feeding postnatal mothers well to keep them healthy... but they eat with a purpose to satisfy their hunger (fill their stomach) ... Additionally, we can see that there is difference between relation of daughter in law and mother-in-law which results in less care of woman before and after delivery. Until mother is healthy child will not be healthy... they take the child to the hospital if they get sick... but do not care for the mother... there are such weaknesses. The main reason behind these issues is the lack of education and awareness among local.

M: You have mentioned that pregnant woman of your village is provided with Iron tablets and regular health checkup for their better health. Besides them are there any more nutrition-related programmes?

P5: I want to add few more points in this. A child's development either due to learning and playing games starts in the mother's womb when she is pregnant... Here in our village, there is tradition of treating daughter-in-law with more care if she gave birth to a son. If she would give proper care and food, baby's overall development would take palace. looking this from a religious perspective... I am a Muslim... According to Muslim mythology, out of 20 para child learns 18 para in mothers womb according to Kuran a child development initiate from pregnancy. And, also according to Mahabharata (Hindu mythology), Abhvimanyu learned to break the labyrinth in his mother womb.

94

95 M: According to you what types of nutritional programmes are in your village and which  
96 organizations are responsible for organizing these programmes?

97 P1: To name such programmes, a package of nutritious food has been supplied to pregnant  
98 women of our village by municipality. Grains (*gedagudi*) and ghee are filled in those  
99 packages ... so that when pregnant mother consumes those babies will also be healthy  
100 inside her womb. Apart from this, they are provided with Iron tablets. These days  
101 Government of Nepal provides monthly four hundred rupees allowance to support  
102 parents to buy nutritional food for children below five years age. Earlier only Dalit and  
103 Indigenous tribe used to get this facility which is one of the commendable work.  
104 Likewise, Health post does the screening of undernourished and nourished children...  
105 children are weight and check which category they fall under... there are green, yellow  
106 and red zone as per child weight, height, and nutritional level. Green zone child denotes  
107 they are fit whereas yellow zone child is provided with counselling and red one child is  
108 treated as malnutrition and is admitted to health center for their treatment. Also, six-  
109 month babies have been provided with Baal vita, Vitamin "A", and tablets against  
110 intestinal worm.

111

112 M: Sir, who have been running this Baal vita programme?

113 P1: There are FCHVs who have been running these programmes such as Baal vita and  
114 Vitamin "A". In this, they compulsorily take measurement of child's upper arm (MUAC).  
115 This year due to COVID they were unable to take measurements. They also provide  
116 health education and give valuable advice about how to feed with Baal vita to children...

117

118 M: Who have been funding Baal vita programme?

119 P1: Nepal Government ...

120

121 M: What is the perception of local people here about nutritional programmes such as Baal  
122 vita and child weight measurement?

123 P1: People have lack of awareness. Our women volunteers provide Baalvita package for two  
124 months and ask their parents to give them with food to prevent malnutrition. But due to

work pressure or lack of education and concern, there are several cases where those packages have been wasted ... those who understand that their child should not be undernourished they will feed otherwise others will just keep it as it is ... we need to think about how to educate those people... when a child is not healthy from all aspect they cannot understand things easily.. A child with good mental development can study well... he will be productive in future... they can succeed and become doctor, engineer, politician in future.

M: What is the perception of people in village about distribution of nutritional package?

P6: Mainly, people have lack of education here in village due to which they do not take measurement of their child's body and height. Due to poverty, many women are deprived of nutritious food as they cannot afford them. Pregnant women are not supposed to work heavy load, but they work a lot here... Daughter-in laws are not well treated as their daughters. there are such weakness in the community... But after the awareness programmes conducted by FCHVs in village, there have been some changes. there was no nutrition programme... Now we are providing nutrition programme in village with the help of the municipality office.

M1: Since when these nutritional packages have been provided?

P6: Since last year (2076 B.S) we have been providing nutritional packages to pregnant mothers with aim of offering nutritious food to them. But in many cases, we found that people did not consume them, and they are left in some unused corner of house. Many people think that these foods have no advantages over their health. This is all because of lack of awareness... to increase health awareness. Ward and health post should initiate education programme for household guardian, mothers, pregnant women, and mother through FCHVs... In this village there is more residence of Dalit and Muslim people. In this village, there is tradition of male member flying to foreign country for work. They send good money, but they do not understand the importance of nutrition of women in the house... they have low interest to know importance of nutrition. These are few obstacles prevailing in this village.

156 M1: What are the main reasons for these obstacles?

157 P6: Due to lack of awareness, they do not have information about health importance. lack of  
 158 health awareness and poverty are main two reason... There are many cases that even after  
 159 having awareness about importance of nutritional food, people could not afford to buy  
 160 them. they cannot feed their children... They know that their child should be fed four  
 161 times a day but due to lack of money they cannot.

162 P4: We must make local people understand about nutritional value with the help of *Amma*  
 163 *Samuha* (mother's group). There are different reasons behind people being ignorant to  
 164 this. Few are: due to poverty, due to lack of awareness. In many cases mother,  
 165 grandmother knows that due to deficiency of nutritious food the child is undernourished...  
 166 but there is discrimination in our society... Daughter-in-Law are looked in a different  
 167 way... they feed their daughters well but not to their daughter-in-law. They provide  
 168 nutritional food such as fruits, milk, ghee, cheese only to their daughter. They generally  
 169 forget that only if their pregnant daughter-in-law is fed well and is healthy than their  
 170 future grandson or daughter would be healthy. mother is law discriminates ...  
 171

172 M: From which date every child would get Rs. 400 to eat nutritious food?

173 P4: It is said that from month Chaitra 2077 they would be provided this amount whereas  
 174 Dalit children are already getting Rs 1600 ... from now onwards everyone would get Rs.  
 175 400 and for this we are filling out forms.  
 176

177 M: How will this allowance be distributed to children?

178 P5: Nepal government have given this responsibility to municipality and ward offices.

179 P1: Even in this, there is role of awareness. The allowance given to children to eat nutritional  
 180 food can be misused. Parents can use it for their own purposes. There would be cases  
 181 where alcoholic parent would misuse it for their alcohol consumption. child might just  
 182 remain as they are...

183 P6: There should be a proper law and criteria which would make sure that this allowance has  
 184 been used by children for nutritional food.

