

AN INITIATIVE OF ABITA-UNICEF

TOWARDS

**Promoting protective, learning and participatory environment
including access to services of flagship programmes
for Pregnant Women, Lactating Mothers, Children and
Adolescent girls tea estates**

**A brief progress report
WARREN TEA LIMITED**

October 2019 to June, 2019

ASSAM BRANCH INDIAN TEA ASSOCIATION

A BRIEF PROGRESS REPORT

OCTOBER 2018 TO JUNE, 2019

This initiative of ABITA and UNICEF, for the period from October 2018 to September, 2020, would aim to addressing the issues more comprehensively to improve overall social status of tea communities through a specific focus on addressing issues of adolescents, women and their young children.

The goal of the project will be to realize the rights of children, adolescents and women in selected tea gardens of Assam to survival, development, participation and protection by reducing inequities and inequalities based on gender, region and ethnicity with strengthen delivery mechanisms in alignment with "Sustainable Development Goals".

The component wise expected results of the initiatives are:

1. **Health:** Women, new-borns, children and adolescents (girls and boys) in tea gardens have access to quality health care services (preventive, promotive and curative) through facility and community based platforms.
2. **Child Development and Nutrition:** Adolescent girls and boys, pregnant women and children (both girls and boys) under two in tea gardens have access to quality nutrition services, leading to improved nutrition practices and appropriate care for under-nutrition.
3. **WASH:** Women, new-borns, children and adolescents (girls and boys) in tea gardens have access to and use improved water, sanitation facilities and hygienic environment in households, work places, facilities (Schools, Health Centres and AWCs) in tea gardens.
4. **Education:** Children (girls and boys) have access to grade appropriate pre-primary education for "school readiness" and quality education for improved learning outcomes in elementary education.
5. **Child Protection:** Adolescent boys and girls have the knowledge, skills and peer group support to take action to protect themselves from violence, exploitation and child marriage and to make their community safer.
6. Parents and community members support adolescents in seeking information, accessing services and encouraging decision making
7. Government and tea garden management implement and enforce laws, policies, schemes and programmes in the tea plantation
8. **Responsible Business and impact on Child Rights:** Increased awareness, active participation and accountability of businesses is ensured, through capacity enhancement, towards the well-being of children and adolescent in the tea estates.
9. Multi-stakeholder dialogues towards convergence are facilitated promoting an integrated approach for improving lives of children and communities in the tea estates.

Coverage:

The project covers 160 Tea Estates of ABITA covering Zone1, Zone 2 and Zone 3 where the following 7 (seven) tea estates from WARREN TEA Ltd. are included:

Warren Tea Ltd.

SI. No.	District	Tea Estate	ABITA Zone
1	Dibrugarh	Sealkotee	Zone 1
2	Dibrugarh	Balijan North	Zone 1
3	Tinsukia	Deohall	Zone 1
4	Tinsukia	Duamara	Zone 1
5	Tinsukia	Rupai	Zone 1
6	Tinsukia	Tara	Zone 1
7	Tinsukia	Hatimara	Zone 1

PROGRESS

Activity: Formation & Strengthening of Adolescent Girls Club

The Project aims to empower the Adolescent Girls by forming of Adolescent Girls Club and continuing regular weekly meetings of clubs at the garden level.

The Following Table shows a detail of existing Adolescent Girls Club in tea garden level:

SI. No.	Tea Estate	Club	Name of the Club	Club Day	Registered Members
1	Sealkotee	Club 1	Jagriti	Sunday	51
		Club 2	Jagriti	Saturday	65
		Club 3	Jagriti	Saturday	25
2	Balijan North	Club 1	Deepjyoti	Sunday	101
		Club 2	Deepjyoti	Sunday	95
		Club 3	Deepjyoti	Sunday	96
3	Deohall	Club 1	Jyotsna	Saturday	86
		Club 2	Jyostna	Saturday	
4	Duamara	Club 1	Sweali	Sunday	159
5	Rupai	Club 1	Smriti	Sunday	180
		Club 2	Aparajita	Wednesday	132
6	Tara	Club 1	Padma	Monday	94
		Club 2	Sarujmukhi	Wednesday	79
		Club 3	Padma	Saturday	61
7	Hatimara	Club 1	Pragati	Sunday	70
TOTAL					1294

Total 15 Adolescent Girls groups are formed and functional with 1294 registered members in 7 (seven) Tea Estates.

