

Annual Report for the year 2006-07

Health Education Project at Ghat, District Chamoli

Mamta Samajik Sanstha is undertaking a Health Education project at 40 primary schools and villages of Block Ghat, district Chamoli with the support of TPAK-JICA, Japan since 3rd June, 2005. This project is being implemented through 40 primary schools in Ghat block with a goal to ensure physically and emotionally healthier lives of the students along with their families, teachers and community leaders. We are covering around 2000 students and their families through the activities of this project.

. This project aims to raise their awareness concerning health & Sanitation, leading to their adoption of more hygienic ways of life and thus improving public hygiene. In order to ensure sustainability of the project after the completion of the project, besides Parents Teachers Associations, we formed and strengthened women and adolescent groups in each of the project village. These groups have not only grown in the field of health care under our guidance but many of them have grown as good community leadership and formed their self help groups to initiate some livelihood activities. We also established health information hubs at the house of either senior health friends or child health volunteers. We have provided them with the IEC material on health related issues like RCH, Nutrition, TB, HIV/AIDS and other common diseases. Also we have linked them with local CHC and ANMs in order to provide primary health care and medical check up facilities through the health department even after project is over. We have conducted quarterly review meetings and capacity building trainings for all the project stakeholders including govt grassroot level functionaries and community leaders to help them understand their local issues better and plan local coordination to tackle these issues. We have also involved all concerning government officials from district and block level at every level of our activities in order to make them understand the needs of the community and support them accordingly. We have also brought out our quarterly news letter to share field experiences of our project with other stakeholders at other districts and state.

We have conducted following activities in our project schools and villages through our field staff like block coordinator, programme coordinator and 8 sector coordinators with the support of local volunteers and govt front line functionaries:

Main Activities of the Project:

1. Village level orientation on health & hygiene with community
2. Health exhibition, Talk & quiz with community
3. Observed clean village drive with the community
4. Observed clean school drive with the students
5. Conducted health check up camps in schools and villages
6. Health exhibition, Talk and Quiz etc with the students in schools
7. Formation and orientation of Parents Teachers Associations (PTAs)
8. Formation and orientation of Women groups and adolescent girls groups
9. Review and capacity building trainings for all the stakeholders including grassroot level functionaries of govt concerned departments
10. Coordination with all the stakeholders and concerned govt depts from Block level to District and District level to the State level.

Gist of Activities for the year 2006-07
ACCOMPLISHMENTS APRIL - JUNE 06

S.N.	Name of Activity	No. Of Activities conducted	No. Of Participants
1	Formation and Orientation of School Health & Sanitation Committee (Parents Teacher Association).	08	285
2	Observed Clean School Drive	13	486
3	Observed Clean Village Drive.	28	681
4	Health Exhibition, talk & quiz with Students.	31	1287
5	Village level Orientation on health & hygiene with community.	31	1133
6	Health Exhibition, Talk & Quiz with Community	26	951
7	Health Check-up Camp	19	706
8	Review & Capacity Building Training	01	45
9	Orientation of Parents Teacher Association (PTA).	04	116
10	JICA Mission Visit with TPAK & WFP Evaluation of the Project with Village leaders & Community.	02	225
11	JICA Mission Visit with TPAK & WFP Evaluation of the Project with School Teacher, PTA Members & Children	01	62
12	Digging of Toilets Pits	10 Villages	89 Pits
13	Staff Meetings	Every Fortnight	Sector Coordinators
14	Talks on Various health & Hygiene issues in Schools.	Every Fortnight in all 40 Schools	Students of 40 Schools

OTHER ACTIVITIES

S.N.	Name of Activity	No. Of Activities conducted	No. Of Participants
1	World Environmental Observed Day	03	119
2	Immunization Camp	02	65
3	Formation and Orientation of Women group	03	108

4	Pulse Polio Programme	04	495 Children
5	Orientation of Adolescent group	01	20

Health Checkup Camp April, 2006

S.N.	Date	Name of School	No. of Student	IFA Tablets	De- Worming Tablets
01	26-04-06	Banjbagad	31	150	-

Health Checkup Camp May, 2006

S.N.	Date	Name of School	No. of Student	IFA Tablets	De- Worming Tablets
01	01-05-06	Mokhmalla	72	360	30
02	03-05-06	Dhurma	40	220	20
03	06-05-06	Enolidhar	57	340	30
04	06-05-06	Kurud	29	100	15
05	08-05-06	Kandai	31	165	20
06	09-05-06	Choprakot	08	40	08
07	10-05-06	Lwani	40	200	20
08	13-05-06	Sarpani	24	120	12
09	15-05-06	Khunana	89	495	46
10	16-05-06	Khaltara	15	90	08
11	17-05-06	Chaka	17	120	09
12	17-05-06	Bhenti	77	860	40
13	18-05-06	Sema	36	260	18
14	19-05-06	Sainti	16	120	-
15	19-05-06	Dhargaun	21	120	11
16	24-05-06	PHC- Ghat	38	300	-

Health Checkup Camp June, 2006

S.N.	Date	Name of Centre	No. of beneficiaries	IFA Tablets	De- Worming Tablets
01	07-06-06	PHC- Ghat	35	500	-
02	07-06-07	ANM Sub Centre Dhurma	30	450	-

ACCOMPLISHMENTS OF JULY- SEPTEMBER, 06

S.N.	Name of Activity	No. Of Activities conducted	No. Of Participants
1	Observed Clean School Drive	15	393
2	Observed Clean Village Drive.	28	656
3	Health Exhibition, talk & quiz with Students.	34	1654
4	Village level Orientation on health & hygiene with community.	37	1488
5	Health Exhibition, Talk & Quiz with Community	13	533
6	Health Check-up Camp	20	1007
7	Review Meeting	01	40
8	Orientation of PTA Members	17	346
9	Staff Meetings	Every Fortnight (04)	Sector Coordinators
10	Talks on Various health & Hygiene issues in Schools.	Every Fortnight in all 40 Schools	Students of 40 Schools

OTHER ACTIVITIES

S.N.	Name of Activity	No. Of Activities conducted	No. Of Participants
1	Immunization Camp	01	30
2	Formation of Adolescent Group	14	314
3	Formation of Women Group	06	109
4	Health Exhibition & Environmental Seminar	01	578
5	Village Health Exhibition & Health Check-up Camp	01	1100

ACCOMPLISHMENTS OCTOBER - DECEMBER 2006

S.N.	Name of Activity	No. Of Activities conducted	No. Of Participants
1	Health Check up Camp	04	182
2	Observed Clean School Drive	19	404
3	Observed Clean Village Drive.	22	421
4	Health Exhibition, talk & quiz with Students.	33	1598
5	Village level Orientation on health & hygiene with community.	29	1058

6	Health Exhibition, Talk & Quiz with Community	29	1044
7	Orientation of PTA Members	30	488
8	Wall Writing	19 Villages	-
9	Poster competition During Children's week	07	248
10	Ms. Ruri, TPAK Field visit & Stay at Villages	07	254
11	Combined Programme for 40 Schools during children's week	01	89
12	Staff Meetings	Every Fortnight	Sector Coordinators
13	Talks on Various health & Hygiene issues in Schools.	Every Fortnight in all 40 Schools	Students of 40 Schools

OTHER ACTIVITIES

S.N.	Name of Activity	No. Of Activities conducted	No. Of Participants
1	Orientation of Adolescent Group	08	155
2	Orientation of Women Group	10	194
3	Immunization Day	01	18
4	Iodine Salt Testing	12 Villages	127 Families

ACCOMPLISHMENTS OF JANUARY - MARCH, 2007

S.N.	Name of Activity	No. Of Activities conducted	No. Of Participants
1	Health Check-up Camp	16	490
2	Observed Clean Village Drive.	23	548
3	Observed Clean School Drive	18	507
4	Health Exhibition, talk & quiz with Students.	31	1679
5	Village level Orientation on health & hygiene with community.	23 Villages	647 Families
6	Health Exhibition, Talk & Quiz with Community	26	935
7	Orientation of PTA Members	33	578
8	Wall Writing	05	-
9	TPAK Visit	01	-
10	Staff Meetings	Every Fortnight	Sector Coordinators (10)
11	Talks on Various health & Hygiene issues in Schools.	Every Fortnight in all 40 Schools	Students of 40 Schools