185 P5: Some women disobey as well. Even after they have pulses available and they know that  
 186 its soup is good for child health, they do not feed them. They think that their child has  
 187 already been eating foods. So, there is no need of giving them pulses.

188 P1: Children have been vaccinated for 15 months they should at least check that  
 189 immunisation card... In that card, weight and height of every baby has been written. If  
 190 parents are providing the required nutritional food to their children from allowance, it  
 191 will be evident on their weight .. we can check which category child falls under: green,  
 192 yellow, and red ... It should be made compulsory to bring vaccination card along with  
 193 them when collecting the allowances ... for children under five or three years. In any  
 194 programme we can check if the child weights is improved or not... Parents whose  
 195 children who are in yellow criteria should be counselled to provide required food and  
 196 nutrition to their child using the allowance money, parents whose children are in green  
 197 criteria should be praised and those who are in red, they should be penalized or more  
 198 attention should be given to them....  
 199

200 M: At present children of Dalit are getting Rs. 400 as incentive and their height and weight  
 201 been measured. Also, their children have been divided into green, yellow, and red criteria  
 202 according to nutritional level. According to you, what factors made it easier to implement  
 203 these programmes?

204 P5- The very first factor that has made easy is distribution of nutritional package. Many local  
 205 people think that now as they have received the package...why should they feed the  
 206 child...they will use it as *Sattu* powder (fortified flour) and eat... many have such  
 207 thinking...but in reality, that was distributed for postnatal mother and the child... instead  
 208 they should convince their children to eat even if they do not agree for few times. Mother  
 209 should be active in feeding their child... mother have important role in their child  
 210 development be it in feeding, playing or learning...  
 211

212 M: Are there are other reasons besides lack of education, health awareness and ignorance of  
 213 mother which create problems for implementing these programmes?

214 P5- No, there are not any.

215 P6- There is not much difficulty to organize programmes but there is difference in mindset of  
 216 peoples. People commonly have begun to understand that these programmes are for the  
 217 betterment of their own children and pregnant mother. But mostly they relate to what  
 218 they are getting instead of knowledge exchange programme... everyone is interested in  
 219 money... "what am I getting, how much money"... that is their concern...  
 220

221 M- Dr. what difficulties do you get while running programmes such as Baal vita and  
 222 measuring weight and height of children?

223 P1- To make these programme successful, the very first thing we need to know that how are  
 224 the beneficiaries utilising these facilities provided by us and what would attract them for  
 225 using this facility. Right now, there is no proper balance between these factors and one  
 226 main reason is they do not have full information and awareness about these programmes.  
 227 Another reason is even after they know they are not interested... another is there could be  
 228 difficulties due to lack of money.  
 229

230 M- What type of economy (attraction) you mean to say?

231 P1- talking about money... let us say like this that things they are more inclined to, attracted  
 232 to... For instance, very few people want to take part in *Aama Samuha* (mother's group)  
 233 and very few take their child to record body weight and height to health post. But if in the  
 234 same programme if we would distribute biscuits, many people would have presented.  
 235

236 M- Now I would like to talk about the development of children below three years.  
 237 What types of programmes are there for the development of child below three years in  
 238 your village?

239 P5- in household level family themselves take care of these children. but at community level  
 240 there is nothing as such ... at house mothers play with their child by holding their hands...  
 241 make them laugh. Laughing also helps in child development .... along with that mothers  
 242 play with children by singing, telling stories ... this plays important role in their physical  
 243 and brain development. Mother have special attachment with their child... if a child does  
 244 not eat food then they can cajole them and feed ... they tell the child, "if you eat then you  
 245 will gain weight, you will develop well can you will study well in future " ...



246

247 M- Besides family, aren't there any community and organizational level programmes for  
248 them?

249 P1- No, at organizational level there are no such programmes.

250 P5- I request [the researcher] to initiate such programmes as this would help children in  
251 Nepal to learn many things. Programmes related to games and nutrition should be  
252 organized in Nepal as this would aid in the body and brain development of our children.  
253 playing, learning and nutrition programme should come in Nepal. I eagerly want that our  
254 voice should reach to authorities and would be implement soon in our ward ...

255

256 M- What are your thought toward this programme?

257 P5- This is very required programme. Otherwise, how will a child grow to a healthy adult....  
258 With these nutrition programmes, children will be saved from undernutrition. Also, child  
259 death rate would lower after this programme .... if a child is unhealthy, whole family  
260 would be unhappy and stressed ...

261

262 M- What should be done for the better development of child below three years?

263 P5- Children should be provided with nutritional food. Their mother's health should also be  
264 prioritized. Children should not be threatened and beaten.... If there is no proper physical  
265 and mental development of a child, that would affect their height as well... Mother is  
266 always the first teacher of any child ... they can mold the child in the way they want.  
267 Mothers should also not eat spicy food if they are breastfeeding their child ... if mothers  
268 eats spicy food then when child breastfeeds that would make their stomach upset.

269 P4- Educating mothers is a must ... important ...

270

271 M- According to you, what should be done for growth and development?

272 P3- Special care should be taken for hygiene, cleanliness, and food of children. They should  
273 be kept far from negative influence.

274

275 M- What type of negative influence you mean to say?

276 P3- they should be provided with good, nutritious, and fresh food.

277 P5- Things like proper talking ways and healthy food.

278 P2- They should eat fresh food. Also, their hygiene and cleanliness should be maintained.

279

280 M- All these falls under the eating habits, have you thought that how does the proper growth

281 and development of children happen?

282 P2- I am thinking it is good... how we should keep our child clean, what food are good for

283 them and what influences are good for their development.

284 P1- for child growth and development there was a programme named *Sunaulo Hazar* (Golden

285 Thousand days) which included activities such as check-up of pregnant mother,

286 counselling about eating nutrition foods during pregnancy, while being pregnant, a

287 mother should take special care of themselves as even small thing could have impact

288 upon the brain and body development of baby; the weight and height of baby wase taken

289 immediately after their birth, then every month, and should be compared to check if the

290 child is growing well; ensure safety of pregnant woman...

291

292 M- You have already mentioned that pregnant mother should eat healthy food since her

293 initial month of pregnancy. They should especially take care of their physical and mental

294 health. Now could you say how can we play, and which toys should be provided to child

295 below three years?

