

Nutrition and Education Project for 0-5 Years Children

Pushparajgarh Block, Anuppur District, Madhya Pradesh

Supported By

IDS

(October, 2018)

Submitted by



Introduction

The project on Nutrition and Education of 0-5 year children is being implemented in the 11 villages of Pushparajgarh block of Anuppur district of Madhya Pradesh. The project mainly concentrates on improving the nutritional status of the village children by motivating their mothers. The mothers are being motivated by regular monthly village meetings, SHG meetings and meetings conducted at ICDS anganbadi centers by the village level paraworkers and anganbadi sevikas regarding the growth monitoring charts of the individual child.

Monthly meetings are conducted every month at anganbadi centers where all the 0-5 year children are taken by their mothers. During the monthly meetings, growth monitoring of children are also conducted under the project by our staff and by the ICDS staff also. In the growth monitoring, a child is weighed every month and data is maintained and monitored monthly by the women para-workers at every village. The gathered data is then shown to all the mothers which reflects the current status of their child as per his/her age and weight with the help of a growth monitoring chart developed by WOTR by following all the WHO guidelines. As per the data comes, the actions are explained for improving the child to their mothers.

Currently, on an average, 627 children are being monitored every month at all the village anganbadies of 11 project villages. Along with the growth monitoring exercises, chiman chara demonstrations and other health and sanitation games are played with the children to motivate and make the parents aware about the sanitation and cleanliness for good health so, it is followed regularly.

Anuppur is one of the tribal districts in which Pushparajgarh mainly has more than 80% tribal population. This project on nutrition and education for critical age group of 0-5 years of children is being implemented at 11 villages namely Atariya, Karan Pathar, Ranaikapa, Piparia, Kusera, Kolihatola, Lilatola, Manpur, Padrikhar, Vicharpur and Beldongri.

Due to the majority of tribal population, distance from the block office and district headquarter and the percentage of illiteracy in the village, schemes of various line departments does not

touch the village boundary and even the villagers are not able to get related information in time, which is the major cause of their slow development rate.

Activities followed during April,18 to October,18

- **SHG Formation Meetings-** In anuppur, most of the self-help groups (SHG) are formed under the national rural livelihood mission (NRLM) by the district team. Almost 50-60% village women are into some SHG groups but the women who still are not involved in any of the groups are continuously touched during the last six months. During the child growth monitoring meetings at anganbadies, door-to-door meetings, village meetings etc, we tried to motivate women who still are not involved into any SHGs, to come forward in a group of 10-12 members and form a self-help group. The objective and the benefits are explained to them during the meetings and schemes those are being run by the government like NRLM, the benefits of those in a long run was also explained. Once in every month a common village meeting of women participants was conducted jointly by the NRLM and WOTR's field staff in the villages. Along with this, during the child growth monitoring at anganbadies and during home visits, one-to-one meeting in every month used to get conducted in all the project villages.
- **Monthly SHG Meeting-** Meetings of the self-help groups are conducted regularly jointly by the WOTR field team and NRLM personnels. The total SHGs formed in the entire 11 project villages are 96 and almost all the SHG meetings are attended by the wasundhara sevikas and the NRLM team. In all the meetings the discussion were mainly focused on the future strategies, existing accounts and the ways to link themselves with various ongoing government schemes so as to make the groups self-dependent. The groups who have just got the seed money for starting some livelihood activities from NRLM were taken to exposure visits to the groups who are doing businesses well with the funds received from the NRLM. 2 groups from the village karan pathar and 1 from the village lilatola were taken for the exposure visit.
- **Health and Hygiene education at schools-** Sessions on hand wash, sanitation related games are taken with the primary, middle & higher secondary school children. The

sessions are mainly taken at the schools where all the primary, middle and higher secondary students together are given sessions by the WOTR team.

As a result of these health and hygiene sessions, now the children are started following the hand washing before taking food at home and after coming from the bathroom. In many villages, it has been reported by their mothers that the children who earlier were not following such activities are now started doing it every day. This will lead to register less number of cases of health issues arises, due to the consumption of food with the dirty hands. This will also lead to reduce the expenses of the household that occurs in the medical treatment to cure the diseases and will also reduce the children and adult mortality rate in the villages too.