Adolescent girls groups have been taken initiative to change behaviour/practices among the community people:

- Regular attending school
- Formalisation of school dropout
- Creating child friendly environment at household level
- Reduce child marriage
- Good food habits
- Maintaining good health & hygiene
- Use of green vegetables
- Use of sanitary napkins
- Proper hand washing

Impacts of the weekly meetings to the adolescent girls are:

- Girls are found interested to the knowledge input sessions
- Adolescent Groups start to deal with the issues relating to children.
- Club members try to find out the issues relating to the children and discuss in the weekly meeting.
- School going children are actively participated in the weekly meetings.

A change has been noticed among the girls as they are excited for getting a platform to involve with other peers apart from their daily activity in tea garden and sharing their knowledge and experience with them. They come up with issues like child labour, school dropout, domestic violence, gender discrimination, child marriage, etc

Activity: *Formation & Strengthening of Child Protection Committee*

To make a safety net for all children in each tea estates, Child Protection Committees (CPC) have been formed and strengthening by holding regular meetings in each estate. The members of the Committees have been participating in those meetings and playing an active role in creating a child friendly environment in their respective estates.

The date wise CPC meetings held during October 2018 to June 2019 are given below:

Sl. No.	Tea Estate	Review Meeting held
1	Sealkotee	02.10.2018/ 15.12.2018/ 19.06.2019
2	Balijan North	21.12.2018/ 25.01.2019/ 05.04.2019
3	Deohall	02.10.2018/ 22.12.2018/ 26.06.2019
4	Duamara	15.11.2018/ 22.01.2019/ 20.02.2019/ 21.06.2019
5	Rupai	29.10.2019/ 19.11.2019/ 28.12.2019/ 07.01.2019/

		05.04.2019/ 07.05.2019
6	Tara	06.03.2019/ 19.04.2019/ 13.05.2019
7	Hatimara	07.12.2018/ 09.03.2019/ 04.05.2019

The following types of situation/Problem analysed, decisions taken and followed by the Child Protection Committee members in course of the meetings:

Sl. No.	Situation/Problem analysis	Decision taken and follow up action
1	Drop out and school absenteeism	To identify the drop out children (line wise) and required steps to be taken for enrolment.
2	Nutritional status of Children	Discuss the status of nutritional status of Adolescent girls and inform the management to take necessary steps.
3	Adolescent empowerment	Facilitate the weekly meetings on knowledge and input sessions and to find out what exactly need of adolescent girls.
4	Implementation of Govt flagship programme like WIFS in the garden area	To make aware all adolescent girls on WIFS and Sabala scheme through monitoring the weekly meeting
5	Awareness campaign on social issues	To organise meetings/rallies/camp etc on CP issues.
6	Alcoholism	Discussions were held in most of the estates however concrete decisions has not come out.
7	Sanitation & Hygiene	Discussion was held on importance of WASH in tea gardens to organise rallies and cleanness drive.

Activity: 3 days long Capacity Building Workshop with Anganwadi Workers on quality services delivery with specific focus on M-IYCN, growth monitoring, screening and management of SAM and adolescent nutrition and WASH issues

A series of three day long capacity building workshop organized at different Block Primary Health Centres in Tinsukia and Dibrugarh Districts for Anganwadi Workers during the reporting period.

In total 50 Anganwadi workers from 6 (six) tea estates trained on the subject as follows:

Sl. No.	Date	Venue	District	Tea Estate	Participants
1	25 to 27 April 19	Kakopathar BPHC	Tinsukia	Tara TE	8
2	25 to 27 April 19	Hapjan BPHC	Tinsukia	Deohall TE Hatimara TE	8 5
3	25 to 27 April 19	Panitola BPHC	Dibrugarh	Balijan North TE	18
4	16 to 18 May 19	Kakopathar	Tinsukia	Duamara TE	4

		BPHC			
5	16 to 18 May 19	Panitola	Dibrugarh	Sealkotee TE	7

The Anganwadi Workers trained through the workshops will be engaged in working with the children, adolescent, lactating mothers, pregnant women etc. in their respective Tea Estate.

