



Annual Report Suaahara II

Period: August 2018- July 2019

PNGO Name: The Kakani Centre for Development of Community (KCDC)

Address: Bidur-4

District: Nuwakot



Section I: Key Achievements of August 2018 to July 2019

- PNGO leadership will facilitate district team meetings (2 days) for review and planning, quarterly
- FC will facilitate municipal-level review and planning meetings with FS and CNF, bi-monthly
- Technical officer provides technical support to health facilities (MIYCN/NACS/IMAM) to fill gaps in knowledge and skills of newly recruited FCHVs, based on identified needs
- Technical officer provides MIYCN/NACS post training follow-up and on-site coaching at health facilities to enhance knowledge and skills of health & non-health workers and FCHVs, one time
- Technical officer provides technical support and onsite coaching/mentoring at health facilities on CB-IMNCI, NACS, FP, PHC-ORC mgmt, etc., one time
- FS provides technical support and onsite coaching/mentoring to health workers at PHC/ORC clinics on CB-IMNCI, NACS and FP services, one time (42 districts)
- Technical officers lead a district-level management workshop with municipal-level health coordinators, and district level stakeholders, using Suaahara II data and CHSB results to guide local-level action plans for improved implementation of NACS, CB-IMNCI, FP, PHC-ORC management, etc., one time
- Technical officers and FC will coordinate with the government to distribute health and nutrition supplies
- Technical officers will provide SATH and CHSB orientation to municipal level health coordinators, HFOMC members, health workers, and FCHVs, one time (200 facilities, 100 municipalities,
- FS provides support to trained health workers/FCHVs to implement SATH technique in selected HMGs, one time (1000 HMGs, 200 facilities, 100 municipalities,
- FS visits each HMG to follow-up on SATH action plans developed in years 1-3, one time
- Technical officers, FC, M/RM Coordinators and FS provide support to implement CHSB in selected HFs, one time
- Technical officers hold review meeting with male GESI champions (1000-day fathers and grandfathers) and document their experiences, one time
- Technical officers hold review meeting with VMF trained on GESI to review and document their experiences, one time
- FC, FS, and CNF collaborate with GoN and EDP partners on events during the 16 days of activism campaign and international women's day, highlighting GESI champions, one time
- FS facilitates DRR session (e.g. drought-resistance vegetables, NEKSAP data), in VMF network meetings, using SBCC materials and job aids, one time
- FS provides integrated technical support, including using digital tech (e.g. instructional videos), to each FCHV-led group, twice a year
- FS supports VMFs to register at least 2 HFPB groups at the municipality and district levels to facilitate their access to government agriculture/livestock opportunities
- DC/FS/CNF advocates for quarterly meeting of the municipality level NFSSC and provides technical support for MSNP and integrated nutrition (health/wash) including sharing data, as needed for planning and review
- Ward Level NFSSC Formation
- Technical officers provide orientation/training on integrated nutrition (Health, GESI, HFP, MER, etc.) for existing FS/CNF
- CNF conducts home visits, using job aids and SBCC materials, how to videos, etc. to 1000-day households
- Introduction of peer facilitator approach
- CNF conducts 3 key life events (pregnancy, birth, and 6 months) for each 1000-day family

- FS conducts 1 food demonstration in each HMG
- CNF/FS will engage all household members and encourage fathers, grandparents, etc. to join community events and platforms
- Technical officers hold review meeting with male GESI champions (1000-day fathers and grandfathers) and document their experiences
- VMF couples who participated in GESI training will invite other HFP beneficiaries to join HFPB meeting as a couple and discuss intra-household dynamics and negotiating power related to agri-health
- Technical officers hold review meeting with VMF trained on GESI to review and document their experiences
- FC, FS, and CNF collaborate with GoN and EDP partners on events during the 16 days of activism campaign and international women's day, highlighting GESI champions

Section II: PROJECT MANAGEMENT AND OPERATION:

A. Quarterly review and planning

Quarterly review and planning meeting was conducted 4 times as per plan. Two day quarterly review and planning meeting was conducted to provide field supervisors and community nutrition volunteer an opportunity to share progress target vs achievement of plan activities, best practices and changes in community, problems, and issues challenges faced possible solution and lessons learnt. Field supervisor was submitted the quarterly plan and work plan for upcoming quarterly/month and monthly report to field coordinator. District staffs, PNGO staffs, FSs, CNVs and Board Members were participated in this meeting.



