

Annual Progress Report

2016-2017



Centre for Rural Education and Development Action (CREDA)

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GARIMA Project – Supported by UNICEF

Girls Today Women Tomorrow

Two-Day Training of ASHAs, AWWs and Female Teachers

During the year, two day refresher training on MHM and IPC Skills was organized for 673 village level frontline workers (FLWs). It was participated by 236 Accredited Social Health Activists (ASHAs), 234 *Aanganwadi Workers* (AWWs) and 203 female teachers. The refresher training was imparted by technical experts. The trainees were given training kit including folder, note pad, pen and handouts. The refresher training was very useful for the participants since it refreshed the knowledge on growth of adolescent girls.

Key issues discussed:

The FLWs told that due to overload of work, they often are not able to attend the GARIMA meetings, The IFA tablet is not distributed in adolescent girls because of its non availability, - Albendazole tablets are also not provided by the department timely, The out of school girls are dissatisfied for not getting the sanitary napkins when they demand. This happens because this provision is for school going girls only, There was some problem in organizing the AGG meetings because of engagement of AWWs in "*Hausala Buland*" Programme and lack of space due to rain, Some teachers told that the officials of the department prevent them from attending the training.



Suggested corrective actions:

The trainees were advised to demand the required quantity of the IFA tablets, sanitary napkins and *poshahar* according to due list, They were advised to discuss the issues related to the adolescents with their department so that the knowledge of the adolescents can be enhanced and they can get benefits, Get the information about the date, time and venue of the meeting from peer educators, The female teachers were suggested to inform the officials that why is the training is necessary by giving the reference of the letter issued to them, Demand for the necessary items from the concerned department so that they are available at the centre, The FLWs decided that they will share their problems in the sector meetings, The FLWs living in the same village will participate in the GARIMA meetings on Sundays, They will also provide information on MHM to adolescent girls and mothers.

Training of Peer Educators (PEs)

Quarterly one-day training of 442 peer educators (including 6 PEs from 2 KGBVs) was continued this year. But, during the second quarter, a two-day training of PEs was organized on Inter-Personal Communication for MHM. The two-day training sessions were conducted by the technical experts from an outside agency. The trainees were provided handouts for each day on the above subject as well as stationery materials. The PEs were also oriented on the themes to be used in the meetings of AGG in that quarter through one day training.

Key issues discussed:

Some mothers inhibit the daughters from going to attend the AGG meetings, Not taking interest in participation in AGG meeting by some adolescent girls, Low attendance of school going participants in AGG meetings, Mothers do not let the adolescent girls attend the meeting when called by PE's, Problem in organizing AGG meetings during school hours, The out of school girls are dissatisfied for not getting the sanitary napkins when they demand. This happens because this provision is for school going girls only.



Suggested corrective actions:

Motivate the mothers to send their daughters to participate in the AGG meetings so that they can get the knowledge on MHM, Include the games, songs, *antakshari*, etc. so that the meetings can be interesting for the participants, Organize the AGG meetings in second half of the day so that the participation of school going girls can be ensured, The PEs were advised to work towards maximizing the participation of all adolescent girls and increase the attendance, They were told to discuss on all the sessions of the training with the adolescent girls so that their understanding on life skills could be developed, The PEs were suggested to encourage the adolescent girls to ask the questions and give their suggestion during AGG meetings, The PEs were encouraged to conduct the home visits and give the knowledge on MHM.

Interface with Block Level Officials

6 Quarterly Block level Interface meetings were organized in both of the project blocks. The purpose was to Interface with block level officials to get their support to benefit the adolescent girls. The adolescent girls shared their problems with the officials and put their demand for solution of the problems.

Key issues discussed:

Major issues discussed were distribution of IFA tablets, construction of toilets, bathing places, and incinerators, cleanliness of the villages, Support of FLWs in GARIMA, distribution of *poshahar* (nutritional supplement), counseling of adolescent girls at GARIMA Resource Centres, Making the village ODF, repair of existing toilets and construction of new toilets, support from government officials, facilities in schools for adolescent girls, sanitation, running GARIMA Resource Centres, benefit of government schemes, support of FLWs in GARIMA meetings, counseling. Problem of water, construction of toilets, school toilets, distribution of *poshahar*, TT vaccination, IFA tablets.



Suggested corrective actions:

'The IFA tablets will be distributed when it is provided by the department; The construction of toilets, bathing places, incinerators, etc. can be done under MNREGA; The *panchayat* secretary explained on the process of getting grant under "*Shadi Anudan*"; The adolescent girls pledged for keeping the village clean and to support in making the village ODF; Work will be done according to the action plan developed during open meeting of *gram sabhas*; The people will be encouraged to get the toilets constructed; They will be encouraged to use the toilet and not to go for open defecation; The Counselor explained the MHM in detail; The participant adolescent girls were given knowledge on treatment of various diseases locally and encouraged to come at the PHC to take the medicine; Support of GARIMA adolescent girls in *Swachhh Bharat Mission*; Timely distribution of *poshahar*; Distribution of IFA tablet to adolescent girls and encouraging them for its consumption; Distribution of sanitary napkins to non-school going girls also; Taking responsibility of conducting the meetings not only participation; The AWWs will operate GARIMA Resource Centre along with peer educators; Timely TT Vaccination according to due list; Use of knowledge on MHM and IPC gained through trainings should be used during home visit and counseling; The village should be made ODF with the support of village *pradhan*; The condition of school toilets will be improved; The block level officials told to take quick action on the applications related to shortage of water; the villagers decided to get a resolution passed for construction of toilets; damaged school toilets will be repaired with the help of SMC; the adolescent girls will take *poshahar* from the AWC on the set dates; the AGs will also provide due list to the ASHAs.

Participation in Sector Meetings of ASHA & AWWs

The project staff participated in the sector meetings of the AWWs and ASHAs. During the year, 20 Sector meetings of AWWs and 32 of ASHAs were participated which were attended by 458 AWWs and 730 ASHAs respectively (cumulative data). The participating officials and Frontline Workers (i.e. ASHAs and AWWs) were oriented on the GARIMA Project. They were mobilized to provide their support in the project. They were told to provide the benefits to adolescent girls as per government schemes. They were also requested to support in organizing the AGG meetings and providing counseling to adolescent girls and mothers.

