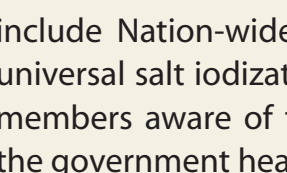


### 3.3.2 Health and Nutrition Education

Health is a basic right of all of us. In the villages, most of the people are illiterate and they are less aware of healthy habits and keeping good health. DISA has initiated a continuing health and nutrition extension education to make the villagers more aware and careful to the health, nutrition and personal health needs, particularly for the women and their children. As a result the group members have become aware about their health, nutrition and sanitation situation. For rendering the health and nutrition extension education services to the community people, DISA initially organized the Training of Trainers (TOT) for the senior officials for which a Handbook on Health, Nutrition and Personal Health was developed. The trained officials then conducted training on the subjects for the field officials, who rendered the extension education service to the members of the VOs and their adolescent girls and boys. During the year, the health, nutrition and personal hygiene related education emphasized on the following vital issues:

- a) Breast feeding for baby:** Breast milk is the best food or drink for all newborn babies. The first yellowish milk that comes in mothers' breast after child delivery is the most important food for the new born babies is so concentrated with nutrients and immunologically important elements that it not only takes care of nourishment but it also protects the children from many communicable diseases. Moreover regular breast feeding protects 98% women from pregnancy for five months after giving birth of children. Mother's breast milk alone is sufficient for keeping good health of the baby during first six months of his/her life.
- b) Complementary food for growing baby:** Up to the age of 6 months, breast milk is insufficient for a baby. After 6 months of age, the baby needs some more foods, especially solid ones, for his/her rapid growth. In DISA's group meetings, mothers are advised about appropriate supplementary and nutritious foods grown locally and prepared at home for feeding their children after six months of their age. Demonstration of appropriate foods and use of information, education and communication (IEC) materials are used for easy understanding of the mothers. The trained field officials facilitate such sessions or events at village level by using the VOs weekly meetings.
- c) Need for Intake of Protein and Micronutrients:** Many children of Bangladesh suffer from growth failure and micronutrient deficiencies. For these reasons, a good diet composed of adequate protein and micronutrients for the children and adolescents is emphasized for a healthy generation.
- d) Adolescent Girl's Care:** Adolescent age starts from 12 yrs of age to continue up to 17 years. An adolescent girl needs support for her physiological changes at her age. The mothers of the girls are made aware of these needs of their growing children so that they can become responsible mothers during her life-cycle.



- e) Special Needs of the Pregnant and Lactating Mothers:** The pregnant and lactating mothers need extra care to feed their children in the womb or at home. In our social contexts, there are many obstacles on the way of ensuring the additional foods and care for them. The group meetings make them aware about these for bringing about a change..
- f) Home Gardening:** Home gardening is an integral part of community nutrition activity. It is an appropriate strategy to improve the nutritional status of the target household members and changing their habits for having a direct impact on the family nutrition. Home grown foods are now specially important, because of large scale adulteration of food stuff sold in the market.
- g) Hygienic food preparation:** DISA's field officers give advice to the group members to prepare the foods in a hygienic way for their families. Food preparation in hygienic way is most important for good health of family members. Women should wash her hands and every thing before preparing and serving foods for all the family members including themselves.
- h) Increasing Access to Micronutrients Supplementation:** Government has introduced some national level programs for micronutrients supplementation. These include Nation-wide Vitamin A distribution, controlling iron deficiency anemia and universal salt iodization for preventing goiter.. DISA's Field organizers make the group members aware of these programs so that members can utilize these benefits from the government health initiatives.
- i) Safe Child Birth:** For safety of both pregnant women and the new born, the child birth should take place under the supervision or by direct handling of trained midwives at the local health centre. But till now more than 95 percent of child birth take place in the rural areas at home level with the non-trained traditional birth attendants. DISA gives advice and motivate the pregnant women to have the child births normally at the local health installations by the trained birth attendants.
- j) De-worming and Access to Safe Drugs:** De-worming is being encouraged for all target households in the community and especially for those under food supplementation. The assistance of staff from the local GoB health centers for coordinated implementation of these interventions.
- k) Behavioral Change Communication:** For bringing about positive changes in the society, many traditional beliefs and practices need to be changed for improving nutritional and health status of the rural people. These changes are related to eating, feeding and other caring practices, particularly of children, adolescents and P/L women. DISA motivates and inspires its program participants to be positive in behavioral change and build up an enlightened nation.

