

LANN PLA CYCLE PROCESS

VAAGDHARA

May-2017 to April 2018

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Background (Area profile and population sketch, nutrition, socio-economic status and needs):

Area profile: Banswara district is situated in the southernmost part of Rajasthan stands among the seven tribal districts of Rajasthan. It is named so because of the bamboos (Bans) which are found in abundance in the forest. Bounded on the north by Udaipur District, on the northeast by Pratapgarh District, on the east and southeast by Madhya Pradesh state, on the southwest by Gujarat state, and on the west by Dungarpur District. The district is also known as 'district of Hundred Islands', due to presence of numerous islands in the Mahi River, which flows through Banswara. The district represents a rugged terrain undulated by short ridges on the west of Banswara. The eastern part of it is occupied by flat-topped hills of the Deccan trap; in the southern end it has The Aravalis. The district is predominantly inhabited by tribals mainly Bhils, Bhil Meenas, Damor, Charpotas, Ninamas, etc. It should be noted that they are tribal not nomad, pursuing agriculture.

Population sketch: Of the total population in the district an overwhelming majority belongs to ST groups (72.3 per cent), the other castes and S.C.s constitutes 23.4 and 4.3 percent of the district population respectively. Total population of Banswara district is 17.97 lakhs and urban population is 1.28 lakhs (7.0%). Banswara district constituted with 11 Tehsils and 8 Development Blocks. The district has 1518 Villages and only 3 towns including Banswara. Of the total population an overwhelming proportion (93.6 per cent) lives in rural areas of the Banswara District. It is far higher than the state average of Rajasthan (75.0 per cent) and all India (70.0 per cent). Rural main occupation is agriculture.

Nutrition status: According to the India State Hunger Index (2008), Rajasthan is on 7th Position among 17 states, has severe level of hunger, which is reflected in high levels of undernourishment and Banswara is a part of tribal junction of southern Rajasthan where problem of malnutrition is poorer in comparison to other districts of Rajasthan. The causes of hunger are manifold: High vulnerability due to climatic changes and geographical conditions, migration from farming towards labor, low wages/income, and poor delivery system of social security schemes, lack of accessibility to government services like AWC, PHC, PDS and knowledge deficit, particularly in tribal and Bhil communities. Malnutrition in Anandpuri block of Banswara district is a serious problem, according to surveys prevalence of severe malnutrition and moderate malnutrition is 13.5% and 22.8% respectively.

Socioeconomic status: The proposed project beneficiaries are mainly poor families of ST, OBC, and SC. More than 89 % population in the area is tribal and other deprived sections of the society, dependent mainly on agriculture and labour. The land owned by them is sloping poor soil thickness, facing high degree of erosion. Levels of productivity in the region, however, remain low. The main crops grown in the area are maize, paddy, pulses, and oil seeds (Soyabean, Sesame). A few farmers also grow minor millets in marginal lands, but their number is negligible.

Prerequisite: Undernutrition continues to be a major challenge faced by tribal community of Banswara. Hunger and food scarcity are two major contributing factors towards malnutrition, and much of the current debates today are around how to make agriculture more nutrition-sensitive.

Different determinants that affect nutritional status include food security at household level, access to food within households, living conditions and morbidity, home care practices and access to quality health care. Gender, education, economic condition, political situation are significant factors that determine how the other determinants play out. An approach incorporating complementary sectors like agriculture, education, livelihood, water and sanitation, social security nets, early childhood development and health care is needed for addressing the situation of malnutrition. While results of interventions of impacting nutrition through different pathways of home production, it is being increasingly recognized that addressing undernutrition needs a multi-pronged strategy that addresses the immediate and underlying causes, and other social determinants.

LANN PLA Introduction: it's a tool to making community interventions nutrition-sensitive by incorporating nutrition outcomes with agriculture and natural resource management practices through a Participatory Learning and Action (PLA) approach.

LANN-PLA approach has tried to look at how agriculture and natural resource management and nutrition can be linked together through a community mobilization process that will help communities prioritize their own nutritional needs, prepare strategies using available resources and take action for solving the problem. Knowledge on LANN can improve family eating practices, including the selection, purchase, preparation, intra-household distribution and use of food. It can also contribute to crop diversification, promote the use of indigenous foods, and protect biodiversity and traditional food practices. It's a process of nutrition education known as Participatory Action for Learning, that will empower individuals and societies to adopt healthy eating practices and life styles that respects local food habits and the natural environment, resulting in improved nutrition and better health. It also focuses on addressing the underlying causes of malnutrition, namely, access to food through improved availability and utilization, care of mother and children, improving uptake of health and nutrition services and entitlements and changes in practices related to hygiene and sanitation. The process of participatory learning and action (PLA) is a bottom up approach that empowers women and addresses two fundamental social determinants of gender inequity and poverty.