MIYCN includes various topics which are of integral importance for the overall well being of an individual. AWW's are taking an active participation as they got to know about those necessary information with minute details and elaboration which can be carry forwarded to their beneficiary i.e, pregnant women, lactating mothers, children and adolescents. They feel encouraged as they got deeper understanding of those subject matters.

The following sessions were taken in the workshops.

- Maternal-Infant, Young Child Nutrition (MIYCN)
- Breastfeeding-
- Breastfeeding practices -
- Breastfeeding practices in critical situations
- MAA (Mothers Absolute Affection)
- Complementary feeding, Definition and Importance of CF and timely initiation of CF
- Components (Quantity, Quality, Frequency, consistency and diversity) of CF and age specific feeding, Hand washing and hygiene in CF, Active and responsive feeding
- Feeding During illness, Use of locally available foods for CF
- Growth Monitoring
- Demonstration of Growth Monitoring through weight for age
- Adolescent Nutrition
- Maternal Nutrition during pregnancy/lactation
- Overview on WASH - Components of WASH, SWACCHA BHARAT MISSION, WASH in AWC & School

Regular monitoring in the Anganwadi Centre is very important so that they can play their roles properly and quality service can be maintained.

Activity: *Four day long Capacity Building Workshop with Creche Workers on quality services delivery with specific focus on M-IYCN, growth monitoring screening and management of SAM and adolescent nutrition and WASH issues*

During this period, 3 (three) residential training programme organized for Creche Workers on the above subject. One Creche Worker from each tea estate invited to participate in the training.

The Creche Workers of the following Tea Estates of Warren Tea Ltd participated in the Training:

SI. No.	Date	Tea Estate
1	24.04.19 to 27.04.19	Balijan North TE
2	03.05.19 to 06.05.19	Sealkotee, Deohall, Duamara and Hatimara TEs

The same agenda was followed as given to the Anganwadi Workers. Additionally cooking demonstration was done in front of the participants to make aware about low cost and easily accessible ingredients to prepare complementary food for children in a hygienic way.

Creche Workers and AWW share almost same kind of responsibilities in their periphery. They took an active participation all throughout the training session. The Creche Workers gave a feedback that after getting this training and learning all these subjects in depth they can help and support their ASHA and AWW in performing their duties.

Activity: *Awareness cum sensitization program on Health Schemes*

During the period a special awareness cum sensitization program on Govt Flagship programme and schemes related to Health and Nutrition organised in different tea estates with the key stakeholders.

SI. No.	Date	Tea Estate	Participants
1	28 th February 2019	Rupai Tea Estate	28
2	30 th May, 2019	Sealkotee Tea Estate	35

63 tea garden stakeholders i.e. Mothers Group Members, Line Chowkiders, Health Assistant, Peer Leaders of Adolescent Girls Clubs etc are trained through the workshop.

The workshop mainly focused on various Govt Flagship programme and scheme related to Health & Nutrition for Children & Women especially Routine Immunization, Rashtriya Bal Swasthya Karyakram, Free Days, National Iron Plus Initiative, Junior WIFS, WIFS, Deworming, Home Based New Born Care, Wage Compensation Scheme, Village Health & Nutrition Day, Pradhan Mantri Matri Vandana Yojana, MMU services, 108 services etc.

The workshop also attended by the frontline workers like ASHA and Anganwadi Workers of the respective tea garden.

The trained stakeholders will mobilize the community people to avail the benefits as a beneficiary from the govt flagship programme and scheme being implemented.

Activity: *Day long orientation programme with Mothers Group Members on M-IYCN practices and WASH key messages*

During this period, Mothers Group Members are being trained to help the community people especially pregnant women, lactating mothers, adolescent girls and children within the community.

The programme mainly focused on exclusive breastfeeding, complementary feeding, SAM identification & linkage with nearest facilities and WASH issues.