OTHER ACTIVITIES ACCOMPLISHMENTS OF JANUARY - MARCH, 2007

S.N.	Name of Activity	No. Of Activities conducted	No. Of Participants
1	Orientation of Adolescent Group	15	317
2	Orientation of Women Group	13	272

Status of PTAs in Project Area, Ghat

S.N.	Formation Date	School / Village	Program	No. Of Participants	No. Of PTA Member
1.	10-08-05	Primary School, Bijaar	Formation and Orientation of School Health & Sanitation Committee (PTA).	40	16
2.	17-08-05	Saraswati Shisu Mandir-Kurud	Formation and Orientation of School Health & Sanitation Committee (PTA).	50	17
3.	21-09-05	Primary School, Banjbagad	Formation and Orientation of School Health & Sanitation Committee (PTA).	65	17
4.	22-09-05	Snow white Public School- Bengali	Formation and Orientation of School Health & Sanitation Committee (PTA).	35	15
5.	23-09-05	Primary School, Charbang	Formation and Orientation of School Health & Sanitation Committee (PTA).	38	17
6.	26-09-05	Village- Khunana	Formation and Orientation of School Health & Sanitation Committee (PTA).	24	18
7.	01-10-05	Primary School - Bhenti	Formation and Orientation of School Health & Sanitation Committee (PTA).	28	18
8.	01-10-05	Primary School - Saini	Formation and Orientation of School Health & Sanitation Committee (PTA).	35	17
9.	01-10-05	Primary School - Kandai.	Formation and Orientation of School Health & Sanitation Committee (PTA).	38	19
10.	01-10-05	Primary School - Lunthara	Formation and Orientation of School Health & Sanitation Committee	20	19

			(PTA).		
11.	01-10-05	Primary School - Tonla	Formation and Orientation of School Health & Sanitation Committee (PTA).	20	18
12.	04-10-05	Primary School - Syanri	Formation and Orientation of School Health & Sanitation Committee (PTA).	34	15
13.	07-10-05	Primary School- Bhardhar.	Formation and Orientation of School Health & Sanitation Committee (PTA).	15	17
14.	28-11-05	Primary School- Gulari	Formation and Orientation of School Health & Sanitation Committee (PTA).	39	16
15.	05-12-05	Primary School - Vaduk	Formation and Orientation of School Health & Sanitation Committee (PTA).	75	16
16.	06-12-05	Primary School - Bura	Formation and Orientation of School Health & Sanitation Committee (PTA).	127	16
17.	07-12-05	Primary School – Dhurma	Formation and Orientation of School Health & Sanitation Committee (PTA).	56	16
18.	07-12-05	Primary School - Chari	Formation and Orientation of School Health & Sanitation Committee (PTA).	20	17
19.	09-12-05	Primary School - Nauna Banala	Formation and Orientation of School Health & Sanitation Committee (PTA).	39	18
20.	12-12-05	Primary School - Choprakot	Formation and Orientation of School Health & Sanitation Committee (PTA).	22	18
21.	13-12-05	Primary School - Aala	Formation and Orientation of School Health & Sanitation Committee	102	16

			(PTA).		
22.	09-01-06	Primary School - Lawadi	Formation and Orientation of School Health & Sanitation Committee (PTA).	150	20
23.	12-01-06	Primary School- Mokhmalla	Formation and Orientation of School Health & Sanitation Committee (PTA).	80	18
24.	19-01-06	Primary School- Sitel	Formation and Orientation of School Health & Sanitation Committee (PTA).	45	14
25.	03-03-06	Primary School- Mokhtalla	Formation and Orientation of School Health & Sanitation Committee (PTA).	32	16
26.	03-03-06	Primary School- Basnwada	Formation and Orientation of School Health & Sanitation Committee (PTA).	30	17
27.	08-03-06	Primary School- Jakhdi	Formation and Orientation of School Health & Sanitation Committee (PTA).	34	16
28.	09-03-06	Primary School- Ustoli	Formation and Orientation of School Health & Sanitation Committee (PTA).	32	19
29.	09-03-06	Primary School- Pharkhet	Formation and Orientation of School Health & Sanitation Committee (PTA).	30	18
30.	13-03-06	Primary School- Sarpani	Formation and Orientation of School Health & Sanitation Committee (PTA).	31	17
31.	13-03-06	Primary School- Mankhi	Formation and Orientation of School Health & Sanitation Committee (PTA).	29	17
32.	14-03-06	Primary School- Gandasu	Formation and Orientation of School Health & Sanitation Committee	45	15

			(PTA).		
33.	03-04-06	Primary School- Phali	Formation and Orientation of School Health & Sanitation Committee (PTA).	31	18
34.	03-04-06	Primary School- Chaka	Formation and Orientation of School Health & Sanitation Committee (PTA).	29	16
35.	04-04-06	Primary School- Sema	Formation and Orientation of School Health & Sanitation Committee (PTA).	34	17
36.	08-04-06	Primary School- Lankhi	Formation and Orientation of School Health & Sanitation Committee (PTA).	41	17
37.	11-04-06	Primary School- Kundbagad	Formation and Orientation of School Health & Sanitation Committee (PTA).	30	11
38.	13-04-06	Primary School- Mathkot	Formation and Orientation of School Health & Sanitation Committee (PTA).	38	17
39.	18-04-06	Primary School- Dhargaon	Formation and Orientation of School Health & Sanitation Committee (PTA).	28	17
40.	20-04-06	Primary School-Khaltara	Formation and Orientation of School Health & Sanitation Committee (PTA).	40	16

Profile of 40 Project Villages , Ghat,Chamoli

S.N.	Village	Population	Students at School	PTA Formation Yes/ No	Child health Volunteer	Senior health Volunteer
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1	Banjbagar	712	76	Yes	Bhakt Darshan Singh	Ranjeet Singh
2	Lankhi	1359	163	Yes	Digpal Singh	Govind Singh
3	Bangali	600	107	Yes	Km. Gita	Prem Singh
4	Syanri	501	75	Yes	Jaspal Singh	Dilbar Singh
5	Bhenti	1387	126	Yes	Km. Mamta	Bhawaan Singh
6	Mokhamalla, Chaur Pokhari	612	55 26	Yes	Shambhu Prasad	Mahidhar Tiwari
7	Mokhtalla	556	55	Yes	Pradeep Singh	Badri Prasad
8	Bansbara	184	28	Yes	Shakuntala Devi	Shri Kunwar Singh
9	Dhurma	318	41	Yes	Shri Gyan Singh	Shri Kundan Singh
10	Jakhini	645	64	Yes	Karan Singh	Abbal Singh
11	Phali + Kuntari	990	35	Yes	Km. Sangeeta	-
12	Ustoli	373	52	Yes	Baby Pharaswan	-
13	Sainti	291	37	Yes	Smt. Urmila	Chandramani Sati
14	Sarpani	502	90	Yes	Devendra Singh Negi	-
15	Furkhet, Naagphad	673	136	Yes	Shri Raghuveer Singh	-
16	Gandasu, Suniti	285	26	Yes	-	-
17	Kandai	996	60	Yes	Km. Preeti Sati	Shri Hari Singh Kathait
18	Chaka	250	21	Yes	Km. Sita	Balveer Singh
19	Sema	470	39	Yes	Madhu Rawat	Yashpal Singh
20	Khaltara	193	21	Yes	Km. Sangeeta	Shri Ramesh Chandra
21	Tonla	85	09	Yes	Badri Prasad	Shri Radhaballabh
22	Chopra kot	175	22	Yes	Harish Chandra	Vijay Ram Purohit
23	Mankhi	337	39	Yes	Bhagvati Prasad	Shiv Prasad Deorari
24	Chari	242	40	Yes	Narendra Singh	Bhagat Singh
25	Nauna, Banala	185 246	40	Yes	Makkar Singh	Bhagirathi Devi
26	Luntra	897	45	Yes	Digvijay	Bhawan Singh Pharaswan
27	Charbang	343	61	Yes	Anju Pharaswan	-
28	Lwani	765	166	Yes	Asha Bisht	-
29	Khunana	695	133	Yes	Bindi Devi	-
30	Bhaurdhar	332	61	Yes	Km. Guddi	-
31	Aala	625	105	Yes	Km. Munni	Shri HukumSingh
32	Bura	939	167	Yes	Km. Deepa	Ranjeet Singh
33	Sitel	171	40	Yes	Bakhtawar Singh	Ram Singh