Addressing some valuable views by
Tanka Lama _ED KCDC

B. Municipal-level review and planning meetings with Suaahara II FS, CNF, CWF, etc., bi-monthly

Bimonthly meetings are opportunities for everyone speak about various aspects of program activities that can't be easily discussed via phone/call messenger, email. It's an opportunity to meet face-to-face, catch up, group discussions, to share progress target vs achievement of plan activities, problems, issues challenges face, possible solution and lessons learnt. Building interpersonal relationships can help promote teamwork and collaboration, and can also reduce the potential for miscommunication and misunderstanding. One day monthly staff meeting was initiated from 6 September 2018 with Field Supervisor and Community Nutrition Facilitator. Field Coordinator was facilitated the meeting with the support from thematic wise officer. It has conducted 48 events in June 2019



Discussed about following topics (Agenda) in bimonthly meeting

- Checklist Household/FCHV/VMF
- FS/CNF provides integrated technical support, including using digital tech (e.g. instructional videos), to each FCHV-led group and 1000 days mother
- FS/CNFs follow-up and check vegetable gardening and poultry rearing among HFP households during household visits
- FS supports VMFs to register at least 2 HFPB groups at the municipality and district levels to facilitate their access to government agriculture/livestock opportunities (e.g. trainings, loans)
- Key life events (pregnancy, birth, and 6 months) for each 1000-day family, as needed
- FS conducts 1 food demonstration in each HMG
- SATH follow up/Minute
- FS provides technical support and one site coaching /mentoring to health worker at PHC/ORC clinic
- DAG/VMF Couple/Male GESI Champion follow up and their status
- 16 days of activism against Gender-based Violence
- Community level triggering and sensitization event for total Sanitation (Hand Washing/PA vial /Toilet use)
- Weekly Report/Weekly Plan

- Follow up of quarterly plan/ Work Plan
- Time sheet fill up and Leave

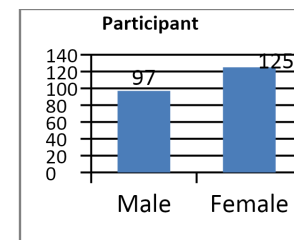
INTERMEDIATE RESULT 1: IMPROVED HOUSEHOLD NUTRITION AND HEALTH BEHAVIORS

Technical officer provides technical support to health facilities (MIYCN/NACS/IMAM) to fill gaps in knowledge and skills of newly recruited FCHVs

Two days MIYCN/NACS training started from 11th and 12th June, 2019. Altogether the participant was 14 FCHVs were received MIYCN training. The training was facilitated by sub-health coordinator-Sham Narayan Dangol of Likhu RM and Health Facility in-charges- Prabin Shrestha of Chaughada health post with Suaahara Field Supervisors as logistic management and training management. Message related to Maternal, Infant and Young Child Nutrition i.e. sanitation, agriculture, good governance, 10 key behaviour and other different activities related with Suaahara program are more or less delivered during the training. Apart of this as regarding to voice of FCHVs they had taken many trainings related to health but such effective training from Suaahara had not taken ever. Most of the FCHVs were very happy with the training, its contents, delivery mechanism and praised multi-sectoral working mechanism of Suaahara

Technical officer provides MIYCN/NACS post training follow-up and on-site coaching at health facilities to enhance knowledge and skills of health & non-health workers and FCHVs

MIYCN/NACS post training follow up was conducted at 64 health facilities in June 2019. 64 Health facilities were provided the one day post training follow-up at 12 palikas. Total 222 health workers, male 97, female 125 were participated in the program where NSBCC officer Miss. Rekha Lama, MNCH GESI Officer- Jyotiraj Khatri and consultant Muna Dahal had facilitated this event.



FS provides integrated technical support, including using digital tech (e.g. instructional videos), to each FCHV-led group

Field supervisors and community nutrition facilitators are conducting community level activities ie, food demo, key life event, HMG group, HFP group and FCHV meeting. When they are organizing community level activities, they are using the digital video (Suaahara video) and sharing to 1000 days mother, FCHVs and VMFs. The use of videos in conducting activities in community not only benefit FCHV, and 1000 day mothers but also benefit to FSs and CNFs to remind the how to prepare food demo, how to celebrate key life event, and MIYCN counseling. We have already share suaahara videos to FS and CNF mobile. Digital video was shared 30 HMG groups male by FSs and CNFs

Celebration of Iodine Month

Iodine month is celebrated in every year from first to last February month to activate communities, households, health mother groups, schools, and workplaces as means of focusing to create awareness about importance and use of Iodine. Similarly Iodine month was celebrated all wards of Municipalities and Rural Municipalities during food demo, celebrate key life event, HMG meeting, SATH follow up, HFPB meeting and WASH triggering. We celebrated iodine month from 1st February to 28th February 2019 by celebrated iodine month and by testing iodine by using iodine test kit. Government stakeholders and people were become more familiar with Iodine month. We have made conclusion that the day celebration was successful and became fulfill the objective of day celebration. Health workers have made

more clearance on production and consumption of iodine similarly on importance of its nutritious value in human life especially easily available and affordable for golden 1000 days population.

Celebration of national Vitamin A supplementation campaign

National Vitamin A campaign is a very successful campaign in Nepal. Government of Nepal has been conducting National Vitamin A Supplementation Campaign in all 77 districts twice a year (Kartik 2,3 and Baishak 5,6) by mass campaign style through FCHVs. In addition, the vitamin A is distributed to children below 6-59 months and it results in the significant reduction of child mortality. Suaahara program also supports for the national vitamin A campaign by raising awareness, disseminating information through local FMs (BhanchhinAama Radio Program) and however, this Suaahara District, PNGO and Field Supervisors had done supportive supervision in almost all part of district during Mass campaign. Field supervisors played their role in assisting the FCHVs of the VDC with distribution activities and also monitored the event using checklist and confirmed that the child is provided with correct dosing of Vitamin A.