The details of the Trainings are given in the table below:

Sl. No.	Date	Venue	Tea Estate	Participants
1	08.02.2019	Chubwa TE	Sealkotee TE	5
2	11.06.2019	Tippuk Te	Tara TE	5
3	11.06.2019	Rupai TE	Rupai TE	3

13 (thirteen) Mothers Group Members of Sealkotee, Tara and Rupai Tea Estates trained on the subject.

The trained mothers' group members will have to mobilize the community people to develop nutritional status of pregnant women, lactating mothers, infant, children and adolescent within the area.

It was observed that the mothers group members are keen interested to work for betterment of the community people and they were found very happy to receive the training. Periodic review training is needed for upgraded the information to the above group.

Activity: 4 day long residential training for peer leaders on Nutrition & Health Education Session, Activity tool kit session on Child Rights & Child Protection

During this period two, 4 day long residential train for peer leaders on "Nutrition & Health Education Session, Activity tool kit on Child Rights & Child Protection" organised at Dibrugarh.

8 (eight) Peer Educators from Hatimara and Duamara Tea Estates Trained on the subjects. The following two trainings organised:

Sl. No.	Date	Venue	Tea Estate	Participants
1	23 rd to 26 th March, 2019	Dibrugarh	Hatimara TE	4
2	13 th to 16 th May, 2019	Dibrugarh	Duamara TE	4

The workshops designed to develop the knowledge, skills, and attitudes of the peer leaders to work with the adolescent girls groups in their community on various issues related to Nutrition, Health, Child Protection and Child Rights.

The main objective of the workshops was to develop peer leaders on self exploration and personal development, develop leadership quality and to understand technical

issues of Nutrition, health and child protection system and government flagship programme being implemented.

During the training the following key points observed.

- Participants were seen very proactive during session.
- Most of the participants raised their questions on different topics during the sessions.
- Many of the participants have their leadership qualities and they could conduct mock sessions properly.
- The Girls need to guide twice or thrice from their superior during session at their field level to sustain their facilitation skills in further times.

Activity: *One day review cum sensitization meetings with adolescent peer educators*

Review cum Sensitization meetings with adolescent peer educators is being organised during the period in phase wise. 4 (four) per educators from each tea estate, who attended 4 day long training on Nutrition & Health Education in 2017, participated.

The following table gives a picture of the peer educators attended the meetings:

Sl. No.	Date	Venue	Tea Estate	Participants
1	10.11.2018	ABITA Zone 1	Sealkotee TE	4
2	12.12.2018	Keyhung TE	Deohall TE	4
3	05.02.2019	ABITA Zone 1	Balijan North TE	4
4	07.02.2019	ABITA Zone 1	Sealkotee TE	4
5	11.03.2019	Keyhung TE	Deohall TE	4

Key point discussed during the review meetings were:

- Prevention of nutritional disorder, Iodine deficiency disorder and importance of Vitamin A/ food preservation
- Knowledge of various food groups and related deficiency disorders/ food toxic and contamination.
- Anemia, its causes, symptoms and prevention
- Menstrual Hygiene Management

A group discussion and presentation was followed in course of the meeting by the participants where each group presented on various issues relates to nutrition and how to manage the issues.

The following points were noted from the review meetings:

- Use of green vegetables by the families/change food habits
- Increase uses of sanitary napkins among the adolescent girls
- Adolescent girls eager to take IFA

- Hand washing practices at critical times
- Avoiding extra salt by the people
- Safe drinking water/handling of water practice

Activity: *Cooking Demonstration Programme for adolescent girls group members and mothers support groups*

During the period, Cooking Demonstration Programme is being organised in tea estate level for the Adolescent Girls Group Members and Mothers Group Members.

The basic focus is on the dietary diversification and special importance is given to use locally available and easily accessible vegetables. The topics regarding hygiene, balanced diet, intake of iron rich food, Vitamin rich food and also given importance and use of Iodized salt is promoted.

