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## UPDATES

### Day Care Centers in Construction sites-

In all three Anganwadi centres in Pratiksha Nagar (Sion), Ganesh Nagar (Malad) and Gharkul (Kharghar) AWWs and helpers have been placed by ICDS who are currently functioning beyond normal hours to run the Day Care Centres. Self Help Group are formed in the three construction sites with bank accounts for two centres and the SHG women have started cooking food for children in Pratiksha Nagar

Currently the cost of the Supplementary nutrition for the children is being borne by Mumbai Mobile Crèches till the SHG's are formalised with ICDS. Formalisation of the SHG into ICDS under special projects is in process. The nutrition content of the current menu is being reviewed by MMC and ICDS to ensure required nutrients and calories

are supplied to the children while at the centre. The centre managers along with the supervisor are working in coordination with the health posts for organising the doctor's visits for curative services. At Pratiksha Nagar and Ganesh Nagar the health posts have responded well, and they organise monthly visits which include immunisations, and basic curative medicines.



Day Care Centre at CIDCO Kharghar,  
Mumbai

### Day Care Centre in Dharavi – Children showing weight gain

Children in Day Care Centre at Kunjikuturve Nagar are showing a positive change in terms of weight gain after two months of enrolment. Mothers meeting was organised, which attended by almost all mothers to discuss nutritional requirement for children in age 1-3 yrs, malnutrition and its long term affects, weight gain among children, immunisation schedule and its importance.

In Kumbharwada, the center has been renovated to make it child friendly and the center is expected to start in a week's time. Since none of the current AWC's had enough space to accommodate younger children, shifting of one of the Anganwadi centres in Kumbharwada to the new site is in process.

### GGG Monitoring plan Sharing meeting

A Meeting on sharing the monitoring and evaluation plan of GGG project was held on 5<sup>th</sup> Jan'09 at BA office. Ms. Sunayana Walia from ICRW shared the plan with all NGO coordinators in order to streamline the monitoring and supportive documentation for evaluation.

Food diary, a self monitoring tool for girls was also introduced to the coordinators and was finalised after discussion.

The Diary on Health and Nutrition is a first of its kind ever being tried and could be replicated later if found to be effective monitoring tool.



*Monitoring plan sharing meeting*

#### **An initiative by girls in village Yella in Mulchera Block**

In Village, Yella, Mulchera block of Gadchiroli district, the girls from the village participated in the evening sessions that were conducted in the Ashram school. However they were facing a major challenge as there was no light on the road from the village to the Ashram school. The girls together went to the Gram Panchayat office and made a demand for street light to enable them to go to the Ashram school. Initially the Gram Sewak refused, however the girls insisted that the refusal be given in writing. Nothing was given to them in writing but there was a street lamp ensured immediately. Not only the girls but the entire village is now happy. –

*Varsha Gedam, Coordinator, GGG, NYKS, Gadchiroli.*

#### **Master trainers training on Hand washing held at Nandurbar**

30 Master trainers from different programs of UNICEF viz. Schools In Development, Ujala, Village Planning, MCHN, Deepshikha, underwent the training on 'Behavioural change in Hand washing' on 13<sup>th</sup> Jan'09 jointly organised by Hindustan Unilever, Ogilvy Action and UNICEF at the District Training Centre (DTC), Nandurbar.

These trainees were invited as by the CEO, Zilla Parishad Nandurbar and the fund for the training were channelled through the DHO, Nandurbar. The training being imparted in Marathi, helped in bringing great degree of involvement of the participants into the program. The CEO kept taking the stock of the learnings and discussed the affectivity and use of the program and how to incorporate this into other programs.

The methodology of training, which was taken from the Swasthya Chetana campaign of HUL, and tailor-made to suit the current context, was greatly appreciated for having the potential to bring in changes in the behaviour of hand washing. The master trainers are expected to further disseminate the learning's to others by incorporating hand washing as a subject while implementing other programs.