The LANN PLA meeting cycles are designed in four phases:

- Phase-1: Assessing Situation—This phase, comprising of six meetings (meeting 1-6), will enable the assessment of the problem status related to nutrition, agriculture and natural resource management in the community and the identification and prioritization of common problems.
- Phase-2: Deciding Action—In this phase (meeting 7-9), the community will decide on solutions and strategies to deal with each of the prioritized problems. At the end of phase-2, groups organize a larger community meeting involving other members of the community and frontline workers, where they share the problems they identified and the strategies they want to implement in order to seek support for proper implementation of the strategies.
- Phase-3: Taking Action—This phase (meeting 10-16) has specific meetings focusing on

actions to be taken that support good nutritional, agricultural and NRM practices. The group members also review the strategies that they have been implementing and discuss their progress to be followed by a second interface meeting with the larger community to assess the impact of the intervention.

- Phase-4: Evaluating Progress—This phase is marked by one final meeting (meeting 17) where group members evaluate their progress regarding the strategies they have chosen.

Aim: At least 400-500 tribal families have reduced hunger period and achieved a moderate to good nutritional diversity by adoption of LANN practice.

Target group/ beneficiaries (direct and indirect) selection criteria:Community groups therefore include farmers, SHG members, mothers of young children, Adolescents, government frontline functionaries including ASHA worker, Rojgarsevek, Krishiparivekshak and AWW to share about different government programs related to nutrition. 20 PLA groups (each of 25-35 members) formed in 20 project villages have been selected to cover around 600 populations. Selection of 20 villages has done on the basis of baseline survey. Villages with high prevalence of malnutrition and lack of employment opportunities has selected for this life changing LANN PLA cycle.

Members of the most vulnerable and marginalized communities are also included in PLA meeting groups.

Facilitation: Five field facilitators, two supervisors and 20 volunteers got trainings on different level to complete whole process effectively and successfully in 20 villages.

Time Duration:

Process started in June, 2015 and will end in November, 2016. During this time of period 5 TOT, 17 PLA meetings and 2 inter phase meetings were planned. Up to October, 2016 all 5 TOTs, 16 PLA meetings and one interphase meeting has completed in 20 villages and 17th meeting has started.

Training of master trainers: organized at Ranchi, Jharkhand. The training was of five days on whole LANN PLA process.

Material/tools used as Inputs: A variety of adult learning methods used during PLA meetings. By which community members easily recognize subject, particularly in areas with low literacy. These methods include games, storytelling, pictorial display, practical demonstrations, participatory discussions etc. for facilitating discussions.

The duration of the meetings are approximately 1.5 to 2 hours, and the group members decide the time and venue of the next meeting.

IEC:

Picture cards: These cards contain knowledge material in picture form. The cards are about nutrition and agriculture practices which can be good or bad. Material in these cards includes : anemia, children of different types of malnutrition, hygienic practices, nutrition garden in good and bad condition, harm of use of pesticides, food for pregnant and lactating mothers, supplementary feeding, early marriage, uncultivated food, local food, market products, food fortification etc.

Under nutrition cycle: This is a pictorial chart of major stages of women life cycle include pregnancy, infancy, childhood, adolescent, marriage and the malnutrition runs in families can be affect at any stage of this cycle and we can brake under nutrition cycle at any stage of this cycle.

Growth chart: This chart is useful for growth monitoring of 0 to 3 years children. We use 2 separate growth chart for girls and boys. It contains three colors of nutritional status and with help of this after short learning any one including mothers can recognize health condition of their children.

Brick and paper bridge: we made this bridge on Floor in parallel line. One end shows the initial stage when we have a problem and another end is end stage when problem gets solve. The path shows strategies we made to solve that problem.

Soap and water: These items used for demonstration of 6 steps of hand washing.

Recipe demonstration for children: Some recipes demonstrated as supplementary food for children. These included items prepared by grains, minor millets, pulses and jhagery.

Picture cards for circle game: In this game we made two circles, one related to good nutrition and another related to malnutrition. Some of picture cards are about healthy food and agriculture practices and some shows mal practices. For example if anyone took a picture card of use of chemical fertilizer in his farm than he will go in malnutrition circle and if someone has picture card of nutrition garden, by this practice he will go to good nutrition circle.

Ribbons of four colors and dummy of a baby: Four colors of ribbons red, yellow, green and blue symbolize unhealthy condition, cultural practices, agriculture or nutrition and government services. These ribbons are the part of a chain game in which we talk about how all these conditions and things affects the health of a child. A dummy of baby embody a child.

Vegetable seeds for nutrition garden: Different types of vegetable seeds included climbers, green leafy and tubers were used in and after PLA meting 14 to grow nutrition garden.

Minor millets seeds for nursery: two types of minor millet seeds '*Ragi and Kaang*' were used after meeting 16 crop planning due to identification of need of both minor millets in 16. It was collected from same area because a very few farmers still growing these indigenous crops and now others are also wants to grow these.

TOT LANN: The facilitators were trained on PLA cycle in three phases with an interval, over a period of one and half years. Each training, lasts for approximately two to three days, the contents

of five-six meetings was covered.

TOT LANN 1: A three days TOT-LANN for six meetings of phase one of PLA conducted in July month where 37 participants including FHFI team, volunteers, village level health workers, krishiparivekshak and rojgarsevak have participated.

