

# Notes from the field

YOUR MONTHLY GUIDE TO THE NUTRITION-SENSITIVE SIDE OF PINS

## FGDs Held for Initiating Social Norms on Water, Sanitation and Hygiene

Our team conducted 5 focus group discussions (FGDs) across Tando Muhammad Khan and Thatta to initiate social norms focused on water, sanitation and hygiene (WASH). These were conducted in villages that were certified open defecation free as well as those who have yet to achieve the certification.

The objective of these FGDs was to understand the differences in the communities' social norms and to map out ways in which they have been successful in collectively adapting and sustaining positive social norms. A key learning was that positive social norms are followed when there are sanctions for disrupting the norm and rewards for adhering to it.

This activity is designed to reactivate and reenergise the Programme's work on water, sanitation and hygiene. It is targeted on encouraging and capturing positive WASH behaviours but also creating socially-viable mechanisms through which the communities can uphold these attitudes sustainably.

The key lessons from these FGDs will be incorporated in the WASH Refresher Trainings for the field teams in the upcoming month.



## How Drip Irrigation Kits are Motivating Kitchen Gardeners like Gujjar

Cultivating a kitchen garden can become difficult in a water shortage no matter how rewarding the experience of harvesting fresh vegetables is. In VO Mumtazabad, Qambar Shahdadkot where water shortages are more pronounced, women have an additional task of collecting and carrying water to their homes. This not only adds to their work and eats away their time, it also puts their kitchen gardens at a disadvantage where often there isn't enough water left to irrigate it which affects their harvest.

While the hand pumps that have been installed under PINS to address the problem above have helped, it still is a labour-intensive task. To overcome this, PINS ER-3 collaborated with the Sindh Irrigated Agriculture Productivity Enhancement Project (SIAPEP) to install over 1,200 drip irrigation kits at households. This drip irrigation kits have been specifically designed to meet the irrigation requirements for a kitchen garden plot of 20 x 20 feet and consist of a small water storage of 200 litres with a conveyance pipe for the daily provision of water.



Gujjar, a resident of VO Mumtazabad, is a recipient of a drip irrigation kit and in four months of using it recognises the convenience of it especially in helping her maintain her kitchen garden. *'I don't have to compromise on watering it as I did before so my vegetables look happier,'* she jokes. She also mentions that the time she spent collecting water is now being spent tending to her kitchen garden which has improved its output.

An avid kitchen gardener, Gujjar has cultivated during Khareef and Rabi seasons and for the first time bought seeds to grow her vegetables. *'I feel more motivated in maintaining my kitchen garden since getting the kit.'* For now, she's looking forward to the bitter melon, okra, brinjal, tomatoes she will harvest during the coming months.



## The People of PINS

Heavy flooding in Dadu in 2010 forced Bashira and her family to migrate to Kamber Shadadkot, in search of a new home. Homeless, with their meagre belongings, Bashira and Abdul Haleem sought help from a local landlord, who agreed to give them a small piece of land in exchange for Abdul Haleem to work as a daily wage labourer at the landlord's farm. They started to rebuild their lives, but with 2 children, on most days, they struggled to put food on the table. Their makeshift home lacked a latrine and their children, particularly their two year old Kewal suffered the most.

Screening by the PINS ER-2 team identified that little one was suffering from Severe Acute Malnutrition (SAM). She could neither sit without support nor crawl or walk as children at this age do. While Kewal was immediately referred to an Outpatient Therapeutic Program (OTP) site for treatment, the household was further supported in two ways to address the underlying causes of the family's poor nutrition.



Bashira was given a grant to purchase two milking goats, so that the children, especially Kewal, could drink milk regularly. The Programme through its Community Resource Persons, also worked to convince Bashira and Abdul Haleem that no matter

how much they increased their children's nutritional intake, the children in the family would continue to be at risk because of poor sanitation practices and drinking untreated water. The couple, supported by PINS, convinced the landlord to construct a latrine on his land.

As a result, they now have a functioning latrine and a station to wash their hands while the couple have become more conscious of the things they should do to prevent their children from falling sick repeatedly. While Bashira is grateful for the latrine, she's even happier about her goats who she has been diligently taking care of. Her herd has grown from 2 to 6 in one year. This means more milk for her family that Bashira knows is important for her family to get healthier. But she is the happiest knowing that she is playing a pivotal role in helping her family thrive.

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*It makes me feel good that my children and I can drink milk regularly without depending on anyone else.*

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### Scenes from a Fish Pond Stocking

Our second community-managed fish pond in Sujawal was stocked this month with 1,500 fish seeds consisting of silver carp, Kurero, Morakhi and common carp. This pond will be harvested in multiple stages starting September and until then, the pond managers and our Aquaculture Specialist will monitor their growth to ensure that they are of optimal size and weight at the time of the harvest



### What We're Cooking Up next

- Findings from our mid-line study will be finalised in the coming month - we are planning workshops around their dissemination with our implementing partners
- A series of refresher trainings are planned for our field teams (WASH Officers, Community Nutrition Officers) with a focus on strengthening social norms so that Village Organisations under their purview are able to maintain their status as open defecation free beyond the Programme run
- We are putting the final touches to our digital toolkit for rice aimed at building the capacity of farmers on improved methods of rice cultivation. This kit will be used in 3 sessions throughout rice-growing season from June to November

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