A kit comprising of different tools which could come handy in imparting further trainings at the community level was also developed and was distributed to each participant at the end of the training,



*Master Trainers training on Hand washing*

#### **Computer Aided Adult Literacy Program**

Between 15 and 17<sup>th</sup> Dec'08 an add-on module was introduced to the adult literacy program and all the 30 Prerikas were trained on the same. The new module consists of mother and child protection cards, animation program series 'Meena' and film 'Breast Crawl' developed by UNICEF. The support of Rajmata Jijau Mother & Child Health & Nutrition Mission in fine-tuning the module and imparting the training is highly appreciated by one and all. Special thanks to Mr. Sudame of the Mission for such a lively training. Currently a baseline is being planned to understand knowledge, awareness and practices related to mother and child health before rolling out of the add-on module.



*Training on Add-on module*

### *Shilpa's experience from Adult Literacy program*

"I was married at 19. When I was younger, I used to help my mother cook for my father and my 6 brothers and sisters. Now I work in the kitchen and support my own family – my husband and son of two years. My life would have continued to be the same if not for this training programme. I really feel that such initiatives are useful to all of us. I have studied only till Class 5. But now, not only will I be learning a skill I will have for life; I will also be able to pass it on to other women like myself. Opportunities will be available to us I feel more confident of myself now."

– Shilpa, 22, Peint District

*Interviewed by Sumita Karopady, Communication, Corporate Responsibility, Indian Hotels Company Ltd.*



### **Behavioural Change and Communications on infant Feeding 'Project Yashoda'**

An extensive visit to Nandurbar was made by members of UNICEF and Green Kettle Consulting in the month of Dec 08 to understand ground realities on the issue of malnutrition in this district in relation to this Project. In addition, the team also engaged 2 students of the Jambhaji Institute of Management Studies (JBIMS) to extensively travel across the district as well as stay in the villages to capture the living conditions and attitudes of the villagers. We thank Ms. Rama from Green Kettle Consulting for compiling and sharing the report of the visit.



*A typical village kitchen in Nandurbar*

Below is a summary of observations on existing practices from the above visits:

- Many women, especially in remote villages do not realize that under-nourished child needs attention till serious symptoms are seen. They assume that the child lying without crying or squirming is a sign of good health.
- Intervention by Anganwadi workers is often resented – mothers see it as interference.
- There is belief that a lactating mother should not eat any products made from wheat as it is not good for the health of the breast-fed baby.
- In most of the villages, the children below 2 years are given a small portion of the same food that is cooked for and consumed by the rest of the family. But regular 6 times a day feedings are never done nor are kids encouraged to eat further once they stop eating – a child who doesn't eat further is considered to be full. Mother has no time to prepare meals separately for children. Even adult diet low on fruits and vegetables.
- In many households children in the age of 6-9 months are fed dal-paani or rice-paani since it is believed that they cannot digest rice and dal.
- There is a widespread practice in feeding the children biscuits (majorly Parle G) as complementary food, since biscuits are convenient to feed and children like them.
- There is a vast difference in the way Anganwadi workers carry out their program- some Anganwadi Centres are virtually non functional while others are extremely vibrant. The hilly hamlets, attendance at Anganwadi centres is very low, unless the Anganwadi worker is extremely motivated.
- Group discussions (there are Young Mother Groups in some villages) or lectures by the MPWs or Nurses who visit the village twice a month – they are respected and regarded as knowledgeable in matters of health
- Visual cues are understood better, (e.g. Iodised salt is identified not by any brand but by the picture of the sun on the pack).

**If you have any feedback, suggestions or contributions, feel free to write to Sangeeta Dasmohapatra at [sangeeta@bhavishyaalliance.org.in](mailto:sangeeta@bhavishyaalliance.org.in) or [sangeetadm@yahoo.com](mailto:sangeetadm@yahoo.com) Ph: +91-22-27823202/27821657, Fax: 91-22-27824629.**