34	Gulari	285	49	Yes	Shri Ramesh Chandra	Bholakshat
35	Vaduk	462	104	Yes	Mangli Ram	Kedar Menduli
36	Dhargaon	536	28	Yes	Km. Rekha	Smt. Saraswati Devi
37	Mathkot	649	101	Yes	Km. Rekha	Mahipal Singh
38	Kundbagar	221	71	Yes	Km. Kanta	Godambari Devi
39	Kurud	400	13	Yes	Ashok Gaud	Narendra Prasad
40	Saitoli, Bizzar	110 225	11 44	Yes	Km. Deepa	Prasad Lal
Total	40	20,822	2689			

Outcomes under HEP, Ghat, Chamoli

- ◆ Volunteers like senior health friends and child health volunteers are placed in 100% project villages to get their support in their respective village to continue project activities.
- ◆ We have Parents Teachers Associations (PTAs) in 100% project villages and they will continue project activities in their respective school and village.
- ◆ We have undertaken clean villages drive with the help of the villagers and PTAs in 100% project villages to promote community health, personal and community hygiene.
- ◆ We have undertaken clean schools drive in 100% project schools with school children to promote clean school environment.
- ◆ We have organized health Check-up camps and given De-worming tablets in 100% project schools twice a year with the help of local ANMs and health department.
- ◆ More than 80% parents and children have increased their knowledge about personal hygiene, importance of safe drinking water and use of toilets, water borne diseases, use of Iodine salt, mother and child immunization and health care etc.
- ◆ More than 60% families have dug pit near their houses to throw garbage in it.
- ◆ The status of personal hygiene has increased in children by 70% to 80%.
- ◆ More than 80% children in school wash their hands by soap before having their mid day meal.
- ◆ 90% children have started brushing their teeth every day.
- ◆ 90% children cut their nails once a week.
- ◆ 70% children increased frequency of taking bath from once a week to twice a week.
- ◆ 100% schools have made the garbage pits with the help of children and they are using these pits to throw the garbage in it.

Additional outcomes:

- ◆ We have established Health Information Centres at 100% project villages at the house of either child health volunteer or senior health volunteer and linked this centre with local school and ANM.
- ◆ More than 50% families have started using iodized salt.
- ◆ We have formed women and adolescent groups in all project villages to get their support for our programmes.

Project on Women Development Initiatives

Supported By : TPAK-UNIFEM,Japan

Progress Report January-March,2007

The project **Women Development Initiatives** is being implemented in 5 backward villages of Vikasnagar Block, district Dehradun w.e.f Ist January, 07 with the support from TPAK-UNIFEM, Japan. We are focusing our project activities on women and adolescent girls in five villages as primary group and covering approximately 750 families and 3000 population of weaker section as a secondary group of the villages. There are five villages namely: Sabhawala, Sherpur, Shishambara, Tiparpur and Badripur being covered under the project, mostly having the population of scheduled tribe, scheduled caste, other backward class and Muslim. Two field coordinators are conducting project activities under the supervision of the chief coordinator, Mrs Beena Walia of the organization.

We have conducted following activities so far:

(1)-Project Introductory Meetings :

Mamta has conducted an introductory meetings in all selected 5 villages with primary target groups i.e. women and adolescent girls of the weaker section of the villages in the month of January, 2007 to acquaint them with the project activities and encourage their participation in the programme. These village level meetings were followed by one combined meeting of all 5 villages at village Sabhawala on 26th January, 2007. This combined meeting was very successful as 80 women and adolescent girls from 5 project villages participated at the meeting. 26th January is our Republic day in India. So we used this occasion for women and girls to just enjoy, sing songs and have fun. We had some quiz, competition with them and gave away some prizes to encourage their participation and involvement in the project. We did not have very serious agenda in this meeting. It was just a get together to know each other and feel happy in the group. This meeting helped us to understand them and be friendly with them before launching our project activities.

(2)-Formation of Women and adolescent girls groups:

Mamta's field Coordinators, under the leadership of the Chief Coordinator, Mrs Beena Walia, have conduct meetings and discussion with women and adolescent girls to encourage them to form and work in a group. We told them the importance of working in the group. We found it very challenging to form them in a group because they never worked in a group before. It was a big task to bring them in a group. Our chief coordinator and field coordinators had series of meetings with them to motivate them to be part of the group. Again, we conducted activities of their interest like having fun, singing songs, quiz and sharing success stories of some groups which Mamta had formed in the past to encourage them. Finally, we could get success gradually in all the 5 villages by forming of one women and one adolescent girls group in each project village. The members of the each group were encouraged to select two members out of their group as leaders of their group to whom Mamta will provide training on leadership skills and all relevant issues pertaining to their group's health and sustainable development. Now we have women and adolescent group leaders in each project village.

(3)-Capacity Building Training for the Group Leaders & stakeholders:

Mamta has organized two day capacity building training for the project staff and leaders of the groups to orient them about the project objectives and activities. So that they may understand the project and actively participate at project various activities.

The training was organized at Village Meeting Hall, Sabhawala, Block Vikasnagar, Dehradun on 14-15 February, 2007. There were altogether 38 participants comprising women group leaders, adolescent girls' group leaders, project staff and resource persons. Since it was a first meeting or training, we decided to gather information about the participants and their respective villages in the introductory session to know their socio-economic status and education background in order to set the baseline for the project. There were 32 participants present in the training. They all come from below poverty line families. 80% out of total participants were from ST and 20% come from SC and other backward caste. Out of 32 women and girls, 9 were illiterate, 11 studied up to class 5th, 6 studies up to class 8th, 4 studied upto class 12th and 2 girls were doing their graduation. After having introduction and knowing background of the participants, Chief Functionary of Mamta Samajik Sanstha, Mr J.M.Singh shared the objectives of the project with the participants.

Further, he shared with the participants the strategy of the project. He said that the project will be implemented in 5 villages of Vikasnagar Block of District Dehradun with women and adolescent girls of weaker section of the villages in the current phase and will be replicated in other 15 villages of Vikasnagar in future after successful completion of the project. The current phase will be from Ist January, 2007 to 31 December, 2007, supported by TPAK- UNIFEM, Japan .

Ms Beena Walia, Chief Coordinator, Mamta shared the proposed activities of the project with the participants. She shared with the participants the proposed activities of the project and expected role of the group leaders to support various activities in terms of ensuring sustainability of the project.

She also told them that we have establishment one Women's Resource Rights Centre in the initial phase in one of the project village i.e. Sabhawala. This will be pilot to motivate the other groups and government to initiate other such pilots in other villages and districts. The centre will be utilized by the women groups and Adolescent Girls groups. Information available at Resource Centre will be shared with all project groups through education materials, handbills, letters etc. This Resource centre will be used to conduct their meetings and have some economic activities. Resource centre will gather information about various Govt. Schemes and disseminate the same to women's groups and adolescent groups at all project villages.

Besides giving above informations, Mr J.M.Singh and other resource persons shared various govt schemes with the participants and gave information about key issues like

Women and adolescent girl's health, nutrition, literacy, empowerment on their rights, legal literacy, female feticide and gender equality etc.

(4)- Observe International Women's Day:

Mamta observed International women's Day on 8th March, 2007 at its women Resource Right centre, Village Sabhawala, Block Vikasnagar with women and adolescent girls of scheduled caste, scheduled tribe and other backward castes. Mrs.Beena Walia, chief Coordinator encouraged women and girls by shouting slogans and singing songs with them on issues like their health, education, equality, legal and property rights, livelihoods, women unity and empowerment etc.

Mamta had put up an exhibition also on various women issues to raise awareness about their health, development and rights. Women and girls were so enthusiastic about the program. Many of them shared their views with joy that Mamta has given them a unique opportunity to know themselves, their strength, and their weakness and seek solution of their problems.

Mr J.M.Singh, Chief Functionary and Ms Beena, chief coordinator told women and girls about various schemes government is running for their health and development. Most of them heard about these schemes for the first time and none of them have ever taken any benefit from these schemes. Beside this , women and adolescent group leaders namely Ms Sushila, village Sabhawala, Ms Radha, village Tiparpur, Ms Barisa Begam, village Shishambara, Ms Dhan Maya, village Sherpur, Ms Vidhya, health volunteer and 4 aganwadi workers of 4 villages shared their views on women issues and shown their concern about gender equality. A quiz was also conducted with the participants asking those questions about health, govt schemes for women and girls. Ten women and girls were given prizes for correct answers.