Adolescent Girls Groups (AGG) Meetings

3,223 monthly AGG meetings were organized on the theme of the month given in the flip book *Paheli Ki Saheli*. The meetings were participated by 52,997 adolescent girls. 48 AGG meetings in *Kasturba Gandhi Balika Vidyalaya* (KGBVs) were also organized which were participated by 773 members. Before start of the thematic meeting of the AGGs, pre test was conducted to know the level of knowledge of the participants on that theme. During the pre test, it was come out that only some adolescent girls had rough knowledge. When post test was conducted, the knowledge of the participants increased.



The understanding of participants developed on the theme. On the basis of pre test, the participants with low level of knowledge were identified and special care was taken for them during the meetings and the theme was revised with them.

Key issued discussed at the AGG meetings



Girls making temporary incinerator

Knowledge about *maheena kangan* and menstruation cycle; Should the *maheena kangan* wore always; Advance preparation of menstruation cycle - required materials; Type of cloth - cotton or other; What to do when menstruation starts during examination; Disposal of absorbent cloths during marriage ceremony; No. of pads to be used during longer travels; Trouble in washing and drying the absorbent cloth in case private space is not available in the house; How to be happy during menstruation period; How to discuss the issues related to the menstruation in the home; What should be done to regularize the irregular menstruation cycle; What should be done to remove the pain during menstruation cycle of the girls; How to get help of *gram pradhan* and GARIMA Field Facilitators in applying for construction of toilet; When and in which situation, the helpline numbers 1090 and 100 could be used; Do the guests come in the category of doubtful persons; What should be done if the school is far from the village; Is the action taken quickly if call is made on 1090; Relationship between defecation in open and insecurity; Is it right not to call back to the missed calls regularly; How to dispose the absorbent cloths; Feelings after taking bath daily; Counseling of pre-menarche girls; Preparation for menstruation cycle; Discuss with mother or any elder member of the family at the home.

Key issues arised and discussed at KGBVs

The girls were informed that the anemia can be identified on the basis of symptoms. They were told that taking iron rich foods in the meals is necessary and taking green vegetables is helpful in maintaining the good health. The girls informed that they did not know earlier the importance of IFA tablets for good health. The girls were eager to know that why do the physical changes take place during the adolescence, what are the reasons for pains during the menstruation period and whether is it necessary to happen the menstruation process. They were informed about the infections due to lack of cleanliness and sanitation during menstruation period. Myths related to menstruation were also discussed. They were suggested to demand for sanitary pads from the warden. Benefit of drying the absorbent cloths in sunlight and problem in disposal of absorbent cloths was also discussed. Some of the students told that they are not able to study well during menstruation period because of lack of concentration. During the meeting, the students decided that they will make aware and give knowledge on MHM to their mothers, sisters especially younger sisters and other girls in the village. They also decided that they will motivate other girls to consume the IFA tablet given to them. They will also give the knowledge about kitchen gardening to the girls in the villages so that they can produce green vegetable at the home itself.

Suggested corrective actions

Preparation should be done in advance; The adolescent girls should make their menstruation period normal even during any event such as marriage ceremony; *Mahina kangan* is useful in predicting the possible date of start of the menstruation cycle; Apart from using *maheena kangan*, the dates can be marked on calendar to remember the dates of menstruation cycles; Discuss in the family on menstruation related matter as on other topics; Inform your mother or any other elder female member if you have any health related problem; Irregular menstruation cycle is not a matter of fear, it is normal for 1-2 years from start of the menarche; Take nutritious and iron rich foods and consult with ANM; Do not worry about the stomach pain, it happens due to small muscles; Prepare the demand list of toilets by taking the support of parents and submit it to the *gram pradhan*; Send your father to participate in the open meetings of *gram sabha*; Do not take medicine by your own in case of stomach pain; Use of iron folic acid tablet may be helpful in normalizing the irregular cycle; To normalize the menstruation period try to do all your works as in normal days; Every girl must have the capability of self defense and self awareness; The girls can understand what is right and what is wrong by applying the life skills; Make a call on 1090 or talk with your guardian in case of any misbehave or molestation; Avoid going to far away and secluded places where you think not to be safe; Call on 1090 if anyone is misbehaving on mobile phone; Keep saved the contact number of important persons; Be careful, do not make friendship only through mobile phone calls; Do not believe quickly on a stranger; Do not respond to missed calls yourself, take help of your male family members in calling back; You may make a complain to your school teacher; The girls informed that they give the knowledge to others when go to home; The girls will participate in the meetings because it gives them knowledge; The girls were advised to adopt hygienic practices especially during menstruation; The knowledge provided helps them to understand themselves in a better way; The girls informed that now they are able to talk with their mother openly.

Bi-Monthly Mothers' Groups Meetings

910 bi-monthly meetings of mothers' group were organized. These meetings were organized in 50% project villages in each month. The meetings were participated by 13,784 members. The meetings were based on the theme of the month. The theme of the last meeting was revised in each meeting. Through the meetings, the mothers discussed on different issues and misconceptions associated with menstruation, rights of girls, gender equality, education

of girls, health of girls, etc. The participants shared their views in the meetings. After the meetings, they assured to follow the decisions taken in the meetings. They told that GARIMA Project has provided knowledge about the education, health, safety and other needs of adolescent girls.

Key issues discussed

Shortage of cotton cloth to be used as absorbent; Lack of bathing place and toilet; How to establish a close relationship with daughter so she can share her problems; Some adolescent girls do not talk openly in face to face meeting with the mothers because of giving respect to their elders; Girls do not like to share their health related problems; What is the reason of excess discharge in younger girls during first menstruation? What to do in this case?; How and where to keep the absorbent cloth in the home?; What is the reason of stomach pain if menstruation starts at an younger age; Side effects of taking pain killer medicine during menstruation; Will the daughter discuss her problem openly; What to do to get a personal toilet; What to do to send the daughter to school regularly; Self defense by daughters; Making aware the daughters against the sexual harassment, teasing, etc.; How to be safe from the above; What to do in case of the above incidences; Using the things available with you as a weapon; Knowledge about helpline numbers 1090 and 100.