PHASE ONE: Six meetings under Phase one has started in July 2015 and end in December 2015. Before starting PLA meetings facilitator form one PLA group in each of 20 villages that will attend all meetings of cycle and will be able to adopt learning's and positive changes during LANN cycle.

LANN PLA meeting no 1:

At the starting of first meeting facilitator told all participants about the objectives of the project and its activity linking agriculture, nutrition and natural resource management, its process, importance for improvement in nutritional status by adopting good agriculture practices. Facilitator introduces himself and then all participants introduce themselves.

Objective:The objective of first meeting was to develop an understanding on the need to include all sections of the community.

Duration:2 hours and 30 minutes.

Process:To make a good understanding on inequality issues in villages, facilitator played a power walk game, in this game six members played some roles of six characters which is generally found in any villages i.e. a pregnant lady resides far from health services, a pregnant lady lives nearby anganwadi center, daughter in law of the village leader, marginal farmer, casual labor and economical farmer. They all started one step walk on each question that was asked by facilitator. All questions were related to accessibility of government services that which character can access the services. At last three characters which relate to village leader, ecological farmer and women resides near anganwadi center were in front and rests were behind. Facilitator explained this type of inequality in village and then all group members decided to fill this gap by common efforts of community and frontline service providers. Anganwadi worker of that village asked that now she will visit all households of pregnant women and small children that are far from anganwadi center and women decided that they will go to anganwadi center frequently.

At the end of meeting facilitator summarize the content of meeting and group members decided date for second meeting in next month.

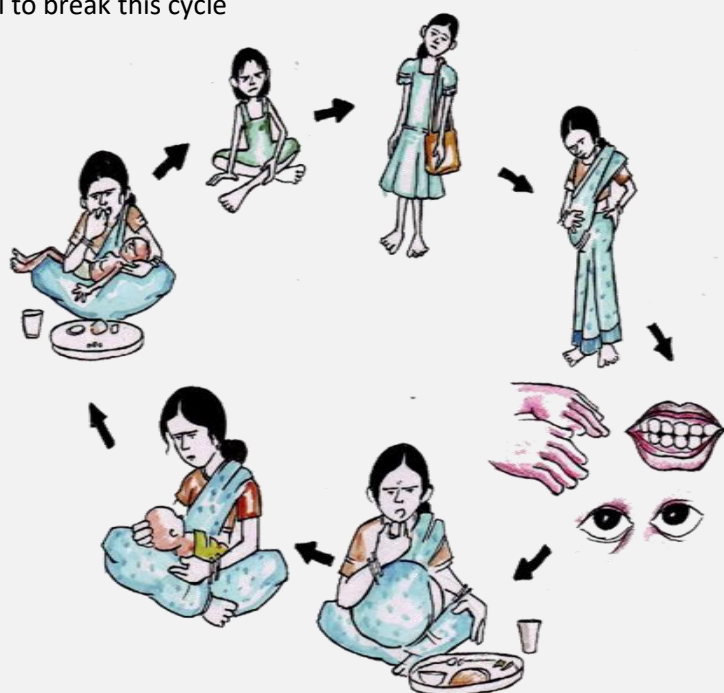
Observations: this was the very first meeting of whole LANN PLA cycle and in starting members were not cleared about process and when they understood the power walk game both community and service providers started blaming each other for poor health status. Community were blaming to health system and service providers and front line health service providers were blaming to community that to not getting health services.

LANN PLA meeting no 2:

Objective:to develop an understanding of the intergenerational under nutrition cycle and the linkages between illness and under nutrition.

Duration: 2 hours

Process: facilitator welcomed all participants and asks members to recount the discussions and learning's of previous meeting and then started discussion about second meeting. Facilitator displayed a poster of under nutrition cycle and asked to participants to understand the poster. This was the cycle of different stages of a women life. After getting observations from the participants, facilitator explained that under nutrition runs in an intergenerational cycle. Young girls who grow poorly become short and weak women and are more likely to give birth to low birth weight babies. If the baby happens to be a girl child, she is likely to continue the cycle by being short in adulthood. Adolescent pregnancy increases the risk of low birth weight babies. Good nutrition, especially for girls and women, in all these stages of life—at birth, infancy, childhood, adolescence and adulthood—is essential to break this cycle



Participants discussed the reasons of malnutrition and presented their views on breaking this cycle at different stages. Some of them found early marriages as the main reason of running under nutrition from generation to generation. Some consider poor diet during pregnancy as main reason of malnutrition.

Facilitator explained the relation between malnutrition and illness with an example of a young child Santosh of village Mundri who gets sick frequently because he is already malnourished. And due to frequent illness he is becoming weaker and much weaker. Due to this weakness he affected by tubercular infection.

At the end of meeting facilitator summarize the content of meeting and again community decided date for third meeting. Facilitator asked to mothers of young children to bring their young children in third meeting.

Observation: During this meeting group members were agreed on the content of story and were relating their life and surroundings to the story. They were discussing about breaking this cycle on different stages. Discussion was in two groups- males and females separately

LANN PLA meeting no 3:

Objective:to understand growth chart and growth monitoring and other tools of measuring undernutrition and develop an understanding of local practices related to nutrition and natural resources.