INTERMEDIATE RESULT 2: INCREASED USE OF QUALITY NUTRITION AND HEALTH SERVICES BY WOMEN AND CHILDREN

Outcome: 2.1 – Improved Capacity of Health Service Providers to do Nutrition Assessment and Counseling Services (NACS)

Technical officer provides technical support and onsite coaching/mentoring at health facilities on CB-IMNCI, NACS, FP, PHC-ORC mgmt, etc., one time

In June 2019, we organized supportive supervision and on site coaching of CBIMNCI at two health facilities as per discussion with DPHO Nuwakot. Thanapati and Belkot health facility has been selected by the DPHO as there are poor CBIMNCI related indicators. The supervision was done by the CMIMNCI focal person, Mr. Ram mani Ghimire and Nutrition focal person, Mr. Janardan Silwal, Health coordinator of related area, MNCH and GESIO and Field coordinator. The team provided supervision and coaching at the health post with very effective and fruitful discussion. During the visit HMIS 2.4, 2.3, 4.1 and 9.3



were verified one by one. During verification various findings were ruled one in relative with record and reporting, counselling, follow up of record and report. The discussions were productive as the supervisor guided the health post staff in each PHC/ORC, CBIMNCI register, Nutrition and Family planning register following guideline of respective. They were asked for keeping proper record and reports of each HMIS register regularly. In order to track this health post

In-charge was enlightened to conduct monthly meeting at health facility before preparing monthly HMIS report and even all agreed on it. The discussion was held about 4 hours in the health facility where all participants were interested and involved on it. At the end of the supervision we prepared an action plan

so that the findings and improving area can be corrected in coming days. Action plan was concentrated on proper recording and reporting of all HMIS register and continuous follow up on it.

Outcome: 2.2 – Increased Accessibility and Quality of Outreach Service of Women, Children, Adolescent Girls and Disadvantaged Groups.

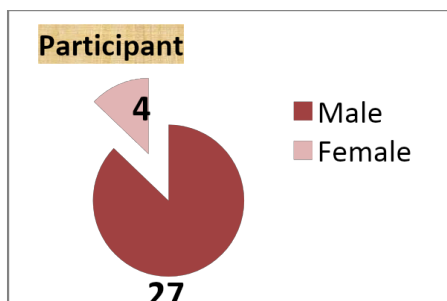
Technical officers lead a district-level management workshop with municipal-level health coordinators, and district level stakeholders, using Suaahara II data and CHSB results to guide local-level action plans for improved implementation of NACS, CB-IMNCI, FP, PHC-ORC management, etc., one time

KCDC-Suaahara was organized the Orientation to Health Sector Stakeholders on 25to26 March 2019 at Hotel Yangra, Bidur with the aim to give brief of activities regarding the Suaahara II on the sector of health and nutrition of this year. Workshop to health coordinators and stakeholders gives the best place for Suaahara II to share and synchronize the activities to implement. Participants were from health coordinators, sub-health coordinators, DPHO, DCC, district education unit, Agriculture knowledge center and hospital, different EDPs related to health sector like one heart worldwide.



Addressing some valuable views by PC-Sunil Khatiwada

The Workshop was conducted under the vice-chairmanship of DPHO, Mr. Rammani Ghimire and chief guest Mr santaman tamang Chief of DCC. Initiation of the program was done by the Nutrition focal person, Mr. Janardan Silwal. Welcome of the participants and objectives of the orientation were shared by vice-DPHO, Mr. Rammani Ghimire. Then, after introduction among all participants were done.



In order of continuation of the orientation DC-Suaahara Mr. Sunil Khatiwada was presented the approach and modality of Suaahara II and multi-sector nutrition. Similarly, NSBCC officer-Rekha Lama was presented the CMC data of Nuwakot. Nine RM/M Health Coordinators presented the status and three years trends of the health and nutrition related program of their respective Municipalities and discussed it. FC-Hari Lama was presented about two years progresses, achievement, year 3 program, challenges and lesson learned.

Similarly, MNCH-GESI officer was presented about year III Suaahara activities precisely of Health and Nutrition were shared and also, selected the Health facilities for implementing the CHSB and CB-IMNCI onsite coaching program. Nutrition and health related issues and challenges and low performing indicators were discussed openly. An action plan for improving the low performing indicators and overcoming the issues and challenges were made during the workshop. In last DCC head and Health Office Chief had committed to provide full support to Suaahara for effective implementation of program activities and in overcoming the issues and challenges related to health and nutrition of the district.

Major outcome of the program-

- Build strong coordination with RM/M Coordinators, sub coordinators and stakeholders.
- Known the health and Nutrition status and 3 years trends of the Palikas.

- Shared the Suaahara progress, develop the common understanding about Suaahara program and also, build a momentum for timely and effective implementation of program activities.
- Develop a platform to work together in mutual support for the progress of health indicators and in overcoming the health and nutrition related challenges and issues.
- Selected the health facilities/areas for CHSB and CB-IMNCI onsite coaching program.
- Developed the action plan for improving the health and nutrition status.