296 P4- soft toys ...

297 P6- They can also play with ball made of grass.

298 P5- They can play with a plastic ball and bat.

299 P2- They can watch cartoon name "*Motu Patlu*" in TV.

300 P3- Cartoon in TV ...

301 P5- Remote car, dozer etc.

302 P1- Some parents give their mobile to play games and music which is not a good practice.

303 This could have a negative energy in them.

304

305 M- What toys are mostly used by child for games in our village?

306 P4- They generally play with their own friends.

307 P5- .... with siblings ...

308 P2- Sand, stone, utensils etc.

309 P6- With stones.

310 P5- With bicycles, motorcycles, Car if they have at their home.

311

312 M- What are the lessons learnt by children who plays with ball and cartoon?

313 P4- They might have been learning something, but they cannot speak. They are attracted

314 towards these stuffs while playing... they might be learning something.

315 P5- I have two years old granddaughter. When I ask her to bring motorcycle key then she

316 immediately goes and fetches it.. that little child also have some understanding...

317 P1- Children's brain is like a blank paper which means what you would teach them they

318 would learn it. They do not have the capabilities to differentiate between good and bad so

319 we must be sensitive of this as well.

320 P5- I see children draw a line in a blank paper. They scratch in paper... they will also help in

321 their mental development.

322

323 M- How much important is games?

324 P1- Playing is like exercise for children...

325 P5- Play is entertainment. Their mind will be sharp. They will remain stress free, and the child

326 will be able to sleep well. good sleep also contributes to good health.... children should

327 not be scolded or threatened. They will have nightmares. They should also be protected

328 from dangerous animals.

329

330 M- Who mostly play with children?

331 P5- Mostly children of similar age groups play with each other. Also, if we have free time,

332 we also play with them. Family members such as grandparents, parents, uncle, and

333 aunties also play with them.

334 P1- Generally father, mother, and whole family.

335 P5- Relative also plays with children who comes to visit their place from cities.

336

337 M- From who children generally want to play when they are interested to learn new things?

338 P4- Children are comfortable with one who give them more time or play with them more  
 339 such as mother, father, and grandparents and others... Child are found to be happy around  
 340 them and want to play with them. Those who love their child more they want to spend  
 341 more time with them and play with them...

342 P5- They learn with their other children of same age group who plays and comes to their  
 343 home.  
 344

345 M- Do you notice any difference among the children of three years who plays with or  
 346 without toys?

347 P5- Yes, there is a difference. Children who play games are more energetic and active than  
 348 one who does not... they are more clever... those children who do not play they like to sit  
 349 alone and they are slow... there is a difference...  
 350

351 M- What kind of difference you can notice?

352 P5- There is difference in personality. The one who does not generally play games have less  
 353 interest to learn, be afraid and hesitate.

354 P4- Those kids seem introvert and are fearful... they can be of shy nature... they will have  
 355 poor development... Whereas children who plays actively and more loved, seems to be  
 356 happier and have better growth and development of brain.  
 357

358 M- What kind of growth and development do you think has stopped on the kids who does not  
 359 play would have?

360 P4- children will have poor brain development. They do not learn to speak at right age. They  
 361 cannot learn which is a problem. Child who plays and are smart can learn new things  
 362 quickly from anyone compared to those who does not play.  
 363

364 M- Do you agree that games are important for child?

365 P6- Games are very important for child of five years and below three years. I want to talk  
 366 about my grandson. His grandmother generally spends much time with him, and he  
 367 enjoys with her. When I reach home from out, I clap my hands and talk with him, then he  
 368 wants to come to me. We must be gentle with children then only their confidence would

369 build up and they would be a bold, happier child. Their brain would develop much faster  
370 if he/she would spend time with many people.

371

372 M- Sister, could you explain how much important is games for a child?

373 P2- Many children fear their own parents whereas many are open to them. They ask for their  
374 favorite food, clothes, and games...

375 P1- Games help to development of body and brain. There is difference among one who plays  
376 and who don't. For example, if I would sit only in this chair, my legs would be weaker, If  
377 I would not study books, I would be unable to learn new things. If I would not eat, my  
378 body would stop working. If I would close my eyes, I would be unable to see and feel  
379 anything. Thus, for all these it is essential to do daily movement and work. Likewise, for  
380 growth and development of child's brain and body game plays an important role.

381 P4- For child, we must play games of their level. It would aid in the development of their  
382 brain and body.

383 P1- I have observed that when a child cries and do not sleep, they beat their child in head or  
384 back. It could have very bad result on them. So, they should not be beaten... *Sunaulo*  
385 *Hazar* (Golden Thousand days) programme have clearly mentioned that pregnant  
386 mothers and children less than two years need extra care. There should not be any  
387 hinderances in growth and development of the child. Each mother should be aware of  
388 this.

389 P5- I missed to mention one point about nutrition. When a child cries and shows arrogance,  
390 parents give them money to buy biscuits or chocolates. They do not care about the expiry  
391 date of those products which can have serious effect on their health. They can also take  
392 their lives. when parents go to the market. They buy foods prepared in the market like  
393 *kachdi, chop, fopi....* which are all cooked in stale oil... these snacks which are brought  
394 from open market are not even fresh and healthy. everyone should be careful int hese  
395 matters...these will make the child sick.

396

397 M- What are the programme for growth and development of children in the villages?

398 P5- there are none...

399 P4- Not in community level.

400 P5- Only in the family ...

401 P4- There should have programmes at community level as well such as parks where children  
 402 could play, slide, have cars etc. Parents could take their children to park. This can be  
 403 done from municipality office. programmes in needed to make such arrangements.  
 404

405 M- What activities are done by health office for the child growth and development?

406 P1- There are not such games for the growth and development of child... to assess if children  
 407 are growing in timely manner regular measurement of children body weight has been  
 408 taken. Nutritional and malnutritional children are differentiated. But there is also lack of  
 409 awareness among mother about importance of games for child development.  
 410

411 M- What activities should have been done in village for child growth and development?

412 P5- There should be awareness among females about advantages of games on body and brain.  
 413 that playing would help in child's physical growth, weight loss, and prevent diseases. If  
 414 they would be provided with this information and if they understand, then there will be  
 415 less probability of child suffering from malnutrition. There was one programme done in  
 416 past related to hygiene and cleanliness where they were taught to wash their hands after  
 417 touching waste with soap. teaching in that programme brought lots of positive changes...  
 418

419 M- Sister, you agreed that games are essential for child growth and development. According  
 420 to you what should be done in your village for this?