Duration: 2 hours and 30 minutes

Process:Facilitator discussed content of second meeting (under nutrition cycle) in short and started telling about growth chart. No one saw growth chart except anganwadi workers. Because anganwadi workers have growth charts at ICDS centers but do not take measurement of children.facilitator explained about two types of growth charts and teach mothers to see the nutrition status of their young children and other measurement methods (mid upper arm circumference) etc. Facilitator asked to members about importance of timely growth monitoring.

The facilitator once again encouraged discussion on each phase of the life cycle and identify the various causes of undernutrition during pregnancy, birth, infancy, early childhood, adolescence and lactation in their village.

The facilitator will asked the group about the current practices in women and children during pregnancy and lactation, feeding of infants, introduction of complementary feeding, feeding during adolescence.

Facilitator asked some questions on nutrition, agriculture practices and natural resources to know the reasons of malnutrition, food restrictions during pregnancy , breast feeding habits, supplementary feeding, crop pattern, water availability, forest food and availability of uncultivated and forest food.

At the end of meeting facilitator informed the group that in the next meeting they will try to understand about a balanced diet and will requested the members to bring any locally available raw food items from their houses to the meeting.

TOT LANN refreshers (meeting 4 to 6): Held in September month to repeat 4th, 5th and 6th meetings and review of first three meetings of LANN PLA cycle.

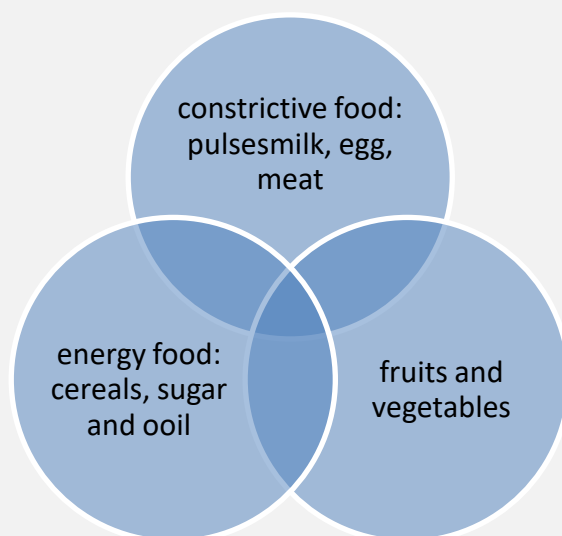
Observations:after growth monitoring mothers were looking angry on Anganwadi worker because AWW never took measurement of their children. Maximum mothers were unaware about exact age of their children but they were interested in learning growth monitoring.

LANN PLA meeting no 4:

Objective: to understand the importance of food groups and balanced diet and to prepare seasonal calendar and mapping of locally available foods.

Duration: 3 hours

Process: fourth meeting were held in October month and participants bring some local food of current season in meeting. Food items collected on floor, items were less in number so participants wrote the names of local food items in chits and arranged chits in three parts according to color. Facilitator explained importance of all type of food for human body: carbohydrate and fat rich food which provides energy to body, protein rich food that is known as constructive food and food items rich in vitamins and minerals that is protective food and saves human body from diseases.



After this facilitator prepare a matrix to map the different uncultivated food people collects throughout the year according to three main seasons.

Rainy	Winter	Summer
Kikoda	Seal	Zinda
Timda	Seetaphhal	Timru
Tindori	Gundi flower	Seetaphhal
Kachhri	Bhindi flower	Mahua oil
Puadia		
Kachrikipatti		
Ariitha		
Sad flower		
Naal		

Participants draw a matrix on floor in which they wrote names of available food items throughout the year. Participants discussed about some food items that were available few years back but now disappearing and they want to protect them.

Facilitator summaries meeting and request to start next meeting little early

Observations: during this meeting when participants were discussing about local food, some of them shown interest in market food. Some of them were unaware about importance of local food. They collected many items but during listing of items after discussion they realize that they ignored many food items.

LANN PLA meeting no 5:

Objective: Identification of available natural resources like available land and water.

Duration: 3 hours

Process: all group members gathered at decided place in morning and started walk from one point of village with various discussions. Two group members were drawing diagram of path with surrounding things like up land, low land, big trees, water bodies, etc. after half kilometer transect walk all reached end point of walk and again started discussion that what they have seen in route. They draw the path diagram on board and tried to found out opportunities to develop and ways of optimum utilization of resources. some important discussions were held in detailed manner after transect walk:

Agriculture land, rain fed land, waste land, canal system, mono cropping, bi cropping, main crops of area, fruits and vegetable cultivation, gardens, wadis, formation of organic fertilizers, absence of toilets in whole village, livestock, government buildings etc. community recognize some nutritious food items which normally they do not use in their food plate.

Observations: during this meeting participants were looking very enthusiastic and during transect walk they were feeling excitement and proud in giving information about village and natural resources. During transect walk at many places we saw the poor management of natural resources and decided to take these in action plans in further meetings.