The following three programmes organized during the period:

SI. No.	Date	Tea Estate	Participants
1	29 th March, 2019	Hatimara TE	46
2	7 th July, 2019	Duamara TE	55
3	7 th July, 2019	Tara TE	60

The main objectives of cooking demonstration are summarized below:

- To improve food habits and motivate the consumption of nutritious food with special focus on iron.
- Give more focus on food items which are cheaper, nutritious and locally available but generally less consumed.
- To motivate the adolescent girls to cook by themselves in a hygienic way.
- Increase the availability of different nutrients by use of lemon and avoidance of tea and other inhibitors of iron absorption.

The key points which were discussed in the cooking demonstration to improve the nutrition quality of the food were:

- Use of various green leafy vegetables which are locally available, low cost and can be grown in their own kitchen garden.
- Washing and cleaning properly before cutting & peeling of vegetables and fruits.
- Proper peeling procedure for different vegetables.
- Proper slicing of the vegetables for optimum, uniform cooking.
- Use of safe water during washing or cooking of food items.
- Optimum use of steam/heat for cooking by covering with lid to minimize fuel consumption and to enhance nutrient content.
- Preparation procedure of raw foods like salads or chutney in a hygienic way using locally available ingredients.

- Storing Iodized salt properly and using it after the food is cooked.
- Daily use of raw lemon or other citrus fruit with meal for more Iron absorption.

The recipes demonstrated at tea garden level were:

- My plate consisting of Rice, Mix Dal, Mix Vegetables, Salad, Boil Egg, Lemon and along with a glass of safe water.
- Juice Prepared by chattu, Lemon and salt.
- Snack prepared by Muri, Peanut, Black gram

Observations and feedback noted during the programme as follows:

- Garden management fully cooperated for the demonstration programme.
- Participants eagerly observed the process of preparedness of cooking.
- Presents of participants were also satisfactory.
- According to the participants they were not aware about the importance of colour variety of food.
- Though they consume vegetables during winter season but they do not give priority of variety of colours. Most of times they consume same recipe in 2-3 meals.
- During Summer season they mostly consume potato and nutrella because of High price of vegetables.

Activity: *Quarterly Block Level Convergent Meeting for establishing functional service delivery infrastructure including essential commodities under National Flagship Programme*

The regular quarterly Block Level Convergent meetings are being organised at Hapjan, Kakopathar and Panitola Block Primary Health Centres to formulate and action plan in implementation of Govt Flagship Programme and to discuss the progress and challenges during the quarter.

The respective BPM, ABPM, BPA (RBSK), LHS & all ASHA Supervisors from health department, all Nodal Teachers of WIFS Programme and all ICDS Supervisors of the respective area are invited to the programme.

The meetings mainly focused on Weekly Iron Folic Supplementation Scheme (WIFS), Rashtriya Bal Swasthya Karyakram (RBSK) National Iron Plus Initiative (NIPI), Deworming, Home Based New Born Care, Wage Compensation Scheme, Village Health & Nutrition Day, Pradhan Mantri Matri Vandana Yojana etc

Some resolution taken in course of the meeting as follows:

- ASHA Supervisors will ensure that all pregnant women are received benefits of Wage Compensation Scheme and 100% institutional delivery done.

- ICDS supervisors will ensure distribution of IFA and ABITA staff will mobilize the adolescent girls to take IFA.
- Teachers and Anganwadi Workers will ensure 100% attendance during screening camp under RBSK
- All the frontline workers and ABITA staff will mobilize the targeted beneficiaries of WCS to open Saving Account.
- Ensure 4 ANC check up by ASHA as per schedule.

Activity: *Training for Nodal teachers of tea garden managed schools on WASH in Schools*

Water, sanitation and hygiene in schools refers to a combination of technical and human development components that are necessary to produce a healthy school environment and to develop or support appropriate health and hygiene behaviors. The technical components include drinking water, handwashing, toilet and soap facilities in the school compound for use by children and teachers. The human development components are the activities that promote conditions within the school and the practices of children that help to prevent water, hygiene and sanitation related diseases.

Based on the above, numbers of Trainings for Nodal teachers organised on WASH in Schools covering all tea estates during the period.

