



सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार



LINKAGES OF LIVELIHOODS AND FNHW

Facilitator Guide for SHG Meetings



Deendayal Antyodaya Yojana - National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India



Dear Facilitator

This facilitator guide on “**Linkage between Food, Nutrition, Health, WASH (FNHW) and Livelihoods**”, is designed to help all facilitators under State Rural Livelihood Missions (SRLMs) in rolling out the Flipbook and disseminating key messages within the SHG groups and other community cadres. This session is part of a training package on Food, Nutrition, Health and WASH (FNHW) consisting of Flip books, Facilitator guides, Posters, Counselling Cards and Stickers.

The objective of this training is to make the participants understand the significance of FNHW in improving savings & livelihoods and to empower SRLM staff, cadres and community at large with the knowledge and key messages to improve the behaviour related practices pertaining to FNHW. This knowledge will consequently help to adopt better behaviours and practices that will improve the better utilisation of FNHW knowledge and practices in the individual SHG women and their families. We all know that FNHW results in good health, higher productivity leading to reduction in poverty and improvement livelihoods and quality of life.

It should be kept in mind that this orientation package, although meant for SHG women, should serve as reference material for the entire family. Information provided under each session through flipbooks and this guide should be seen as collective learning for the family, and each member of the family needs to play their part to ensure that the messages are adopted by them in everyday lives.

The responsibility of getting these behaviors imbibed does not lie with women only; the men/husbands/older boys in the family need to ensure making arrangements for whatever is required to follow these practices on FNHW.

Objectives

By the end of the session, the facilitator will be able to:

- Explain the benefits for the family members after joining self-help group.
- Explain the importance of good health, nutrition and sanitation in life and how it is linked with better earning and savings in the household.

Initiate the Session

The participants undergoing this training will be sensitised on the benefits of being part of Self-Help Groups, and how to improve savings and livelihoods through gaining the right knowledge on Food, Nutrition, Health and WASH practices.

It is very important that in this session facilitators allow the participants to perpetuate positive thoughts, success stories and benefits of joining the Self Help Group platform. More importantly, to ensure that participants truly understand that FNHW and livelihood are linked, are interdependent and good health and nutrition leads to better livelihood, increased savings and improved quality of life.

Case Study

Reema was 38 years old and survived with three daughters (6, 14 and 18-year-old) when her husband Balram died. She works as a daily wage worker in the nearby farms, and finds it very difficult to meet the expenses of her household.

The mounting expenses of food, everyday requirements, education of children, repair of the house with the roof leaking and the thought of getting her eldest daughter married was adding to her worries. To add to this, there was very often some or the other member of the family falling ill and the sudden expense on medicine and doctors kept adding to her burden, giving her mental stress which made her tired and weak. She was noticed by Vani, an active SHG member in the village who understood Reema's problem and tried to help her.

- ▶ What could be her questions to Reema?
- ▶ What are the ways to address her problem?

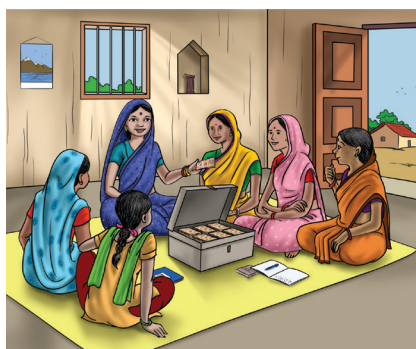
Note: Do not provide any answers now, listen to what the group has to say.

Step 1: Why should one join Self Help Groups?

Initiate discussion with questions to the participants and ask them to share their experiences after joining as an SHG member and list the support and advantages of being a SHG member on a paper/white board.

Ask the group: What kind of support do we get after joining a self-help group?

- Have you observed any changes after joining the SHGs?
- Did you learn anything new?



Debt & Negotiation



Training



Livelihood

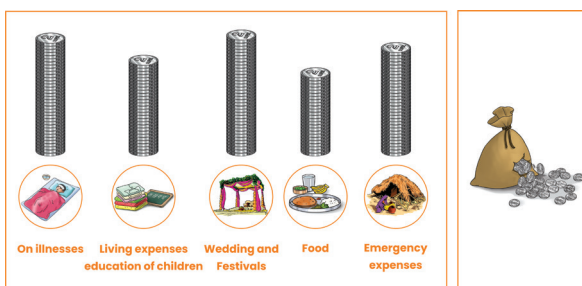
Discussion Points: Facilitate the discussion, probe and make sure that the points below are brought out for discussion. Ask for examples against each of these points.