LANN PLA meeting no 6:

Objective: identifying and prioritizing nutrition related problems in community and think over them.

Duration: 2 hours

Process: facilitator welcomed all group members and asked to remember learning's of last meeting. And started further discussion. Facilitator circulate problem picture cards related to common problem in community: like anemia, Food restriction during pregnancy, Late introduction of complementary food, Pesticide or chemical fertilizer exposure to pregnant/lactating women, No dietary diversity, Food scarcity, Reduced forest food diversity, Unsafe food, Unsafe food consumption, Unhygienic food handling, Worm infestation, Undernutrition, Unkept nutrition garden. Facilitator asked members to think about cards and after that they started discussion on cards. Some of them were common problems of village and then facilitator provide some blank chart and pen to members and asked to write other major problems in their village. Members discussed and wrote some problems i.e. lack of agriculture production, unemployment, lack of water for farming and drinking, frequent illness among children and females, lack of health facilities, open defecation etc.

After this brain storming session facilitator asked to group members to prioritize their written problem and they all discussed about local treatment, causes, management or prevention practiced of their problems. Community members realized that they have solutions of some health related problems but generally ignore the way of solution. Like malnutrition or illness in young children can be managed by eating local nutritious food and taking Anganwadiservices but they ignoring these and children are becoming punier and weaker.

Here facilitator told that we have finished first phase of LANN PLA cycle and before starting second phase will share learning's of first phase during next meeting. They decided date of seventh meeting and some of educated members and health service providers expressed their willingness to participate in second TOT for second phase so they will be able to help in facilitation of further meetings.

Observations: during this meeting of identifying problems, the main focus of participants was on their personal problems. And after discussion on many problems they were looked in very rush to remove all problems. There was a great difference between prioritization of problems between males and females. According to females lack of water and toilets was the main problem and according to males employment and low agriculture was main problem.

PHASE TWO:

TOT LANN 2: Organized for three meetings 7 to 9 of phase second of LANN PLA cycle. Total 80 participants including ASHA and AWW of all LANN villages also participated. These are regularly attending all meetings of PLA cycle.

LANN PLA meeting no 7:

Objective:to find out immediate and underlying causes for problems related to health and nutrition in the community and to find out possible solutions of these problems.

Duration: 2 hours

Process:At first facilitator requested to one or two members of group to recount the learning's of previous six meetings of phase one from inequality issues to problem identification. Group member remembered all meetings with a good discussion and facilitator started discussion on seventh meeting. Facilitator used storytelling and picture cards to help group members understand the causes and effects of the problems they have prioritized. The causes included both the immediate and underlying causes along with those that include social, medical, natural resources and agriculture. The stories were prepared based on the problems prioritized in the previous meeting. Facilitator narrate a story of a lady manjari who belongs to a resource rich family and due to cultural practices got married in early age in a poor family. She gave birth to low weight child .And due to many causes they both became weaker and weaker and died 2 years after her marriage.

To remind them of the main causes leaded death of manjiri, facilitator started discussion through but why game. In this game he asked to find out each and every possible reason of death of manjiri and her child and possible solution by focusing on every aspect of story. After that group members discussed about solutions of problems they identified during meeting six. Facilitator told that we all will make some strategies to solve some of their manageable problems in next meeting.

After narrating the story, the facilitator asked group member to repeat the story using the picture cards

Observations: in this meeting there was no specific observation except a healthy and deep discussion on causes of identified problems.

LANN PLA meeting no 8:

Objective:To identify strategies arising out of the solutions from the previous Meeting

Duration: 2 hours

Process:after recounting 7th meeting, facilitator explained that the group will play 'the bridge game'. That was practical and visual exercise helped participants understand the process between the present situation "they are now in", with regard to health and nutritional problems of women and children, and "where they would like to be". Facilitator asked participants to imagine they are standing on one bank of the river. This represents their current situation regarding health of women and children in their community. He placed one brick on the ground and another at some distance and put two long scales over bricks as rope of bridge. And then they started making strategies to solve their problems.

For some manageable problems they prepared small action plans and feasible strategies. Ex

Problem	Proposed solution	Barrier	Strategy
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Malnourishment among children	Good food intake and regular visit to AWC	Lack of water	Family will grow some vegetables by using waste water at home.
Severe malnourished children	Take benefit of malnutrition center	Parents are not ready to take child at MTC	Counseling of parents
Over use of chemical fertilizers	Will use organic fertilizers	Don't know techniques to prepare organic fertilizers	Farmers will attend timely trainings on farming organized by agriculture department and organization.
Un availability of food at anganwadi center	Food should be prepared regularly	Lack of facilities like infrastructure, raw material and irregularity of anganwadi worker	Anganwadi should talk to supervisor for facilities and centers should be open regularly
Roof of anganwadidrips during rains	Roof should be repaired	Group members has no authority and money	Members and anganwadi worker will talk to surpanch

Group members prepared many plans related to nutrition, agriculture, natural resources and behavior of responsible persons.

Facilitator summarize meeting and told that in next meeting we will further discuss about implementation of strategies.