To conclude the program, a women rally was taken out in the middle of the village Sabhawala just to raise voice for their rights and show their strength and unity. There were altogether 86 women and girls from all 5 villages of the project area.

(5) Social Mobilization Drive.

Social Mobilization drive is being undertaken in all 5 villages with the support from Project field coordinator, Women and adolescent Volunteer every fortnight on key issues like Women and adolescent girls health, development, literacy, empowerment on their rights, legal literacy, livelihoods, gender equality and female feticide etc through activities such as community meetings, orientations, competition and awareness camps etc. We are also involving village leaders and panchayat members (Local village elected body) in these activities to take their support for the upliftment of women and girls.

Mamta has also encouraged women and adolescent girls to form their self help groups. We are finding it really difficult to form them in a group due to various problems. We are helping them to sort out their problems one by one and form their self help group. We got some success in this regard and hope to have few self help groups in near future. We provided some training and orientation on as how to operate a self help group. We are also having discussion with local Banks and concerned govt officials to help them open their accounts in the Bank.

(6) Establishment of Women's Resource Rights Centre:

We have established one women's Resource Rights Centre at one of the project village i.e. Sabhawala. This centre is being used by the members of women and adolescent groups. We are conducting our major activities & training etc at this centre. Beside this, we have put posters, books, materials, leaflets, handouts newsletters on various topics related to health, govt schemes, women rights etc at the centre for their reading and information. We are also conducting sewing class at the centre to provide vocational skill to the members of women and girls groups. In near future, we are planning to conduct some vocational training with the help of various Govt. departments at our resource centre.

(7) Outcomes So Far:

- Identified 10 Women and adolescent volunteers in 5 project villages and provided them trainings as motivators to increase confidence of women and girls for demanding better services for their health and development.
- 5 Women groups and 5 adolescent girls groups have been formed in 5 villages and various activities have been conducted with them to boost their knowledge and skill.
- One village level women Resource Right Centre has been established at village Sabhawala.
- Running two sewing centres at village Sabhawala and village Tiparpur for women and girls.
- Strengthened relationship with community leaders and concerned govt officials and field workers to take their support for project activities.

Aan Project (Iodine Promotion Project)

Supported By : UNICEF/CREATE,Lucknow & Medical College,Allahabad,U.P.

Mamta has initiated a project called Aan Project (Iodine Project) with the support from UNICEF/CREATE, Lucknow and technical support from M.L.N. Medical College, Allahabad in 4 districts of U.P. i.e. Bijnor, J.P.Nagar, G.B.Nagar & Bagpat, covering all 27 blocks and 884 villages of these districts from April,2006 to March 2007.The purpose of this project was to create awareness about importance of iodized salt and increase its consumption at every household level through demand generation and testing of salt for iodine content by iodine field testing kit. This project was undertaken through 62 Inter Colleges of these districts. We have analyzed 19111 salt samples directly through our team and more than 30,000 salt samples through students volunteers of 62 colleges to know the iodine content in different brands of salts available in these villages and districts.

Role of Mamta As a Program Implementation Unit (PIU)

- ❖ Mamta worked in close coordination with the mother NGO, CREATE, Lucknow, UNICEF, Lucknow & MLN Medical College, Allahabad.
- ❖ Mamta worked closely with children of Middle/high School to (8th –12th standard) and raised demand for iodized salt and created awareness in community. Mobilized and motivated community for consumption of iodized salt through linkages with ongoing efforts of ICDS and other related sectors.
- ❖ Developed Linkages with district education, health, food and civil supplies, vyapar mandals, retailers at district and block headquarter and other distribution agencies to ensure increase in supply of iodized salt.

The project activities were coordinated very closely with the district officials including CMO, Basic Shiksha Adhikari (BSA), Food and civil and supplies etc.

S. No.	STAKEHOLDER	STRATEGY ADDRESSED
1.	Officials of food and civil supply department.	Supply input
2.	Food inspectors of health department	Supply
3.	Vyapar mandal, business associations etc	Demand /supply
4.	Other distribution/producer agencies such as HLL, TATA etc.	Supply
5.	Wholesalers and retailers of salt	Supply
6.	School children/ education department	Demand
7.	Community	Demand

INCREASING SUPPLY

This was done through following:

- Complete mapping of retailers, middle/high schools etc. at district and block headquarters. This facilitated preparation of micro plan and assisted in field level work.
- Quarterly District level meetings with vyapar mandals, primary traders, retailer, official of education, ICDS, principals of middle and high schools, health and food and civil supplies were organized at each district. This was done basically to sensitize the stakeholders toward ban order on usage of non – iodized salt, importance of use of iodized salt, discourage use of non-iodized salt ,bargara and open salt, and ensure supply of IS at block level. Efforts were made to reach business community/retailers for promotion of consumption and requirement of IS. They were asked to address community meetings, take up as an agenda in their association meetings, and discourage sale of non – iodized salt, participate in district level meetings and promote iodized salt through effective role of food inspectors, media, retailers etc.
- Advocacy for sale of packaged iodized salt by retailers were done by Mamta with the support of vyapar mandals, food inspector, health and education departments. This approach helped to ensure use of iodized salt by canteen, industrial houses and mid day meals of primary schools.
- In 4 districts, Mamta coordinated with minimum 15 retailers at block and 30 at city level to promote supply of IS. We have done salt testing of all the different kind of salts sold by them and advocated for sale of only IS. This was further coordinated with the food inspectors.

DEMAND CREATION

Created demand through school system and reached out to community through child to community approach. Children 11 to 18 years worked as messengers for demand creation. In rural areas children are enrolled in middle and high school from distant geographical areas. This provided greater outreach in terms of demand creation. They become very effective change agents and influenced the community and local market. Regular monitoring of iodine levels in salt from home brought by children also provided inputs for periodical monitoring of iodine levels in salt. Children were motivated to take out rallies at the local level to promote consumption of IS.

Children from Middle/High School were the main force for creating demand at home, market and amongst neighbors.

Mamta worked with 02 schools at district headquarters and 02 schools at each block headquarters. The school activity and time frame for each school were as follows:

- ❖ Around 150 direct salt samples were tested in each school every three months.. This helped develop demand for IS and study the trend in availability of IS.
- ❖ Mamta has made 4 visits to each school in a period of one year to gauge the increase in the demand of IS at household level.

The following activities were carried out with children:

- ❖ Orientation/awareness of children on use of iodized salt. This was done through information dissemination, meetings at school level, rallies etc.
- ❖ Trained teachers at school and retailers /wholesalers to carry salt testing .
- ❖ Demonstration through sample testing of salt collections brought by children from home/neighbors. Children were trained to test iodine level of salt.
- ❖ Emphasized usage of iodized salt. Facilitated the choice of salt to be purchased by demonstration through sample testing of salt sold in the market.
- ❖ Motivated children to create demand/buy only iodized salt and help promote the concept through their parents /neighbors.
- ❖ Motivated children to form local monitoring team. This team worked to monitor the level of iodine in the sample of salts collected by them from the retailers.
- ❖ Message display & slogans wall painting was done in at least 50+ villages of each block and in all the middle/senior schools of the district.
- ❖ Motivated community through village groups, anganwadi centres (AWC) and retailers to enhance demand for iodized salt.
- ❖ Conducted Sensitization meetings with the community through gram sabhas, members of PRI health committees etc.
- ❖ Organized Rallies at district level with school children.
- ❖ Worked consistently with the media and got good coverage by the media.
- ❖ Conducted Project activities in 62 colleges, covering 884 villages of 27 Blocks in 4 districts of western U.P.
- ❖ Analyzed total 19111 salt samples for iodine content, collected from 884 villages. Iodine content was found below 15 PPM in 11564 salt samples out of total samples.
- ❖ Beside this, 8-10 students were given iodine field testing kit and they were taught as how to test salt sample for iodine content. More than 30,000 salt samples were analyzed by students for iodine content and they shared the result of the sample with the concerned families and motivated the family if iodine content was less than 15 PPM.

- ❖ Analysis report of samples/Brands was shared with concerned Chief Medical Officers of the districts to take necessary action to stop sale of those brands.

