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UPDATES

Girls Gaining Ground



Implementing partners of GGG planning second phase of project

A joint meeting between BA and NGO partners was organised on 28th of April'09 at Nasik, Vachan (NGO) office to assess the project progress so far and plan the next phase of the project.

All the Participants shared the details of activities being carried out, case studies, challenges & how they overcame. Most of the teams would be finishing 2nd module by June end, except the team in Mumbai which will finish by August.

There were certain learning's related to selection process of facilitators, training sessions, working with Ashram schools, and government support etc. from 1st phase which would be great help for next phase.

The organisations would now be planning the exit from the current areas and hand-holding required for continuity with the girls involved in first phase. Plan for the second phase is being prepared and is expected to move faster than first phase with the experiences.

GGG- An initiative in Jawhar to bring out creativity and entrepreneurship among girls



Perfume Making



Painting



Sketching

BAIF MITTRA organized a two days training workshop on 8th and 9th May09 in Jawhar block, Thane district where adolescent girls were taught different aspects of drawing, crafts, glass painting, zardozi work, rangoli and perfume making etc. The intention behind the workshop was not only to sharpen their skills but also to encourage girls use this knowledge and skills gained in the workshop for income generation.

Mr. Sanjay Gade was invited as the resource person to facilitate the training workshop. The workshop not only covered how to make the above but also focused about the methods, quantity of material, packing of products, maintaining quality, fixing the price of product and marketing. At the end prizes were distributed to girls by the Mr. B. B. Bhosale, Regional In-charge, BAIF MITTRA.

BA thanks BAIF MITTRA for taking such initiatives for encouragement of the girls.

A positive Change in Kalpana's life- Gheu Bharari Participant

Kalpana Jano Rathad who lives in Dhanoshi, Jawahar Taluka of Thane was studying in 11th Std when she left the school and migrated to Vasai to support livelihood of the family. Her Father works as a Mason, mother is a member of the SHG, has two elder sister, both married and two younger brothers.

After 4-5 months of stay in Vasai when she came back to village, she got enrolled in the Gheu Bhari program. She regularly attends the sessions and because of participation in sessions, discussions and games she has become very enthusiastic.

She has been thinking about her interruption in education and thus now decides to stay back in the village and work in others field in village itself and also start teaching children in the village. She shared this thought/decision with her parents and could seek permission on the same. She dreams to become a teacher now and teach those children who have not attended school.

The major change is Kalpana is that she has been able to take decisions and trying to fulfil the same. She has started teaching girls who have been deprived of education. After participating in GGG, she now dreams to become a teacher which she had not thought earlier. – *Rashmi, BAIF MITTRA*

Food Diversification project - A review



A qualitative assessment of the project was jointly carried out by representatives of ICDS, Taj, IHMA, Rajmata Jijau Mother & Child Health and Nutrition Mission, UNICEF, SAMT, TISS, AWTC and BA in the month of April'09. This was based on already identified indicators and data captured during baseline through field observations and quantitative end-line survey.

The expected outcome from the project was to achieve considerable diversity in food availability across AWC in the district and significant improvement in quality.

The Key findings are as follows:

Food variety (Types of dishes served for Supplementary Nutrition Programme): There is a consistent increase in the number of recipes from 2 to 6 recipes per week across the various Anganwadi Centres of the district. Due to the momentum and interest that this pilot project generated among the district-level ICDS functionaries, a collective order by the District CEO, Collector and the Deputy CEO was issued mandating six different recipes for each day of the week to be served in the centres. ICDS has now decided to introduce 6 additional recipes for the children of the age group 0-3 years as well. Also the earlier 6 recipes have also been revised with another set of 6 for the 3-6 year olds. This change is the result of the trigger created by the training on recipes by IHM chefs. Thus, the project could bring about a considerable diversity in the food prepared.