The table gives a picture of the trainings organised where Nodal Teachers from the Tea Estates participated:

Sl. No.	Date	Venue	Tea Estate
1	27 th & 28 th February 2019	Hapjan TE	Duamara and Rupai Tea Estates
2	11 th & 12 th March, 19	Chubwa TE	Deohall, Hatimara and Balijan North Tea Estates

During the technical sessions following points elaborated:

- ❖ Swachh Bharat Swachh Vidyalaya (SBSV) and Swachh Vidyalaya Puraskar (SVP) guidelines and Action Plan formats explained to the participants.
- ❖ The session started with Swachhta Action Plan for Operation & Maintenance of Swachh Vidyalaya taken by Resource person of the workshop.
The following points were discussed:
 - Right to Education provisions
 - Swachh Bharat Swachh Vidyalaya (2014) norms and standards and its essential elements
 - Indicators under Swachh Vidyalaya Puraskar and rating system.
 - Swachhta Action Plan under Samagra Shiksha Abhiyan.
- ❖ Briefing on Swachh Bharat Swachh Vidyalaya Puraskar and its Registration Process

- ❖ O& M WASH facilities in Schools on yearly basis
- ❖ SLWM along with vermin composting Process in Schools
- ❖ Key WASH messages and WASH activities as a part of Capacity building for students, Teachers SMC and mothers group .
- ❖ Importance of installation Group Handwashig unit and water quality testing
- ❖ Importance of M & E system and M & E committee for better results
- ❖ Importance of menstrual Hygiene management
- ❖ Strengthen the linkages of WASH and Nutrition
- ❖ Importance of Child cabinet

Agreed action points in the workshop:

- WASH compliance Model School will be developed by teachers with the help of Tea Garden management.
- All School Teachers will train the SMC and Mothers group members in phase manner on WASH and its linkages with Nutrition
- Would integrate WASH and menstrual hygiene messages during Morning assembly time.
- Joint action Plan till May 2019 was developed by School teachers along with their field functionaries
- Students Swachhata Brigade will be formed in some of the School with the help Mothers group

Activity: *5-days training of Adolescent groups on using folklore for community messaging*

A 5 day long training on folklore organised on 18th to 22nd June, 2019 at Chubwa Tea Estate for Adolescent Girls Group Members of 4 (four) Tea Estates. 9 (nine) AGC Members from Sealkotee Tea Estate participated in the training along with others.

During the training 4 (four) Folklore Groups developed (one in each of 4 tea estate) on various topics which mainly focused on Child Marriage, Hygiene-Menstrual Hygiene, Child Labour, Education and Child Trafficking.

The workshop followed a methodical procedure with discussing on traditional beliefs, customs, behaviours on issues relating to the people and how to motivate the community people for good practices in those issues.

Objectives of the initiative are as follows:

- To identify and sensitize a group of adolescents (boys and girls) on their rights and entitlements and issues affecting their lives such as early marriage, exploitation, child labour, gender-based violence along with other complementary issues such as health, nutrition, education and sanitation.
- To encourage and mobilize them to create awareness about the above issues so that they, in turn, motivate and mobilize their peers and elders.

- To be able to create a ripple effect throughout the community of the messages transmitted by adolescents through folklore performances conducted at both formal and informal platforms.
- To promote inter-gender dialogue among adolescent boys and girls; and intergenerational dialogue among adolescents and the elders of community to address key vulnerabilities experienced by adolescents in general.
- To demonstrate an effective model of working with adolescents to empower them and the communities to collectively address vulnerabilities faced by adolescents in general.

The groups will perform within the tea gardens with various messages for changing the traditional & harmful practices and will promote good behavioural exercises.

Activity: *Roll out of Education Entertainment films in tea gardens - Facts For Life Video Show*

During this period, a communication approaches through education entertainment film – Fact For Live Videos have rolled out in tea estates level for Adolescent Girls Group members and Child Protection Committee Members to improve awareness for health, nutrition, WASH, Adolescent Empowerment practices and entitlements, including of sexual and reproductive health and rights and reporting cases of violence and exploitation to the concerned authorities.