Observations: In starting during making strategies group members were suggesting different solutions and most of them were thinking and talking like some external person or government will solve their problems. After some time when they selected problems on which they can work without large external help.

LANN PLA meeting no 9:

Objective: to undertake responsibilities for implementing the strategies and plan for inter phase meeting.

Duration: 2 hours

Process:group members started recounting of plans they prepare during last meeting and started thinking over implementation of plans. Members formed small groups to take responsibilities of implementation of plans. For every manageable health problem they made small committees of 3-4 members and they will be responsible for problem solution.

Problem	Strategy to be implemented	Persons responsible	Progress of implementation	Remarks

Malnourishment among children	Family will grow some vegetables by using waste water at home.	Shanti devi(AWW), jasodadevi		
Severe malnourished children	Counseling of parents	Shanti devi, tulsidevi(ASHA), vaagdhara facilitator		
Over use of chemical fertilizers	Farmers will attend timely trainings on farming organized by agriculture department and organization.	Sohanlal (krishiparivekshak), dinesh Chandra, vaagdhara facilitator		
Un availability of food at anganwadi center	Anganwadi should talk to supervisor for facilities and centers should be open regularly	Kankudevi, devilal and kaba		
Roof of anganwadi drips during rains	Members and anganwadi worker will talk to surpanch	Ward panch, ASHA , AWW		

Individual roles and responsibilities assigned to group members and other group members and vaagdhara facilitator will provide support and guidance in implementation of each plan. An before next meeting they will start implementation. Group members decided that after 10 days they will sit together as in follow up meeting and will discuss if they have any problem or progress.

After 10 days follow up meeting organized and group members revised all three meetings of second phase and further discussed on plan implementation strategies. During this meeting facilitator told that we need to plan inter phase meeting where all group members will share their experiences of 9 meetings with each other and during this meeting we will invite sarpanch, ANM also who are not participating during meetings. All participants decided date, place and time for inter phase meeting.

Observations: during taking over responsibilities at first no one was taking a single responsibility and when they started taking responsibility, all members wanting to mention their name for responsibility. So there was lack of initiation but the community took seriously this task at later half of meeting.

FIRST INTERPHASE WORKSHOP: 11 Panchayat level interphase workshops organized after completion of two phases of LANNN PLA cycle.

Objective: To meet with different stakeholders and solicit their support to implement strategies, To discuss different entitlements in the local context related to nutrition, health, agriculture, resource management and how to avail these entitlements, To prepare score cards of available services, To undertake responsibilities for implementing the strategies.

During the meeting the group members summarized their activities over the past few months and

share the prioritized problems and strategies with all participants. e.g. village sarpanch, Government officials, village development field workers, health workers and others who had not attended the meetings.

At first PLA group members revised content of previous 9 meetings under facilitation of facilitator. Group members presented the method they have selected for disseminating the prioritized problems, barriers identified, strategies selected to overcome the problems and the local resources they have. During sharing, the members identified the stakeholders who will be able to help them with the implementation of strategies and mention their names in action plans.

After memorizing all previous meetings facilitator divided all participants in two groups: one of service providers and another community. Objectives and process of whole community score card process discussed with community groups and service providers by facilitator.

Process:

Inputtracking:

- **Selection of target groups:** target groups selected for CSC process.
- **Availability of ICDS Services:** analysis and tracking of presently available ICDS services.

1. Implementation:

- **Conducting the score card with community and service providers:** community score card done with different target groups and service providers separately.
- **Interface meeting and action Planning:** meeting with community groups and service providers on a common platform for common scoring, discussion and preparation of action plan.

2. Follow up:

- **Follow up meetings :** to know the timely progress in decided action plan
- **Committee formation:** to monitor the progress of work plan
- **Facilitate rapport between service provider and community:** provide timely support to community and service providers by

PLA group members decided date of next meeting and summarized the interphase meeting with confidence on implementation of action plans. Facilitator requested to mothers of 5-6 months children to bring their child in next meeting and also some food for introduction of supplementary feeding.

Observations:After community score card exercise, in inter phase meeting the group members itself made two groups, Community and service providers. At every place there were great differences in scoring of both groups. People were not agreeing to give high score to health services and service providers were refusing their insufficiency in providing services, they gave full marks to themselves. at some places conditions were getting worse because both groups were shouting on

each other. Apart from this at many places community were agreed on everything of service providers.

PHASE THREE:

TOT LANN 3:Fourth TOT for four meetings 10th to 13th under phase third organized in March, 2016.

LANN PLA meeting no 10:

Objective: to understand the timely introduction of supplementary food and enrichment of food.

Duration: 2 hours

Process: participants reviewed interphase meeting and had discussion about progress of action plans. Some of group members started implementation on action plans and some discussed about problems they were facing during implementation.

Facilitator then started next activity with mothers of 5-6 months children. The facilitator demonstrated actual hand washing method with soap and water which has six steps and requested to all mothers to wash their hands and utensils before cooking and feeding their children. Some members told that they do not have sufficient water for drinking so how they can wash their hands every time with soap and lots of water.