421 P2- It is a good and this programme should be there... but it is not in practice in our village.  
 422

423 M- What programmes and activities should village have? Points such as awareness to mother  
 424 and park in village has already mentioned. Do you have other points to add?

425 P2- The types of games and activities which would be beneficial to children should be done.  
 426

427 M- What future facilities and programmes would aid in growth and development of children  
 428 of your village?

429 P5- Different types of posters having pictures of birds, animals, big calendar in house would  
 430 help child to learn at their own home by identifying those pictures from poster... for

431 children growth and development, mother education, her nutrition, her knowledge on  
432 child nutrition plays main role.

433 P1- to speak public awareness on this matter in the community, there should be an awareness  
434 programme that would spread information on importance of child growth and  
435 development. This should be regulated from Nepal government. They should distribute  
436 pamphlets, posters, and flyers in villages regularly. many people listen to radio for  
437 information... Different media such as radio can play a role to disseminate information.  
438 For example, if there would programme on child nutrition, game, growth, and  
439 development for 10 to 15 minutes, it would have been extremely effective.

440

441 M- I would again ask about child's growth and development.

442 World Health Organization (WHO) have suggested that for proper growth and  
443 development of child games and education is equally important to them as nutritious  
444 food. How do you take this suggestion of WHO? What is your stake on this? (Pg 23)

445 P4- I really agree with it.

446 M- why?

447 P4- Children are our future. It would be better if we could take care of the proper growth and  
448 development of brain and body children below three years, they should be provided with  
449 required nutritious food and games. It will be good for their future. if we can care the  
450 small child and keep them jovial and happy then they will have a good physical and  
451 mental development ... they will be clever at home, outside, when they go to school. They  
452 will be active. Social and friendly with everyone... they will develop from all sides. That  
453 is what playing is important. Children should be played with from early age.

454

455 M- As per WHO suggestion, what kinds of changes or effects could be seen if children are  
456 provided with nutrition and games?

457 P5- Children would be free from fear. it will have positive effect... Due to joined boarder with  
458 India our youth have been involved with drugs addiction. If children would be provided  
459 awareness about its negative impact in early age, they would not take his step-in future.

460 P4- There would be ethical and responsibility feeling among children from minor age. they  
461 will grow to become responsible person...

462 P5- As I have heard story of mahatma Gandhi because of his positive affect in his childhood  
 463 he became a respected person and earned name ...  
 464

465 M- What would be the reaction of local people when there would be added programmes for  
 466 child's nutrition, games, and education?

467 P5- They would take it positively as this is for betterment of our children. Games materials  
 468 for youth are generally expensive but for small kids' toys are less expensive and could be  
 469 afforded. If a child plays themselves, their mother would be happier. They could think  
 470 that there is possibility that in future they can be an excellent player. They will think that  
 471 paly will have positive influence in their children life.  
 472

473 M- Sister could you say that if both nutritional and games programmes would be organized,  
 474 what would local people think of this?

475 P2- Mothers would be happy as these programmes would teach their own children which  
 476 would help in their development.

477 M- At looking P6; can you say what would local people think of this?

478 P6- They would think it as a good idea. We must think from where these programmes will be  
 479 organized as for running any programmes there is a need of financial support.

480 M- I would talk about this later. What people would think of these programmes?

481 P4- They would take it positively.

482 P1- It would be good but there should be a schedule prepared explaining timetable for how  
 483 many hours a child should be played as they cannot give time for whole day. Playing  
 484 with father, mother, grandparents is just not enough... there be a good source of income  
 485 as well.

486 P5- During game time, they should play and during study they should study. Like a sapling,  
 487 with proper soil, fertilizer and water, child should grow.  
 488

489 M- Now I would be talking of implementing programmes. (Pg 26)  
 490 How can we take these programmes to village in a successful way?



491 P6- For this Health post should take lead. to initiate these programmes, they should inform  
 492 and suggest ward and municipality office. If necessary, they should ask fund from  
 493 authorities' organizations for these programmes.

494 P5- People's representative such as an honest person of village, parents of children and  
 495 volunteers everyone should be active in this... those with children they must be made  
 496 aware. This could be done through FCHVs as well.  
 497

498 M- How can we organize these programmes to make it impactful and successful?

499 P5- In reality, Health office can take lead on this. With help of FCHVs if health post can  
 500 reach up to *Aama Samuha* (mother's group) ... then the programme will be successful.  
 501 After this, they can reach to parents, mothers of children and explain about these  
 502 programmes. Consequently, they would start to like these programmes for the better  
 503 health of their children. Health post must take lead on this.

504 P6- I would like to add few points in this. *Aama Samuha* (mother's group) is already working  
 505 and active in community. Likewise, there should be a group of pregnant women ... there  
 506 is need for another group of postnatal mothers. They should have meeting in 15 days or  
 507 monthly. In that meeting, FCHVs and public representative should be present. From this,  
 508 everyone would get information about these programmes which would eventually make it  
 509 easier to organize.  
 510

511 M- Are you talking about group of mothers of child below three years beside *Aama Samuha*  
 512 (mother's group)?

513 P6- Yes, there is already *Aama Samuha* but there must be a separate group for mothers of  
 514 child below three years. Pregnant women should also have separate group meeting for  
 515 nine months where they can discuss and inform about their health status, what types of  
 516 food they should consume and what not. There are many women who are aware about  
 517 food they should take during pregnancy but because their guardians do not know they  
 518 cannot eat adequate nutritious foods...But at present 75% of these cases have been solved  
 519 and remaining 25% should be helped. one of the reasons is poverty as well. everyone  
 520 should help in this...  
 521

522 M- You mentioned about group, but beside group formation are there any other ways?

523 P5- Health post should prepare a plan for the programmes. How should we take this  
524 programme... what to do... Like our president also said that public representatives,  
525 respected personalities, and school teachers should actively participate in these  
526 programmes to make it successful. School can also be a good medium.

527 P4- Through advertisement ...

528 P5- We can play information through projector in communities. If mothers of child below  
529 three years could be informed through these videos in projector in every area, it would be  
530 more impactful as they would show interest in such programmes.