Many sanitation games like pappu ka pitara, sanitation hero etc are played and demonstrated every month at each schools in all the 11 project villages to spread the awareness of keeping cleanliness

- **Child growth monitoring (CGM)**- Child growth monitoring is the activity which is carried every month at all the village anganbadies. The children who don't visit or taken at anganbadies because of some reasons are monitored by the project staff during the personal home visits every month.

In the growth monitoring of 0-5 years children, the weight according to their age is constantly monitored which clearly reflects whether the child is healthy enough or malnourished by the help of the colors mentioned in the growth monitoring chart. After the identification of the weight according to the age of the child, the mother of the child is shown the status by putting dot on the growth monitoring chart.

CGM Month & Year	Females	Males	Total
Oct-16	319	317	636
Oct-17	318	308	626
Oct-18	310	315	627

Table 1- No. of children being monitored in a month since inception

The above table shows the detailed data of the children being monitored at all the anganbadies of 11 project villages. At the beginning, around 636 children used to get monitored every month in which 319 were female and 317 were male. The no. of children being monitored at every anganbadi is almost constant since the project inception but the status of malnourished children who were quite high at the time of project inception are slowly coming down every year.

Every year the children who cross the 5 years age get enrolled in the primary schools where he/she is targeted with the health and hygiene sessions at schools. So, the process of awareness continues at each level.

Other Project Activities Implemented in the period April-October, 2018

Since July, 2013 we are implementing PMKSY-Watershed Development Project in same 11 villages. This project is co-supported by Govt of India and govt of Madhya pradesh. The core activities implemented of the program are as follows

- **Watershed Treatments-** The same 11 project villages are also covered under the Pradhanmantri krishi sinchaai yojana (PMKSY) where the activities are mainly focused on soil and water conservation. As the land of all the 11 project villages are undulating and receives good rainfall every year, during rain the upper layer of the soil gets depleted every year with the rain water so, to check the soil erosion and to make the rain water available for irrigating crops in rainy as well as in rabi season, watershed treatments mainly farm ponds and water harvesting structures like check dams are constructed. In the period of last 6 months i.e, from april-october, 2018, in all the 11 project villages 5 water harvesting structures, 10 farm ponds and 2 earthen check dams have been constructed. As a result, the area under the fallow land has got converted into seasonal agricultural land, second cropping area and the area under irrigation has increased in coming years.
- **Climate resilient agricultural practices-** Under the climate resilient agricultural practices, the low input agricultural operations are being performed with 30-40% farmers in all the 11 project villages. In the climate resilient agricultural practices,

organic manures and pesticides are promoted so that the input cost in agriculture can come down and the quality of the final produce can go up.

Demonstration of various crops like paddy, maize and pigeon pea have done in the last kharif season where the input cost of agriculture has remained 50-60% as compared to the cost incurred in the inorganic package of practices followed by the farmers. Along with the lesser input cost, the quality of produce has also been enhanced due to the use of organic pesticides and growth promoters like amrit pani, dashparni, neemastra, neemarkh etc.

Results of the Growth Monitoring exercises done till October, 2018

To get the information regarding the changes occurred in the status of malnourished children, the data of last 3 years i.e, October-2016, October-2017 and October-2018 have been taken. The comparative results of three years are as follows

CGM Month	Female					Male					Cumulative Total				
	-3SD	-2SD	-1SD	Medin	Total	-3SD	-2SD	-1SD	Medin	Total	-3SD	-2SD	-1SD	Medin	Total
Oct-16	35	96	120	68	319	52	93	105	67	317	87	189	225	135	636
Oct-17	37	62	121	98	318	40	64	111	93	308	77	126	232	191	626
Oct-18	14	72	127	97	310	26	71	134	84	315	40	143	261	183	627

Table 2- Comparative Growth Monitoring data for 3 years

The above table 2 depicts the growth monitoring status of 0-5 years children from the inception of the project in all 11 project villages. The table reflects the results of CGM data of the three consecutive years Oct, 2016, Oct, 2017 and Oct, 2018.