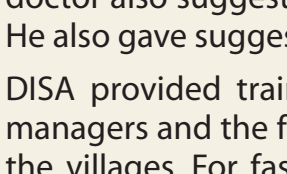
A Micro Credit Group member's (No- 2027) husband with physical disability is receiving cash money against Medical Facilities from Area Manager, Micro credit program of DISA.

### 3.4 Scholarship Program under MFP

DISA has started to provide scholarship to the students of schools at urban and rural areas. In Rural areas, the children of VO members of micro finance program of DISA and in the urban areas, the students of the parents who are economically handicapped are eligible for applying to scholarship program. DISA gives scholarship to the students of class Eight and Ten with an amount of Tk.1,000 per student per month. This scholarship is given from the DISA's Security and Welfare Fund and the contribution of the supporters Group Members.

DISA Provided scholarship to 327 students in rural areas in 2012. It also finalized a list of applicants for scholarship for 341 students in rural areas in 2013.

UNO of Burichang, Comilla Mr. Mohammed Khorshed Alam Khan along with Upazilla Education Officer Mr. Md. Iqbal Hasan & Upazilla Social Welfare Officer Mr. ZM Mizanur Rahman is in distribution of scholarship to the students where the responsible staffs of Burichang branch of DISA were present.



Upazilla Social Welfare Officer Mr. Mostafa Mahmud Sarwar & Upazilla Academic (Secondary Education) Officer Mr. Bhupati Ranjan Sotradhar is in distribution of scholarship to the MFMs student-children's of Kotibazar, Kasba, Brahmanbaria branch of DISA.

### 3.5 Livestock Treatment and Training

Every year DISA gives loan to its selected beneficiary households for beef fattening under ASM project. Beef fattening is a profitable business, especially prior to the Eid-ul-Azha when we need lot of fattened oxen or cows for sacrifice on the Eid day. During the year, DISA gave Tk.4.00 crore as loan for purchase of 2,384 lean cows by the VO members.

For reducing the death risk of these cows and proper way of fattening cows, DISA provided veterinary support for the members and borrowers. DISA gave de-worming tablets to 2,500 cows and vaccinated 2,700 cows for preventing anthrax disease free of cost. DISA organized several vaccine camps in its working areas where they gave vaccines and treatment to the borrowers' and also the villagers' cows. DISA's Livestock doctor gave free treatment and Livestock Services Providers (LSP) gave treatment at reasonable cost for various diseases like Foot and Mouth Disease (FMD), Anthrax, Black Quarter (BQ), Haemorrhagic septicaemia (HS), Tympny, Bloat, Indigestion, Diarrhoea, Anorexia, Dysentery, parasitosis coccidiosis and urea poisoning, etc. DISA's Veterinary doctor also suggested them about the feeding schedule and proper way of fattening. He also gave suggestions and treatment over telephone.

DISA provided training about animal rearing and primary treatment for all of the managers and the field officers. So they can also give primary treatment of the cows in the villages. For fastest treatment of the cows, DISA selected 24 volunteers from all working areas and gave them 2- day long refresher training about cow rearing, cow fattening, cow vaccination and symptom of different diseases and their treatment.

DISA tried to reduce the death risk of cows of the members and villagers and tried to make them healthy so that the members can make profit by doing this business.

Treatments provided by DISA for the VO members for the safety of this cows are reflected in the table below:

Sl no	Activities	Total number of Cows	Borrowers' Cows	Other people's Cows
1	De- worming Tablet Distribution (Free of Cost)	2447	1550	97
2	Anthrax Vaccine (Free of Cost)	2525	2350	175
3	Foot and Mouth Disease Vaccine	140	100	40
4	Treatment Direct	340	280	57
5	Treatment by phone	300	205	95
6	Leaflet distribution (cow rearing & beef fattening)	3500	2350	1150
7	Training of members at Samity	500 persons	350 persons	150 persons
8	4 Days Training of ME members by DISA and sponsored by PKSF.	40 persons (two batch)	-	-

DISA's LSP (first one left) and other experts in the Cow Rearing Training for Village Group Members under Micro Credit Program of DISA.

