

IMPLEMENTATION ACTIVITIES OF WCO



- ❖ Interaction program on Nutrition (Sasu Buhari Antarkriya)
- ❖ Orientation training on Nutrition to women of Golden Thousand Days with their husbands

Sakraul and Mohanpur VDC

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I. Interaction program on Nutrition with the mother-in-laws and daughter-in-laws (Sasu Buhari Antarkriya)

The programme was organized with the aim to orient Mother-in-laws and Daughter-in-laws regarding multi-sector nutrition plan. The facilitators divided sessions among each other and delivered to participants. The participants were among the Golden Thousand Days Family. The contents were focused on the antenatal and postnatal care practices and the proper relations a mother-in-law and daughter-in-law should have in a family. The counselling session was taken lead by Bachhalal Mahato (District Programme Expert, UNFPA) where he delivered messages covering issues of Early Marriage, Birth Spacing, and women health care practices at home. He also sensitized how backward the district is due to the cultural practices.

Sasu-Buhari were kept in groups, interaction was done individually by the facilitators where the women expressed what usually happens in their home, their relations with each other.

"We have 13 members residing with us and it's not possible for me to do all the tasks alone. I know my daughter-in-law is pregnant but culturally it seems awkward for her to rest and me to do all the household alone.", said Krishna Singh (mother-in-law of a pregnant women). The facilitators explained that all the works is not prohibited except heavy tasks and that they can distribute tasks among each other according to the ability. It's not only the women that should do the household but all the men too. It becomes families' responsibility to properly take care of the pregnant women and prevent from pregnancy complications.

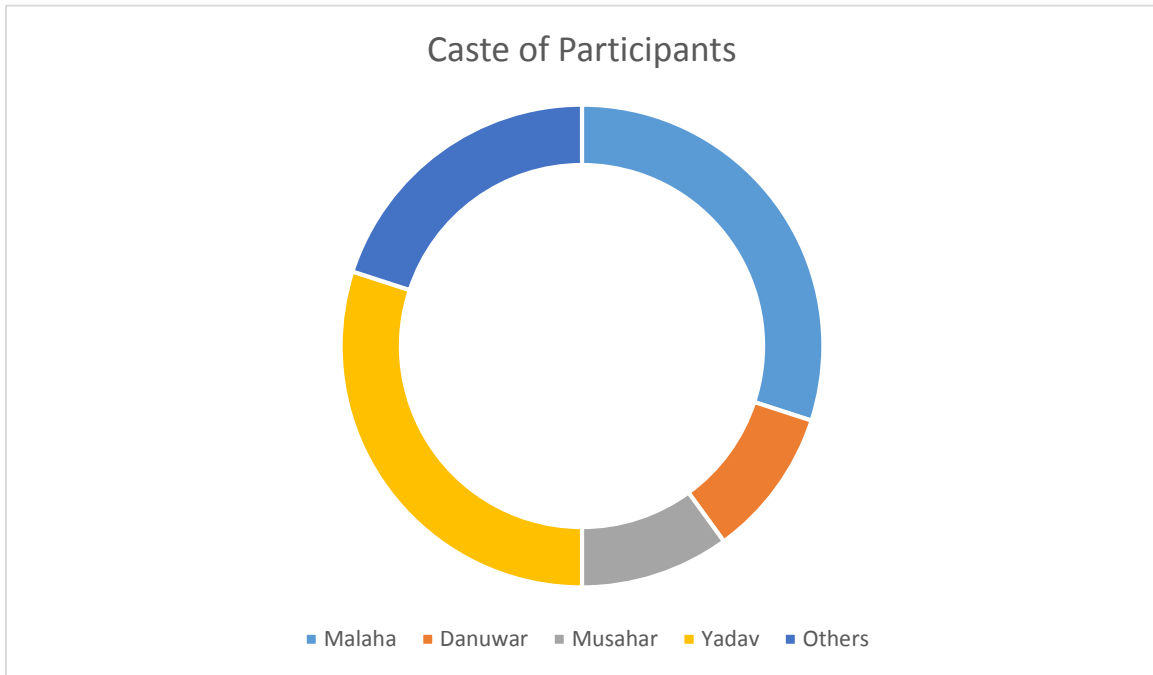
"Here, we don't have ambulances or vehicles to take the pregnant ladies in the hospital for ANC checkup." The facilitating team confronted this issue with the solution of taking the pregnant ladies in *Belgaada* which is much relaxing, slow and easily available and suggested the families to take the pregnant ladies to the hospital for delivery prior to the expected date of delivery. The women can even travel through Cycle or Bike with their husbands in the mid-trimesters.