Suggested corrective actions

The menstruation is a necessary change in the woman and she should treat it as an important process; The absorbent should be of a cotton cloth; Remove the hesitation of shy adolescent girls, establish a close relationship with them using games, songs, and other methods; Think on the safety of your daughters, you will know the importance of bathroom and toilets; When you will share everything with the daughter, she will also be encouraged to share her problems with you; Initiate the dialogue with your daughter, it will help you to make a friendly relationship with her; Contact with medical professional in case of any health related difficulty such as strong pain; Provide cotton cloth to your daughter to use it as absorbent; Stomach pain during menstruation is a normal process especially at the younger age; Stomach pain occurs due to breaking of internal layer of the uterus; Establish a close relationship with the daughter, she will not feel hesitation to share her problems with you; The mothers were advised to help the daughter in normalizing the menstruation period by providing them necessary materials; Use the helpline number 1090 and encourage the daughters also to use this number; Ask the daughters not to go far away or secluded places alone; Inform immediately to the family members in case of any misbehave or teasing, do not avoid such incidence; Encourage the daughters to use the things available with them as a weapon in any emergency situation; Keep the self-confidence maintained, do not be afraid and take decision wisely.

Meetings with Male Members of the Community

84 meetings with male groups were conducted with an average of 5 meetings in each of the project blocks every month. The meetings were conducted by Project Support Coordinator of the respective block and participated by 1,716 persons. During the meetings, the focus was given on safety of girls, separate place for bathing and changing cloth, nutrition for adolescent girls, gender equity, child marriage, and importance of girls' education.

Key issues discussed

Problem of lack of drinking water; Non availability of community toilets; Poor condition of school toilets; Non distribution of IFA tablets to adolescent girls by AWWs; Child marriage; Sending the daughters to school regularly; Arrangement for proper and nutritious food for daughters; Non availability of toilet for daughters; Uncleanliness around the well and

handpumps; Non awareness about the government schemes; Increasing problem of mosquitoes in the village; Non availability of community toilets; Self defense by daughters; Making aware the daughters against the sexual harassment, teasing, etc.; How to be safe from the above; What to do in case of the above incidences; Using the things available with you as a weapon; Knowledge about helpline telephone numbers 1090 and 100.

Suggested corrective action

Ask the *gram pradhan* to repair the handpumps and increase the depth to overcome the problem of shortage of water; SMC members should contact *gram pradhan* for repairing of school toilets; Contact the *gram pradhan* and ask him/her to get the resolution passed and submitted to BDO for construction of community toilet; The participants were informed that now the IFA tablets are available at the AWC, ask the girls to contact the AWW; Provide the due list to AWWs for TT vaccination; Send the daughters to school regularly even during the menstruation cycle; Do not discriminate between the sons and daughters, they have equal rights; It was advised to the participants that if an old toilet is available in the home, they should get it repaired and use it; In case the old toilet is not available, contact the *gram pradhan* and get his/her help in getting a new toilet constructed; Clean the surrounding areas of well and handpumps by *shramdan*, it will help you to be safe from various diseases; Get the knowledge of various government schemes from *gram pradhan* and *panchayat mitra* and get benefit of the schemes; Keep the neighbouring areas of your home clean; Use the helpline number 1090 and encourage the daughters also to use this number; Ask the daughters not to go far away or secluded places alone; Inform immediately to the family members in case of any misbehave or teasing, do not avoid such incidence; Encourage the daughters to use the things available with them as a weapon in any emergency situation; Keep the self confidence maintained, do not be afraid and take decision wisely.

Screening of Enter-Educational Films

The films were screened at 282 places during the AGG meetings, MG meetings, male group meetings, in KGBVs, Rajkiya Ashram Paddhati Awasiya Balika Intermediate College, meetings with adolescent boys, and in upper primary schools and participated by 7,064 persons. The film shows were participated by an average of 25 participants at each place.

Key observations and findings

Awareness was seen in the adolescent girls; The film '*Bapu*' has increased the curiosity among the adolescent girls. Most of the girls have demanded for the toilet and bathrooms, envelope to keep the washed absorbent cloth, and wearing *maheena kangan*; Responsibility of safety of the daughter was seen in the parents; The process of demanding for toilet and bathroom is going on; The male members of the family are coming forward to help the women and girls; Some of the parents have constructed toilet for their daughters; Attendance in the meetings were good but the participants wanted to return early because of hot weather; It was seen that the hesitation in discussion on MHM related issues has decreased; After watching the films, the adolescent girls were busy in discussion among them; Some of the adolescent girls asked for the pearls to prepare the *maheena kangan*; The adolescent girls informed that they keep the washed and dried absorbent cloths along with other cloths; The girls ask question in *Maa-Beti Sammelan* openly; The adolescent boys has also demanded for the film shows;



Discussion on new issues has been started in every home; The mothers have come forward to share the problems of the daughters; Now, no much effort is required to gather the audience, they come by themselves; Most of the adolescent girls go to the AWC to get their part of the *poshahar*; The films have encouraged the audience to treat the daughters and daughters-in-law equally; The adolescent girls were available and joined timely because of the summer vacation; Some of them could not attend due to either illness or their visit to relatives; The girls were interested to attend the meetings and joined with the hope that they will get an opportunity of games, stories, talking with each other, etc.; During the meetings they discussed openly about their study, something new like applying *menhdi*, making curtains and hand blowers, etc.; Some new girls also joined the meetings. they wanted to see that what type of activities are carried out in the meetings, what is talked about, what are the topics of the discussions, is there anything useful for them, etc.; During this month, mostly Hero No. 1, *Bapu*, *Betiyan Ka Mulya*, *Pratiyogita*, *Sayani Sudha*, *Meri Saheli Meri Maa* films were shown; After watching the films, the audience started discussion themselves; The mothers and daughters are getting knowledge and discussing about the physical changes; They were seen interested to watch the films; They watched the films without any discrimination. Mothers and daughters as well as adolescent sons and fathers watched the films together; The girls discussed to break their silence after watching the film *Sayani Sudha* ; They are taking care about the hygienic management of menstruation; They learnt to go school timely from the film Hero No. 1; The participants discussed about the films with other adolescent girls.

Home visits to Adolescent Girls

Home visits to adolescent girls were undertaken by the female project staffs to communicate the message on MHM. During this period, a special drive of home visits was conducted. During the home visits a specially designed format was used to know the level of knowledge, services being provided by government, MHM related facilities available at the home and in school, delivery of MHM related information, etc. 9,381 home visits were completed in total in the reporting year.