More than 350 Adolescent Girls Group Members, Child Protection Committee Members and Students of Sealkotee, Hatimara and Deohal Tea Estates participated in 12 video shows and discussed about the topics of the issues as follows:

Sl. No.	Date	Tea Estate
1	17.03.2019	Sealkotee TE
2	24.03.2019	Sealkotee TE
3	31.03.2019	Sealkotee TE
4	24.04.2019	Hatimara TE
5	04.05.2019	Hatimara TE
6	25.05.2019	Hatimara TE
7	15.05.2019	Deohall TE
8	22.05.2019	Deohall TE
9	24.05.2019	Deohall TE
10	20.06.2019	Deohall TE
11	21.06.2019	Deohall TE
12	24.06.2019	Deohall TE

Activity: *Hand Washing Programme*

Hand washing also known as hand hygiene, is the act of cleaning hands for the purpose of removing soil, dirt and micro-organisms. Washing hands before eating,

serving, preparing food, after defecation, after disposal of child faeces, before feeding and also in critical times was discussed with the frontline workers viz. School teachers, ASHA's, AWW's, Mothers group members, Creche workers, peer leaders and with the community people also.

Various platforms was being utilised to demonstrate the hand washing steps to the participants and beneficiaries. The objective of hand washing demonstration amongst the trainee is to reach out the whole community about the ill effects of dirty hands and benefits of hand washing in critical times.

The following table shows the garden wise stakeholders and frontline workers who were given the demonstration of hand washing and discussed its importance:

Sl. No.	Tea Estate	Partici-pants	Nos	Action plan
1	Tara TE Deohall TE Hatimara TE Balijan North TE Duamara TE Sealkotee TE	Anganwadi Workers	50	Anganwadi Workers will start the exercise in the centre and will disseminate the message to all children, adolescent girls, mothers during their home visit
2	Balijan North TE Sealkotee TE Deohall TE Duamara TE Hatimara TE	Creche Workers	5	Creche Workers will start the practices in their respective Creche House with the children
3	Sealkotee TE Tara TE Rupai TE	Mothers Group Members	13	During weekly visit to the labour lines, Mothers Group Members will discuss and motivate the community people.
4	Hatimara TE Duamara TE	Peer Leaders	8	Peer Leaders will use the Adolescent Girls Club platform to disseminate the message to the community people through Club Members
5	Duamara TE Rupai TE Deohall TE Hatimara TE Balijan North TE	School Teachers	5	The trained Teachers will take the responsibility to educate other teachers of their respective Tea Estate and will include one weekly session during school hours to the students and start the good practices in schools

The project team members also organised awareness on water, sanitation and hygiene as well as hand washing demonstrations in schools too. During the school assembly and mid day meal sessions, importance of hand washing and hand washing

demonstration was being shown to the students with the objective to carry out the same by the student's cabinet.

Activity: *Observance of Menstrual Hygiene Week 2019*

It's Time For Action – following tag line of Menstrual Hygiene Day, 2019 The ABITA observed “Menstrual Hygiene Day” throughout the week from 21st May to 28th May, 2019. Focusing the objective of the theme ‘to bring the mass change in the mindset of the people towards MHM and to bring behaviour change among the people to inculcate positive values on safe menstrual hygiene practices, ABITA targeted the centre of attention i.e. adolescent girls and the women population of the tea gardens.

The week observed in Balijan North, Deohall, Hatimara, Rupai and Sealkotee Tea Estates along with others. More than 250 adolescent girls, women, students participated actively and focused the objected of the programme.

Various activities like Awareness program on MHM, Drawing Competition, Rally, essay competition, slogan writing, WASH awareness, Street plays, Raise awareness on changes negative social norms about the MHM among the adolescent groups and woman and students organised during the week.

Importance and uses of sanitary pads, Social myths and beliefs, hygiene management during menstruation, importance of sanitary toilet etc. were discussed during the awareness programme.

Activity: *Observation of Diarrhea fortnight week*

Intensified Diarrhea Control Fortnight (IDCF) consists of a set of activities to be implemented in an intensified manner for prevention and control of emergencies due to dehydration from diarrhea across all the tea estates. These activities mainly include- intensification of advocacy & awareness generation activities for diarrhea management.

