



## KEY PROGRESS

- **8,815** pregnant and **21,948** lactating mothers received counselling support on health, hygiene, and nutrition issues.
- **7,763** Gender Equity Movement Sessions (GEMS) in **297** schools for students of grades VI-VIII, with **277,729** adolescents (girls-163,694) attending the sessions.
- **123,289** community people (60% women) capacitated on nutrition issues through Tfd shows
- **7,484** CSG members (55% women) capacitated and 74% of 624 CSGs are performing excellently.
- **1,561** bi-monthly meetings facilitated by **624** Community Support Groups (CSG).
- **12,3795** community people linked with government departments through CSG support.
- **1,600** farmers (70% women) trained in homestead gardening, dairy management practices, and climate-smart agricultural techniques.
- **3,200** PLW (Poor and Extreme Poor) received boosts up support on cattle feed (1,231) and homestead gardening (1,969).
- **158,105** household members (84% women) received nutritional gardening and climate-smart agricultural messages through household counselling, courtyard sessions, etc.;
- **30%** budget increased for nutrition interventions in about 64 Union Parishad.
- **14** Upazilla Nutrition Coordination Committee (**UNCC**) and 2 District Nutrition Coordination Committee (**DNCC**) planning meeting facilitated in Rangpur and Nilphamari districts.
- **65** Upazilla Nutrition Coordination Committee (**UNCC**) members (15% women) capacitated on their roles and responsibilities and nutrition sensitive issues;
- **920** frontline officials (47% women) engaged with project activities;

## COMMUNITY SUPPORT GROUPS (CSGs) ARE NOW MORE FUNCTIONAL

JANO took the initiative to mobilise 268 women volunteers, promoting mass awareness on nutrition issues and women's leadership within the community. This move has been additionally supported by 624 CSG members playing a more active role than the previous year. This dual action saw an increase in the awareness level of communities as they are able to more effectively raise their demands to relevant public and private sector actors. The proportion of women and adolescents accessing and receiving nutrition-specific and sensitive services from relevant service providers increased significantly in comparison with the baseline and midterm evaluation. Access to health services from the community clinic (CC) progressed from 35.5% at baseline to 96.9%, and access to extension services progressed from 3.98% to 23.9%.



## ESTABLISHMENT OF MODEL UNION



In order to showcase the trickle-down effects of the functional system of the government's nutrition plan, JANO is actively working towards establishing 7 model unions in 7 project operating Upazilas. Till date, these selected model unions have set up vegetable gardens, a citizen charter installed to let the people know about the various services provided by the Upazila a hand washing station in front of the UP complex and a breast-feeding corner within the community clinics. To demonstrate an exemplary and functional union, the following activities are ongoing

- Cultivating seasonal vegetables within the model union boundary.
- UDCC actively working to stop early marriage in the community level.
- UDCC committee members present their progress in the bi-monthly meetings.
- Arrangements to facilitate allocating nutrition sensitive budget under UDCC nutrition action plan.

All the 331 schools under JANO project set an agenda on nutrition-specific and sensitive services for adolescents in the SMC meeting. 23 out of 30 SMCs sampled during the year 4 annual assessments, are governed by an adhoc committee and reported that they set an agenda for nutrition-specific and sensitive issues for students. They discussed healthy diet and nutrition issues and consequently, teachers encouraged students to try vegetable gardening and poultry rearing at home. Furthermore, 25 out of 30 sampled SMCs prepared the Annual Action Plan Properly. In bi-monthly meetings, SMCs updated the progress of their plan.

## ACTIVE ENGAGEMENT OF SCHOOL MANAGEMENT COMMITTEES (SMC)



## DNCC VISITS TO UNIO PARISHAD



On June 8, 2022, members of the District Nutrition Coordination Committee of Nilphamari visited Ramnagar Union Parishad under Nilphamari Sadar upazila to observe their annual nutrition plan meeting and different nutrition-focused initiatives. Md. Abu Bakkar Siddique Deputy Director, Department of Agricultural Extension, Nilphamari, Md. Shafiqul Islam District Education Officer, Nilphamari, Shahid Mahmud Chairman, Upazila Parishad,

Sadar, Nilphamari, Tahmin Haque Bobby, President, Press Club, were present during the visit. The meeting was chaired by Md. Obaidul Islam, Chairman Ramnagar Union Parishad Nilphamari.