531 P4- Instead of pregnant women and mother their family members such as father-in-law,  
532 mother-in-law, and other member who take care of them should be made aware of these  
533 programmes in our society .... If they would understand about its importance, mothers  
534 would get extra care, love, and support. I think everyone should know about these things.

535 P1- Street drama at different villages, streets and places can also generate awareness among  
536 local people. Street drama can be shown to targeted pregnant women and mothers of  
537 children less than three years age...  
538

539 M- Who can play street drama or should be responsible for organizing street drama?

540 P4- Local government should take the responsibility to organize and spread information  
541 about this programme for public awareness .. whether through street drama, through FM  
542 radio and TV. Municipality office should advertise about this all over village.  
543

544 M- Which organization is most appropriate to initiate these programmes?

545 P5- Health post ...

546 P1- Health post and ward office should take the charge...

547 P4- School can play role in this. From every house, at least one child goes to school with the  
548 help of children we can spread our message to every households.

549 P1- As todays school children would become future mother and parents, if they know these  
550 things from now, it will be useful tomorrow...  
551

552 M- You have selected health post as an appropriate organization to take lead. Can you give  
553 reasons for your choice?

554 P5- As every member of *Aama Samuha* (mother's group), pregnant women and, mother are  
555 in more contact with the health post, they could be a most appropriate to take the lead.

556 P1- When the members of *Aama Samuha* including FCHVs, pregnant women, postnatal  
557 mothers visit health post, they could be educated about the programme through flyers,  
558 posters, and pamphlets. it could be 5-10 minutes sessions... we can tell them about the  
559 benefits of their participation in the programme. This could have positive effect... they  
560 can be aware of these programmes.  
561

562 M- What can be a role of local government for these programmes?

563 P5- The funds to run the programme growth and development of children should be  
564 organised from the local government. expenses will be there in such  
565 programme...Municipality offices provide funds to ward office and then ward office avail  
566 these funds for the programme.

567 P4- For organizing programmes, we need fund very firstly.

568 P6- They should prepare agenda for these programmes. When they present the budget  
569 planning to the upper authority then the budget will be provided. Child growth and  
570 development is an important matter... Once they have outlined the programme, they  
571 should also plan the budget... They should take these programmes forward. After getting  
572 funds from the government body health post can run the programme... NGOs and  
573 INGOs could also do the programme... but budget play a main role.  
574

575 M- You have mentioned that school and teacher also can take lead. How can they participate  
576 in this?

577 P5- In school there are teachers...School teacher can teach children in school or students  
578 about: when children below three years are given nutritious food and are played with that  
579 would eventually help in growth and development of their brain and body... now that  
580 child will go home and share this information with his father, mother and guardians... this  
581 would result in creating a positive impact on everyone. This can be a great medium of  
582 sharing information.

583

584 M- Sister, what types of information can we share to community to make them understand  
585 about the importance of this programme in an easy and efficient way?

586 P2- Could not answer.

587 P4- to be able to teach people a trainer should be invited... There should be training for  
588 them who would make others understand about these programmes. For this trainer should  
589 be called and they should learn from them ... I am only one who is talking ... you should  
590 also answer ... laughs.

591

592 M- You have said that teachers should teach children. What type of training teachers should  
593 be provided to make child below three years understand these programmes?

594 P4- Most teachers, before appointed as a teacher, they have already taken courses about the  
595 child psychology. They know very well that about child development and what is the  
596 process of their growth and development. Even after this, they should be provided with a  
597 refresher training about this programme which would result to get more better results.  
598 teachers have a lot of knowledge related to child ... children think that their teacher has  
599 been saying the right things and they should listen to them. they trust their teacher...  
600 whatever their teacher teaches them they can explain those to their family members...  
601 Therefore, teachers can be a good medium.

602

603 M- What kind of education should be provided in health post?

604 P5- when pregnant women visit health post to collect iron tablets or for antenatal checkup... from  
605 very beginning they should be told about the things they should do for the growth and  
606 development of their children. This could also have a positive effect...

607 P1- any female patients who visit health post or pregnant women, mothers of children below  
608 two years visit health post for checkup, they should be provided information and  
609 knowledge about importance of nutrition, playing and learning on children growth and  
610 development using different posters, flyers and pamphlets. They should be taught what  
611 should be fed to children below three years. How to play with them to help their  
612 learning... many will be aware through this. They will get knowledge... Additionally, to

613 provide additional information to parents, health workers should also be provided with  
614 required training on the children psychology.

615

616 M- In health post, who should get training?

617 P4- Focal person should get training.

618 P5- Focal person including every other health staff should get training on child psychology.

619 Everyone should be skilled because if there will be transfer of any person than the  
620 programme would not have any impact...

621

622 M- Why did you selected focal person for training?

623 P4- To run the programme efficiently and to take the responsibility, we must make one focal  
624 person.

625

626 M- What kind of training should focal person get so that it would be easier for him/her to run  
627 programmes?

628 P5- They already have knowledge about heath but if they would be provided with training of  
629 child psychology, it would be good for them.

630 P1- FCHV must be made active in this... they can play active role to spread information.  
631 Before any seminar, trainings, or workshops, if this information could be pre-explained  
632 for 10 minutes or spread ... it would help to them to run easily and would be effective.

633

634 M- Why did you selected female volunteer?

635 P4- Female volunteers have already lots of records ... when to distribute medicine, vitamin  
636 "A" and when is the vaccination programme for children. So, they can provide lots of  
637 information about the children too.

638 P1- All female volunteers are local residents of village. They have depth knowledge about  
639 village and peoples. Being a female, they are also close with female, which house has  
640 pregnant women, which house has children of what age... They know very well....  
641 Therefore, with their help it would be easier to run programmes.

642

643 M- How can female community health volunteer make these programmes effective?

644 P5- Doctors (HA) can train female volunteers how to lead the programme and inform others  
645 about this programme.

646 M- How would they say them to do these programmes?

647 P1- There should be funds available for them to work for these programmes.

648 P4- Female volunteers should also get some incentives for this programme.  
649

650 M- How can be funds managed?

651 P5- Municipality and ward office should provide fund.

652 P4- Local government should arrange the funds ...

653 P1- Local government should allocate some fund for this programme. For example, from 10  
654 lakh budget, 50 thousand should be allocated to this programme.  
655

656 M- They already have doing programmes in village. Now for growth and development of  
657 child below three years, what should they do to run these additional programmes? How  
658 can they get help?