The following Programmes conducted during the week:

Sl. No.	Date	Tea Estate	Programme
1	03.06.2019	Balijan North TE	Awareness in School
2	04.06.2019	Rupai TE	Awareness in School
3	04.06.2019	Deohall TE	Community Awareness
4	03.06.2019	Sealkotee TE	Discussion during Weekly Meeting of AGC
5	04.06.2019	Hatimara TE	Line wise awareness
6	04.06.2019	Tara TE	Awareness in Schools
7	05.06.2019	Duamara TE	Line wise awareness

Activities conducted at the community level to prevent diarrhea cases:

- Distribution of ORS and demonstration of ORS preparation. .
- IEC activities by the project team, ANM, ASHA's, School Teachers, Garden Managements officials on hygiene and sanitation along with management of diarrhoea .
- Hand washing demonstration in schools. .
- Community Awareness on prevention of diarrhea, safe drinking water practices, proper hand washing etc.

Key messages delivered:

- Give ORS and extra fluids to child immediately at the onset of diarrhea and continue till diarrhea stops.
- Giving Zinc for 14 days for children suffering from diarrhea, even if diarrhea stops.
- Use of ORS and Zinc during diarrhea episodes among children is a safe treatment which makes the child recovers from diarrhea faster.
- Safe and quick disposal of child's faeces.
- Continue feeding, including breastfeeding in those children who are being breastfed & give extra feeds during and after illness.
- Use clean drinking water after safe handling.
- Mother/caretaker should wash hands with soap before preparation of food, before feeding the child and after cleaning stool of child.

Activity: Observation of *World Environment Day*

The World Environment Day observed at Rupai, Duamara and Hatimara Tea Estates on 5th June, 2019.

The main objectives of this campaign are encouraged among public through endorsing and participating in its celebration. This campaign makes a call to the people to join its celebration event in mass number to get aware of the real environment conditions and be an agent of the effective programs against environmental issues to combat with the climate changes.

Varieties of activities organized during its celebration to make it more effective and fulfil the objectives of particular theme of the year. Activities are like safai abhiyan, cleanliness drive, rallies, public awareness, group discussions, school & hospital awareness and many more activities. Other kinds of drama, drawing and speech organized to promote environmental awareness among people. It attracts a huge gathering of adolescents, adults, etc including common public where new ideas are created concerning the environment.

Activity: *Observation of Global Hand Washing Day*

The Global Hand Washing Day observed on 15th October, 2018 in all Tea Estates. To observe the day an interaction and demonstration session organised at schools. Especially the students in schools within the tea estates were covered during the programme.

The topics discussed during the day with the students:

- Importance of hand washing before food and after defecation and critical times
- Importance of five steps on hand washing
- Importance of using soap during hand washing
- Water born and communicable diseases
- Safe drinking water and how to handle it.
- Practical demonstration of hand washing

The following observation noted:

- The students are interested and started exercising the practices
- They understood the importance of hand washing
- They would deliver the messages to their parents also.
- School absenteeism decreases

A Group hand washing unit in usable condition in each school will make the students comfortable and reduce time consumption for hand washing during school hours.

Activity: <i>Community Awareness in Illicit Liquor</i>

ABITA Zone 1 in collaboration with the District Administrations and Excise Department of Dibrugarh and Tinsukia Districts organized a series of massive Community Level Awareness Programme in Tea Gardens on prevention of illicit liquor.

The programme organized on 7th March 19 at Rupai Tea Estate, on 8th March 19 at Tara Tea Estate and on 11th March, 19 at Balijan North Tea Estates.

The objective of the program was to prevent sale and consumption of illicit liquor in tea gardens by making the community aware about the ill effects of illicit liquor.

The day kicked off with rallies carried out in each tea estate which were participated by the Adolescent Girls Club Members and Adolescent Boys of the respective estate. The rallies taken out in the labour lines to disseminate the message to prevent sale and consumption of illicit liquor in tea gardens which caused domestic violence, violation of rights of the children and create harmful atmosphere within the community. This was followed by a community level awareness programme which especially focused on formulation of action plan to stop sale and consumption of illicit liquor within the garden.