“Strengthening I.C.D.S & village groups for improvement in health, nutrition and sanitation status in District Chamoli”

List of selected villages under WFP & Forest Deptt. Project, Chamoli

Block	Gram Sabha	Village
Tharali	Chonda	Chonda
		Simasain
	Tungeshwar	Tungeshwar
		Harchand
		Kasvinagar
Gairsain	Malsi	Malsi
		Dhargair
		Gadoli
	Silangi	Silangi
		Sainji
		Bhounsad
		Simtoli
		Dhunarghat
	Dewal	Kandai
Bamanbera		
Palwara		Palwara
		Rain
		Phaiti

**Project on Health, Nutrition & Hygiene by Strengthening ICDS & Village groups
Supported By : World Food Programme & Forest Dept.,Govt. of U.A.**

Gist of Programmes in August-October 2006

S.No.	Name of Activity	Name of Village / School & AWC	Date	Participant No.
1	Talk on Health & Nutrition with Woman Group	Bhounsad, Gairsain	01-08-06	18
		Silangi, Gairsain	02-08-06	22
		Malsi , Gairsain	08-08-06	21
		Sainji, Gairsain	10-08-06	19
		Rain, Dewal	15-08-06	23
		Phaiti, Dewal	18-08-06	19
		Chonda, Tharali	19-08-06	25
		Palwara, Dewal	23-08-06	29
		Dhargair, Gairsain	23-08-06	16
		Kandai, Dewal	24-08-06	26
		Simasain, Tharali	30-08-06	19
		Palwara, Dewal	13-09-06	21
		Chonda, Thrali	15-09-06	25
		Simasain, Tharali	19-09-06	19
		Phaiti, Dewal	20-09-06	20
		Malsi, Gairsain	23-09-06	17
		Simtoli, Gairsain	29-09-06	18
		Kandai, Dewal	02-10-06	18
		Dhargair, Gairsain	03-10-06	16
		Dhunarghat, Gairsain	06-10-06	18
		Tungeshwar, Tharali	10-10-06	28
		Simasain, Tharali	12-10-06	23
		Phaiti, Dewal	20-10-06	26
		Simasain, Tharali	23-10-06	20
Kasvinagar, Tharali	31-10-06	24		
2	Talk on Health & Nutrition with Adolescent Group	Gadoli, Gairsain	03-08-06	16
		Sainji, Gairsain	04-08-06	18
		Bhounsad, Gairsain	09-08-06	16
		Malsi, Gairsain	14-08-06	14
		Silangi, Gairsain	16-08-06	15
		Bamenbera, Dewal	16-08-06	17
		Dhunarghat, Gairsain	19-08-06	16
		Simtoli, Gairsain	28-08-06	19
		Kasvinagar, Tharali	31-08-06	20
		Kasvinagar, Tharali	18-09-06	22
		Rain, Dewal	04-10-06	15
		Sainji, Gairsain	05-10-06	20
		Bhounsad, Gairsain	09-10-06	16
		Phaiti, Dewal	11-10-06	20
		Kandai, Dewal	13-10-06	30
		Somtoli, Gairsain	13-10-06	28
		Chonda, Tharali	19-10-06	20
		Tungeshwar, Tharali	26-10-06	22
		Dhunarghat, Gairsain	28-10-06	19
		Gadoli, Gairsain	28-10-06	22

3	Talk on Health & Nutrition with Woman Group & Adolescent Group	AWC-Tungeshwar, Tharali AWC – Bamanbera, Dewal AWC- Bhounsad, Gairsain AWC- Rain, Dewal AWC – Dhunarghat, Gairsain	26-08-06 28-08-06 01-09-06 11-09-06 26-09-06	18 24 25 40 27	
4	Talk on Health, Nutrition & Hygiene with Students	P.S.- Palwara, Dewal P.S.- Phaiti, Dewal P.S.- Harchand, Tharali P.S.- Chonda, Tharali P.S.- Tungeshwar, Tharali P.S.- Harchand, Tharali P.S.- Kandai, Dewal P.S.- Chonda, Tharali P.S.- Sainji, Gairsain P.S.- Dhunargaht, Gairsain	17-08-06 21-08-06 25-08-06 29-08-06 09-09-06 12-09-06 14-09-06 15-09-06 27-09-06 28-09-06	42 39 42 50 35 32 30 35 105 30	
5	Observed Village Clean Drive	Harchand, Tharali Palwara, Dewal Kasvinagar, Tharali Rain, Dewal	14-10-06 17-10-06 18-10-06 28-10-06	19 20 15 18	
6	Observed School Clean Drive	P.S.- Simtoli, Gairsain P.S.- Gadoli, Gairsain P.S.- Dhargair, Gairsain P.S.- Chonda, Tharali P.S.- Tungeshwar, Tharali P.S.- Rain, Dewal P.S.- Simasain, Tharali P.S.- Harchand, Tharali	11-09-06 19-09-06 25-09-06 05-10-06 10-10-06 24-10-06 25-10-06 27-10-06	30 28 15 32 23 22 24 25	
7	Home visit & Health Counseling	Bamanbera, Dewal	22-08-06	21	
8	Training of Trainers	CHC- Karnprayag	04-09-06 05-09-06 06-09-06	55	
9	Wall Writing	Tungeshwar, Tharali Harchand, Tharali Kasvinagar, Tharali Kandai, Dewal Bamanbera, Dewal	21-09-06 21-09-06 21-09-06 26-09-06 26-09-06	- - - - -	
10	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	AWC – Palwara, Dewal AWC – Bamanbera, Dewal AWC –Malsi, Gairsain AWC –Kasvinagar, Tharali AWC- Kandai, Tharali AWC- Harchand, Tharali	03-10-06 06-10-06 07-10-06 07-10-06 09-10-06 25-10-06	34 35 38 37 33 32	
11	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	P.S.- Bhounsad, Gairsain P.S.- Rain, Dewal P.S.- Silangi, Gairsain P.S.- Dhunarghat, Gairsain	04-10-06 16-10-06 25-10-06 31-10-06	38 39 34 30	

Gist of Programmes in November 2006

S.No.	Name of Activity	Name of Village / School & AWC	Date	Participant No.	No of Conducted total Prog.
1	Talk on Health & Nutrition with Woman Group	Malsi, Gairsain	02-11-06	35	14
		Bhounsad, Gairsain	04-11-06	20	
		Sainji, Gairsain	06-11-06	45	
		Dhunarghat, Gairsain	08-11-06	17	
		Gadoli, Gairsain	09-11-06	26	
		Silangi, Gairsain	14-11-06	17	
		Palwara, Dewal	15-11-06	19	
		Rain, Dewal	16-11-06	25	
		Simtoli, Gairsain	20-11-06	24	
		Chonda, Tharali	21-11-06	21	
		Kandai, Dewal	24-11-06	30	
		Dhargair, Gairsain	27-11-06	23	
		Harchand, Tharali	29-11-06	20	
		Kasvinagar, Tharali	30-11-06	18	
2	Talk on Health & Nutrition with Adolescent Group	Palwara, Dewal	04-11-06	10	10
		Tungeshwar, Tharali	08-11-06	12	
		Dhargair, Gairsain	09-11-06	13	
		Chonda, Tharali	13-11-06	16	
		Dhunarghat, Gairsain	16-11-06	18	
		Silangi, Gairsain	17-11-06	13	
		Phaiti, Dewal	18-11-06	11	
		Bamanbera, Dewal	22-11-06	10	
		Simasain, Tharali	28-11-06	14	
		Harchand, Tharali	29-11-06	12	
3	Talk on Health & Nutrition with Woman Group & Adolescent Group	AWC- Bamanbera, Dewal	04-11-06	26	06
		AWC- Palwara, Dewal	04-11-06	30	
		AWC- Dhargair, Gairsain	07-11-06	24	
		AWC- Sainji, Gairsain	10-11-06	23	
		AWC- Simtoli, Gairsain	13-11-06	30	
		AWC- Gadoli, Gairsain	29-11-06	16	
4	Talk on Health, Nutrition & Hygiene with Students	P.S.- Sainji, Gairsain	03-11-06	105	10
		P.S.- Kandai, Dewal	06-11-06	57	
		P.S.- Gadoli, Gairsain	07-11-06	25	
		P.S.- Harchand, Dewal	09-11-06	35	
		P.S.- Dhunarghat, Gairsain	10-11-06	42	
		P.S.- Kasvinagar, Tharali	10-11-06	32	
		P.S.- Chonda, Tharali	13-11-06	65	
		P.S.- Palwara, Dewal	15-11-06	35	
		P.S.- Dhargair, Gairsain	23-11-06	45	
		P.S.- Simasain, Tharali	27-11-06	22	