The facilitator asked the mothers whose children started semisolid food that day to continue breastfeeding along with complementary feeding. Mothers bring some semisolid food with them but it was of very simple and lack of nutrients. Then facilitator discussed about correct age of starting supplementary feeding with breast feeding, semisolid food items, required quantity according to age and frequency of feeding in a day.

Mothers were unaware about nutritive food items and they were giving their children only some mashed rice, maize porridge, biscuits. Facilitator told about enrichment of existing food items that we can add some green vegetable and small quantity of ghee to make porridge nutritious and tasty. Like this we can provide children some mashed non citrus fruits etc. This meeting were held in April month and during summers infections like diarrhea, stomach pains affects young children frequently. So facilitator again appeal to group members that always wash hands before cooking, eating and try to feed their children more nutritious food by mixing multiple grains, vegetables in single feed.

For next meeting he announces that we will learn some supplementary feeding recipes according to summers and requested to organize some utensils and gas stove in next meeting. Mothers took responsibility for that and decided date for next meeting.

Observations: In this meeting male participants were not taking interest and only females were listening and discussing. As males were thinking that supplementary feeding is not their work.

LANN PLA meeting no 11:

Objective: to understand good cooking practices through demonstration of local recipes.

Duration: 2 hours



Process: in continuation of previous meeting, facilitator first introduces the recipes they will prepare. First was vegetable khichdi and second was sattu. Mothers arranged gas stove and utensils. Facilitator arranged all raw materials for recipes. They washed their hands with soap and water with following six steps of actual hand washing. Then they cleaned all required utensils and started preparing recipes..

- To prepare sattu he took roasted gram flour, roasted barley flour and roasted wheat flour in equal quantity in a bowl then he mixed jiggery and milk in that and stir the solution for 2 minutes, he prepare semisolid sattu that was thick enough so that it was not sliding from spoon. facilitator explained that in summer season sattu saves our children from diarrhea and heat stroke. About it and then they feed to young children in meeting.
- To prepare khichdi he used local variety of rice and pulse and mixed green and fruity vegetables in that to make more nutritious. At last they added some ghee to increase its nutritive value and taste.

Facilitator also discussed about food preservation methods. Some group members shared their techniques of preserving food like drying vegetables. One member requested to visit his home to see one technique he is adopting. All members visited his home and saw the preservation technique to onion.

Group members decided next meeting date in June month just before rainy season. That time need was to do crop planning and to grow nutrition garden. So we decided to take 14 and 16 meeting first to make farmers able to do their crop and nutrition garden planning.



Observations: during this meeting most of male participants were absent. Females gathered in good number. Females were interested in learning recipes for their children they were repeating ingredients and process of recipes again and again and also took great interest in tasting prepared items.

TOT LANN 4: For three meetings 14th to 16th conducted in starting of June month.

LANN PLA meeting no 14 and 16:

Objective: To understand the importance of nutrition gardens for family food Diversity, to discuss strategies to develop a nutrition garden and to improve quantity and diversity in agriculture fields.

Duration: 3 hours, 30 minutes.

Process: Facilitator welcomed all group members and told that today we will talk about nutrition garden, its importance and crop planning because the sowing time coming for monsoon crop. For better understanding on importance of nutrition garden, facilitator narrate a story of sombari. Sombari was a girl who never faced food crisis during her childhood because they grew different kinds of fruits and vegetables themselves and also reared cattle that provided milk and other milk products. She got married in a resource poor family and after facing food scarcity for some time she takes initiation to make village resource rich. She started growing nutrition garden first at her home and then helped to others for same. After few years due to her efforts the village becomes malnutrition free because they all started growing nutrition garden.

Facilitator facilitated the group to understand the importance of kitchen/nutrition gardens. The facilitator asked the group that how many persons want to grow nutrition garden and to make plans of growing nutrition garden.

Facilitator started discussion on crop planning. Members shared their current plans for cropping. Most of them were thinking about one or two crops. Facilitator suggested about other crops including ragi and kang. Both belongs to minor millet group and has very good nutritious value. Participants were interested to growing these crops but they told that seed of both crops are not available. Facilitator told to participants to rethink about crop planning and make a new plan in which they can include these minor millets on small piece of land.

At the end of meeting facilitator summarized and discussed on prepared plans of nutrition garden and crop planning and members decide to organize a follow up meeting after one week. During follow up meeting some methods of preparing organic fertilizer demonstrated and facilitator provided a small kit of vegetable seeds and minor millet seeds to interested participants. Apart from this many participants expressed their interest in growing fruit plants. Facilitator told about WADI plants scheme of horticulture department. In next 15 days these interested and eligible participants completed formalities for getting plants and members of VAAGDHARA provided their support and 240 families received 20-20 mango plants.

Immediate outcome: 200 LANN PLA members established their nutrition gardens and 240 established their WADI, more than 50% members included minor millet in their monsoon crop.

Observations: During 14 and 16 meeting number of male participants was high. All group members were showing great interest in growing nutrition garden but with this they were asking to arrange some seeds. And during follow up meeting when seed distributed all participants gathered to take seeds to grow their nutrition garden.