- Easy access to credit
- Various trainings that increase savings and promise livelihoods.
- Unity, courage and awareness increases among the women and poor
- Learn to help each other
- During the meeting of the SHG members the women get to know about various social development ideas, schemes of the government and their entitlements.

■ Step 2: Where is our hard-earned money spent?

Now, lead the discussion towards different kinds of expenses in the household. Ask the participants about their day to day requirements that are needed in the household and then about the sudden expenses that are unforeseen. Also discuss that even after some savings what

can happen and exhaust all savings suddenly. Make sure to cover all points during discussion such as everyday expenses, education, food, clothing, festivals, weddings and other miscellaneous expenditures.



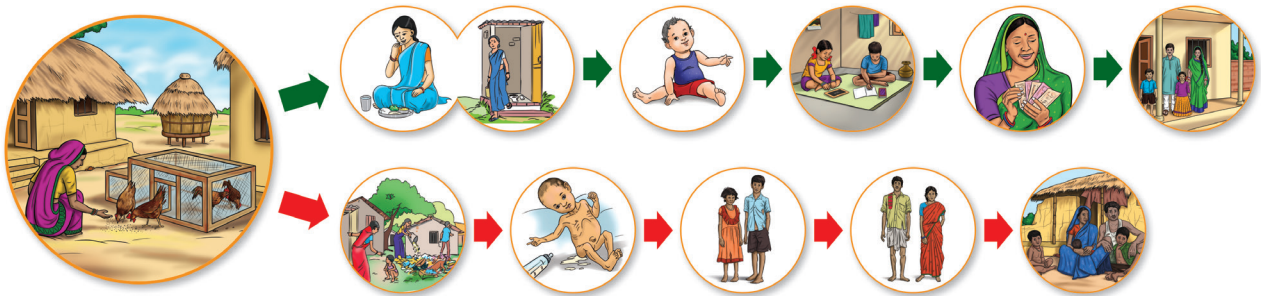
Discussion Points

There are some expenses that we cannot avoid in the household such as food, everyday living, education, festivals and natural disasters, etc. Some expenses can be controlled such as celebrations, weddings, clothes, lifestyle, etc. But there are certain unexpected expenses that cannot be controlled but can surely be prevented. Such expenses eat up our hard earned savings. These expenses are on illness and certain diseases, which could be avoided or reduced to a great extent by following some appropriate and healthy behaviors and practices. We will be discussing that further in the next section.

■ Step 3: Know the linkage of proper Food, Nutrition, Health and WASH with livelihoods

The Facilitator should initiate discussions with the participants to make them understand the significance of good food, nutrition, health and WASH practices and the consequences if these are not followed.

Participants should also be made to understand that livelihoods/increased income and good health are interdependent. One will be able to earn better if one is healthy and to remain healthy a person has to pay attention to good food, nutrition, health and WASH practices, not only for oneself but for the entire family. conditions. Poor health due to inappropriate nutrition and sanitation may lead to long lasting adverse and poor conditions for the family.



Not paying attention to FNHW will therefore result in a vicious cycle -

- Our money will be spent on frequent ailments and diseases.
- Impact of it may not only affect physical health but also our mental health.
- Children suffer from malnutrition due to which they become physically weak and have poor learning in academics.
- Frequent illness reduces the ability of adults in the family to work and therefore earning capacity is also reduced.
- The weak and diseased parents, especially mothers will then give birth to weak children.

And thus this vicious cycle goes on, unless something is done about preventable frequent ailments and diseases occurring in the family.