## CHAPTER FOUR

### Other Development Programs and Projects

#### 4.1 Education Program

With the financial and technical support from BRAC, DISA started in 2001 an educational program for the drop-out and deprived children of the age of 8-10 years in Chandina and Debidwer upzilas under Comilla district. At first the program was started with 150 students in 5 schools in 5 villages. The students comprise of 70% girls and 30% boys. There is one teacher in each school of single class and a Program Organizer to supervise 10 schools. Schooling time is 4 hours every day and 6 days in a week. The Program organizer has to make monitoring visits to every school twice in a week. Students draw pictures with pencils colored by natural things like leaf, flower, lime, etc. As co-curriculum activities the students participate in dancing, singing, story telling and other entertaining events. The children enjoy their learning in their schools, for which drop-out rate is found very negligible.

ESP School students are in Physical Exercise before starting Class room study at the Education Center

#### Present Status

Now there are 900 students (458 boys and 442 girls) in 30 schools in 4 upzilas. At present DISA is running 30 Centers under the Education Support Program- ESP in 2 Upazilas e.g. Chandina & Daudkandi of Comilla District.

Number of Educ. Center	Starting date	Students who are studying in the course		
		Boys	Girls	Total
7	25-01-2012	143	67	210
8	15-03-2012	171	69	240
7	25-01-2012	64	146	210
8	04-03-2012	80	160	240
30		458	442	900

#### Previous Accomplishment of ESP Program

Number of education centers	Starting date	Completion date	Students who completed their course		
			Boys	Girls	Total
5	07-06-2001	12-01-2004	40	110	150
5	31-03-2002	06-01-2005	40	109	149
5	25-03-2004	09-01-2007	40	110	150
5	22-02-2005	08-01-2008	40	109	149
6	07-03-2007	08-01-2010	40	109	149
7	18-03-2008	06.01.2011	40	110	150
5	24-08-2011	30-12-2012	54	96	150
Total			334	753	1047

ESP Students are Studying in the Class Room



#### 4.2 ALOGHAR

ALOGHAR is an innovative initiative of DISA. ALOGHAR means 'light house' that spreads light of educational services to the community people. The program was initiated as a Child Rights Center in the year 2003 with the financial support of UCEP Bangladesh and Save the Children Sweden-Denmark. Financial support of these organizations continued up to 2005 and 2008 respectively. Considering the overwhelming acceptability of the community and the need of the services, DISA became keen to continue the initiative by arranging alternative financing from within DISA, its employees and overall interest of the Chief Executive of the organization. This illustrative institutional support and popular participation of the community enabled ALOGHAR to continue its services in a wider scale during the year.

Aloghar remains open every day, except Friday, from 9:00 a.m. to 8:00 p.m. (with a break from 12:00 noon to 3:00 p.m) for any person including children and adults in the community and also from outside. The centre serves through providing facilities like reading, knowledge sharing for which no fee is required.

**Goal :** Providing quality educational services, sharing information, communication and technological support and services to the community people for building up an enlightened community.

**Objectives:**

- o To Provide Library Services to the community people and others interested for having the services
- o To make available internet services for the attendees at the Aloghar
- o To help people with information and relevant guidebooks for having employment at private and public organization.
- o To provide education scholarship to the students
- o To help the school students with the academic books and places for home works of the students
- o To make easy access to all daily national newspapers for the community people
- o To help University/college students for doing internship on development issues
- o To create scope of learning and enjoying entertainment through use of TV and VDO display.

Six daily national leading News Papers old copies are available in the archive of Aloghar since 2006. It's open for all without any charge. Aloghar Service staff provides the required old copy to the visitors. Old copy is not allowed to take out side. If needs copy of any part of that to be provided by the Aloghar authority.