Maa-Beti Sammelan

During the year, 224 *Maa-Beti Sammelans* (convention of mothers and daughters) were organized which were participated by 11,652 persons. The objective of the *Sammelan* was to initiate the dialogue between mothers and daughters to share the problems and experiences openly.

The outcomes of the Maa-Beti Sammelan

Understanding developed on MHM; Mothers and daughters became aware about expectations of each other; Discussion held on problems in the villages such as need of toilets, repair of damaged school toilets, sanitation and cleanliness in the villages, etc.; The adolescent girls shared their problems and restrictions imposed by mothers; Mothers also shared their experience; The girls expect that mothers should allow them to go school and do their marriage only after the completion of legal age; Safe environment for girls should be developed in the village; The workload imposed upon adolescent girls should be divided and shared with their brothers; Special care should be given to the food and nutrition for adolescent girls.



Decisions taken in the Sammelans

The girls will be allowed to go to school; Mothers will do the marriage of daughters only at the legal age; The mothers will provide MHM related materials to the daughters; The girls also expect that mothers should listen to them; They will respect each other; SMC and *gram pradhan* will be contacted for cleanliness in the school toilets; Application for construction of toilet and bathroom will be given to *gram pradhans*; The *gram pradhans* will construct the community toilet and bathroom as soon as the budget is received; The girls should adopt life skills in practice; The mothers will prepare their younger daughters for menarche; ASHAs and AWWs will provide counseling to the girls.

Quarterly Interaction Meetings

817 quarterly interaction meetings of adolescent girls were organized with SMC members, CPC members, VEC members, ASHAs, AWWs, village *pradhans*, *panchayat* members. The meetings were participated by 25,617 persons. The objectives of the meetings were to interact with the SMC, CPC, AWWs, ASHAs, and *Gram Pradhans* and share with them about the problem and get the solution to benefit the adolescent girls.

Outcomes of the meetings

The problems faced by adolescent girls came out such as they feel difficulty due to non distribution of IFA tablets and *poshahar*, non availability of community toilet, bathroom, specially in schools, AWWs are not providing services, sanitation in the village, proper facilities in school toilets, place for AGG meetings.

Follow up actions

The girls will demand in writing for the community toilet and bathroom and pradhan will construct the toilet when budget is released; They will prepare the list of damaged school toilets and also meet SMC for maintenance of school toilets. All adolescent girls should go to school and share thier problems with CPC. Whole village should be informed about the VHND, the adolescent girls will give the information and support in organization of VHND.

Participation in AAA Meetings

The project staffs participated in the AAA (ASHAs, AWWs, and ANMs) meetings. The purpose of the meeting with village level frontline workers was their capacity building on GARIMA Project and solution of the problem being faced in implementation of GARIMA Project. During the year, 17 AAA meetings were participated by the project staffs. Under these meetings, 62 ASHAs, 21 AWWs and 17 ANMs covered.



Support in celebration of Adolescent Health Day on 6th October 2016



Girls gaining knowledge through local reesource centre at CREDA rural centre

TARA Akshar+ Programme **Supported by Society for Development Alternative**

TARA Akshar+ ICT Based Literacy Programme (for women)

Mobilization and Coordination of TARA Akshar+ Instructors

30 TARA Akshar+ Instructors were appointed under the programme. Each Instructor was placed at a women literacy centre known as TARA Akshar+ Centre. Each instructor was provided supportive supervision for the functioning of the TARA Akshar+ Centre. When any position of the Instructor become vacant, new candidate was identified and recruited. Before placing them at the Centre, each instructor was provided a special training. The instructors were given extensive training to ensure that the methodology of teaching and class room environment and practices are rigidly followed. TARA Sahelis were also mobilized and trained to work at Gyan Chaupali centres.



Mobilization of Learners

Mobilization of learners and community participation for every new cycle at the village level where centres are located were done. For this purpose, small and large meetings were organized in the selected villages and the community was made aware about the importance of literacy and about the TARA Akshar+ Programme. Then the women were encouraged to come forward and get enrolled to undergo the literacy classes at the centre. The community was also made aware about the community reading clubs to be opened in name of *Gyan Chaupali*. The coverage area of this project was Pahari block of Mirzapur district in U.P. state.

Centre establishment, enrolment, batch formation and functioning of the TARA Akshar+ Centres

30 TARA Akshar+ Centres established in each teaching cycle and all required teaching and learning materials were arranged. Batches formed and the women who shown their willingness to undergo the literacy programme were enrolled at the centre. 30 learners (in three batches of 10 learners in each) were enrolled at each centre. All the learners enrolled at the centres were provided with the learning materials.

Special care was taken at the time of establishment of the centre like security and safety of the learners, easily accessible place, hygienic place, proper ventilation and light, etc. A signboard of TARA Akshar+ Centre was placed at the centres. All the learners enrolled at the centres were encouraged to attend the centre regularly and timely. The duration of the classes in each of the batches was for 2 hours.

Regular monitoring of centre operations was done to find out the issues, if any, and to take corrective or remedial actions. Weekly monitoring reports were submitted to the Society for Development Alternative, New Delhi

Coverage:

30 TARA Akshar+ Centres were functioning in the year. 900 learners who were enrolled at these 30 centres last year continued their classes and completed the course of literacy and numeracy in the month of May 2016. In the next teaching cycle (June to August 2016), 900 new learners were also enrolled and completed the course. Therefore a total of 1,800 learners were covered under the ICT based women literacy programme.

Final certification and graduation ceremony of the learners passed

Graduation ceremonies were organized to distribute the certificate to the successful learners and they were awarded the certificate of participation in the programme. During the year, three ceremonies were organized on 9th July 2016 for the learners of 8th teaching cycle, on 6th and 12th November 2016 for learners of 9th teaching cycle and on 26th November 2016 for the learners of 10th teaching cycle.

These programmes also provided a platform for the learners to share their experiences and to express their feelings and the benefits they are getting from the literacy programme. Some of them also presented the group songs. The gathering was addressed by the guests, Secretary of CREDA and the project staffs. The learners were encouraged to continue attending the *Gyan Chaupali* and continue their reading and writing practices.



The certificates were awarded to the learners through the gram pradhans who participated as the chief guest of the event. At the end of the programme, lunch packet was also distributed in a carry bag among the neo literates.