Look and palatability of food served: Overall the palatability and taste of food has shown a marked improvement. Two servings are given in a day in all AWCs - one in morning and second during noon. The first serving given in the morning is served while hot, tasty and smells good. Seasoning with curry leaves, coriander leaves, peanuts, onion and methi are used to make food more palatable. The cooked food remained kept on the stove in majority of centres to ensure it is hot, second serving is always lukewarm. In majority of centres, the new recipes introduced i.e. *varan bhaat* and *dal chiklya* were seen to be the most popular with the children. It was realised that the Masala bhaat / pulao served are a bit dry thus needs to be softer. There are hardly any leftovers (90% centres with no leftovers in comparison to 42% during Baseline). Therefore, overall, the palatability and taste of food has shown a marked improvement.

Personal & cooking hygiene: Personal and cooking hygiene remained more or less consistent when comparing baseline and endline data. This factor being a complex, dynamic process where many factors have to act upon behaviour simultaneously to bring about a change was difficult to capture. There has been an overall increase in the awareness of cleanliness and hygiene practices in the anganwadi centres. The general observation in a majority of centres is that the utensils are washed, food kept covered, tidy, children were washing hands or children were eating with a spoon, food served in clean dishes and nails of children were also cut.

Further, at the time of end line data collection, 95% of the SHG members were washing utensils with soap before food preparation. This is a significant increase from 32% captured in the baseline survey, especially considering water scarcity. After eating food, there is also a significant increase in washing utensil with soap from 32% to 69%. Scarcity of water and place for washing is an issue in many AWCs which is found to affect washing behaviours.

Methods and processes used for cooking: Generally the vegetables are washed before cooking but after cutting. Mostly the food is prepared by boiling. In most villages the Anganwadi workers know about the measurements or portioning for a child and inform the SHG for amount in kilograms to be cooked based on the previous day's attendance. The number of ladles/big spoon of food served to each children is done on approximate basis with more servings given to those children who ask for more. This implies that project could not bring about much change especially regarding maintaining the nutritive value and ensuring sufficient quantity of the food served to the children.

Challenges and learnings:

- Migration for more than 6 months right from October to May along with the children for livelihood is a major hindrance for the program.
- Delay in the payments to SHG from treasury results in de-motivation of SHG members.
- Issue of mandate from the district resulted in a significant improvement in varieties.
- Ensuring dissemination of quality of training to the last level is very important for better impact. 2nd tier of training needs to be reinforced again and again so as to keep up the momentum of the initiative.

Computer Aided Adult Literacy Program

An assessment of the first batch of Adult Literacy program was carried out by the local primary teachers of Government school in Nasik in the month of January'09. Examination papers were designed by the local teachers along with Prerikas. Out of the total 650 adolescent and women in the first batch 250 were found to be functionally literate of which 150 are from Triambak and 100 are from Peth. Till date 1,063 adult women and girls participated in the program.

While the add-on Health & Nutrition module already rolled out in the community, the analysis of the baseline study on the Health and Nutrition Awareness among women and adolescent is ready. The study covered 27 married and unmarried adolescent and women from Trimbakeshwar Block of Nasik to understand the health and nutrition awareness in the intervening villages where the CALP program has already been started among adolescent girls and mothers.

The following are the findings of the baseline study:

1. Three-fourth of married women have their first child below 18 years.
2. 18% of respondents reported to be aware of early registration of pregnancy within 3 months while 45% reported registration of pregnancy during 4 to 6 month. Many unmarried women feel it is not necessary. According to the most of women registration should be done with AWW.
3. Around 62% of women reported, ANC check up should be done two times whereas 30% said once and others feel it is not required.
4. More than 90% of women are aware of weight check up during ANC while among these less 50% reported haemoglobin and physical check up also as a requirement.
5. Awareness of IFA tablet (90%) and TT injection (82 %) is found quite high.
6. Preference of place of delivery is reported as government institution by nearly two-third of women. However, actual place of delivery among married women was mostly home.
7. Most of respondent reported incorrect procedure in preparation of home base ORS.
8. 89% of the women reported breast milk shall be the first feed given to child while only 55% of them reported that it shall be given within one hour of birth and 18% feel that it could be within 6 hrs.
9. Nearly two fifth (82 %) respondent reported that exclusive breast feeding shall take place between 4 to 6 months while others prefer either earlier and more than 6 months.
10. 78% of respondents reported the introduction of complimentary food before 4 months while others reported this for after 6 months.