S.N	Program Name	Male	Female	Total
1	District level management workshop	27	4	31

Technical officers and FC will coordinate with the government to distribute health and nutrition supplies

DPHO Nuwakot was decided 20 health facilities for the NACS materials at low nutrition indicator health facilities. The NACS materials were endorsed at DPHO and distributed to health facilities on the support of Field Supervisors and Community Nutrition Facilitators. Necessary management for the NACS materials distribution at 20 health facilities was done through KCDC Office on the active support of FSs. KCDC was completed distribution of NACS materials at 20 health facilities as per selected health facilities which are following:

Table: Distribution List of NACS related Equipment to Health Facilities

S.N	Name of HF	Salter/trouser/MUAC adult/MUAC child/ARI
1	Gerkhu	2/4/29/29/2
2	Urban Health Center 9	2/4/10/10/
3	Urban Health Center 6	2/4/10/10
4	Kimtang	2/4/10/10/2
5	Chhap	2/4/14/14/1
6	Mahakali	2/4/10/10
7	Sikre	2/4/14/14/1
8	Sunkhani	2/4/14/14/
9	Thaprek	2/4/17/25/1
10	Likhu RM	2/4/10/20/1
11	Sikharbesi	2/4/15/25/1
12	Kumari	2/4/25/35/1
13	Ghyang Phedi	2/4/10/24/1
14	Thansing	2/4/10/20/1
15	Betini	2/4/10/20/1
16	Buddhasingh	2/4/20/20
17	Salme	2/4/10/10/1
18	Narjamandap	2/4/10/10/1
19	Okharpauwa	2/4/25/25/1
20	Chaturali	2/4/15/15

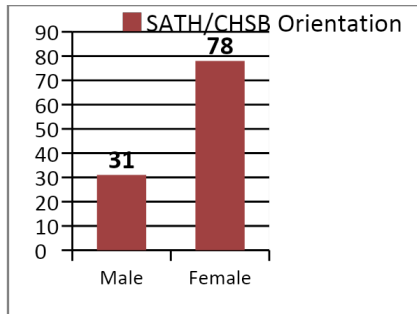
Technical officers will provide SATH and CHSB orientation to municipal level health coordinators, HFOMC members, health workers, and FCHVs, one time

In coordination with M/RM and health coordinator, date was fixed for orientation of CHSB/SATH. Ward chairperson, Health coordinator, Health worker, and FCHV from DAG community were informed by the health facility regarding the orientation.

CHSB/SATH orientation was conducted 4 palika like Dupcheshwor-Shikharbesi HP, Shivapuri-SallemaidanbHP, Belkotgadhi-Kumari HP and Likhu-Chaughada HP.



Facilitating by MNCH GESI officer about SATH/CHSB



CHSB orientation was conducted in the presence of all health facility staff, HFOMC member and the FCHV under health facility and discussed about steps of CHSB, process and methodology, CHSB board and SATH implementation .

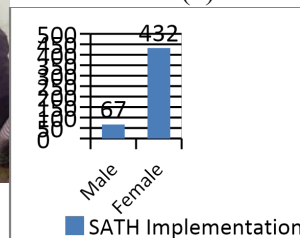
FS provides support to trained health workers/FCHVs to implement SATH technique in selected HMGs, one time



community people

related topics and social mapping discussed and tika related to health service utilization were updated in the flex.

25 of SATH implemented at HMG meetings, FS and CNF were attended at SATH implemented HMG in various places of Nuwakot like Dupcheshor (5), Belkotgadhi (5), Shivapuri (5) and Likhu (5). SATH technique was implemented on DAG



Ward where the health and nutrition status of the 1000 days mothers and children are low. During this implementation they have supported in discussion about health and nutrition of ward. Also, 1000 days mothers were

FS visits each HMG to follow-up on SATH action plans developed in years 1-3, one time

This is non budgetary activities and in this fiscal year. 201SATH has been follow up in various wards of 12 palikas. It has been conducted in lead of FCHV of respective HMG where technical supports were provided by FS and CNF. During follow up visit, FSs and CNVs have updated the different indicators applied in SATH technique, help in participation and inclusion of new 1000 mother’s members in SATH technique and discussed about the health services utilization behaviors of community people and barriers in utilizing the health services.



HMG (SATH) meeting facilitating by FCHV

Technical officers, FC, M/RM Coordinators and FS provide support to implement CHSB in selected HFs

CHSB/SATH implementation was conducted 3 palika like Dupcheshwor-Shikharbesi HP, Shivapuri-SallemaidanbHP and Likhu-Chaughada HP. CHSB implementation was conducted in the presence of all health facility staffs, HFOMC members, FCHVs, 1000 days mother and community people under the health facility. They were discussed about CHSB board and its objectives and importance, quality service of health, health indicator and status in present. In last they were prepared action plan improvement of quality health service in next 6 month.

HMG visit other than SATH implemented.

A total 441 HMG meetings were attended and supported by FS and CNF. They have supported in organizing and also in facilitation of the meeting. Similarly, they have helped the members in record keeping of their monthly saving.