Continuation of learning – Gyan Chaupali, a sustainability model

After completion of each teaching cycle of TARA Akshar+ literacy programme, the learners were given opportunity to keep continuing the learning at *Gyan Chaupali* for six months. The *Gyan Chaupali* centres were established at a convenient location so that the attendance of the learners could be maximized.

Different books and literatures were made available at the *Gyan Chaupalis* to help the learners continue the learning. A specially trained staff in the name of TARA Saheli was appointed at each *Gyan Chaupali* to facilitate the learners in reading, writing and playing educational games. The *Gyan Chaupalis* function daily to maintain the receptivity of the students.

At these reading centres, Guest Speaker sessions were also organized. During the year, 312 such sessions were organized to enhance the knowledge of the learners and to increase their interest in the education and attending the *Gyan Chaupalis*. School teacher, ASHA, AWW, ANM, *panchayat* representatives, etc. were the guest speakers.



The topics covered under guest speaker sessions were early child care; importance of education of children, girls and adults; harms of malnutrition; nutrition for pregnant women and children; vaccination and oral polio vaccination; prevention from illness including anemia; health and development of adolescent girls; child health; menstrual health; antenatal and postnatal care; different tests during pregnancy; safe delivery; colostrums and exclusive breast feeding; ambulance helpline number 108; hygiene, sanitation and use of toilet; daily health tips; importance of money saving; SHG and its operation and money saving; development of village; making participatory plan in *Gram Sabha* meeting; provisions under MNREGA and how to get benefit of the scheme; the evil of child marriage; women's empowerment; contribution of educated women in the society; government social welfare schemes; right of voting; and awareness about banking.

Regular visit was carried out by the representative of the organization to the *Gyan Chaupalis* for identifying issues and concerns, providing solutions, ensuring that things move smooth, monitoring of the facilities and infrastructure, reporting, etc.



Interaction with learners by the CREDA Secretary and Block Coordinator



Specialized Financial Literacy training to the TARA learners

Vocational Training to Learners

25 TARA learners were provided vocational training of bag making so that they can get opportunity of increasing their family income. The 6-day training was imparted by Rural Self-Employment Training Centre (R-SETI), Mirzapur run by Allahabad Bank from 21st October 2016 to 26th October 2016. After completion of the training, certificate was awarded to the participants.



Land Legal Literacy Training to Women Supported by Rural Development Institute (Landesa)

Training of rural women on land rights and awareness on social welfare schemes

Training of rural women

Land Legal Literacy Training was imparted to the rural women with giving focus on single woman. The women were provided knowledge on land rights of women focusing on joint *pattas* (lease). They were also provided knowledge on various government social security schemes for women. The training was conducted in the Madihan and Rajgarh blocks of Madihan tehsil and Lalganj and Halia blocks of Lalganj tehsil in Mirzapur district of Uttar Pradesh state. The number of women covered under the training is as below:

Month	No. of women trained		
	Madihan Tehsil	Lalganj Tehsil	Total
April 2016	618	967	1,585
May 2016	587	868	1,455
June 2016	776	1,185	1,961
July 2016	682	1,086	1,768
August 2016	415	928	1,343
September 2016	0	31	31
Grand Total	3,078	5,065	8,143

Training of women gram pradhans

A training of Women *Gram Pradhans* on Land Management Committee (LMC) and Role of Women *Gram Pradhans* was also organized. The objective of the training was to involve and encourage the women *gram pradhans* for their active participation in LMC, distribution of land to actual beneficiaries and also help for social security schemes to the needy. The training was organized for the women *gram pradhans* in Madihan, Rajgarh, Lalganj and Halia blocks.



The date wise and block wise number of pradhans trained is as below:

Date	Tehsil	Block	No. of Gram Pradhans Invited	No. of Gram Pradhans Attended
19.09.2016	Lalganj	Lalganj	30	24
27.09.2016	Lalganj	Halia	29	4
28.09.2016	Madihan	Madihan	28	14
29.09.2016	Madihan	Rajgarh	16	10
		Total:	103	52

Although we tried our best for the participation of all women *gram pradhans* from the targeted blocks but the participation of the women *gram pradhans* was low and the cumulative success was 50.48% because of the following reasons:

- Heavy rain and flood like situation in Halia and Madihan blocks
- Sickness of few women *gram pradhans*
- Not allowed by elders in the family

The training methodologies were lecture, role play, and question-answer session. Block Development Officer (BDO) and Assistant Development Officer, Panchayat (ADO, Panchayat) of the respective block of Lalganj and Rajgarh were also present in the training and addressed the participants.

Mainly following issues were part of the training programme:

- Land related issues
- Role of Land Management Committee
- Procedure of land *patta* and possession
- Social security schemes and role of *gram pradhan* in benefiting the beneficiaries



Following are the learning from these training:

- If the *gram pradhans* are personally contacted and motivated to participate in such programmes, they will certainly participate.

- The programme should not be kept during rainy season in those blocks which have large number of rivulets and rivers e.g. Halia block.
- If proper liaisoning is done, the government officials will come forward to support such programme.

Following challenges were faced during the training:

- Weather condition is one of the challenge
- Motivating to the husbands of women gram *pradhans* is a big challenge
- The participation of women *pradhans* largely depends on the will of the husbands
- The scheduled castes and backward class women *pradhans* happily participated whereas higher caste women *pradhans* were reluctant to participate.



Organization of Mahila Sammelan (Women's Convention)

A *Mahila Sammelan* (Women's Convention) was organized on 21st and 22nd October, 2016 at the Resource Centre of the organization situated at Sukhra, Halia Block, Mirzapur. The objective of the *Sammelan* was to bring together the rural women, preferably those who have already been trained, to understand and involve the discussions on issues related to land rights, social justice, social security schemes, and also process of getting joint *patta* and presenting themselves in *Tehsil Diwas* (Tehsil Day) on the above issues.



The theme of the *Sammelan* was:

- Giving opportunity to the rural women to discuss themselves on their problems and share the experiences.
- Formation of women collectives for collective farming.
- Many issues of the women's socio-economic related or concerned with government departments. The *Mahila Sammelan* encouraged the women to take their issues to the *Tehsil Diwas* and Women Support Centre established by Landesa-RDI for redressal.
- Making women aware against anti-social practices.

