

Nutrition School: A Base for Change

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If we can work using the timely developed, then it can bring many personal, family and social changes in society, which may also have an impact on people's lives. In addition, if a new development model can be adopted, unexpected results can also be achieved.

The Food and Nutrition Security Enhancement Project, run by the Ministry of Agriculture and Livestock Development, has been organizing various programs in Gajuri RM for the women of the Nutrition group under the Sunaula Hazar Din to raise the living standard of the women in the community.

The Nutrition School of Gajuri RM, Dhading, is the first school operated by FANSEP. In different areas of Gajuri RM, the Mothers group of the Sunaula Hazar Din has formed a Nutrition group and registered locally. In the nutrition school, all the women from the nutrition group are included to make them aware and teach them about the importance and necessity of nutrition.

Informing the positive impact of locally available food and its nutritional value and the supplements found in the food, at least one nutrition school and one nutrition garden were initiated within the group since 2077 in Gajuri RM. The Nutrition school has become a place to gain practical knowledge about nutrition for the mother group of the Sunaula Hazar din and women of reproductive age. The school teaches Pregnant women and post-natal mothers to make the locally available food nutritious for both mother and the baby. In addition, the importance of maternal nutrition and care and the importance of child and adolescent nutrition required for growth and development are also discussed. Other topics like preparation and exhibition of nutritious foods, basic drinking water, sanitation and hygiene, social behaviour change, nutritional supplements for mothers, and emergency health services during pregnancy and delivery are also explored and



discussed. To learn and practice, the members of the nutrition group are given training by the nutritionists and facilitators.

In the monthly program of the school, the participant gathers to discuss various topics. The nutritional status of children is checked on the basis of age, height, weight, arm measurement, meals, personal hygiene, record of vaccination, and the use of a nutrition garden is also studied to compare the positive difference brought by the program.

In addition, they are also informed and made aware of the nutritional value of locally produced food items like Millet, barley, Sorghum, Spinach, Soybeans, orange, Papaya etc. After being a part of the school, the participants have developed the self-confidence to speak up within the groups on various topics. Also, the members are taught to breastfeed the infants for up to six months.

Earlier, the community members ate meals to fill their stomachs. However, after being a part of the school, they have started diversifying the food. Also, they now plant a variety of fruits and vegetables, in comparison to past practices where they planted a single type of plant on their land. In addition, they have realized that the readily available food should be mixed and consumed to be safe from malnutrition. After this project, we do not have to travel to Gajuri Bazar to buy food and vegetables, says Dhanmaya Tamang, a permanent resident of Gajuri-4.



It proves that the Nutrition program has become successful and effective in Gajuri RM. In comparison to other programs that are organized in the community by gathering community members, the program of Nutrition School is more productive and practical, which proves the program's effectiveness in the community.