659 P4- In initiation of any new programme, there comes some challenges. to resolve those  
660 challenges, local public representatives, local respected persons, social workers should  
661 facilitate in overcoming them. If focal person from health post and female volunteers  
662 would get any difficulties during the programme local public representatives, local  
663 respected persons, representative from health management committee, political party  
664 representative should support them to make their work easier.  
665

666 M- You have mentioned about challenges. What is the challenge do you think they would  
667 experience during this programme?

668 P4- When there are new programme in the community, there will be few percent of local  
669 people who take in a negative way. They will question, "who brought this programme?  
670 They must have brought it for their own benefit... may be the focal person got lots of  
671 money... they get the allowances so they must have come to show us... why should we  
672 take our children. My child gets scared... they can get scared" ... these kinds of negative  
673 thinking could be there... when such challenges appear everyone must support to take the  
674 programme ahead...

675

676 M- How can we run programme to make it more effective?

677 P1- There are several ways to run programmes such as information sharing, trainings, and  
678 arranging materials for programme.

679

680 M- You have said that we should use female volunteers for this programme. Also, you  
681 already have an idea about their age and condition. How can you think they can lead this  
682 programme in effective way?

683 P1- There should be materials for demonstration which would make easier for mothers and  
684 other family member to understand about its importance and to keep them interested...  
685 There must be some incentive for female volunteers too. Additionally, the progress of the  
686 programme should be monitored.

687

688 M- Who should evaluate these programmes?

689 P1- Authoritative person from management committee should do the evaluation. They should  
690 check if the programme is running well in the community...they should check that no one  
691 is misusing or spreading negative news regarding programmes. They should try to  
692 understand these things and solve them.

693

694 M- You have talked about misuse and negative news. According to you what are they?

695 P1- things like materials or funds available for programmes could be misused; time allotted  
696 for programme work could have been used for their own personal work... These are few  
697 of them which should be checked. Mothers should be explained that by spending half  
698 hour -one hour time in a month in programme, they will get to learn knowledge which are  
699 essential for the benefit of their own child. We must make them understand this and make  
700 them participate in the programme.

701

702 M- In these programmes, who must participate compulsorily?

703 P5- According to me, president of ward must participate, help could be taken from other  
704 people. They should be provided with some allowances ...

705

706 M- President could help to organize programme but who should participate and present in  
 707 programme? For instance, if with help of president programme for children below three  
 708 years old would initiate. But for this who should present in that programme to make it  
 709 successful.

710 P5- According to me, health coordinator and mayor from the municipality should be  
 711 present at programmes.  
 712

713 M- You are saying about higher post. To listen and learn from programmes who should  
 714 participate?

715 P1- One person from management committee should have all the information about  
 716 programme and time-to-time other related organization departments, individuals  
 717 should be informed. Such kind of management should be done. responsibility must be  
 718 given...  
 719

720 M- You have told that female community health volunteers could help to organize this  
 721 programme in an effective way. Who should be available at village while they would talk  
 722 or organize these programmes? Who should come to them to take information about this  
 723 programme?

724 P5- There would be FCHVs in village and ward.

725 P4- People representatives selected from ward should also be present there. They are trusted  
 726 more by the community people ...

727 P1- Ward president can play a major role in these programmes. His presence in the vaccine  
 728 programme made the programme better...  
 729

730 M- When female community health volunteer would take this programme to the village and  
 731 community, who should participate to learn?

732 P1- Pregnant women, Mother of newly born child must participate. Apart from this, it would  
 733 be good if their family members should also participate.

734 P4- It would be very nice if they would come. Especially, pregnant women, postpartum  
 735 mother and their family members can also learn from this programme.

736 P5- Participation of any household member would help...



737

738 M- But also, who is most important for child below three-years old?

739 P1- Most important person is mother of child or postnatal mothers... then pregnant women are  
740 also important... Their record should be kept, and they should be informed about the time  
741 and place of this programme. After their presence, they should run programme. Related  
742 office and department should monitor the programme ... for the smooth running of the  
743 programme those who are implementing the activities should be provided with at least  
744 some tea and snack...

745

746 M- Who should bear cost of this?

747 P1- Ward office ...

748

749 M- How can we evaluate the effectiveness of programme and who should be responsible for  
750 this?

751 P5- Head of health post and other doctors or health officers should take this responsibility of  
752 evaluation. And, for management we members are available.

753 P1- Head of health post and health post staff must be given the responsibility. We members  
754 from health committee will also support...

755

756 M- Why they should only take responsibility?

757 P1- There is direct relationship between health post. health post officers and FCHVs, *Aama*  
758 *Samuha* (mother's group), pregnant women, and child's mother. They know each other  
759 very well. Local people representative knows people of community well and community  
760 know them very well. That is why it would be good if they will take responsibility.

761

762 M- In which way, this programme can be effective and fruitful? For example, there have  
763 been mention of street drama. Are there any other ways to organize this?

764 P1- Every individual would have their own thought in what is required. Games materials are  
765 required to teach games... these should be made available... certain materials are required  
766 while teaching about nutrition as well... materials are required to teach ... After this, we  
767 should also measure how much people (*sikne byakti*) learnt from these programmes and

768 materials... whether they understood or not... trainer (*sikaune byakti*) should also be  
 769 skilled and knowledgeable...  
 770

771 M- What kind of skill and knowledge they should have?  
 772 P1- for example, to hunt one should have knowledge about the place where he can find the  
 773 victim, the equipments that are needed for hunting. Likewise, to run this programme they  
 774 should have proper knowledge, understand the importance of programme and materials  
 775 required for this programme ...  
 776

777 M- What materials are required to run programmes?  
 778 P1- Flyers, pamphlets and posters are must while running the programme. Beside this,  
 779 demonstration is needed ... what type of playing and learning they are planning to show,  
 780 they need to have the materials ready for it...  
 781 P4- while demonstrating games to children's attractive toys must be used... from which they  
 782 would be attracted and want to play with them. how will a child be happy. This needs  
 783 consideration as well... There should be about 10-20 types of toys during demonstration.  
 784

785 M- Is demonstration an effective way?  
 786 P4- Yes, it is,  
 787

788 M- Are there any other way to make child interested to learn and play games?  
 789 P5- These programmes can be organized monthly when children have been vaccination  
 790 programme. participation would be more if the programme is added on the vaccination  
 791 day... It would be effective.  
 792 P1- During immunisation day or when pregnant women come for regular check-up and during  
 793 *Aama Samuha* meeting, people can provide with the information related to the  
 794 programme. This will be good.  
 795 P5- These are the ways ...  
 796 P1- Yes, this is effective time for programme.  
 797

798 M- To increase interest for these programmes, what should health officers get?

799 P4- They should be proved something as motivation allowances...

800 P1- a focal person who will organize and monitor the programme, should get paid motivation  
801 allowances (*protsahan bhatta*)  
802

803 M- Besides health focal person, what should female volunteers get to make this programme  
804 effective and fruitful?