500 women from 25 villages surrounding the Resource Centre were invited so that they can easily reach to the *Sammelan* venue and reach back home before sunset. But, against the target of 500 women, approximately 950 women participated in the *Sammelan*.

In the programme, following issues were highlighted:

- Land right issues in general
- Type of lands available in the villages
- Role of Land Management Committee
- Approaches for getting land *patta*
- Social security schemes
- Approaching *Tehsil Diwas*
- Women Support Centre and its benefits/activities



Landesa-RDI put large sized banners depicting several issues that affect the rural women. Women interestingly were looking to the banners. Some women were able to read it. A documentary was shown by Landesa-RDI which created immense interest. They were very serious on the subject of documentary.



The cultural team of the CREDA consisting 12 women presented three songs related to the empowerment of women. The songs were so encouraging that the participating women were repeating it. The cultural team was equipped with musical instrument while presenting the programme. Also, the team along with local women performed a role play on the story of Rukmani Devi. The play was directed by Mrs. Photo Singh. The play was so touching that the women became very serious and some of them were relating their condition in the family.

Move & Improve Project **Supported by Swiss Academy for Development, Switzerland**

**Holistic, Sport and Play-Based Early Childhood Care and Education (ECCE)
for Marginalized Children in India**

Selection of target villages and establishment of new centres

Potential target villages and communities identified to open new centres where the old was closed or shifted for some reasons. The Parasiya centre was shifted to Rah Kalan (Haudawa), Khachahan centre to Malua (as Malua-1), Amoi Purwa centre to another hamlet Rajgarhwa in the same village, Mudel Centre to Galara, and Parmapur Centre to Hinauta village.



Assessment of villages and vulnerabilities done in the newly selected communities/ villages as per pre-defined criteria i.e. non availability of Anganwadi Centre (AWC) in the community, enough number of children to be enrolled at Early Childhood Care and Education (ECCE) centre is available, the community belong to dalit/ backward/Muslims, community can provide building/space for running the ECCE centre, illiteracy is very strong in the community, mothers were specially enthusiastic to support the establishment of the ECCE centre. *Gram Pradhan* (elected head of village council) provided support and cooperation in establishment of the new centres.

Community mobilisation to support ECCE centre

Activities conducted

- Liaison with *Gram Pradhan* (village council head) and *panchayat* members to support the ECCE centre. Meetings with *Gram Pradhans* were organized at the ECCE Centres.
- Community awareness through monthly meetings of the mothers' groups and home visits about the project activities, activities being carried out at ECCE centres, benefits of the ECCE centre to the children, health and education of children.
- Mobilization of centre management committees through its monthly meetings, making them aware about their roles and responsibilities for ECCE centre and encouraging them to support and cooperate in smooth running of ECCE centre.
- Mobilization of community to support in the establishment and running of ECCE centre, to provide support in the form of building/space, materials, etc. Mobilization of community on the importance of education and the rights of children.
- Mobilization of parents to send their children to ECCE centre timely and regularly, support in running of the ECCE centre, provide lunch in the lunch boxes. It was done in the form of code of conduct to make the community more responsive. The parents were also encouraged to talk with children in a respectful manner. Taking precaution during winter season and sending the children with proper warm clothing.
- The staffs referred the local examples of best practices to the parents and community so that they can also follow the best practices.



- Liaising with block officials, government health centre, and Integrated Child Development Scheme (ICDS) Department, Accredited Social Health Activists (ASHAs) and Aanganwadi Workers (AWWs) and their mobilization to support the ECCE centres, discussion on growth and vaccination of children.
- Contact and discussion with Child Protection Committees, local elected representatives, front line workers (ASHAs and AWWs appointed by government), school teachers, school management committees, adolescent girl peer educators.

Topics of the meetings

Running of ECCE centre regularly, regular attendance of the children, health and care of children, sending the children to ECCE centre with lunch in the lunch box and fresh drinking water in the bottle provided to them, respectful behaviour with children, cleanliness for children, development of children, child rights, child education, government schemes related to children such as oral polio vaccine, dose of Vitamin A, vaccination of mothers and children, de-worming tablet to children, and getting AADHAAR Card, non-availability of the ICDS services in the community, hygiene and cleanliness, safe drinking water, prevention from diseases, importance and benefits of hand wash, objectives of ECCE centre, establishment of new ECCE centres, facilities at ECCE centres and its benefits to children, support of community in repairing of ECCE centres, preparation of children for school enrolment, use of first aid box, follow up of the children enrolled in the primary or private schools, prevention from cholera, use of mosquito net to be safe from malaria.

Outcomes of the meetings

The outcomes of the meetings were very positive. The activeness of the mothers has increased and they are familiar with the concept of ECCE centres. They have taken responsibility to send their children in clean clothes and taking back to home, the children are coming with lunch box having fresh meal, and the centres are running timely. The interest of mothers in participating in the meetings such as mothers group and panchayat has increased. The parents especially mothers became more careful about the safety, nutrition, health, and development of the children. They helped in making bamboo boundary for the centre specially for playing ground. The children demand for soap from their parents to wash their hands before taking meals and after defecating. The parents listen the children carefully. They also come at the ECCE centre and see the children involved in the activities. The community provided its support in the form of building/space for running the ECCE centre and in the form of needed materials.

Community also become aware on the child rights, importance of sports and play, importance of pre-school education, child health, hygiene and cleanliness especially hand wash, provisions and benefits of government schemes, etc. The community also contributed in the form of labour in establishing the new ECCE centre and development of infrastructure and teaching learning materials. Interest of the community in participating in the meeting, and contacting with block, health and ICDS officials has increased. In case if any difficulty arises in running the centre, the community comes forward to help in solving the problem. The community has also started to adopt the sanitary and hygienic practices and keep the home and surrounding areas of well and hand pumps clean.

The mothers themselves take the children for oral polio vaccine, get the children vaccinated and apply for getting the AADHAAR Card for the children. They also got TT (tetanus toxoid) vaccination by themselves. The parents have started motivating and helping other people in the village for getting the benefit of government scheme. The community supported in renovation of the centre, health check up of children, admission of ECCE children in private or government primary schools.