In October, 2016, when the project started in the pushparajgarh block of anuppur district Madhya Pradesh, overall 636 children used to be taken by their parents to the village anganbadies for the growth monitoring. Result shows that in 2016, around 30% of the total children whose growth monitoring used to be done in all the 11 project villages were at the stage of becoming malnourished (-2SD) whereas around 14% were already malnourished. When the data of 2016 is compared with 2018 of the same month, the no. of children at the

stage of becoming malnourished has come down to 23% whereas those who were still malnourished were only 6% out of the total weighed children. This result shows that due to the work done in the last 2 years, percentage of malnourished children remained less than 50% of the total malnourished children (14%) in 2016. In the given period, the maximum changes has been registered in case of female children (60%) as compared to the male children (50%).

Comparative results of the Growth Monitoring of female and male children

This part of the analysis of the CGM will reflect the age wise results of girl child as well as boy child being carried in all the 11 project villages.

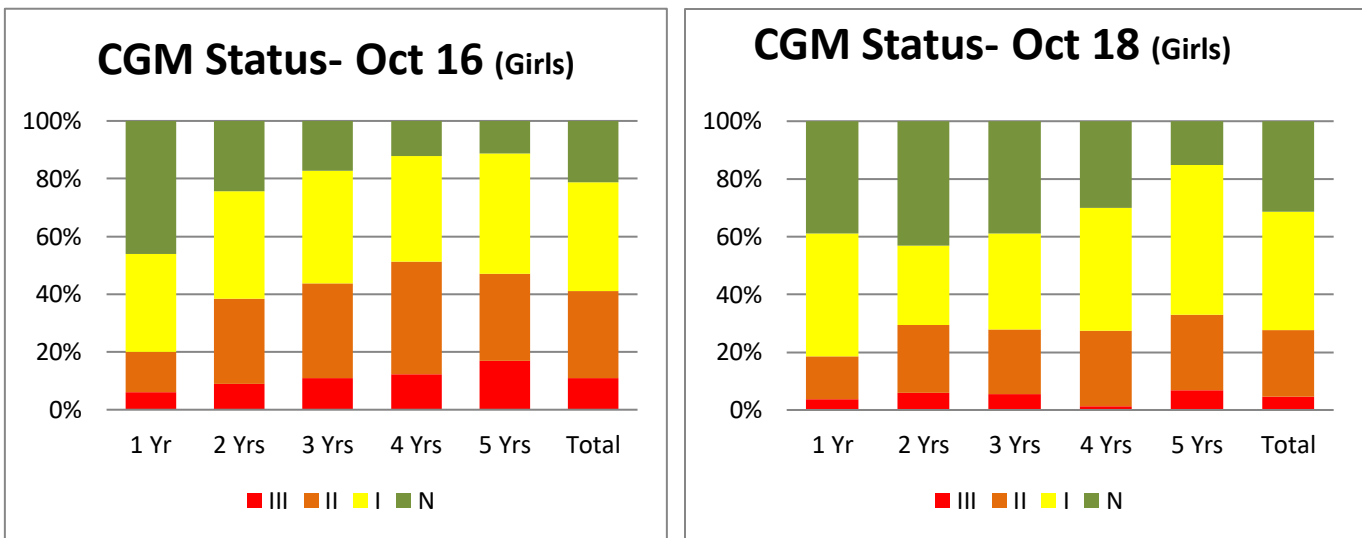


Table 3: Age wise results of the CGM exercise of girls

The above table reflects the age wise results of the child growth monitoring of girl child for 2016 & 2018. This shows that in 2016, the maximum children who were at the entry stage of malnourishment and who were already malnourished were mainly 4 & 5 years old but as the mothers of same age group continuously took their children to anganbadies, the malnourishment after 2 years i.e, in 2018 may have gone down.

The above statement is justified with the fact that out of the total weighed children of age 1 year in 2016, the rate of malnourishment was 07% whereas after 2 years i.e, in 2018, when most of the children again weighed (maximum children are same), the rate of malnourishment neither went up nor gone down.