PHC/ORC monitoring and onsite coaching

Health facilities were extended up to village level. However, utilization of services provided by health facilities, especially preventive and promotive services, has been found to be limited because of limited accessibility. Therefore it was felt that services should be expanded closer to the community. Thus Primary Health Care Outreach (PHC/ORC) services was initiated and established in 1994 (2051 BS). Suaahara Nuwakot has planned follow up monitoring of PHC/ORC one times in every month by every Field Supervisor. The main objectives of this PHC/ORC monitoring is to improve access to some basic health services including family planning, child health and safe motherhood closer to rural households. These clinics are the service extension sites of PHCCs, HPs and up to community level. Field Supervisor (FSs) was followed 208 events PHC/ORC monitoring.



INTERMEDIATE RESULT 3: IMPROVED ACCESS TO DIVERSE AND NUTRIENT-RICH FOODS BY WOMEN AND CHILDREN

VMF Network Meeting

Panchakanya RM

A group member of VMF Network of Panchakanya RM has started the group farming of Orange Fleshed Sweet Potato in 3 Ropani land. This is very exemplary work first time initiated by the VMFs in a group approach farming. For OFSP cultivation Land is provided by the VMF Yak BahadurThapa (Nick name:KauliThapa) at Panchakanya RM- 2, Kabilas.

28, August 2018, Total 8 VMFs were energetically participated in meeting, there was also representative FC, Hari Krishna Tamang, HFPO- ShristiNeupane and FSs- JunuTamang and RadhikaKhanal from Suaahara II, Nuwakot. During this VMF Networking meeting we explained about registration of VMF group, planting of OFSP vine, carry out product vegetable in Haat Bazar, market linkage of OFSP, how to contribution for improvements of nutritional status of women and children and how to utilize of the allocation of budget for planting OFSP.



This meeting made decision on following agenda.

1. Decided of reformation of grouping next meeting on aasbin-3, 2075 (19 Sept 2018)
2. Decided to prepare of constitution group registration in Rural Municipality
3. Decided on carry out product vegetable in Haat Bazar
4. Decided planting of OFSP in kitchen garden of every members

Dupcheshwor RM

VMF networking group meeting held on 10 September 2018 in Dupcheshwor Rural Municipality (Samundratar). Total 26 VMFs were energetically participated in meeting, there was also representative FC, Hari Krishna Tamang and FSs- Gita Pudasaini from Suaahara II, Nuwakot and Prajwal Puri, Chaturman Tamang and Pradip Bhatta from LSC and ASC of Dupcheshwor Rural Municipality. During this VMF Networking meeting we explained about registration of VMF group, planting of OFSP vine, market linkage of OFSP, group planting and how to contribution for improvements of nutritional status of women and children.



VMF Network Meeting

This meeting made decision on following agenda.

- Decided of reformation of group in next meeting on every 7 of month (Nepali Calender)
- Decided to registration of group till first week of Aasbin in Rural Municipality
- Decided to group farming
- Decided to collection of money Rs. 1000 from every group member (members fee)
- Decided planting of OFSP in kitchen garden of every members

Provided support to Homestead Food Production Beneficiaries (HFPB) Group and training follow up -FS/CNF

Suaahara program has been implementing homestead food production approach. The main objectives of the HFP are consumption of fruits and vegetables and animal source foods and improve health and nutrition outcomes of women and children in participating households. HFPB group were facilitated by VMF and support to meeting by Field Supervisors and Community Nutrition on their field. HFPB group has helped to diversity food production in their kitchen garden, poultry rearing, IYCF and MIYCN counseling, hand washing in critical times, promotion of bhanchhin Aama Radio program, consumption of diversity food and animal source food their child and mothers and to help improved nutrition status of 1000 days child and mother. VMF were monitored and supervised 270 times by Field Supervisors throughout the period.

FS supports VMFs to register at least 2 HFPB groups at the municipality and district levels to facilitate their access to government agriculture/livestock opportunities

11 HFPB groups were registered at municipality level. FS /CNF were supported to VMF groups register. Major objective of this activity is to facilitate HFP groups' access to government agriculture and livestock related technical services and other opportunities of livelihoods. FS/CNF was reinforced importance of group registration to VMF and group members

INTERMEDIATE RESULT 4: ACCELERATED ROLLOUT OF MNSP THROUGH STRENGTHENED LOCAL GOVERNANCE

I. Support formation of ward-level NFSSC

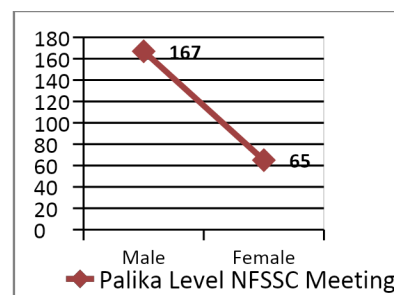
18 events were formatted of ward level NFSSC at Nuwakot. A total 270 participants 178 male and 92 female were participated in the meeting. The key objectives of this orientation had shared overall glimpse of Suaahara II program, sensitize nutrition and formation of ward level nutrition and food security steering committee. The major participation from local stakeholder's including chairman of ward rural municipality, ward secretaries, ASC, LSC, HP In charge, HFOMC members, FCHVs, School teacher, water and sanitation member, women and child member, Youth Club members in this program.