5	Observed Village Clean Drive	Village – Dhunarghat, Gairsain	01-11-06	14	05
		Village – Phaiti, Dewal	07-11-06	13	
		Village – Simtoli, Gairsain	14-11-06	15	
		Village - Rain, Dewal	16-11-06	18	
		Village – Silangi, Gairsain	18-11-06	16	
6	Observed School Clean Drive	P.S.- Sainji, Gairsain	03-11-06	28	05
		P.S.- Bamanbera, Dewal	03-11-06	18	
		P.S.- Rain, Dewal	06-11-06	17	
		P.S.- Gadoli, Gairsain	07-11-06	15	
		P.S.- Kasvinagar, Tharali	10-11-06	20	
7	Home visit & Health Counseling	Village - Tungeshwar, Tharali	01-11-06	13 Family	06
		Village - Phaiti, Dewal	07-11-06	17 Family	
		Village - Dhargair, Gairsain	08-11-06	15 Family	
		Village – Bamanbera, Dewal	22-11-06	12 Family	
		Village – Kandai, Dewal	24-11-06	20 Family	
		Village – Simasain, Tharali	27-11-06	18 Family	
8	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	AWC- Gadoli, Gairsain	13-11-06	36	06
		AWC- Dhunarghat, Gairsain	21-11-06	48	
		AWC- Kandai, Dewal	23-11-06	43	
		AWC- Sainji, Gairsain	28-11-06	54	
		AWC - Bhounsad, Gairsain	30-11-06	40	
		AWC- Kasvinagar, Tharali	30-11-06	58	
9	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	P.S.- Bamanbera, Dewal	03-11-06	28	05
		P.S.- Harchand, Tharali	09-11-06	22	
		P.S.- Kasvinagar, Tharali	10-11-06	32	
		P.S.- Palwara, Dewal	15-11-06	35	
		P.S.- Sainji, Gairsain	21-11-06	29	
10	Health Check up Camp	P.S.- Kandai, Dewal	02-11-06	32	05
		A.W.C. – Tungeshwar, Tharali	08-11-06	23	
		A.W.C – Gadoli, Gairsain	20-11-06	19	
		A.W.C. – Dhunarghat, Gairsain	20-11-06	22	
		P.S.- Simasain, Tharali	28-11-06	20	

Gist of Programmes in December 2006

S.No.	Name of Activity	Name of Village / School & AWC	Date	Participant No.	No of Conducted total Prog.
1	Talk on Health & Nutrition with Woman Group	Village – Simasain, Tharali	02-12-06	15	06
		Village – Tungeshwar, Tharali	07-12-06	20	
		Village – Kandai, Dewal	12-12-06	13	
		Village – Bamanbera, Dewal	15-12-06	20	
		Village – Dhargair, Gairsain	20-12-06	17	
		Village – Palwara, Dewal	25-12-06	18	
2	Talk on Health & Nutrition with Adolescent Group	Village – Gadoli, Gairsain	02-12-06	15	08
		Village – Kasvinagar, Tharali	04-12-06	12	
		Village – Simtoli, Gairsain	09-12-06	13	
		Village – Kandai, Dewal	16-12-06	11	
		Village - Malsi, Gairsain	18-12-06	25	
		Village - Dhargair, Gairsain	21-12-06	10	

		Village – Chonda, Tharali	28-12-06	13	
		Village – Sainji, Gairsain	29-12-06	11	
3	Talk on Health & Nutrition with Woman Group & Adolescent Group	AWC – Harchand, Tharali	08-12-06	22	04
		AWC – Kasvinagar, Tharali	11-12-06	26	
		AWC – Kandai, Dewal	16-12-06	30	
		AWC – Rain, Dewal	21-12-06	32	
4	Talk on Health, Nutrition & Hygiene with Students	P.S. – Rain, Dewal	04-12-06	40	05
		P.S. – Bamanbera, Dewal	05-12-06	26	
		P.S. – Phaiti, Dewal	13-12-06	29	
		P.S. – Simtoli, Gairsain	16-12-06	41	
		P.S. – Malsi, Gairsain	20-12-06	33	
5	Observed Village Clean Drive	Village – Simasain, Tharali	02-12-06	13	07
		Village – Tungeshwar, Tharali	07-12-06	14	
		Village – Bhounsad, Gairsain	15-12-06	16	
		Village – Sainji, Gairsain	16-12-06	25	
		Village – Dhargair, Gairsain	20-12-06	15	
		Village – Palwara, Dewal	22-12-06	18	
6	Observed School Clean Drive	P.S. – Harchand, Tharali	04-12-06	18	03
		P.S. – Malsi, Gairsain	08-12-06	22	
		P.S. – Phaiti, Dewal	22-12-06	17	
7	Home visit & Health Counseling	Village – Kasvinagar, Tharali	04-12-06	19 Families	04
		Village – Harchand, Tharali	05-12-06	15 Families	
		Village – Rain, Dewal	26-12-06	17 Families	
		Village – Chonda, Tharali	28-12-06	15 Families	
8	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	AWC- Tungeshwar, Tharali	09-12-06	28	06
		AWC – Silangi, Gairsain	15-12-06	32	
		AWC- Harchand, Tharali	20-12-06	30	
		AWC – Simtoli, Gairsain	22-12-06	30	
		AWC- Tungeshwar, Tharali	26-12-06	29	
		AWC- Simasain, Tharali	29-12-06	24	
9	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	P. S. – Gadoli, Gairsain	02-12-06	28	03
		P. S. – Dhargair, Gairsain	20-12-06	18	
		P. S. – Dhunarghat, Gairsain	21-12-06	24	
10	Health Check up Camps	P. S. – Malsi, Gairsain	01-12-06	50	04
		P. S. – Harchand, Tharali	06-12-06	35	
		AWC – Kasvinagar, Tharali	18-12-06	26	
		AWC – Rain, Dewal	26-12-06	21	

Gist of Programmes in January 2007

S.No.	Name of Activity	Date	Name of Village / School & AWC	Participant No.	No of Conducted total Prog.
1	Talk on Health & Nutrition with Woman Group	01-01-07	Village - Simtoli, Gairsain	18	08
		06-01-07	Village – Dhunarghat, Gairsain	17	
		10-01-07	Village – Bhounsad, Gairsain	20	
		13-01-07	Village – Sainji, Gairsain	15	
		18-01-07	Village – Gadoli, Gairsain	22	
		19-01-07	Village – Silangi, Gairsain	14	
		22-01-07	Village – Rain, Dewal	25	
		25-01-07	Village – Phainti, Dewal	20	
2	Talk on Health & Nutrition with Adolescent Group	06-01-07	Village – Dhunarghat, Gairsain	12	07
		12-01-07	Village – Silangi, Gairsain	11	
		13-01-07	Village – Simasain, Gairsain	20	
		20-01-07	Village – Bamanbera, Dewal	13	
		20-01-07	Village – Tungeshwar, Tharali	15	