Recruitment process of ECCE children

To open the new centres, after final selection of the project villages on the criteria listed earlier, the survey of children through a structured survey format was done. The criteria for selection of the children was age of the child (3-5 years), non-school going children, priority to the children from *dalit*/backward/Muslim community, and priority to girl child. The same process was adopted to fill the vacant seats when ECCE graduated children were admitted in the primary school.

ECCE management committees meetings

At each of the 50 ECCE Centres, an ECCE management committee has been formed to manage the centre and provide its support in running the centre. To form the committee, community is mobilized and encouraged about the importance of management committee, then the guardians of the children come forward in forming the management committee. The mothers of the ECCE children, members of the local School Management Committee (SMC), facilitator, and caretaker form the management committees. The descriptions of the meetings are as below:



Topics discussed

Roles and responsibilities of the committee, support in smooth functioning of the ECCE centre, watch on functioning of ECCE centre, how to monitor the ECCE centre, mobilization of community to support the ECCE centre, support and cooperate with ECCE facilitators and caretakers, suggesting in improvement of ECCE centre, renovation of the centre, awareness generation in the community about the government schemes for children, and how to take the benefit of government schemes for the children enrolled at the ECCE centre, etc.

Activities conducted by committees

The committees encouraged mothers to send the children to the centre regularly, organized monthly meetings, supported in decorating the centre, encouraged mothers to participate in the open meetings of the *gram sabha* (village council), helped in reaching out to the family of all children through home visits.

The committees are keeping watch on the ECCE centres. The committees mobilized the parents of those children who were not full time staying at ECCE centre for all activities set for the day and encouraged the children not to leave the centre and attend all the sessions. The committees mobilized the parents to send their children daily to ECCE centre with proper preparation such as in clean clothes, with nutritious food in the lunch box and fresh water in the water bottle. The committees got detailed information about the vaccination of children. The management committee members of many ECCE centres made the toys for children and made aware the mothers on vaccination of the children. Some of the management committees also put bleaching powder in the wells with the support of *gram pradhans*. The management committees also participated actively in the Indian Independence Day with children on 15th August 2016 and in the Republic Day on 26th January 2017.

Outcomes of the meetings

The ECCE management committees are able to support in the functioning of ECCE centres. They are able to monitor the functioning of the centres, keep watch on the attendance of the children, management and taking care of the centre, providing support to ECCE centre as and when required, giving suggestion for the improvement of the centre, mobilizing and encouraging the mothers to send the children to the ECCE centre regularly, admission of children in primary school, vaccination of children, etc.

Benefit under government provisions

With the efforts of the project staffs, especially functionaries of departments of health and ICDS were mobilized to support the children enrolled at ECCE Centres. As a result of these efforts, following number of children and women benefited with the government services under different government schemes (aggregate numbers in one year):

1. 1,034 children got vaccination
2. 4,899 children took oral polio vaccine
3. 1,606 children got de-worming (Albendazole) tablets
4. 2,940 ECCE children and 292 children from outside got dose of Vitamin A
5. Health of 513 children checked up by government doctors
6. 3,307 children got nutritional supplement under ICDS
7. 206 pregnant women got vaccination at 41 Centres
8. 410 women got Iron Folic Acid tablets at 18 Centres
9. Application of all children has been submitted for enrolment to get AADHAAR card, which provides identity with a unique identification number



The health check includes observing the condition of anemia, measurement of height and weight, malnutrition, providing medicine and referral service if required.

Parental education

During the month of January 2017, parental education session was organized at each of the ECCE Centres. In total, 2,617 people participated in these sessions. In these sessions, the participants were oriented on benefits and importance of birth registration, vaccination of children, giving dose of Vitamin A to the children between the age of 9 months to 5 years, harms of Vitamin A deficiency, oral polio vaccination, feeding for children (balanced and fresh foods), sanitation and cleanliness, personal hygiene, benefits and importance of hand wash with soap, promotion of safety of children, how to behave with children, prevention from intoxicants, de-worming medicine (albendazole) to children, taking nutritional supplement for children under ICDS, health check up of children on VHND, protection of environment, prevention from infectious diseases, importance of AADHAAR card, making

aware and encouraging the parents of other children on the above topics and social mobilization in favour of welfare of children and developing a healthy and child friendly environment.

The above topics were covered under following 4 sessions:

1. Child Development, Birth Registration,
2. Vaccination, Dose of Vitamin A,
3. Nutrition for Children, and
4. Sanitation and Hygiene.



The sessions were conducted through Lecture, Film Screening, Discussions and Games. The games 'Spread the Word' and 'Hygiene Charades' were used. Both of the games were very effective. These games were played to educate the participants about the communicable diseases and hygiene routine. As a result of the parental education, the participants have become aware about the needs of children, important things related to child development, child protection, child health, safety of children, provisions for children under different government schemes.

Progress monitoring (follow-up of ECCE graduated children)

During the year, 118 ECCE graduated children were mainstreamed in class 1. Out of 118, 88 children admitted in government primary school and 30 children admitted in private school. 6 ECCE children were admitted in nursery classes of LKG in private or state-run schools. The children admitted in class 1 are of the age of 5+ years. The project staffs are in regular contact with the children and the teachers of the school where they have been enrolled. The children are attending the school regularly. The schoolteachers have observed that the children came from ECCE centres are performing very well as compared to other children in the class.

Lunch boxes and water bottles for children

The lunch boxes and drinking water bottles was provided to all of the children enrolled at 50 ECCE centres. The purpose was to facilitate provision of meals for ECCE students. The mothers provided fresh and nutritious food in the lunch box and fresh drinking water in the bottle so that the nutritious need of the children can be fulfilled.



Buildings used for ECCE centres

The building used for ECCE centres varies from centre to centre. At the end of the year 38 centres were running in private buildings, 8 in *panchayat* buildings and 4 in CREDA's own school buildings. Out of the 50 buildings, 24 are made of mud/bricks with local tiles roof and 26 of bricks and cement/concrete roof. Out of 50 centres, playground is available in 49 centres and toilet is available at 27 centres.

Involvement of Mothers' Groups

Mothers' groups have been formed for each of the 50 ECCE centre. They were oriented on the objectives of the project and the group, activities of the ECCE centre, roles and responsibilities of mothers' group to support the ECCE centre, how to prepare and send the children to the ECCE centre and take care of them.