II. DC/FC/WC/CNF advocates for quarterly meeting of the municipality/ward level NFSSC and provides technical support for MSNP and integrated nutrition (health/wash) including sharing data, as needed for planning and review



12 event was conducted meeting of Municipality NFSSC meeting at 12 palika of Nuwakot. A total 232 participants 167 male and 65 female were participated in the meeting. NFSSC meeting was reviewed of overall nutrition related progress to share major

achievements and challenges faced during the implementation of integrated nutrition related activities. It was also help to develop common understanding on allocation and effective utilization of local resources in many municipalities. Belkotgadhi municipality, Panchakanya RM, Likhu Rm, Dupcheshwor RM Kispang RM, and Tadi RM has initiated nutrition program like egg and flag program, Garbhawatiko saathi upadhyaksha and free ambulance service for delivery.



SOCIAL BEHAVIOUR CHANGE COMMUNICATION (SBCC)

I. Interpersonal Communication

Technical officers provide orientation/training on integrated nutrition (Health, GESI, HFP, MER, etc.) for existing FS/CNF



The training was organized by The Kakani Centre for Development of Community (KCDC) at Hotel Durbar view on 17-23 December 2018. There were participated 23 community nutrition facilitator (CNF) 16 field supervisors (FS). Technical officers were provided the practical based training package based on the guidelines prepared for year III program implementation and standard schedule and methodology which used by trained technical officers on Nutrition, SBCC, health, GESI, HFP, MER etc. Also Field Operation Managers and Thematic leads were participated

in this training. MER team were facilitated about update 1000 days mother, orient checklist of CMC, job aid and suaahara roster.

II. Introduction of peer facilitator approach

KCDC-Suaahara was organized the peer facilitator training to 1000 day mother (Peer Facilitator) at three rural municipalities like Tadi (Raluka),



Suryagadhi (Lachyang) and Dupcheshwor (Rautbesi). The training was scheduled for three rounds like 1st round for 2days, 2nd round for 1 day and 3rd round for 1 day. 6 topics of 10 key behaviors were discussed in first round and 2/2 topics was discussed in 2nd and 3rd round. The coverage of the topic was exclusively based on 10 key behaviors. Health post incharge and field supervisors were facilitated about introduction of 1000 days and its importance, steps of behavior change, steps of effective counseling for behavior change (GALIDRA), consumption of diversity food, four times ANC visit, iron folic tablet, appropriate modern family planning contraceptive and breastfeeding, hand washing, water purification, personal hygiene and diversity food consumption . A total 43 participants - 43 female were participated in the training.

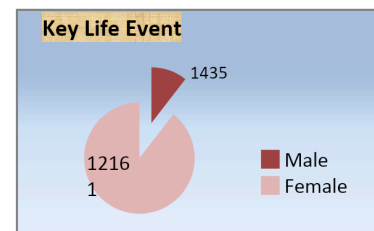
Community level events

CNF conducts 3 key life events (pregnancy, birth, and 6 months) for each 1000-day family

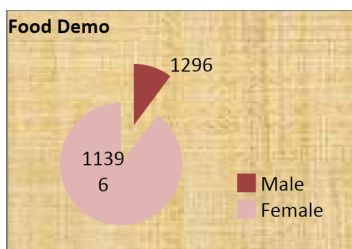


A total of 1356 key life events were celebrated out of 1350 planned in this fiscal year 2018/019. A total of 13596 community members 12161 female and 1435 male have participated in the celebration. They were benefited and counseled during the key life events. The 1000 days mothers were chosen by HMGs and FCHV's. Key life events were celebrated in the presence of FCHVs and community members and they promoted the key message of women nutrition exclusive breastfeeding, complementary feeding,

hygiene behaviors, HMG/HFP during the celebration. A small gift pack of nutritious four types of foods like ghee, fruits, eggs, vegetables and hygiene kit like nail cutter, soap etc. were provided. It has been observed that the participants involving in celebrating the event are inspired for changing their behavior related to health and nutrition.



FS conducts 1 food demonstration in each HMG



Total of 715 Food Demonstration events were conducted out of 700 planned in this fiscal year 2018/019 A total of 12692 community members 11396 female and 1296 male have participated in the food demonstration. Participants were learned about preparation of nutritious meal from local available food. After food demonstration health mothers group has been regularized and locally

available food has gained its importance and practice of feeding. FS sand CNFs were promoted to listen of Bhanchhin Aama radio program in the food demonstration.



Technical officers, FC, M/RM Coordinators and FS provide support to implement CHSB in selected HFs, one time

A. CROSS CUTTING COMPONENTS:

GESI/SAA Tools used in household visit and community level activities.

In 26 community level events, GESI/SAA tools like motikhel, samasyabriksha, sahamatasahamat, karyabojh and samaya dairy were used by FS and CNF for facilitation and discussion. The GESI/ SAA tools were used mostly in key life event celebration, HMG meetings, food demonstration, HFP meeting, WASH Activities, bhanchhin aama listener group meeting, SATH follow up and house hold visit. Participants have appreciated these kinds of tools as it's easy way for discussion and understanding the topics.