805 P4- those who support in this programme they should get some allowances.

806 P1- Participants should also get something...the participating children should get something  
807 like toys, biscuits, or chocolates. Then the participation will increase...  
808

809 M- Who should pay them?

810 P1- Municipality office should.

811 P5- Municipality office

812 P1- Health post does not have their own office and own source of income they cannot pay  
813 them.  
814

815 M- What could be potential challenges and issues to organize these programmes?

816 P5- For any programmes there are challenges and obstacles. We should solve them by  
817 explaining them and making other understand their importance... by increasing  
818 awareness. their daughter, daughter-in-law, and their children will have benefits through  
819 this programme... People should be made aware of this ... they will understand.  
820

821 M- You have already mentioned that any programmes have its challenges and obstacles.  
822 Then can you say what types of challenges are there to run programmes for growth and  
823 development of children below three years?

824 P4- time-to -time there could be problems in participation in such programmes. not everyone  
825 will come to the programme... even when we tell them that they will gain knowledge  
826 from this programme, it is good for their children. They directly ask "what monetary  
827 benefits will I get from this programme" ... For this, value of this programme should be  
828 made realized to them.  
829

830 M- Sister, what are potential challenge, could you please say?

831 P2- Yes, it's same challenges as he has mentioned earlier.

832

833 M- Brother can you say?

834 P6- It's same.

835

836 M- Are there any incident that happened earlier while organizing programme like this?

837 P5- There are not such challenges till present.

838 P4- There are same challenges. sometimes it is difficult to gather people... If people have

839 understood its value, there would not have problem in participation... otherwise it is

840 difficult...those who go to invite those people in the community people will say, " they

841 are here because they have got allowances, they have come for their benefit" ... those who

842 have understood the reality they will participate...

843 P5- Those who participate, also expect to receive something from the programmes ... such as

844 money or objects or materials... this is why it is difficult to arrange free participation from

845 local people... and some people are not interested as well... You can see that even our

846 ward member whose house is nearby did not come today in this discussion...

847

848 M- Are there any social, religious, or other challenges?

849 P5- No there are not. It is not concerned with religion or caste. Every individual from any

850 caste and religion wants to see their child healthy. This is a good deed... so there will not

851 be any problem on caste and religion...

852 P4- there won't be any such problem.

853

854 M- Do women find any difficulties for checkup in village clinic.

855 P4- before there were these problems but right now things have been changed. Previously,

856 daughters-in-law felt awkward/difficult to get out of their house... But now awareness in

857 there in the household... there has been lot of changes in that custom... they do not feel

858 uncomfortable. they have begun their participation in gathering and meetings...

859

860 M- We have already talked about financial expenses which should be done by municipality  
861 and ward office. Are there any other challenges beside this?

862 P5- I do not think there are any. this is a good deed ...  
863

864 M- Why, don't you think there might be some other challenges as well?

865 P5- Nobody would want their children's growth and development should be poor. everybody  
866 wants improvement... who would want that their child should not be fed well, and they  
867 should not play or learn well, which mother would not want their child to become healthy  
868 and good... Everybody wants their child to be able to play, smile, stay happy, proper  
869 development of their body and mind... So, there are no possibility of any challenges.  
870

871 M- Then, there is not any problem to start this programme.

872 P4- No there is not ...  
873

874 M- Any challenges or obstacles?

875 P4- No there would not be any challenges. we have already discussed the possible obstacles...  
876

877 M- You have said that to run programme there would not be any social, religious problems,  
878 but how can we run it regularly?

879 P4- Government of Nepal can make this programme as an operational plan and implement it  
880 through the provincial government at the local level... they should do such management...  
881 Every child of the country should have the availability of nutritional food, proper games  
882 education, which would help them to foster their brain and body's growth and  
883 development, and they will grow to become a better person... if with this thought if the  
884 government could allocate some budget and run this programme then it would be  
885 better.... Consequently, it would lead to a brighter future of the child and the country.  
886 This programme can be generated with this vision and policy. if they can allocate a fixed  
887 budget for this programme and run as a national programme then no one can interrupt it...  
888

889 M- For the sustainability of this programme, and to make the local people participation  
890 regular, attend the programme regularly what should be done?

891 P1- We must make the programme effective .... There should be budget allocated for  
892 programme and according to that yearly budget must be planned...

893 P4- Likewise, children nutrition programme, there must be nutrition programmes for mothers  
894 too. if both children and mother nutrition programme can be provided together then it  
895 will be good... In terai, women get pregnant a lot. That's why along with the nutrition  
896 programme for children below three years age. There should be one nutrition programme  
897 for mothers too...

898

899 M- What should be role of community people for these programmes?

900 P5- Community people should be provided with full information ... that through this  
901 programme both mother and child will benefit.. to make child healthy they should aim to  
902 improve mother's nutrition too.

903 P1- Individuals who take leadership role in the community should be positive towards this  
904 programme. They should take interest in this. Our health post must also play impactful  
905 role for its implementation and should be responsible for programme implementation.

906

907 M- You have mentioned that to make this programme effective and continuous, government  
908 should make a policy and operational plan. Are there any other ways to make it  
909 continuous?

910 P1- Every programme is mainly dependent on its finance. There should be enough fund and  
911 materials available... there should not be any shortage. Just as Nepal Government have  
912 already allocated budget for the infrastructure development of is each ward office, they  
913 should allocate fund for this every year.

914

915 M- Besides financial, what are other things important to take care for continuous and  
916 smooth-running programmes?