Under the project, seed money of Rs. 10,000 is planned to be provided to the mothers groups to facilitate group activities to financially support the ECCE centres from the group income. A survey of the situation of indebtedness of the mothers was carried out. It was found that out of 1,340 mothers of the children enrolled at 50 ECCE centres, only 172 mothers were in debt. During the discussion held with the mothers, they shown their interest to use the seed capital in the following ways:

- a. purchase of seed and fertilizer during the paddy crop which starts from the month of June 2016
- b. utilize the money for micro enterprise activities such as small shops, hawkers, vendors, etc.
- c. the money will be given to the most needy as per the decision of the group
- d. the group will decide contribution to the ECCE Centre fund from its profit for the improvement of ECCE

Training of project staffs on the sport and play-based approach

Following trainings were organized with the support of SAD in the month of February 2017:

Date	Content of the Training	Participants
Feb 3 & 4	Holistic child development and positive discipline (one-day training in two batches)	- Caretakers
Feb 5, 6 , 7 & 8	Playful activities (one-day training in four batches)	- Facilitators - Caretakers
Feb 10-11 & 12-13	Child protection, developmental milestones, communication, etc. (two-day training in two batches)	- Facilitators - Sub-Coordinators
Feb 14	Case studies writing, developmental milestones assessment, etc. (one-day training)	- Sub-Coordinators

Also, whenever a new facilitator is appointed, she is provided two 2 days on-the-job orientation by the sub-coordinators at an ECCE centre where she gets practical knowledge on using the toolkit "Learning through Play" and sport-based activities. Also, in each monthly review meeting, the playful activities are recapitulated by the sub-coordinators.

M&E capacity building of staffs

The project staffs were regularly provided orientation on how and when to fill up the monitoring forms and how many forms have to be filled up by each staff on monthly and quarterly basis. The monitoring forms explained are: Classroom Observation form, ECCE centre assessment form, monitoring form to observe the mothers' group, monitoring form to assess the ECCE Management Committee, form for student observation report, form to collect the data of children enrolled at ECCE centre. The sub-coordinators were also oriented on results chain for Move & Improve Project as well as on the use of Developmental Milestones Assessment form, which is being used to assess the progress of ECCE graduating children during their mainstreaming in class 1.

Challenges encountered and its solution

- *The community expected to gain something from the centres and the children wanted to get some edible items from the centre.*

The mothers were made aware about the activities of the centre and mobilized to send the children to the centre for their holistic development instead gaining something else.

- *The mothers had some misunderstanding about the activities of the centre i.e. the centre focuses on the games and arts but not on education.*

The mothers were explained about the functions and activities of the ECCE centres and its importance and benefits to the children.

- *Impact of drought situation in the district.*

The villagers were facing the problem of lack of water. They had to bring the water from 3-4 kilometres distance. The village Pradhans helped to overcome this problem by managing to bring the water in tank from other places.

- *In some villages, the children were not aware about the timing of and disciplines at the centre, they were leaving the centre at any time. The mothers were also of the view that the children are still younger so they cannot learn at this tender age.*

Meetings were organized with the mothers and they were advised to send the children to the centre regularly. The centre activities were made more interesting using games, telling songs and poems, arts, etc. which yield good impact on the children and helped them to stay at the centre.

- *Difficulty in getting the children vaccinated.*

Contacted with Medical Officer at Community Health Centre (CHC) and discussed with him and then vaccination of children could become possible.

- *Low attendance of children due to suffering from seasonal diseases such as measles, diarrhea, typhoid, cold and fever.*

The parents were contacted and encouraged for proper treatment and adopt hygienic practices, keep the children clean, and take proper care of them. They were advised to be precautious about the health of the children and consult the doctor in case of any health related difficulty.

- *Low attendance of mothers (in meetings) was observed during harvesting.*
Mothers were contacted and meeting was organized according to their availability.
- *Low attendance of male participants in Parental Education sessions.*
The roles of mothers were discussed with them and they were told to encourage the males to attend the parental education session.

Lessons learnt and best practices

Project Management

- Adequate documentation, particularly databases, village profile, case studies, internal monthly reports, and monitoring forms, provides better insight about the project activities.
- Coordination and cooperation among the team members is very important in achieving the project goals successfully. This also have a positive effect on the children as a team jointly work for the improvement at ECCE Centres and also enhances community learning about health, hygiene, saving, child care and government services.

Sport and Play-Based Programming at ECCE centres

- Sport and play-based activities are very much helpful in mobilization of parents as well as the children to enrol at the ECCE centre. Sport based activities attract to the parents and children to become the part of ECCE. These types of the activities are quite new for the community and children. Hence, both of them wish to come closer to ECCE. The community alone developed an understanding for supporting the activities at ECCE Centre. The community participation further improves the condition of ECCE in terms of cleanliness, pressurizing the government functionaries to visit ECCE centre, jointly clean a place outside the centre for sports and play of the children, and decoration of the centre.
- Newly introduced activities and games increase the interest of children to stay at the Centre for whole day.



Sustainability & Government Involvement

- If proper liaisoning with government functionaries is done, the children can be benefited under various government schemes.

- If government functionaries are mobilized, they can support in ECCE Centres and benefit the children with the provisions under government schemes.
- Liaisoning with government health department resulted in health check-up of the ECCE children as well as they were given the doses of Vitamin A and oral polio vaccine.

Parental Education & Community Mobilisation

- Regular meetings of mothers' group and ECCE Management Committee and their mutual contacts help in improvement in attendance and regularity of children.
- If the community is mobilized effectively, they can adopt good practices and come forward to safeguard themselves from infectious diseases.
- Parental education session is a very good platform, where the parents discussed about the problems they face. It was seen that they are aware about the problems.
- A good understanding on development and protection of children has been developed among the parents after the parental education sessions.
- Strong connection with community, explaining own views and listening them is very useful in mobilizing community.
- Video films have been proved to be an effective tool to educate parents.

ECCE Centre Management

- If proper mobilization is done and management committee is provided required guidance, they can manage the ECCE centre and help in its activities for running the centre smoothly.
- If the ECCE facilitators and caretakers work closely at the centre, the children will get more and more opportunity of learning.
- Community support has enhanced the capacity of ECCE Centre Management Committees in management of the ECCE Centres.
- We should not be afraid if we are on right way. Any problem, small or big, can be solved.