The group of participants also expressed that they didn't know about nutritive values of daily vegetables they intake. The district team took this opportunity to highlight on aspects of nutrition. The team also expressed the importance of nutritious food to the pregnant and postpartum women.

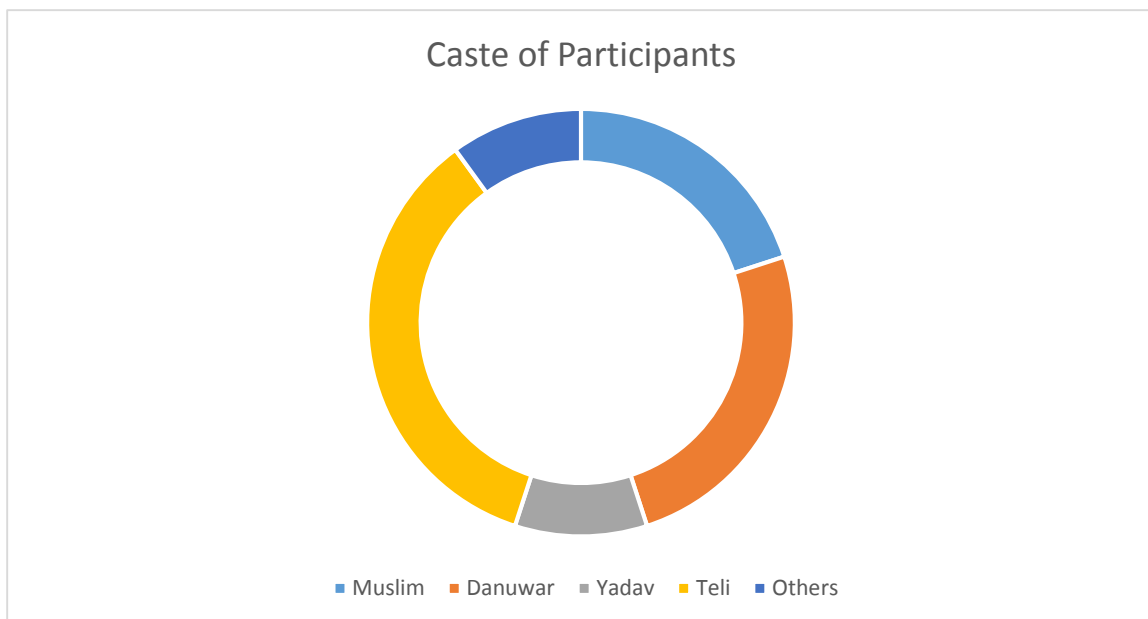
The programme ended with the review from some participants about what did they learn followed by administrative works. The programme had a very good

aspect that it had directly reached out voices to the a very sensitive relation of the society i.e the relation of mother-in-law and daughter-in-law.

Sakraul VDC- There were 52 participants in Sakraul VDC. (All Female)



Mohanpur VDC- There were 60 participants in Mohanpur VDC (All female)





Ranju Kumari Regmi, Child Protection Officer, delivering the contents to the participants (Sasu-Buhari)



Participants of the *Sasu-Buhari Antarkriya* Programme organized by WCO in Sakraul VDC



Participants of the *Sasu-Buhari Antarkriya* Programme organized by WCO in Mohanpur VDC

II. Orientation training on Nutrition to women of Golden Thousand Days with their husbands (*Shriman Shreemati Antarkriya*)

Husbands and wives were kept in a same setting. The session contained contents that comprised of parental responsibilities during the ANC and PNC period. The husbands were sensitized how their simple help and support during period of Golden Thousand Days will contribute in maintaining nutritious status of both the mother and the child. Sessions covering importance of Golden Thousand Days Period in a women's life, nutritious diet, balanced diet and antenatal & postnatal care.

There were 52 participants in Sakraul VDC whereas 35 in Mohanpur VDC. The husbands and wives were delivered interactive sessions where everyone participated actively. The participants were also given the IEC materials about rearing and caring practices and husbands' role in a family. The participants were among with the Golden Thousand Days family.

The best part of the programme was that the participants also got opportunity to view the videos related to the nutrition and importance of family's support during GTDs period. There also was a videos promoting to good sanitation and healthy life style.

Participants gave positive as well as negative feedbacks to the organizing team which says that the videos were very helpful for them to understand the value of Golden Thousand Days and relationship a family should have among each other. They learnt lots

of things related to health and nutrition which they would practice in daily lives. But they also expected that the team would cover more mass as there were many other newly married couple for whom these sessions would be useful too. The organizing team justified with the limitations they have been carrying out the programme.

Above all, both the programmes brought positive changes in the participants as expected and the contents which were planned were delivered accordingly. The video presentations were more useful as most of the scenarios of village level were captured.



The participants during the video presentation



Husbands of Golden Thousand Days women