**Md. Zahurul Haque**, Secretary Ramnagar Union Parishad, highlighted the progress of the annual nutrition plan of the Union Nutrition Coordination Committee for the financial year. Other topics such as agriculture, health, family planning, public health and engineering were also mentioned. Representatives of different departments discussed the progress of nutrition planning at the community level and the budget allocation in the Union Parishad. At the end of the discussion, the members of the District Nutrition Coordination Committee visited the vegetable garden, hand washing facility at the Union Parishad premises and also visited Ramnagar Community Clinic.

On October 26, 2022, the District Nutrition Coordination Committee, Rangpur and Nilphamari, held a day-long workshop titled 'Role of Media Workers in Nutrition Development', with journalist members of District and Upazila Nutrition Coordination Committees. The former Minister of Culture and Honorable Member of Parliament for Nilphamari-2 Constituency, Mr. Asaduzzaman Noor, attended as the chief guest. Hasina Rahman, Deputy Country Director of CARE Bangladesh, Nazneen Rahman, Senior Team Leader of JANO Project, and Persia Rahman, Assistant Manager of JANO Project, overlooked the workshop. Other officials from CARE Bangladesh, Plan International Bangladesh and ESDO were also present, along with various government and private officials.

## JANO ORGANIZED MEDIA WORKSHOP



## KARATE TO COMBAT GENDER-BASED VIOLENCE



JANO project introduced Karate training for young girls' to encourage physical fitness, increasing their self-esteem and confidence to protect themselves from gender based violence, while defying traditional gender norms and 175 adolescent girls were trained during that time, which encouraged more girls to join. The trained girls in turn teach their peers and this has also helped attract the attention of boys who came forward to learn Karate. So far, an additional 168 adolescent girls and 10 boys from 15 schools received the training, while more are in training. This initiative has changed the perceptions of people while making way for a stronger generation of adolescent girls, capable of protecting themselves and others.



## AWARDING TEACHERS FOR THEIR SPECIAL CONTRIBUTIONS DURING COVID-19 PANDEMIC

On December 4, 2022, twenty one secondary school teachers from Rangpur and Nilphamari districts received special awards for their exemplary contribution towards ensuring education of local children during COVID-19 pandemic. The teachers conducted classes on various subjects via the JANO Facebook page with the support of the project, helping student access an education while remaining inside their homes, as schools were shut down during the pandemic. Additional Secretary of the Government of the People's Republic of Bangladesh and Executive Director, Kabi Nazrul Institute, Mr. Mohammad Zakir Hossain graced the occasion as the Chief Guest and the Honorable Director, Secondary and Higher Education, Rangpur Region, Rangpur, Prof. SM Abdul Matin Lashkar presided over the ceremony. The chief guest applauded JANO's initiative and praised the dedication of the teachers. He said, "Students' interest in study must be awakened, learning should be attractive, only then students will continue to study under any circumstances overcoming all challenges and obstacles. The digital medium is one of the most timely and effective means and teachers have already shown through this wonderful initiative. I hope this activity is replicated in other places."



## MEDIA FELLOWSHIP: HANDOVER CEREMONY OF

JANO project organized the media fellowship award to be presented to four selected journalists in four different categories. The event on December 8, 2022, took place at Hotel Lake Castle in Dhaka and was attended by Ms. Kabita Bose, Country Director of Plan International Bangladesh and Mr. Aamanur Rahman-Director, Extreme Rural Poverty Program, CARE Bangladesh Among others. The journalists receiving this coveted fellowship were Hosain Md Sajibur Rahman (The Financial Express), Farhana Zaman (Jamuna Television), Afia Afrin Appy (The Business Post), and Tarek Al Hasan (Prothom Alo). Under this fellowship programme, each journalist visited JANO's working area and produced 2 reports for their respective media channels. Following an orientation, where they were familiarized with various aspects of the issue, they committed to continue advocating on nutrition governance through their work. Among other special guests, Project Manager of the Joint Action Nutrition Outcome (JANO) project, Plan International Bangladesh Mohammad Faiz Kawser; Project Focal, JANO, ESDO Abu Zafar Noor Mohammad were present at the function. The ceremony was presided over by Head of Central and Northern Region Programme, Plan International Bangladesh, Md. Ashik Billah.