Similarly, the children who were at age 2 years in 2016, the rate of malnourishment out of the total was around 10% which after 2 years when the same group of children again weighed i.e, at the age of 4 years in 2018, the rate of malnourishment was 0. This shows that when continuous efforts of chiman chara, one to one dialogues with mothers etc were put constantly for the continuous 2 or more years, the result changes drastically.

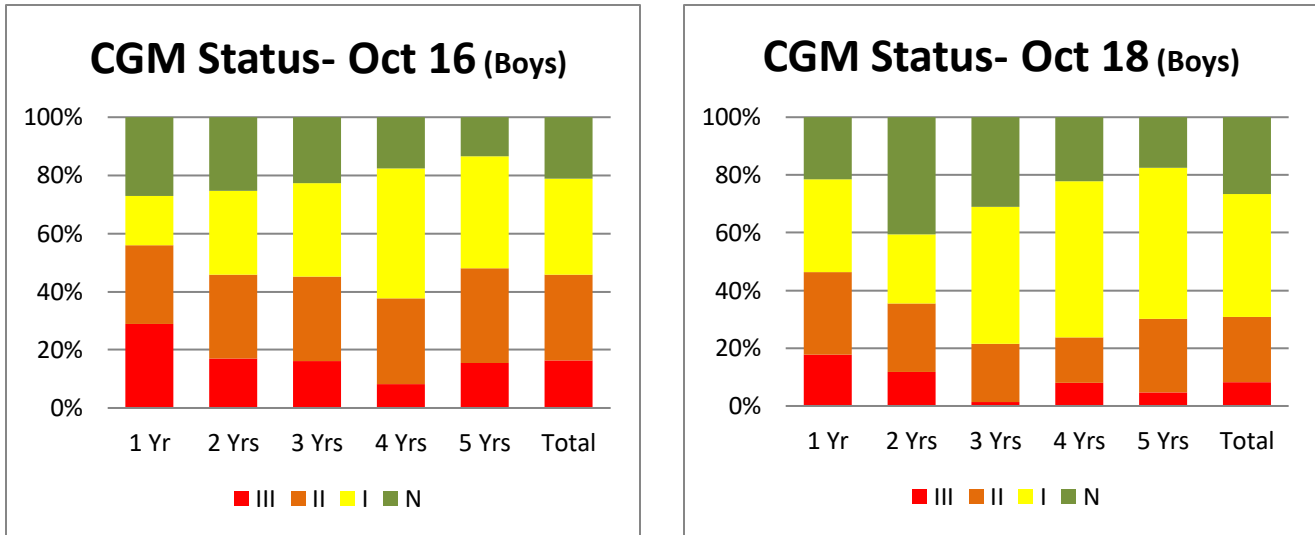


Table 4: Age wise results of the CGM exercise of Boys

The above table reflects the age wise results of the child growth monitoring of boy child for 2016 & 2018. This shows that in 2016, the maximum children who were at the entry stage of malnourishment and who were already malnourished were mainly 1,2 & 3 years old but as the mothers of same age group continuously took their children to anganbadies, the malnourishment after 2 years i.e, in 2018 in all the 3 mentioned age groups have gone down drastically.

The above statement is justified with the fact that out of the total weighed children of age 1 year in 2016, the rate of malnourishment was 27% whereas after 2 years i.e, in 2018, when most of the children have gone at age 3 and weighed again, the rate of malnourishment was come almost none. This shows the impact of the work continuously done with the children taken to anganbadies for continuously 2 years by their mothers (considering 70-80% same children in 2016 & 2018)

Similarly, the children who were at age 2 & 3 years in 2016, when weighed the rate of malnourishment was around 18% in both the years which after 2 years when the same group of children again weighed i.e, at the age of 4 & 5 years in 2018, the rate of malnourishment was again gone down and restricted to 8% & 5% respectively. This shows that when continuous efforts of chiman chara, one to one dialogues with mothers etc were again put constantly, the result has shown great changes.