917 P4- A separate management committee should be formed for this who would do complete  
918 work of this programme. They would look after its planning, implementation, monitoring  
919 and evaluation. They will also take required suggestions and help from local office.

920

921 M- Who can play role of management committee?

922 P4- Local public representative can play role in this.

923 P1- a management committee should be formed the initiation of the representatives from  
 924 ward office... that committee should coordinate with the ministry for the continuity of this  
 925 programme... they should mobilise authorities for the implementation of the programme.  
 926

927 M- What should be done to organize regular programme inside village by female volunteers?

928 P5- Continuity.

929 P1- Programme recipients should also get some allowance for their participation. Materials  
 930 should be made available to them, and regular information should be provided.  
 931

932 M- What kind of information?

933 P1- Programme recipients should get programmes details including the date of the  
 934 programme, what activities will be done, importance of the programme...  
 935

936 M- What type of allowances you were talking about?

937 P1- The health officers and female volunteers who work in the programme should also get  
 938 paid some money as an allowance to encourage them for their work. There should be  
 939 some incentive such as money, materials, or gifts to participants as well.  
 940

941 M- What kind of materials you were talking about?

942 P1- According to need of the programme necessary materials should be selected. For  
 943 instance, flyers, posters, and pamphlets should be shown. It would be better if visual  
 944 medium could be shown to them. it would be better if we could show them some  
 945 documentary...what types of games can a child below three years can learn or should be  
 946 taught or played with...to show that. to teach that all necessary materials should be  
 947 managed. Need to show them...  
 948

949 M- Sir, you have talked about management committee. What could be major roles and  
 950 responsibilities of them to make this programme effective and continuous?

951 P4- This committee should be aware about this programme before they would implement this  
 952 in the community...They should know every small detail and importance about the

953 programme. They should be able to explain people about how this can programme be  
954 beneficial for the growth and development of child below three years old and how that  
955 will have positive effect in their future... There should be both male and female in such  
956 committee. the committee should be capable of advertising the programme, facilitate the  
957 programme implementation and if they experience any difficulties while running this  
958 programme in village they should be able to coordinate with local government to solve  
959 them...

960

961 M- Who can be in that committee?

962 P4- The person who is interested to do work that would be beneficial to society such as social  
963 works and social leaders.

964

965 M- Respected President Sir, what can ward office do for this programme and how can they  
966 support it?

967 P6- First, we should plan this programme and then to run this programme how much fund is  
968 required that should be planned and presented to the ward office. After this, the ward  
969 office can take his agenda to the municipality office and try to get budget for this  
970 programme.

971

972 M- We have already talked about fund and budget. Beside this, how can you help to make it  
973 effective and fruitful?

974 P6- to explain and spread the knowledge about the objectives and importance of this  
975 programme for child below three years at the local level teachers, officers, youths, social  
976 workers, and leaders should also be gathered and through them we must take it to the  
977 community... to make the programme effective...

978 P1- Again, I would like to add few points regarding committee. Committee should prepare  
979 programme outline include a description of all the required materials and detail  
980 information about the programme and provide it to the ward office... Committee should  
981 prepare a proposal and submitted to ward office... then we can start this programme  
982 preparation...

983



984 M2- What committee are we talking about? Is it health management committee or something  
985 else?

986 P1- A separate committee should be formed who would look after this programme only and  
987 this is only my suggestion ...

988 P4- Right now, the health management committee looks after overall health related work and  
989 programmes.

990 P1- This committee should also give suggestion on this programme...  
991

992 M2- You have said that to manage this programme easily, there should be a separate  
993 committee. To run, there should be female community health volunteer and we have seen  
994 that until now in every health-related work volunteer have been taken lead. If we would  
995 add this new responsibility to them, do you think that there would be an extra workload  
996 upon them or right now that do not have much work pressure? You have also mentioned  
997 to pay them extra money if they would lead this programme and with their help, they can  
998 efficiently run it. Can you make it clearer?  
999

1000 P4- Female volunteers do not have much work pressure. They only work for two- three days  
1001 a month and this work is also related to health post.

1002 P1- They work for four day a month ...

1003 P4- Beside these four days, they do their own personal household work only. They can  
1004 participate in other work besides those four days. And, if they would not agree we can  
1005 add other volunteers for this work. But if FCHV would be interested to work with  
1006 additional allowances for this work then they should do it...

1007 P1- We have mentioned female volunteers as suitable person because they have been  
1008 supporting for health post programmes till now. They helped to lower death rate of  
1009 mother and new-born babies. They have also major role in other health-related activities.  
1010 They have full record of pregnant women, mothers, and children from community. If we  
1011 would hire new volunteers, they should be trained for few days whereas if we make the  
1012 existing FCHV do the work then only a one-day information session is needed. New ones  
1013 may not agree to do in same allowance... This can add financial load. the investment will

1014 be less when old FCHVS are used, and our programme will also be effective... they are  
1015 like staff from health post. There might be an issue if we hire someone else...

1016

1017 If we would form committee from people representatives, president could be from their  
1018 members but one of the health post staff should also be included in that committee...  
1019 Remaining should be volunteers (FCHV). After formation of the committee for this  
1020 programme, we need to organize a meeting as soon as possible where they should discuss  
1021 materials required for the programme, challenges that may come during this programme  
1022 ... planning should be done. Only after proper planning we can smoothly run this  
1023 programme.

1024

1025 M- I am deeply thankful to all of you who have been patient throughout this programme  
1026 and have actively discussed, suggested us. The information we have collected from this  
1027 discussion is very essential for this student and it would be helpful to get programme  
1028 related to nutrition in future. Only if community people want, these programmes can be  
1029 organized and implemented effectively.

1030

1031 P1- You have also visited our village and have talked with our health professionals and given  
1032 us chance to share our thoughts on this. We are also thankful to both of you.

1033

1034 M- If you want to add anything you can.

1035 P5- What are the information we got from you for child below three years...

1036 M- We have shared anything but have collected information from you all.

1037

1038 P4- This discussion has boosted our energy. I want to say on behalf of everyone that this  
1039 student sister would be successful at her work. Additionally, I wish that this programme  
1040 would be soon initiated in all 77 districts of Nepal.

1041

1042 M1 M2- Thank you!! Thank you!

1043

**End of the Interview**

1044

1045

1046