		27-01-07	Village – Palwara, Dewal	16	
		27-01-07	Village – Phainti, Dewal	14	
3	Talk on Health & Nutrition with Woman Group & Adolescent Group	02-01-07	AWC – Malsi, Gairsain	18	05
		05-01-07	AWC – Chonda, Tharali	22	
		05-01-07	AWC – Gadoli, Gairsain	26	
		10-01-07	AWC – Palwara, Dewal	30	
		18-01-07	AWC – Sainji, Gairsain	28	
4	Talk on Health, Nutrition & Hygiene with Students	08-01-07	P.S. – Chonda, Tharali	60	04
		13-01-07	P.S. – Palwara, Dewal	62	
		22-01-07	P.S. – Sainji, Gairsain	95	
		27-01-07	P.S. – Gadoli, Gairsain	32	
5	Observed Village Clean Drive	01-01-07	Village – Malsi, Gairsain	16	06
		01-01-07	Village – Kandai, Dewal	13	
		09-01-07	Village – Harchand, Tharali	17	
		18-01-07	Village – Gadoli, Gairsain	10	
		19-01-07	Village – Silangi, Gairsain	11	
		24-01-07	Village – Bamanbera, Dewal	14	
6	Observed School Clean Drive	11-01-07	P.S. – Palwara, Dewal	21	04
		22-01-07	P.S. – Sainji, Gairsain	25	
		23-01-07	P.S. – Dhargair, Gairsain	20	
		27-01-07	P.S. – Gadoli, Gairsain	22	
7	Home visit & Health Counseling	03-01-07	Village – Dhargair, Gairsain	15 Families	07
		10-01-07	Village – Chonda, Tharali	20 Families	
		19-01-07	Village – Phaiti, Dewal	18 Families	
		23-01-07	Village – Malsi, Gairsain	17 Families	
		29-01-07	Village – Kandai, Dewal	18 Families	
		29-01-07	Village – Dhunarghat, Gairsain	13 Families	
		30-01-07	Village – Bhounsad, Gairsain	15 Families	
8	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	01-01-07	AWC – Kandai, Dewal	28	05
		01-01-07	AWC – Malsi, Gairsain	25	
		06-01-07	AWC – Rain, Dewal	23	
		08-01-07	AWC – Kasvinagar, Tharali	31	
		13-01-07	AWC – Chonda, Tharali	27	
9	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	11-01-07	P.S. – Malsi, Gairsain	24	03
		22-01-07	P.S. – Rain, Dewal	28	
		24-01-07	P.S. – Simasain	30	
10	Health Check up Camp	06-01-07	AWC – Gadoli, Gairsain	31	06
		08-01-07	P.S. – Kandai, Dewal	38	
		09-01-07	AWC – Bamanbera, Dewal	22	
		10-01-07	AWC – Tungeshwar, Tharali	15	
		12-01-07	AWC – Bhounsad, Gairsain	18	
		25-01-07	P.S. – Chonda, Tharali	48	
11	Review Meeting & Training of Stakeholders	16-01-07	Block Meting Hall Tharali		01
		17-01-07	Block Meting Hall Tharali	55	

Gist of Programmes in February 2007

S.No.	Name of Activity	Name of Village / School & AWC	Date	Participant No.	No of Conducted total Prog.
1	Talk on Health & Nutrition with Woman Group	Palwara, Dewal	02-02-07	16	06
		Dhunarghat, Gairsain	06-02-07	18	
		Gadoli, Gairsain	09-02-07	25	
		Kandai, Dewal	11-02-07	20	
		Bamanbera, Dewal	12-02-07	24	
		Silangi, Gairsain	14-02-07	17	
2	Talk on Health & Nutrition with Adolescent Group	Dhunarghat, Gairsain	06-02-07	20	05
		Chonda, Tharali	10-02-07	17	
		Simasain, Tharali	15-02-07	19	
		Rain, Dewal	20-02-07	15	
		Dhargair, Gairsain	21-02-07	18	
3	Talk on Health & Nutrition with Woman Group & Adolescent Group	AWC- Tungeshwar, Tharali	05-02-07	22	05
		AWC- Simasain, Tharali	09-02-07	24	
		AWC- Kandai, Dewal	14-02-07	34	
		AWC- Palwara, Dewal	19-02-07	26	
		AWC- Dhargair, Gairsain	22-02-07	18	
4	Talk on Health, Nutrition & Hygiene with Students	P.S.- Bamanbera, Dewal	06-02-07	27	08
		P.S.- Chonda, Tharali	08-02-07	65	
		P.S.- Palwara, Dewal	09-12-07	73	
		P.S.- Rain, Dewal	19-02-07	36	
		P.S.- Kandai, Dewal	10-02-07	35	
		P.S.- Palwara, Dewal	13-02-07	35	
		P.S.- Kasvinagar, Tharali	22-02-07	40	
		P.S.- Dhunarghat, Gairsain	27-02-07	42	
5	Observed Village Clean Drive	Village – Simasain, Tharali	12-02-07	18	04
		Village – Chonda, Tharali	13-02-07	22	
		Village – Bamanbera, Dewal	13-02-07	20	
		Village - Rain, Dewal	19-02-07	16	
6	Observed School Clean Drive	P.S.- Palwara, Dewal	09-02-07	30	06
		P.S.- Bamanbera, Dewal	06-02-07	22	
		P.S.- Rain, Dewal	19-02-07	19	
		P.S.- Gadoli, Gairsain	03-02-07	14	
		P.S.- Kasvinagar, Tharali	22-02-07	21	
7	Home visit & Health Counseling	Village – Chonda, Tharali	06-02-07	10 Family	04
		Village – Palwara, Dewal	07-02-07	08 Family	
		Village - Rain, Dewal	08-02-07	10 Family	
		Village - Harchand, Tharali	08-02-07	14 Family	
8	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	AWC- Sainji, Gairsain	03-02-07	50	05
		AWC- Kandai, Dewal	03-02-07	43	
		AWC- Chonda, Tharali	10-02-07	57	
		AWC- Kasvinagar, Tharali	19-02-07	31	
		AWC- Phaiti, Dewal	22-02-07	42	
9	Exhibition & Quiz on Health, Nutrition & Hygiene with	P.S.- Silngi, Gairsain	06-02-07	30	03
		P.S.- Tungeshwar, Tharali	05-02-07	25	

	Students	P.S.- Phaiti, Dewal	15-02-07	35	
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ACCOMPLISHMENT OF FEBRUARY 2007

S.N.	Name of Activity	No. of Prog.	No. of Participants
01	Talk on Health & Nutrition with Woman Group	06	120
02	Talk on Health & Nutrition with Adolescent Group	05	89
03	Talk on Health & Nutrition with Woman Group & Adolescent Group	05	124
04	Talk on Health, Nutrition & Hygiene with Students	08	353
05	Observed Village Clean Drive	04	76
06	Observed School Clean Drive	06	106
07	Home visit & Health Counseling	04 Village	42 Families
08	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	06	223
09	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	04	90

Gist of Programmes in March 2007

S.No.	Name of Activity	Name of Village / School & AWC	Date	Participant No.	No of Conducted total Prog.
1	Talk on Health & Nutrition with Woman Group	Simasain, Tharali	02-03-07	18	05
		Tungeshwar, Thrali	11-03-07	16	
		Bhounsad, Gairsain	23-03-07	20	
		Simtoli, Gairsain	27-03-07	24	
		Chonda, Tharali	28-03-07	25	
2	Talk on Health & Nutrition with Adolescent Group	Bamanbera, Dewal	03-03-07	24	04
		Kasvinagar, Tharali	14-03-07	20	
		Sainji, Gairsain	18-03-07	15	
		Dhargair, Gairsain	27-03-07	22	
3	Talk on Health & Nutrition with Woman Group & Adolescent Group	AWC- Tungeshwar, Tharali	02-03-07	31	06
		AWC- Dhargair, Tharali	04-03-07	28	
		AWC- Simtoli, Gairsain	17-03-07	39	
		AWC- Malsi, Gairsain	17-03-07	22	
		AWC- Phaiti, Dewal	27-03-07	30	
4	Talk on Health, Nutrition & Hygiene with Students	P.S.- Malsi, Gairsain	03-03-07	39	07
		P.S.- Silangi, Gairsain	08-03-07	36	
		P.S.- Harchand, Tharali	09-13-07	40	
		P.S.- Simtoli, Gairsain	16-03-07	54	
		P.S.- Bamanbera, Dewal	20-03-07	33	
		P.S.- Gadoli, Dewal	24-03-07	41	
		P.S.- Dhunarghat, Gairsain	27-03-07	46	
5	Observed Village Clean Drive	Village – Tungeshwar, Tharali	03-03-07	24	03
		Village – Silangi, Gairsain	19-03-07	20	
		Village – Kandai, Dewal	27-03-07	27	

6	Observed School Clean Drive	P.S.- Dhunarghat, Gairsain	02-03-07	26	05
		P.S.- Simasain, Tharali	06-03-07	24	
		P.S.- Bhounsad, Gairsain	17-03-07	31	
		P.S.- Phaiti, Dewal	26-03-07	32	
		P.S.- Dhargair, Tharali	27-03-07	20	
7	Home visit & Health Counseling	Village – Simasain, Tharali	05-03-07	12 Family	03
		Village – Gadoli, Gairsain	14-03-07	06 Family	
		Village – bamanbera, Dewal	28-03-07	09 Family	
8	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	AWC- Tungeshwar, Tharali	07-03-07	48	04
		AWC- Simtoli, Gairsain	13-03-07	40	
		AWC- Palwara, Dewal	17-03-07	60	
		AWC - Sainji, Gairsain	22-03-07	44	
9	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	P.S.- Chonda, Tharli	07-03-07	40	04
		P.S.- Bhounsad, Gairsain	10-03-07	30	
		P.S.- Bamanbera, Dewal	12-03-07	34	
		P.S.- Simtoli, Gairsain	15-03-07	36	
10	Health Check up Camp	P.S. - Harchand, Tharali	15-03-07	36	06
		P.S. - Kasvinagar, Tharali	16-03-07	46	
		Village – Kandai, Dewal	16-03-07	15	
		Village – Bamanbera, Dewal	17-03-07	14	
		P.S. – Malsi, Gairsain	19-03-07	43	
		P.S. – Sainji, Gairsain	20-03-07	54	