Technical officers hold review meeting with male GESI champions (1000-day fathers and grandfathers) and document their experiences, one time

One day review meeting with male GESI Champion held on 9 May 2019 in Hotel Yangra, Dhunge, Nuwakot. All the participants were various places of Nuwakot District. The review meeting was successfully completed and 14 male GESI champion. The meeting was facilitated by MNCH GESI officer, and Field coordinator Suaahara Nuwakot. In this meeting, MNCH GESI officer Jyoti Raj Khatri and Field Coordinator Hari Lama were discussed about review of training of previous year, sharing experience, socialization, hegemonic masculinity, power structure, understanding of family structure, and role of male in society, social norm and value, skill of communication, need and role of gender, 10 key behaviour of suaahara and change of agent

Technical officers hold review meeting with VMF trained on GESI to review and document their experiences, one time

One day VMF Couple review meeting held on 24 June 2019 in Hotel Saptarangi, Nuwakot. All the participants were various places of Nuwakot District. The meeting was successfully completed and 4 Couple participant in VMF meeting. The meeting was facilitated by MNCH GESI officer, and Field coordinator Suaahara Nuwakot. In this meeting, MNCH GESI officer Jyoti Raj Khatri and Field Coordinator Hari Lama were discussed about review of training of previous year, sharing experience, role of gender in socialization, analysis of gender transformation, analysis of power relation at family, self believe in communication, our family, GESI analysis and its obstacles, VMF cycle and 10 key behavior of suaahara and change.

FC, FS, and CNF collaborate with GoN and EDP partners on events during the 16 days of activism campaign and international women's day, highlighting GESI champions, one time

International Women’s Day Celebration:

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. SUA AHARA II team support and celebrates International Women’s Day at three rural municipalities in various ways with main theme "Think Equal, Built Smart, Innovate for Change" " "n}lËs ;dfgtfsf nflu ;dfg ;f]r



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Suaahara KCDC has supported on 19th IWD day celebration in 3 rural municipalities like Tadi, Dupcheshwor and Panchakanya. The program was facilitated by Rural municipality, women group, Suaahara field supervisors, FCHVs, and Health Workers. There was remarkable representation of participants that included golden 1000 day mother, decision makers (family member). Tadi panchakanya and Dupcheshwor were celebrated of IWD from rally, interaction and quiz competition and similarly tadi was organized health camp

FS facilitates DRR session (e.g. drought-resistance vegetables, NEKSAP data), in VMF network meetings, using SBCC materials and job aids, one time

DRR and resilience orientation was conducted 2 palika like Dupcheshwor, and Panchakanya rural municipality in VMF network meeting. Resilience orientation was conducted in the presence of all VMF of Panchakanya and Dupcheshwor and held on 20 may 2019 in Dupcheshwor and 30 May 2019 Panchakanya. In this orientation, MNCH GESI officer Jyoti Raj Khatri, HFP and Marketing Officer-Shristi Nuepane and Field Coordinator Hari Lama were discussed about analysis risk, identify of risk, solution of disaster risk reduction, identify source of VMF network capacity like human, social, physical, economic and natural capacity. In last tunnel plastic, irrigation pipe and drum was distributed to both VMF network group for group farming.



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Food Demo Preparation

Section III: Issues or Challenges in Program Implementation

- Difficult to complete of care activities due to delay agreement with CARE
- Difficult to meet to 1000 days mothers for the fill up checklist in farming season
- While conducting the program at community level hardware commodities expected rather than knowledge or changing own behavior.
- One of the key challenges team Nuwakot is facing to beg time from RM team for facilitation of NFSSC meetings
- Difficult to organize review meeting of VMF couple in rainy season

Section IV: Local Level Initiatives

- Most of the local governments have allocated budget for 'Anda and Jhanda Program' for promoting ANC, increasing the habit of health service utilization, production and consumption of eggs for mothers and children
- Some of the initiatives of Local Government are as under:

Bidur Municipality:

- Added NPR 1000 to its previous amount 2000 as transportation allowance for mothers giving birth to health facilities within Municipal catchment areas
- Implementation of Papaya sapling distribution program

- More activities are planned and prioritized by local government for pregnant women than last year. For example, Bidur Municipality ward no. 2 have decided to add 400 rupees for each 1000-day mother for the celebration of Key Life Event and named the activity as ' Wada Ko Kosheli'

Dupcheshwor RM:

- Planned for integrated monitoring system for the improvement of quality of service delivery of health post, PHCs and other delivery platforms
- Total Sanitation campaign, Continuation of Anda Jhanda Program with establishment of birthing centers at each ward
- Distribution of weighing machine to each FCHVs to promote growth monitoring
- Allocation budget for "One Ghar Panch falful" program
- Dupcheshwor Rural Municipalities has provisioned of free ambulance service for institutional deliveries
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Panchakanya RM

- Allocation of 500,000 under ' Garbhawati Sanga Upadhyaksha' program
- Panchakanya Rural Municipality has decided to implement ' Bacha Jokhnus and Aayo Nun Boknus program for promoting Growth Monitoring "
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Belkotgadhi Municipality

Allocated NPR 15 lakh for ANC and institutional delivery promotion and egg distribution program