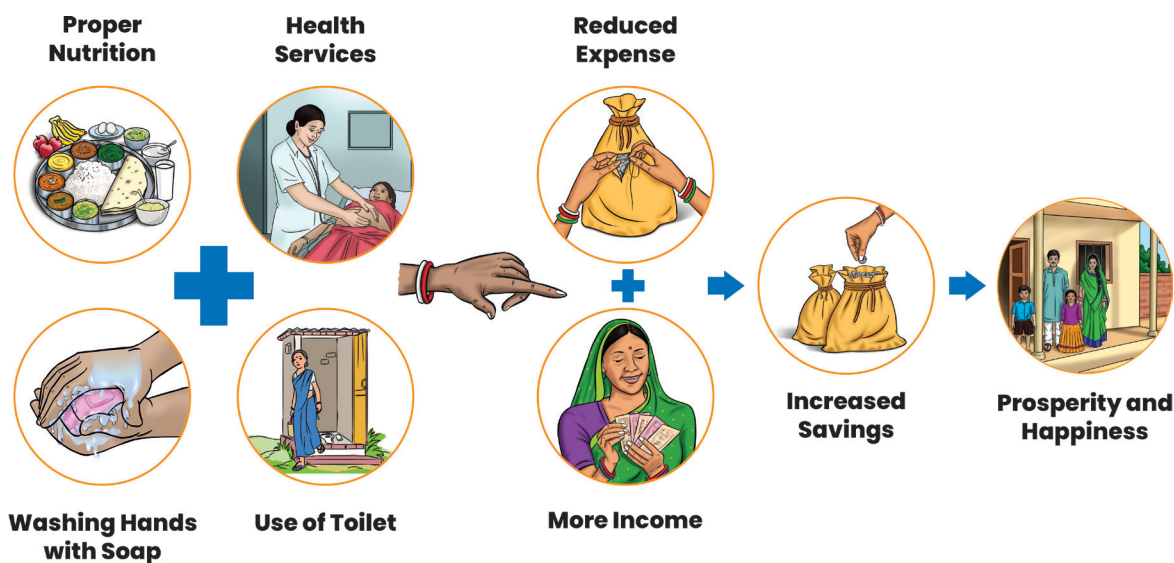
Step 4: How to avoid spending money on preventable illnesses and diseases?

Continue the discussion with the participants on what measures we could take and what should be avoided to reduce expenses on these preventable and unwanted illnesses.

Ask the group to identify what could be the causes and solutions, according to them for these illnesses and try to seek the points below -

- All members of the family, especially children, pregnant mothers, lactating mothers, need good nutritious food.
- Have functional toilets at home, ensure usage by all family members, give importance to cleanliness and hygiene, wash hands with soap at critical times.
- Utilise the services of health centres and hospitals, whenever necessary. Do not delay seeking medical help.

- By following and maintaining health, nutrition and hygiene practices, we can maintain productivity of our work, increase savings and prosperity of our family.



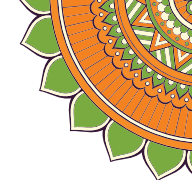
Explain the above points with the help of the diagram and bring out the connection of FNHW practices with increased savings.

Behaviour changes and access to government nutrition, health and sanitation services

A comprehensive behaviour change communication strategy is and should be implemented to increase knowledge and practice of recommended nutrition, health and sanitation behaviours and improve the uptake of these services with a focus on behaviours in the critical 1000-day period (from pregnancy to 2 years of age).

In addition, capacity building efforts and coordination with the respective government departments ensure greater use and uptake of the services and entitlements being made available through the Government of India's programs such as ICDS, Public Distribution System, Health Missions, Swachh Bharat Mission, etc. SHG members are also mobilized to participate in awareness events like Godbharai (Indian ceremony during pregnancy to welcome the unborn baby), Annaprashan (baby's first feeding ceremony), which are organized at the Anganwadi Centres. The VNHD's planning drives to ensure open defecation-free villages and all such activities that promote appropriate sanitation, health and nutrition behaviours.

Social Action Committees (SACs) and Community Resource Persons (CRPs) are encouraged to work in close coordination with ASHA and Anganwadi workers to ensure that target groups can access services in a timely manner.



Summarize by reiterating with the group that –

- Illness and sudden expenses incurred reduce our savings and this can be minimized.
- SHG members have the advantage of;
 - Meeting and discussing social issues with other women.
 - Lending and receiving loans when needed, even to meet health related expenses.
 - Gaining knowledge on appropriate Food, nutrition, health and WASH practices. and take to their families;
 - hereby reducing unexpected expenses on illnesses, and increase saving.
 - Thereby improve livelihoods and earnings.
- This establishes a clear link between livelihoods and FNHW.

■ ■ ■ Role of Self Help Group

- ▶ The group should ensure that all members understand that FNHW is closely linked with adequate livelihoods and these are interdependent.
- ▶ For proper linkages, it is important that the group ensures the required convergence with ASHA, ANM and AWW to avail the FNHW services provided in their area.
- ▶ The group should discuss the need and initiate Health Fund generation accordingly.

Note: The Self Help Group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.

Session concludes: End the session by revisiting the questions from the case study and their answers. Thank the participants and close.



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA- NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

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