ACCOMPLISHMENT OF MARCH 2007

S.N.	Name of Activity	No. of Prog.	No. of Participants
01	Talk on Health & Nutrition with Woman Group	05	103
02	Talk on Health & Nutrition with Adolescent Group	04	81
03	Talk on Health & Nutrition with Woman Group & Adolescent Group	06	150
04	Talk on Health, Nutrition & Hygiene with Students	07	289
05	Observed Village Clean Drive	03	71
06	Observed School Clean Drive	05	133
07	Home visit & Health Counseling	03 Village	27 Families
08	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	04	192
09	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	04	140
10	Health Check up Camp	06	208

ACCOMPLISHMENT OF AUGUST-OCTOBER 2007

S.N.	Name of Activity	No. of Prog.	No. of Participants
01	Talk on Health & Nutrition with Woman Group	25	530
02	Talk on Health & Nutrition with Adolescent Group	20	385
03	Talk on Health & Nutrition with Woman Group & Adolescent Group	05	134
04	Talk on Health, Nutrition & Hygiene with Students	10	440

05	Observed Village Clean Drive	04	72
06	Observed School Clean Drive	08	199
07	Training for Trainers	01	55
08	Home visit & Health Counseling	01 Village	21 Family
09	Wall Writing	02	-
10	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	06	209
11	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	04	141

ACCOMPLISHMENT OF NOVEMBER-JANUARY 2007

S.N.	Name of Activity	No. of Prog.	No. of Participants
01	Talk on Health & Nutrition with Woman Group	28	594
02	Talk on Health & Nutrition with Adolescent Group	25	340
03	Talk on Health & Nutrition with Woman Group & Adolescent Group	15	384
04	Talk on Health, Nutrition & Hygiene with Students	19	881
05	Observed Village Clean Drive	18	258
06	Observed School Clean Drive	13	243
07	Review Meeting & Training of Stakeholders	01	55
08	Home visit & Health Counseling	17 Village	249 Family
09	Wall Writing		
10	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	17	586
11	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	11	292
12	Health Checkup Camp	15	420

ACCOMPLISHMENT OF FEBRUARY-MARCH 2007

S.N.	Name of Activity	No. of Prog.	No. of Participants
01	Talk on Health & Nutrition with Woman Group	11	223
02	Talk on Health & Nutrition with Adolescent Group	09	177
03	Talk on Health & Nutrition with Woman Group & Adolescent Group	11	274
04	Talk on Health, Nutrition & Hygiene with Students	15	642
05	Observed Village Clean Drive	07	147
06	Observed School Clean Drive	11	239
07	Review Meeting & Training of Stakeholders	01	32
08	Home visit & Health Counseling	07 Vill.	69 families
09	Wall Writing	-	-
10	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	10	415
11	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	08	230
12	Health Checkup Camp	06	208

ACCOMPLISHMENT OF AUGUST 2006 – MARCH 2007

S.N.	Name of Activity	No. of Prog.	No. of Participants
01	Talk on Health & Nutrition with Woman Group	64	1347
02	Talk on Health & Nutrition with Adolescent Group	54	895
03	Talk on Health & Nutrition with Woman Group & Adolescent Group	31	792
04	Talk on Health, Nutrition & Hygiene with Students	44	1963
05	Observed Village Clean Drive	29	477
06	Observed School Clean Drive	32	681
07	Home visit & Health Counseling	18 Villages	339 Families
08	Wall Writing	02	
09	Exhibition & Quiz Health & Nutrition with Woman Group, Adolescent Group & Children	33	1210
10	Exhibition & Quiz on Health, Nutrition & Hygiene with Students	23	663
11	Health Check up Camp	21	628
12	Training for Trainers	01	55
13	Review meeting & Training of Stakeholders	02	87

Outcomes under WFP & Forest Deptt Project, Chamoli

- ◆ We have either formed or strengthened one women group and one adolescent girls group in each project village in total 18 villages.
- ◆ Identified and trained one women/adolescent girl as village volunteer called “Poshan Swasthya Saheli” in all project villages to get their support in implementation of project activities in their respective villages and prepare them for future leadership to continue project activities in their village even after the project.
- ◆ Approximately 70-75 % women, adolescent girls, school children and their families have got knowledge on issues like health, nutrition and hygiene.
- ◆ Knowledge and access on ANC , PNC services increased.100% pregnant mothers got themselves registered with local A.N.M. and 60% out of them started consuming IFA tablets.
- ◆ 70% mothers have understood the importance of mother’s first milk and exclusive breastfeeding up to 6 months.50% out of them have started exclusive breastfeeding.
- ◆ 80% mothers have understood the importance of initiating semi-solid food after the completion of 6 months and 80% out of them have started semi-solid food after completion of 6 months.
- ◆ 80% mothers have understood the importance of child immunization and 70% out of them have taken their children to ANM centre for immunization.

- ◆ 70% mothers know about causes of diarrhea and heard about ORS packet.60% out of them are using ORS packets.
- ◆ 80% families in the project area know about importance of iodized salt. Their salt has been tested by iodine field testing kit. 60% out of them have started using iodized salt.
- ◆ 70% mothers and adolescent girls started visiting ANM and local aganwadi centre and more than 60% of them started using their services.
- ◆ More than 80% parents and children have increased their knowledge about personal hygiene, importance of safe drinking water and use of toilets, water borne diseases, use of Iodine salt, mother and child immunization and health care etc.
- ◆ We have undertaken clean villages drive with the help of group members in all the 18 villages to promote community health, personal and community hygiene.
- ◆ We have undertaken clean schools drive in all project schools with school children to promote clean school environment.
- ◆ More than 60% families have dug pit near their houses to throw garbage in it.
- ◆ The status of personal hygiene has increased in children by 70% to 80%.
- ◆ More than 80% children in school wash their hands by soap before having their mid day meal.
- ◆ 90% children have started brushing their teeth every day.
- ◆ 90% children cut their nails once a week.
- ◆ 70% children increased frequency of taking bath from once a week to twice a week.
- ◆ 100% schools have made the garbage pits with the help of children and they are using these pits to throw the garbage in it.
- ◆ IEC material like posters, flash cards, handbills, brochures etc has been placed in all the project schools, aganwadi centres and ANM centres.

Total Sanitation Campaign:

Mamta Sanstha has initiated a project called Total Sanitation campaign in two blocks of two districts i.e Ghat block in Chamoli and Jaharikhhal Block in district Pauri Garhwal from July 2006 with the support from Water and Sanitation deptt under its Swajal Project. This project was started in 10 revenue villages of each block with an objective to motivate people to construct low cost toilets in order to raise better health and hygiene condition their respective village. Our project staff conducted baseline

survey in these villages to know the status as how many families are using toilets. We have found that only 20% families were using toilets in these villages. This was followed by open meetings with community in each village to motivate them for clean village environment and construct toilet if they are not using toilet so far. Our staff used various tools like group discussion, posters, flash card, leaflets and wall writing on important places to inform people about importance of clean village environment, clean drinking water and using toilet. We supported particularly the families below poverty line to help them to construct their toilet. A sum of Rs 1,200/- was given by Swajal project to these families as a subsidy or incentive to construct their own toilet and use it. We have also formed village water and sanitation committees in these villages to seek local support in the programme. We have constructed 46 toilets including 16 toilets for below poverty line in Ghat block, Chamoli and 42 toilets including 24 toilets for B.P.L. families in Jaharikhhal, district Pauri Garhwal under our direct observation and supervision. Now gradually, people have understood the importance of using toilets and they are willing to construct their own toilet. However, scarcity of water is the biggest hurdle in the process of constructing toilets. Hence, government has to ensure the access of water supply to increase construction and use of toilets.