LANN PLA meeting no 12 and 13:

Meeting 12 and 13 were held together due to time constraint. In July month Community gets busy in agriculture activities and due to rains organizing meetings is also a big challenge. so we decided single ay for both meetings.

Objective: To identify underlying causes of malnutrition in childhood, adolescent and mothers and implement possible strategies for improving nutrition and growth and find out preventive measures.

Duration: 3 hours

Process: Facilitator welcomed all participants and requested to discuss on previous meetings. They discussed about their nutrition garden and additional crops which were at very initial stage.

Facilitator told about content of 12th meeting. He circulates some picture card between group members and asked to understand them.



He said to 16 participants to take one- one card then he draw two circles and wrote under nutrition and good nutrition in circles.he asked members to stand in one circle according to their card. E.g. first card is showing early marriage so by adopting this practice the card holder will go in under nutrition circle because early marriage is a big reason of undernutrition among females as participants already learnt during second meeting – undernutrition cycle.

Like this all 16 participant chosen their circles and explained that why they are in that circle. Some of them were confused so other group members helped them. Then facilitator asked questions that how the people can go from under nutrition circle to good nutrition circle. What practice should be adopted. They started discussion on cards of under nutrition circle and try to find out possible strategies for that. E.g. one person has a card of lots of pesticides and insecticides , presently he is in under nutrition circle because use of these items in farming will lead many diseases and to get enter in good nutrition cycle he need to adopt organic fertilizers then he will enter in good nutrition cycle.

All participants were found this meeting very interesting and they were trying to interrelate these things. The group members decided that they will implement these feasible strategies to solve their under nutrition related problems. Facilitator concluded the meeting and started preparation for next meeting.

Facilitator asked to participants to think about causes of malnutrition in children and what we can do to prevent our children from malnutrition. After a short discussion among group members the facilitator narrate a story of an adolescent girl who get married in a poor family and after some gave birth to a underweight child. Her mother in law suggested to give goat's milk to child on the place of colostrum. She didn't get any health service during pregnancy and after delivery. Both mothers and child became very weak and ill with many signs and symptoms of malnutrition.

After narrating story to play chain game facilitator hanged a dummy of baby on a hook and displays four colors ribbons to group members and explained about them. These were red, green, blue and yellow.

Red- illness

Green-nutrition

Blue- entitlements

Yellow-cultural practices

Facilitator tie stones in all ribbons to make them little heavy and then requested to one of member to ask the story again. He distributed all ribbons between members and asked them to tie particular ribbon during story if they understand. e.g. in the first line of story it was said that girl got married in early age so in this sentence early marriage is a wrong cultural practice so one member will tie yellow ribbon in dummy's foot and make it little heavy. Like this in whole story many ribbons of different colors tied on dummy's foot like a chain and it became thin. By this game participant understood that due to many reasons like wrong cultural practices, lack of knowledge about entitlements, poor health care and poor nutrition child becomes malnourished.

Then facilitator asked members to think about break this chain and make strategies for that. Participants open ribbons and suggested solutions of problem related to each ribbon.

Facilitator summarized meeting and team members decided date for next meeting.

Observations: the content of both meetings found very interesting. And in both meetings all members actively participated. They did many mistakes in both games but continuously trying to understand the games and message of games.

LANN PLA meeting no 15:

Objective:To reinforce the importance and mapping of uncultivated food as a rich source for dietary diversity and discuss about its utilization, conservation and promotion.

Duration:2 hours

Process:after recounting previous meeting facilitator asked participants to prepare a matrix to map the different uncultivated food that is collected throughout the year. They started discussion and prepared a seasonality chart of uncultivated food. They asked to mention the name of food that is disappearing.

Name of food items	In summers season	During rainy season	In winter season	Food that is disappearing
Cereals				Kuri, bati, ragi , kangdi
Pulses				
Other legumes				
Green vegetables	kachri			Sarkariya, puwad
Roots and tubers				
Leafy vegetables	Timda,	Deemda,palak,rajan	Deemda, kachri leafs , bathua	
Spices				
Oil				Mahuva oil
Animal protein				
Fruits	Mango, jambul,date, temerind	Dangra, cucumber	Ber red	Timru, jungle jalebi
Others				

Group members prepared matrix and discussed about importance of uncultivated food. They discussed why this food is important. One group member told that this food gives has much nutritive values and without cultivating or any other input we can gather it and sometimes it is helpful during food crisis.

LANN as INTEGRATED APPROACH: WADI convergence, NREGA, Vegetable seeds: Community group of LANN PLA meetings linked with government schemes MGNREGA, WADI convergence program and vegetable seed kits for nursery of horticulture department.

WADI convergence and vegetable seed kits: 240 families of LANN PLA meetings got 20-20 mango plants and 200 families' vegetable seeds to establish their WADIs and kitchen garden. The aim of this is to enhance consumption of vegetables and in near future this will be source of income also.

MGNREGA: All group members of LANN PLA cycle motivated to prepare their micro plans and their plans submitted to panchayatsamiti and 341 of them received work under MGNREGA up to 3 lakh for each family.