## EXPERIENCES & RECOMMENDATIONS: JANO'S ROUNDTABLE ON ADOLESCENT NUTRITION, HEALTH AND GENDER AWARENESS



A roundtable, titled "Adolescent Nutrition, Health and Gender Awareness: JANO's Experiences & Recommendations", was held at Begum Rokeya Auditorium of RDRS Bangladesh in Rangpur December 10-12, 2022. The many experiences and recommendations from the project were the major aspects of the event. Prof SM Abdul Matin Laskar, director of Rangpur Region Secondary and Higher Secondary Education, chaired the event. Md Ashik

Billah, head of the central and northern region programme of Plan Bangladesh, gave the inaugural speech and Mohammad Faiz Kawser, project manager of the JANO project presented the keynote.

Amongst the participants, some shared insightful information based on their experiences. Antora Roy, an adolescent shared about how unaware she had earlier been of the importance of nutrition, reproductive health and safety. Segufta Nasrin, a teacher, pointed at social stigmas among parents being the biggest barriers to implementing such campaigns.

Afroz Mahal, director of programme management and implementation at Plan Bangladesh, Dr Md Shahid Uz Zaman, founder and executive director of ESDO; Shamimur Rahman, deputy director of the Department of Agricultural Extension (DAE) in Rangpur; Dr Shamim Ahmed, civil surgeon of Rangpur; Md Shafiqul Islam, education officer of Nilphamari; Md Mosaraf Hossain, assistant inspector of Bangladesh Madrasa Education Board; also spoke at the roundtable among others.

"The Talking Book has helped me get very useful information during and after my pregnancy. The songs are enjoyable and it is interesting to listen to," says Asma Akhter, a lactating mother from Nilphamari Sadar Upazila. Asma is one of nearly 62,000 people who have learnt something to the Talking Book. This uniquely prepared audio device contains a library of informative content in the form of songs and general messages that are useful to the community. The project deployed 208 Talking Books through 208 volunteers. The Talking Book was highly efficient as a means to share information in a fun way while reducing the talking time of volunteers, thus earning both admirers amongst its audience and the volunteers. There are a total of 38 messages in each talking book on various issues and overall, people have listened to 112,946 messages. The most popular message was 'How to take care of pregnant mothers (song)' which has been played 11,844 times, followed by 'How to take care of lactating mothers and children under five (song) played 7673 times and 'Health check-up schedule for pregnant mothers (speech) played 7,480 times.

## TALKING BOOK AS AN EFFECTIVE TOOL FOR ICT4NUTRITION



## JANO E-LEARNING APPLICATIONS



To enhance the nutrition specific and nutrition sensitive knowledge and awareness among frontline workers and community people the project has developed four learning solutions for the volunteers and community people (particularly targeting pregnant and lactating women, adolescents and children) to enhance their knowledge on nutrition, as well as important health and hygiene topics. These directly accessible apps will increase the quality of nutrition and health related services received and promote a

healthier and service oriented behavior among community people. Customized modules have been developed for different user knowledge levels. During the previous six months, 3956 pregnant and lactating women and adolescents and 208 community volunteers installed and used the app on their smart phones. Volunteers are essential in transferring, installing, and improving community users' abilities to effectively use and learn from this application.

# 01 story



## How Simple Text Messages are Impacting Shyamoli's Life

“ I am continually receiving new information and learning from the messages, which have been very helpful for me during my delivery. I think others can be equally benefitted so I share the info with those around me whenever I can believe that these are essential for others, so whenever I get the opportunity, I share the information with everyone around ”

## HOW SIMPLE TEXT MESSAGES ARE IMPACTING SHYAMOLI'S LIFE

Shyamoli Akhtar, 25, is a mother of two living with her husband in Nilphamari. During her first pregnancy, she had little understanding of dietary needs throughout the pre- and post-pregnancy period and also had no access to nutrition information. When Shyamoli became pregnant for the second time, she came to know about JANO from a project volunteer who visited her house. She has since attended courtyard meetings hosted by the project. From the courtyard meetings, she learned about different nutrition-related services, but it was difficult for her to remember the technical information. With the help of the volunteers, she registered for the JANO SMS service and started receiving nutrition-related technical messages directly on her phone.