Tadi Rural Municipality

- Tadi Rural Municipalities has provisioned of free ambulance service for institutional deliveries

Kispang Rural Municipality

- Allocation budget under ' Anda ra Jhanda program

Likhu Rural Municipality

- Allocation budget under ' Anda ra Jhanda program

Kakani Rural Municipality

- Allocation budget under ' Anda ra Jhanda program

<h2>Section V: Significance Achievement</h2>

- This year we have also formed new ward level NFSSCs and meetings at last year formed committees are also held. This is the activity which was not mentioned in the DIP, but we thought that our lobby and advocacy should start from ground level mechanisms so as to ensure implementation sustainability.
- Ward level NFSSC were formed with the initiation of FSs in their respective working areas which was not planned in DIP, but the ward chairpersons were sensitized to have a common platform for discussion and to work on an integrated planning to support MSNP II during RM level NFSSC meetings.
- Establishment of a Nutrition Corner at Likhu Health Post
- Indra Bahadur Khatiwada, one of the VMFs from Dupcheshwor Rural Municipality, got NPR 6000 as the third prize for onion production at the local Agriculture Festival organized by Posta Bahadur Bogati memorial Academy at Kakani
- One of the VMFs from Likhu RM also got the cash prize of NPR 2000 for the production of OFSP during the same occasion.
- Anda and Jhanda program adopted by Dupchshwor RM has been able to increase the number of pregnant women for ANC checkups at health facilities as compared to the number received services in the last month.
- Bidur Municipality has distributed fruit saplings (mango) at each of the households across Municipality to support MSNP II
- Kakani Rural Municipality has distributed 2 month brooder chicks for all 1000 days mothers of Kakani
- One of the best practices we proudly observe across the community schools at Dupcheshwor RM is the use of eggs in food menu for students as mid- day meal. The lobby for the consumption of locally produced eggs for mothers and children is working to a large extent at Dupcheshwor
- Kheldanga Farmers' Group led by SPII VMF Gopiram Tamang- selected for the grants of amounting 19 lakhs for potato farming from provincial government
- Dupcheshwor Namuna Krishak Samuha led by VMF Ram Krishna Thapa also got the similar grants of 5 lakh for the further development of communal farming
- Sangharsha Namuna Krishak Samuha of Rautbeshi, Dupcheshwor led by the HFPB group chairperson Mr. Binod Tamang was also able to get 9 lakh rupees grants for coffee cultivation
- Pragatishil Namuna Krishak Samuhafrom Balkumari led by VMF Indra Khatiwada also got 9 lakh rupees grants for vegetable farming
- Sashila Nepal (ANM of Urban Health Clinic, Pipaltar, Nuwakot) proudly responded that after the distribution of Letter to Father via Health Facilities, the number is ANCs and GMP are increased significantly
- Kedar Rimal, one of the FSs tried one food demonstration nearby school premises, sensitized teachers and students made teachers decide practicing local food recipes once a week for the students
- Among Suaahara trained thousand days mothers at Dupcheshwor Rural Municipality, a total of 18 mothers each got 50 chickens from the project named ' Share & Care' (Apr 2019)
- A VMF named Bishnu Shrestha from Shivapuri RM got 40000 rupees grants to buy a generator set as power back up for his hatching machine. (Mar 2019)

- Shivapuri RM, after the decision of allocating 1500 rupees for each institutional delivery, has called Suaahara for collaborative planning and implementation of Nutrition and Health related activities (Feb 2019)
- Suaahara initiated for the handover of one Brooding Machine to VMF Bishnu Shrestha of Shivapuri RM who was recommended by District Livestock Office Nuwakot and the machine was provided from Livestock Development Directorate Kathmandu. (Jan 2019)
- also brought a commitment from ward chairperson for the provision of locally tailored Sanitary Pads for girl's adolescents on nominal cost at local markets (Apr 2019)
- Among Suaahara trained thousand days mothers at Dupcheshwor Rural Municipality, a total of 18 mothers each got 50 chickens from the project named ' Share & Care' (Apr 2019)
- A VMF named Bishnu Shrestha from Shivapuri RM got 40000 rupees grants to buy a generator set as power back up for his hatching machine. (Mar 2019)
- Bindanda HFPB group purchased a millet thrashing machine that cost 35000 rupees with 50% grants provided by Shivapuri Rural Municipality. Group members take that machine door to door to thrash millet and make income out of thrashing. The group consisting of 27 members have made it one of the key incomes generating activities to improve their financial status and increase the amount of group activities. (Mar 2019)
- Shivapuri RM, after the decision of allocating 1500 rupees for each institutional delivery, has called Suaahara for collaborative planning and implementation of Nutrition and Health related activities (Feb 2019)

Section VI: Lesson Learnt

- Inviting elected local representatives in our activities creates ownership in them which supported in budget allocation for similar activities.
- Regular monitoring of outreach clinic should be conducted for improving the quality of services.
- Such awareness program should be done continuously and this surely leads to behavior change
- Good Coordination with all stakeholder helps to successful completion of the program and support budget allocation.

<i>Report Prepared by</i>		<i>Reviewed by</i>	
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Date	19 July 2019	Date	