These messages help her receive key information, which she can keep in her mobile phone to read later as a reminder. Shyamoli said she read the messages after her pregnancy and they helped her take necessary steps for both her and her child's health and nutrition. She also shares the message information with her neighbors. Shyamoli said, “We are now able to learn a lot. Pregnant women, breastfeeding mothers, and adolescents might benefit from this initiative, which contains a wealth of information. However, for adolescent boys, something else will probably work.”

Adolescent boys in Shyamoli's neighborhood have a high rate of drug addiction. Knowing that awareness messages are being distributed, she hopes that in the future, other information on the harmful side effects of drugs and drug addiction will be distributed via the JANO initiative.

Shyamoli said, “I am continually receiving new information and learning from the messages, which proved most useful during my delivery. I believe that these are essential for others, so whenever I get the opportunity, I share the information with everyone around me.”



Shyamoli Akhtar (3rd from the left) attending a courtyard session

# 02 story

## eLearning App: Giving Access to Life-Changing Nutrition Information

“This app provides nutrition information about mothers, children and adolescents. I can now help myself and others by sharing information I have learned from the app. It also provides wonderful references on how to meet our nutritional demands by cultivating a family garden in our backyard.”

Mim, Khokshabari, Nilphamari

Mim Akter showing the eLearning app



## “eLearning App: Giving Access to Life-Changing Nutrition Information”

Mosammat Mim Akter, 15, lives in the Khokshabari Union of Sadar Upazila in Nilphamari District and this year, she is giving her secondary exam. Earlier as an adolescent, she had little access to knowledge about puberty issues and dietary needs for herself and was also hesitant to talk about them due to their taboo image and the conservative

approach of her family.

When a JANO volunteer came to Mim and explained about the JANO eLearning app and how she could benefit from it, the volunteer helped her install it on her phone. After using the application for a few days, Mim became very aware on the nutrition content of the eLearning app but also picked up on issues for like nutrition content for pregnant women, lactating mothers and children under 5 years of age.

“This app provides nutrition information about mothers, children and adolescents. I can now help myself and others by sharing information I have learned from the app. It also provides wonderful references on how to meet our nutritional demands by cultivating a family garden in our backyard,” said Mim.

As a younger sister, Mim was happy to receive the app because her older sister is pregnant. She shared the app with her sister and later with her classmates at school. She has so far shared the eLearning app with 10 to 12 friends. Mim also discusses the issues she learns from the app with others who do not have mobile phones. And finally, when Mim spends time near her house in the afternoon, she discusses the information with the mother and adolescents nearby. Mim noted that the app does not have as much information for adolescents as it does for pregnant and lactating mothers but expects the app will have even more resources in the future and will be able to change the lives of more people like herself.



## Hafsa Defends Herself Against Sexual Harassment

“I am a different Hafsa now and I am strong enough to protect myself. Such sexual harassment will not be able to affect my future aspirations.”

Hafsa, Kaonia, Rangpur

Hafsa participating in a karate competition held at Rangpur District



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## Hafsa Defends Herself Against Sexual Harassment

Hafsa is a student living in Kaunia Upazila, Rangpur District. She was often harassed by adolescent boys on her way to school, as a result, she often did not want to go to school and this highly impacted her confidence level. At this point, she learned about karate self-defense training at her school

organized by JANO. Karate training is designed for young female students to increase their self-esteem and ability to protect themselves by defying traditional gender norms and gender-based violence. Hafsa started attending the training and as the days progressed, her self-confidence grew and after learning the self-defense techniques, she decided to fight back.

One day one of the boys blocked her way to school and started to assault her physically. Hafsa applied the techniques she learned to defend herself. News of the incident soon spread and community members began praising Hafsa for her bravery. Hafsa said, “I am a different Hafsa now and I am strong enough to protect myself. Such sexual harassment will not be able to affect my future aspirations.”

Like Hafsa, 175 adolescents in Nilphamari and Rangpur districts participated in karate training from certified instructors. The training is conducted over 32 days, 2 hours each day, and covers more than 150 self-defense techniques. The trained girls are now sharing their knowledge by training other young girls at school and in their communities on self-defense techniques. For this, they are using the support of videos and user guidelines provided to them during the karate training. More girls are coming forward to join this training and parents and teachers are also playing a motivating role by acknowledging the need for such training.